











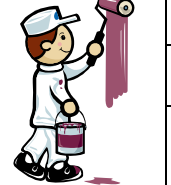









4Time Bank – Cartoon Questionnaire – What help do you need? How can you help others?

Tick the boxes below		Can help	Need help	Tick the boxes below		Can help	Need help	Tick the boxes below		Can help	Need help				
	Book Keeping				Film and Cinema				Hairdressing				Bicycle Maintenance		
	Car Pooling				Theatre				Nutritional Advice				Car Advice		
	Computer Maintenance				Dj ing				Therapies				Motorbike Advice		
	Computer Skills (general)				Exercise/Walking Companion				Cooking				Assist with Reading		
	Web Design				Fitness Training				Occasional Housework				Assist With Maths		
	Word Processing				Swimming/Other Sports				Ironing				Literacy		
	Office Skills														
	Knitting/Sewing/Crochet				General Gardening				Interpretation				Errands		
	Art and Design				Improving Open Space				Language Teaching				Escorting to Appointments		
	Painting/Drawing				Landscape				Form Filling/Letter Writing				Companionship / Visiting people		
	Photography				Money Management/Budgeting								shopping		
	Decorating (Simple)				Attending Meetings				Car Washing				Dog walking		
	DIY (simple)				Treasury				Heavy Moving				Pet care		
					Shifts at community groups/café's				Lifting				Litter-picking		
	Writing Music/Books/Script				Ad Hoc Volunteering				Social media/promotion						
	Playing an Instrument				Assisting With Events				Design work / art						
	Singing								Leaflet delivery				Anything!		

INTERESTED?

Please complete the cartoon questionnaire on the back of this leaflet and return it with your name and address to the time bank (see below for address and contact details)

Name/Address.....

Tel NoEmail

Your date of birth

- 🕒 For one hour you spend helping someone you will earn - **1 Time Credit.**
- 🕒 Everyone's time is valued equally - **You give an hour and you get an hour back.**
- 🕒 You may have needs but feel you can offer nothing back - **Get in touch. We can still help you.**
- 🕒 Your Time Credits will be banked on a computer for you to spend when you need them.
- 🕒 You don't have to earn Time Credits before you spend them - **You can ask for help from day one.**
- 🕒 You can donate some of your Time Credits to others who might need some extra help.
- 🕒 There is no cash involved.

For more information please contact our Time Broker Julia Aratoon

T: 07974 600783 or 01983 852753

E: timebank@ventnortc.org

Address The Coastal Centre, Salisbury Gardens, Dudley Road, Ventnor, PO38 1SZ

The Time Bank...is here!



What is the Time Bank?

It will be a way for people to help others in their community and be rewarded for it - in time. For every hour of time you give helping someone, you receive one time credit. The Time Bank will also be running fun, free activities in partnership with the local community.

What can you do with your time credits?

You can 'spend' your time credits when you need help from someone else. You can give them to another person who needs some help. You can save them.

Who can join the Time Bank?

Anyone. Age, ability, lack of finance or limited mobility are not barriers to participating in the time bank. Look inside for the ways in which you can get involved.