





















## 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	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				<b>Anything Else!</b>		
	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, fill out your contact details below and return it to the Timebank at Melbourn Parish Council Office, The HUB, 30 High Street, Melbourn, SG8 6DZ

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.**
- You may have needs but feel you can offer nothing back
  - **Get in touch. We can still help you.**
- Your time credits will be banked online 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.

**For more information contact your 'Time Broker':**

Stephanie Trayhurn

Tel: 07483 176929 or 01763 263303 Option 3

Email: [timebank@melbournpc.co.uk](mailto:timebank@melbournpc.co.uk)

Monday - Thursday

Melbourn Parish Council is committed to protecting your personal data - see <http://melbournparishcouncil.co.uk/privacy-statement/> or ask your Time Broker.

## MELBOURN PARISH COUNCIL 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.

*Please note, due to COVID-19, some activities have been reduced or are suspended currently.*

### What can you do with your time credits?

You can 'spend' your time credits when you need help from someone else. You can donate to another person who needs some help. Or you can save them for future 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.



Championed by Melbourn Parish Council in partnership with South Cambs District Council