



## Time Banking Core Values

All Time Banking initiatives are based on common principles which run through their everyday operations. These are the core values of Time Banking.

### PEOPLE ARE ASSETS -

The starting point for all Time Banks is the recognition that people are the real wealth in any community. Every individual can contribute to the well being of the local community through giving their time, sharing their skills and providing practical support.

### REDEFINING WORK -

Activities such as bringing up children, caring for people who are marginalised, keeping communities safe and fighting social injustice have to be recognised, rewarded and counted as valuable work which contributes to a healthy society for us to live in.

### RECIPROCITY -

Giving and receiving are the simplest and most fundamental ways of building trust between people. They are the basic building blocks to positive social relationships and healthy communities.

### BUILDING SOCIAL CAPITAL -

Belonging to a mutually supportive and secure social network brings more meaning to our lives and new opportunities to rebuild our trust in one another.



connecting people with their communities

## To find out more about Time Banking

**Text:** 'Timebanking' to 07786 200 350  
**...Or Call:** 01786 479 593



**Telephone:** 01786 479 593 • **Visit:** [www.vds.org.uk](http://www.vds.org.uk)

Volunteer Development Scotland  
Stirling Enterprise Park, Stirling FK7 7RP



A joint venture between Volunteer Development Scotland and Time Banks UK

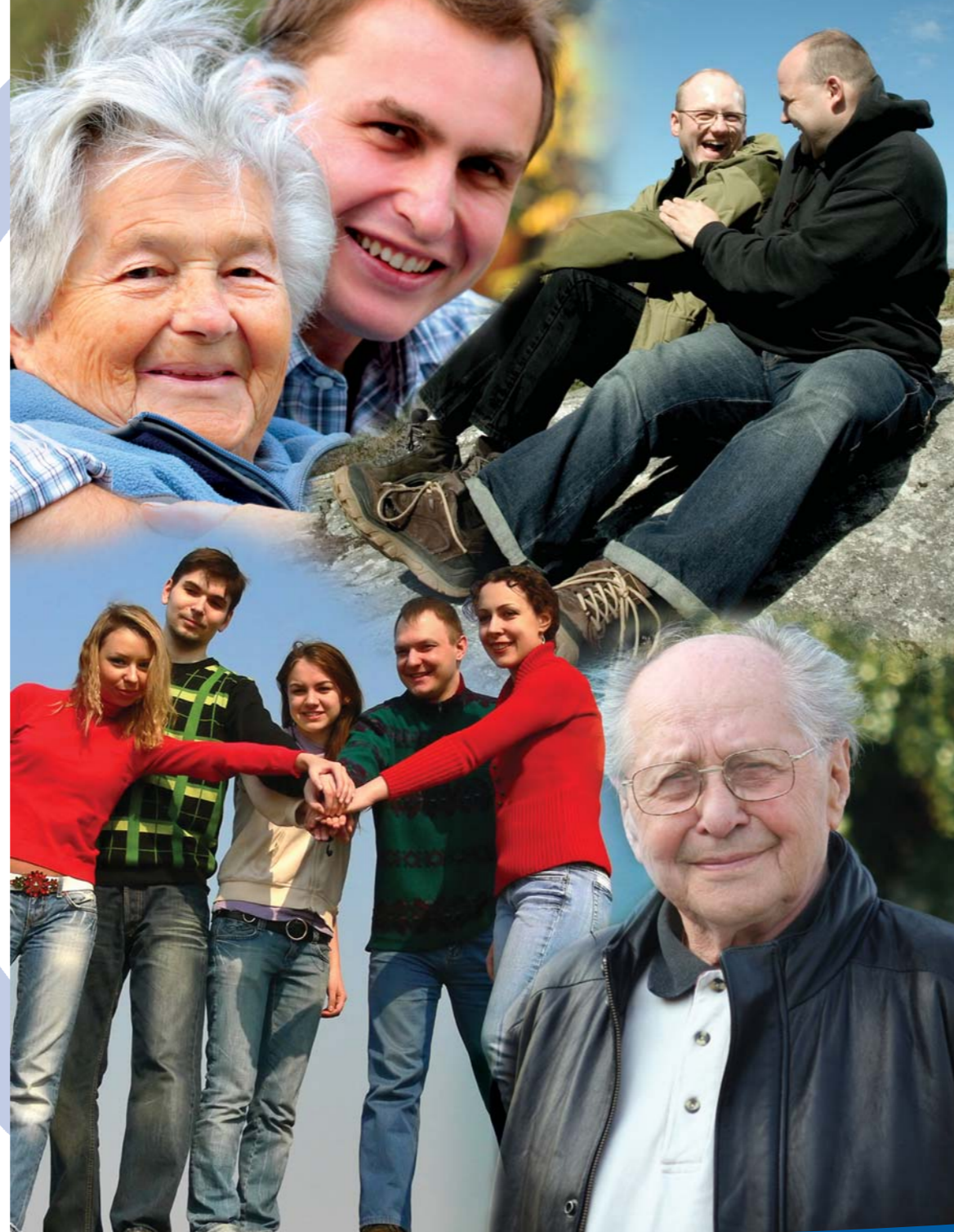
# Time Banking Scotland

Creating a new opportunity for people to share their time and skills and help develop their communities.

## In summary:

- All Time Bank members have a contribution to make and are valued equally regardless of the skills and talents they bring.
- All Time Bank members list the skills and/or services they can offer and those which they may need help with.
- Everyone is interviewed by the time broker and provides references.
- Every hour a volunteer contributes earns the 'giver' one time credit.
- Time Bank members receive the help and support they need by exchanging their time credits.
- The time broker matches the 'giver' and 'receiver'.
- Time Bank members can donate their time credits to other members of the Time Bank.
- All activities maintain a set standard of care, including insurance, health and safety, a code of ethics and where appropriate fulfil the necessary requirements of the Disclosure (police checks) process.

Time Banking connects people with their communities. It enables people to help others, receive support themselves, meet new people, build trust and helps communities become better places to live.



## What is Time Banking?

Time Banking is a new and exciting way for people to come together in their communities and interest groups and share their talents in a mutually beneficial way. Time Bank members help others, receive support themselves, meet new people and help communities become better places to live. Time Banking is built on the principle that for every hour a person contributes they receive the equivalent in time credits.

**1 hour = 1 time credit**

## How can time credits be used?

A Time Bank member can exchange their time credits when they need something done – e.g. they might want to get a gate fixed, attend a yoga class or get someone to collect their doctor's prescription. They can also choose to donate time credits to someone else or to a community organisation.

## Who keeps track of the members' time?

Every Time Bank has a 'time broker'. The time broker is the person who keeps a record of everyone's contributions. The time broker manages the practicalities such as putting people in touch with each other, obtaining references for the Time Bank members, organising insurance and where necessary, obtaining Disclosures (police checks) for members working with vulnerable groups.

## Who can join a Time Bank?

Any one can join a Time Bank. Time Banks value people equally irrespective of age, gender and culture. They are therefore accessible to all and totally inclusive. Time Banks are free to join and taking part does not affect the volunteers' tax position or their entitlement to state benefits.

## What if there isn't a local Time Bank?

If there isn't a Time Bank in your local community then maybe you and some others would like to start one? Time Banks are being established all over the country; in towns, in cities and in villages by people just like you, giving individuals and groups the opportunity to make a contribution to developing more caring and active communities.

To find out more about  
Time Banking call... **01786 479593**

To find out more about  
Time Banking call... **01786 479593**