

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 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 ☐

- ⌚ **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

How can we help each other?

		Provide	Receive			Provide	Receive			Provide	Receive			Provide	Receive
<div>Art and Crafts</div> <div></div> <div></div> <div></div> <div></div> <div></div>	Art and Design			Arts and Crafts Continued	Woodwork			Entertainment <div></div>	DJ ing			Helping and Volunteering for our Organisational Members <div></div> <div></div>			
	Art Space				Writing books (help)				Entertainer						
	Board games				Writing scripts (help)				Facepainting						
	Creative Writing			Community <div></div> <div></div> <div></div> <div></div> <div></div>	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								Singer						
	Drawing				Corporate Social Responsibility				Tickets to Films/Theatre/Shows				West Wight sports and community centre		
	Face Painting				Events-Major Tourist Events Arts etc								CHOYD (Village Hall, Yarmouth)		
	Guitar Teaching				Events (Assistance)										
	Jewellery				Field Space								Carers IW		
	Knitting				Group trips (assistance)										
	Metalwork				Litter Picking			Health and Well Being <div></div> <div></div>							
	Painting				Occasional Sort-Outs				Exercise Companion				Bicycle Maintenance		
	Photography				Open Space Improvement										
	Playing and Instrument (Help)				Servicing meeting for groups				Hair Dressing				Car Washing		
	Poetry				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				
<div>Home</div> 	Gardening (general)			<div>Languages</div>  	English Language Teaching			<div>Office Continued</div> 	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				Reading (help)		
<div></div>   	Moving and lifting			<div>Office</div>   	Book Keeping			<div>People</div>   	Budgeting (Personal)			 <div>West Wight Timebank</div>	Support at meetings		
	Plant Watering				Budgeting				Changing Library Books				Visiting		
	Shopping								Companionship				Walking Companion		
	Washing				Computer Skills				Computer Skills				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			<div>Pet Care</div> 	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.

