What's in it for you?

Some of the benefits are:

- A flexible volunteering opportunity – you can fit it into your lifestyle
- Getting the help you need when you need it
- Using and developing your knowledge, skills, talents and experiences
- Meeting new people and making new friends
- Trying something new
- Making a difference in our local community

I'd like to find out more about Stanley Time Bank. Please contact me:

Name:

Telephone:

Email:

Ways to find out more

By Email
broker@stanleydevelopmenttrust.org

Phone our Time Brokers
Val Tel. 828241
Fiona Tel. 827952

Contact our Project Coordinator
Laura M. 07712219261
laura@stanleydevelopmenttrust.org

Visit the Website
www.stanleydevelopmenttrust.org

Meet us at our drop-in session every WEDNESDAY 2.30 - 4pm in the Stanley Bowling Club

OR complete the tear off slip opposite, seal in an envelope and drop it into the Time Bank mailbox in the Stanley Store.

Stanley Development Trust acknowledges the support of Perth & Kinross Council. Scottish Charity No. SC040980 Company No. SC345363

STANLEY TIME BANK



MAKE A DIFFERENCE IN OUR LOCAL COMMUNITY

How does Time Banking work?

Time Banking is a new and exciting way for people to come together in their local community to share their time, talents, skills and experiences.

The great thing about a Time Bank is that everyone has something to offer and everyone can take part no matter what skills or experience they have.

As a Time Bank member you give to and receive from others within your local community.

Time Banking is built on the principle that for every hour a person contributes they receive the equivalent in time credits.

1 HOUR = 1 TIME CREDIT

As a Time Bank member you can exchange your time credits when you need something done.

What services do people share?

The following are examples of the sort of services people share:

- Giving lifts or escorting people to appointments
- Shopping or prescription collection
- Decorating, DIY or simple home repairs
- Visiting people at home and providing companionship
- Lawn mowing, weeding, hedge trimming and plant watering
- Helping someone with their housework
- Simple bicycle repairs
- Using and teaching practical crafts like cake decorating, sewing, knitting, etc
- Helping someone with their computer
- Dog walking and pet care

But I don't have any skills to offer

Something which you do not think is a skill can be invaluable to another member – for example companionship, having a chat on the phone or going for a coffee with a house bound member.

You can also do something that you like doing – for example walking a dog or baking.

Or why not get help with something you don't like doing – for example, ironing or grass cutting.

Helped post operation, was a life saver - couldn't have managed without the Time Bank

Made a good friend and had help with something I couldn't do

Great help with the laptop

Contributes to community spirit