

Please complete the box below and the following questionnaire to get you thinking about what Timebanking could bring to you. Return it to the Timebank address on bottom right of this page and one of our co-ordinators will get in contact with you to support you through the simple joining process.

Name _____
Address _____ _____
Postcode _____
Telephone _____ Mobile _____
Email _____ Date of Birth _____
<i>I understand that by completing this form, West Wight Timebank will be able to contact me for admin purposes and also to offer more information about the scheme</i> <input type="checkbox"/>

- ⊕ **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 feel you have nothing to offer but would like some help**
 - Get in touch – we can still help you
- ⊕ **You don't have to earn Time Credits before you spend them**
 - Sometimes people need help first
- ⊕ **West Wight Timebank keeps the records and statements**
 - You just get your credit claim signed off and returned to us
- ⊕ **If you prefer to give, than receive**
 - Donate your time to others
- ⊕ **There is no exchange of money-** benefit/tax implications
 - Our currency is time, and does not have



What is the Timebank?

It is a way for people and organisations to help each other in the community and be rewarded for it. For every hour of time you give helping someone, you receive one time credit.

What can you do with your time credits?

- Spend on yourself
- Donate to others
- Save them up

Who can join the Timebank?

Anyone - Timebanking is flexible and respects the variety of people in the West Wight. Look at the leaflet to see how you can become involved. If you can't see a skill or service that you can offer or need, then please add it to the list. West Wight Timebank is what you and the other members make it and membership is growing.

Our contact details.

Sally

Email : info@wwtb.org
Phone: 07872 304 294

This form

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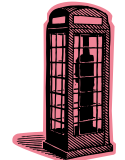



West Wight Timebank Lavender Cottage Main Road Newbridge Isle of Wight PO41 0TX
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How can we help each other?

		Provide	Receive			Provide	Receive			Provide	Receive								
	Art and Design			Arts and Crafts Continued	Woodwork			Entertainment	DJ ing			Helping and Volunteering for our Organisational Members Associate Members Home							
	Art Space				Writing books (help)				Entertainer										
	Board games				Writing scripts (help)				Facepainting										
	Creative Writing			Community	Writing/Reading Music (help)					Films/theatre/Show assistance					Walking Companion				
	Crochet				Ad-hoc volunteering (for groups)					Guest Bank						Heavy moving			
	Dancing					Babysitting				Guest Speaker						Lifting			
	Darning					Attending meetings (for groups)				Playing an Instrument									
	Drama					Corporate Social Responsibility					Singer						West Wight sports and community centre		
	Drawing					Events-Major Tourist Events Arts etc					Tickets to Films/Theatre/Shows							CHOYD (Village Hall, Yarmouth)	
	Face Painting					Events (Assistance)													
	Guitar Teaching					Field Space									Carers IW				
	Jewellery					Group trips (assistance)													
	Knitting					Litter Picking			Health and Well Being										
	Metalwork			Occasional Sort-Outs						Exercise Companion						Bicycle Maintenance			
	Painting			Open Space Improvement															
	Photography			Servicing meeting for groups							Hair Dressing						Car Washing		
	Playing and Instrument (Help)			Shifts at Community Groups/Cafes													Computer Help		
Pottery			Spare Stock/Materials													Cooking			
Sewing			Sports Space				Swimming Companion								Decorating (Simple)				
Singing (Help)															DIY basic				

Please add any other ideas, activities, knowledge or skills that you can offer or would like to receive!

How can we help each other? Have a think about what you have to offer and what you need

		Provide	Receive			Provide	Receive			Provide	Receive				
<p>Home</p>    	Gardening (general)			<p>Languages</p>  	English Language Teaching			<p>Office Continued</p> 	Publicity Work			  	Listening		
	Gardening (landscaping)				Foreign Language Teaching				Report (production)				Literacy (help)		
	House sitting				Interpret				Social Media - Promotion				Maths (help)		
	Housework				Translate				Stock Management						
	Housework (occasional)				Specify your languages below				Web Design						
	Ironing								Word Processing						
	Moving and lifting			<p>Office</p>   	Book Keeping			<p>People</p>   	Budgeting (Personal)			Support at meetings			
	Plant Watering				Budgeting				Changing Library Books			Visiting			
	Shopping								Companionship			Walking Companion			
	Washing				Computer Skills				Computer Skills			<p>West Wight Timebank</p>	Steering Group		
					Delivering Leaflets				CV Writing				Promotions		
					Design Work				English (Help)				Getting people together		
					Form Filling				Errands				Coffee mornings		
					General Office Skills				Escort to appointments				Meeting notes		
					Leaflet Distribution				Form-filling (advice and support)						
					Letter Writing				Giving Lifts			<p>Pet Care</p>  	Cat Sitting		
					Local Contacts and Local Government and Knowledge Meeting Space								Dog Walking		
					Poster Design				Help with form filling				Pet Advice		
			Proof Reading			Job Searches				Pet Care					
						Letter writing (help)									

How does West Wight Timebank work?

Thank you for filling in our form. We look forward to receiving it.
Finally, we would like you to meet Amy to give you an idea of how the Timebank could work for you.

