Your Time Banking questions answered

How does time banking work?
Time Bank members can earn Time Credits by:

- giving help and support to another member on a one-to-one basis—anything from visiting or phoning someone for a regular chat, help with shopping or gardening, to simple repairs and DIY
- taking part in shared activities such as socials, quizzes and walks
- volunteering with one of the many local community groups which partner the Time Bank as organisational members

For every hour of help given, Time Bank members receive an hour's Time Credit, which can then be exchanged for an hour of help for themselves. Everyone has something to offer, and everyone's time is valued equally.

What can you do with your time credits?
You can "spend" your time credits when you need help from another Time Bank member. Alternatively, if there's nothing you need, you can donate your time credits to someone who needs some extra help.

Who can join the Time Bank?
Anyone! We are an inclusive organisation and welcome all members of the community, irrespective of age, disability, race, religion or belief, sex, sexual orientation, gender identity or marital status. You don't need any special skills - just the time and willingness to help others and receive help in return.

No matter what your age, ability, financial circumstances or mobility, you can become a valued member of the Time Bank.

Does it cost anything?
The Time Bank is free to join, and there's no annual subscription. If you take part in a shared activity such as a day out, you may have to pay entrance fees where necessary, but otherwise there is no charge for taking part in any activities organised through Stratford Time Bank.

I need someone to help with household repairs - can I get the help I need through the Time Bank?
We will always try to match up a member who needs help with someone who is offering the kind of help requested. However, it's important to understand that help exchanged through the Time Bank is exactly the same as the help provided by a friend or a good neighbour.

If you want someone to do a complicated job, or if you need it done to a professional standard, it would be better to pay a local tradesperson.

What if I need help urgently?
Your Time Bank will always try to help with urgent requests, but it can take a little time to set up an exchange. Please give as much notice as possible, if you need help at a specific time - for example, a lift to a medical appointment.

Will Time Banking affect my benefits?
No - the Government recognises that participation in Time Banking can really help your job search - for example by adding to your CV and building confidence for job applications and interviews.

If you're claiming Universal Credit or other benefits and are required to look for work for 35 hours a week, the time you put into the Time Bank can count towards that time – but make sure you speak to your work coach about it first.

How do I join the Time Bank?
Just fill in the form on the back of this leaflet and hand or send it to us at Stratford Time Bank, 108 Shipston Road, Stratford-upon-Avon CV37 7LR.

What happens after I fill in the form?
We'll get in touch and arrange to meet up for a chat about what kinds of help you think you might be able to offer and what kinds of help you might want to receive in return. We'll also ask you for contact details of two people who have known you for at least two years. Your referees don't have to be current or past employers - just people who know you reasonably well.

Who runs the Time Bank?
Day to day, the Time Bank is run by Sarah, our Time Broker, supported by a committee of volunteer directors. Any member is eligible to join the committee and help to run the Time Bank and get time credits in return for their work.

Stratford Time Bank is a Community Interest Company registered in England and Wales Reg. no. 9102905
Registered office: 108 Shipston Road, Stratford-upon-Avon CV37 7LR

MEMBERSHIP APPLICATION FORM

Please complete this form and send it to:
Stratford Time Bank, 108 Shipston Road, Stratford-upon-Avon, CV37 7LR

Name.....
Address.....

.....

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.....**Postcode**.....
Landline.....
Mobile.....
E-mail address (please print clearly!)

.....

Thank you - we'll be in touch shortly!

STRATFORD TIME BANK

Stratford Time Bank is a network of locally-based groups in Stratford-on-Avon District in which people exchange time as a means of helping others, improving their community and enriching their own lives.

Time Banking is a way for people to help and support each other and their community and be rewarded for it - but in time, not money.

All sorts of services can be exchanged through the Time Bank, from visiting someone for a chat, through gardening and form-filling, sharing skills in music, knitting and using computers, through to simple repairs, ironing and running errands. Time Bank members can also take part in shared activities and receive rewards for volunteering with local community organisations.

For every hour of help given, Time Bank members receive an hour's Time Credit, which can then be exchanged for an hour of help for themselves.

Everyone has something to offer, and everyone's time is valued equally.

Stratford Time Bank is a member of

Timebanking UK

STUDLEY TIME BANK

Studley Time Bank is a local hub within the Stratford Time Bank network

Strengthening community an hour at a time

Contact us:
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