

Epping Forest TimeBank

*Make a difference
in your community.*

What's it all about?

- An exchange of time & skills between TimeBank members.
- Do only what you want, when you want to.
- Build up time credits.
- Give a little. Get a little back.
- Make friends & make a difference.



What kinds of exchanges?

Some examples:

- Gardening & simple D.I.Y.
- Help with I.T. & gadgets.
- Languages/translations.
- Musical/dance tuition.
- Dog walking & pet-sitting.
- Shopping & simple errands.
- Anything else you can think of.....



How Does It Work?

- It's fun & free to join, with exchanges covered by insurance.
- A simple on-line registration process, requiring 2 referees.
- Use the Time & Talents db to list needs & offers.
- Manage your exchanges.
- Attend TB meetings, coffee mornings and events.



Activities to avoid

- Providing care or a direct service.
- Anything carrying financial risks – for example loans or mortgage applications, book keeping and budgeting.
- Repairs to cars/motorcycles which are critical mechanical works, including brakes, steering and suspension.
- Childcare – as all involved in childcare should be appropriately vetted in accordance with Social Services/Ofsted regulations.

Mini-TimeBanks

- Groups of members can become mini-timebanks.
- Shared location or shared aims.
- Exchange with themselves & the wider TB membership.
- The Mini-TB can use the time credits built up for exchanges to benefit the whole group's aims.



Organisations

- An organisation can become a Mini-TB so that its volunteers can bank hours to that organisation.
- They can use the hours that build up to request exchanges.
- Therefore, traditional volunteers can benefit from TB membership.
- Organisations which are members include Sue Ryder and Epping Forest Arts.

Contacts, info, joining

- Marc Balkham TimeBank Co-ordinator
01992 564 282 mbalkham@vaef.org.uk
- Chris Overend Policy Officer EFDC
01992 564 247 coverend@eppingforestdc.gov.uk
- Timebank Website <http://www.timebanking.org>
- To join: <http://www.hourworld.org/bank/?hw=1444>
- Facebook: www.facebook.com/EFHTB