


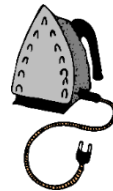


















Timebank – Questionnaire – What help do you need? How can you help others?

Tick the boxes below		Need	Can	Tick the boxes below		Need	Can	Tick the boxes below		Need	Can				
	Escorting people to appointments				DIY - simple				Web design/ Photoshop				Housework - occasional		
	Shopping				Decorating				Computer design				Ironing		
	Errands				Gardening								Plant watering		
	Form filling				Car washing				Computer skills				Hairdressing		
	Office skills				Bike Rides				Computer maintenance				Beauty treatments - nails		
	Letter writing				Cycle maintenance				Mobile phone/tablet				Giving talks		
	Knitting/ Sewing/ Crochet				Helping to organise or assisting at events				Walking companion				Welcoming new residents into village		
	Flower arranging				Setting up a new event/group				Fitness and Exercise				Companionship		
	Card Making				Attending meetings				Set up/join health group				Visiting people		
	Playing games, chess, scrabble				Leaflet delivery								Sharing knowledge/ Skills		
	Playing an instrument				Literacy/ Numeracy				Painting and drawing				Dog walking		
	Film/Cinema				Translation				Arts and Craft				Pet care		
	Theatre				Assist with reading				Design work / art				Litter-picking		
	Photography				Reading aloud				Woodwork						
	Giving people a lift				Improving open spaces				Cooking meals/ cakes				Anything Else!		
	Car/ motorbike maintenance				Moving / lifting items				Cookery lessons classes/groups						

Fill in the gaps with any other ideas, activities, knowledge or skills you might have!

INTERESTED?

Please complete the questionnaire on the inside of this leaflet and return it with your name, address, tel and email to the Timebank Office at Sawston Parish Council Office on Link Road.

Name:
Address:
.....
Tel No:
Email:

- 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.
- 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.
- Everyone has skills they can share. Get in touch today!

For more information contact:
Timebank Co-ordinator
Emma Fordham
07585 132213
timebank@sawston.org.uk

Sawston Parish Council is committed to protecting your personal data.

SAWSTON TIMEBANK



What is the Timebank?

It is 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 in your personal Timebank account. The Timebank 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. Or you can save them to use.

Who can join the Timebank?

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



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COUNCIL**

