



Case Study

Phyliss Atlee

Phyliss Atlee (57) ■ Castlemilk Time Bank Member

Phyliss Atlee has been involved with Castlemilk Time Bank since it started back in 2001.

Gloria Murray, the time banking coordinator introduced her to the benefits of the concept, when she asked her to drive a time bank member to the hospital one day. Phyliss enjoyed helping other members of the community and missed the days when everyone helped one another instinctively within Castlemilk. This drive to the hospital therefore inspired her to become a fully fledged member of the time bank. She was keen to continue helping others and felt that time banking could revive a real community spirit.

Driving, tapestry, cross stitching and card making are just some of the skills that Phyliss has offered to the time bank over the year. Prior to retiring, Phyliss was a trainer for Johnson's Dry Cleaning organisation and so, also teaches members key skills in public speaking. In return she has gained skills in flower arranging and is about to learn how to crochet - something she has been keen to discover for years. She also uses her time credits to get her cat looked after whilst on holiday and for heavy lifting jobs, such as turning her mattress over, that she wouldn't be able to do herself due to a having had her hip replaced,

Phyliss said; **“Becoming a member of your local time bank is a great way to meet new people, learn new skills and boost your confidence. I normally contribute around one and a half hours per week, sometimes more or less depending on what I have got on. This is the great thing about joining – you can do as much or as little as you like and you aren't committed to anything. It's all about helping one another and getting to know the people in your community along the way.”**



Castlemilk
Community
Time Bank

To find out more about Time Banking...

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