

# Time Swap

Swap time not money!



## Information Sheet

### What are Time Banks/Time Swaps?

Time Banks originated in the USA in the mid 1980's and Time Banking has been active in the UK since 1998 and there are now over 350 Time Banks around the UK. There are lots of great stories about the benefits of Time Banking as a way to bring communities together by getting help with odd jobs and lending a hand yourself. Currently in the UK, from Cornwall to Scotland, there are local Time Banks using times as a medium of exchange to link people together. Time Banks can help fill gaps for local people by them sharing skills, services, talents and life experiences with each other.

### How will Time Swap work?

The idea is very simple, members 'deposit' their time in the bank by giving help and support to other members and then are able to 'withdraw' their time when they need something done themselves or alternatively they can donate their time to other members in the Time Swap scheme. Everybody's time is worth the same and for every hour an individual gives helping someone, they are entitled to one hour's credit in return. All this activity is recorded by a Time Broker who matches up the right task to the right person and also issues Time Swap statements so that members can keep a record of how many hours they have given and received.

Members will have an enormous range of skills and services that they can offer to their fellow members. Requests for help and support are received at the office and Time Swap members are contacted to enable time to be exchanged. Time Swap members will be able to offer assistance in many ways including: simple DIY; small Gardening tasks; Companionship; Computer Skills; Decorating; Ironing; Shopping; Errands; Form Filling; Knitting/Sewing/Crochet/Mending; Car Washing; Dog Walking to name but a few. The time Swap will be as good as its members want it to be. The Time Swap Initiative will be free to join and all new members will receive an hour of time to be deposited into their account. Being a member of the Time Swap does not affect your tax position in any way or any entitlement to state benefits. There is no 'catch' - you just have to be prepared to both receive and give time by helping others and allowing other people to help you!

If you think you would like to join or would like to find out more,  
why not give us a ring on **01629 532049**  
or e-mail: [Timeswap@derbyshire.gov.uk](mailto:Timeswap@derbyshire.gov.uk)