



Time
Banking
SCOTLAND

Case Study

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Karlyn McSwan

Karlyn McSwan (37) ■ Castlemilk Time Bank Member

Karlyn McSwan grew up in Castlemilk and was intrigued by the pilot Time Banking scheme that was launched back in 2001.

In a bid to find out more she offered to help with the initial setting up of the concept and the rest, as they say is history. Karlyn has been a time bank member now for over six years, giving her free time to help others in the community and receiving help in return. From collecting prescriptions to giving tapestry lessons, holding adult literacy classes and even teaching English to refugees, she has offered a variety of skills over the years. In return she has had her garden spruced up, had help with ironing (her much loathed chore) and has also learned how to make cards, which was very useful when she was planning her wedding. With the help of another time bank member Karlyn designed and made all the invitations for her big day. These are just a few examples of a very long list of skills, that Karlyn has swapped over the years. She contributes between two and five hours per week of her time and admits she doesn't know where she would be without her local friendly time bank.



Karlyn said; “Right from the very beginning I was eager to get involved with time banking, mainly because it seemed like a great way to get to know other members of my community. I had grown up in the area and had therefore witnessed an era when everyone helped one another all the time and I was keen to see this happening again. Time banking seemed like a great opportunity to do this and a fantastic way to meet new people and receive help along the way. It has undoubtedly revived a real community spirit within Castlemilk and I would urge anyone to get involved. Lots of people are concerned that they don't have skills to swap but the truth is everyone has something to offer and once you are a member the good news is you can use your time credits to learn new skills.”



Castlemilk
Community
Time Bank

To find out more about Time Banking...

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