



connecting people with their communities

## Would you like to join a Time Bank?

### Find your nearest Time Bank

Telephone: 01786 479 593  
Text: 'Timebanking' to 07786 200 350  
Visit: [www.vds.org.uk](http://www.vds.org.uk)

### Contact the local Time Bank

### Fill in an application form

Identify what you can give and  
what you'd like to receive

Start exchanging time using your  
time credits

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There is no Time Banking  
in my area

## Would you like to set-up a Time Bank?

Contact Time Banking Scotland and start the 3 stage development and support package we have on offer, including training, workshops and a CD-Rom with a range of materials which help you to develop your Time Bank.

## Contact Time Banking Scotland

Volunteer Development Scotland  
Stirling Enterprise Park,  
Stirling FK7 7RP

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