

What is Ampthill & Flitwick Timebank?

It's a new way for people to help others in our community and be rewarded for it - in time. For every hour of time you give helping someone, you receive one time credit.

What can you do with your time credits?

You can 'spend' your time credits when you need help from someone else. Alternatively, you can give them to another person who needs some help or you can 'bank' them until that day when you do need help.

Who can join the Timebank?

Anyone. Age, ability, lack of finance or limited mobility are not barriers to participating. **You must however be a resident of Ampthill, Flitwick, Millbrook, Houghton Conquest, Maulden, Flilton, Greenfield, Westoning, Tingrith, Eversholt or Steppingley to join.** Take a look inside this leaflet and see how you can get involved

Interested in Joining Ampthill & Flitwick Timebank?

REGISTER WHAT YOU CAN OFFER & WHAT YOU NEED NOW OVERLEAF
Simply complete & return this form or apply online at www.aftimebank.org.uk and we will contact you and sign you up

Name:

Address:

Tel. No:

Email:

Return the completed form to:
Ampthill & Flitwick Timebank, c/o The Rufus Centre, Steppingley Road, Flitwick, Beds, MK45 1AH

Turn Spare Time into Shared Time

with



Where Time is the Currency

The benefits of Timebanking:



Interested?

Sign up for FREE by filling in this leaflet or at

www.aftimebank.org.uk

Registered Charity No. 1160464

Amphill & Flitwick timebank		Can Help?	Need Help?	Amphill & Flitwick timebank		Can Help?	Need Help?	Amphill & Flitwick timebank		Can Help?	Need Help?	The Needs & Skills identified here are by no means exhaustive, so please indicate what you would like to 'give' to the scheme and what you would like to 'take' in exchange
Exchanging Skills			Help at Home			Administration						
Reading & Writing			Basic Housework			Letter Writing						
Language			Basic DIY/Repairs			Book keeping			List Other Skills You Could Offer			
Singing			Basic Decorating			Typing						
Musical Instrument			Basic Gardening			Translation						
Computer/IT			Window Cleaning			Social/Recreation						
Painting/Drawing			Plant Watering			Craftwork						
Friendship			Laundry/Ironing			Sports Coaching			List Other Help You May Need			
Befriending			Cookery			Entertaining						
Visiting Housebound			Moving Furniture			Knitting/Sewing						
Errands			Car Washing			Community						
Taking to Appointments			Pets			Litter Picking			Please note that the following exchanges cannot be made through the Timebank, namely: Car/motorbike maintenance or repair; Professional services or advice; Work requiring a tradesperson; Childcare services; Statutory services to vulnerable people			
Walking Companion			Dog Walking			Delivering Leaflets						
Shopping			Looking after pets			Event Planning						