



# INTERESTED?

Please complete the form on the back of this leaflet and return it with your name and address to the Time Bank (see the contact details below).

## YOUR DETAILS;

Name .....

Address .....

Tel No ..... E-mail .....

Your date of birth .....

## NAME & CONTACT DETAILS OF TWO REFEREES;

Name 1 .....

Tel No ..... E-mail .....

Name 2 .....

Tel No ..... E-mail .....

- ⌚ 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 may have needs but feel you can offer nothing back. **Get in touch. We can still help you.**
- ⌚ **You can ask for help from day one**. You don't have to earn Time Credits before you spend them.
- ⌚ You can donate some of your Time Credits to others who might need some extra help. **If you enjoy giving, but don't need help in return.**
- ⌚ There is no cash involved.

**For more information please contact:**  
**Time Bank Coordinator - Fiona Fyfe**  
Tel: 07717 618815 Email: navigator@godalming-tc.gov.uk  
Address: c/o The Hub, 94 High Street, Godalming GU7 1DW  
[www.hourworld.org/bank/?hw=1593](http://www.hourworld.org/bank/?hw=1593)



*Share your skills doing something you enjoy, help others and make new friends*



# GODALMING Time Bank

## What is the Godalming Time Bank?

It will be a way for people in our community to help each other through an exchange of time. For every hour of time you give helping someone, you receive one Time Credit. You can participate as an individual or as an organisation.

## 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 donate them to the Time Bank which will reallocate them to someone who needs help.

## 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 overleaf for ways in which you can get involved.



<b>Tick the boxes below</b>		Offers	Requests
<b>ASSISTANCE</b>	Escorting people to appointments		
	Shopping		
	Errands		
	Giving people a lift		
<b>OFFICE</b>	Form filling		
	Office skills		
	Letter writing		
	Budgeting		
<b>CREATIVE CRAFTS</b>	Knitting/Sewing/Crocheting		
	Painting/Drawing		
<b>ENTERTAINMENT</b>	Playing a musical instrument		
	DJ'ing		
	Theatre		
	Film/Cinema		
<b>ENVIRONMENT</b>	Litter picking		

<b>Tick the boxes below</b>		Offers	Requests
<b>HOME HELP</b>	DIY (simple)		
	Decorating (simple)		
	Gardening		
<b>VEHICLES</b>	Cycle maintenance		
	Car washing		
	Car/motorbike maintenance		
<b>SUPPORT</b>	Assisting at events		
	Attending meetings		
<b>EDUCATION</b>	Literacy		
	Translation		
	Assist with reading		



<b>Tick the boxes below</b>		Offers	Requests
<b>ONLINE</b>	Web Design		
<b>COMPUTER</b>	Computer skills		
	Computer design		
	Book Keeping		
	Computer maintenance		
<b>ACTIVE</b>	Walking companion		
	Water sports		
	Fitness/Exercise		
<b>LABOUR</b>	Heavy moving/lifting		
	Improving open spaces		
<b>OTHER</b>			

<b>Tick the boxes below</b>		Offers	Requests
<b>DOMESTIC</b>	Housework (occasional)		
	Cooking		
	Ironing		
<b>FRIENDSHIP</b>	Visiting people		
	Companionship		
<b>PET SUPPORT</b>	Dog walking		
	Pet care		
<b>PUBLISHING</b>	Design work/art		
	Leaflet delivery		

## **WHAT HELP DO YOU NEED? HOW CAN YOU HELP OTHERS?**

*Tick the boxes or fill in the gaps with any other ideas, activities, knowledge or skills you may have.*

