



Lyttelton

TIMEBANK



What is Time Banking?

Time Banking is a way of trading skills in a community. It uses time, rather than money, as the measurement tool.

Members of a Time Bank share their skills with other members within the community and are given time credits for the work they do.

With the credits they gain, each member can 'buy' someone else's time, and get the service they need.



Trading stories: People who need their pets taken care of while they are away, or if they are ill can use Time Credits for this service.



Where did the idea come from?

The Time Banking concept originated in the US, the work of Edgar S Cahn. Since then it has spread to many countries around the world.

Time Banking acknowledges we all have something to contribute and that what we offer is valued.

Project Lyttelton has set up New Zealand's first Time Bank.

Trading stories: A recently widowed woman accessed support and practical help to turn her garden into more lawn as her late husband was the gardener.





Why join a Time Bank?

Time Banking adds a richness to Time Bankers' lives. As a concept it brings 'wealth', in the form of friendship, caring for one another, having our needs met and getting help with things we can't do.

Skills which are often taken for granted are valued - especially non-market economy skills - like mothering, caring, friendliness, listening. All these skills help create a healthy community.

It is important work.

Trading stories: Time Bank members deliver the Lyttelton News each month for Time Credits.





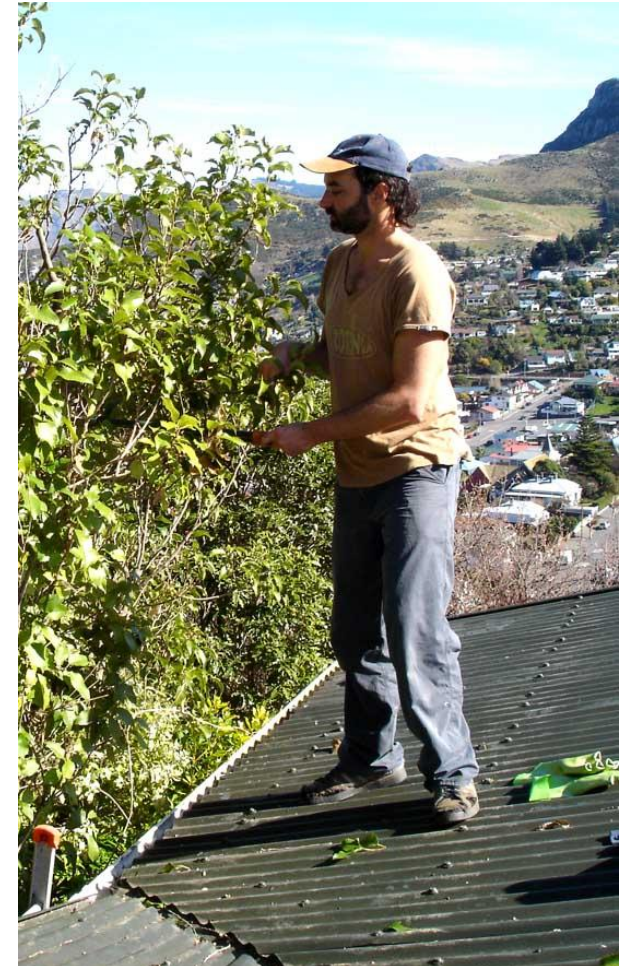
How do I join Time Bank?

Joining the Time Bank is easy. You can sign up online or phone the co-ordinator.

Project Lyttelton uses special software developed in the US to list offers and requests and record time credit swaps.

The Time Bank co-ordinator meets with new members to help get set up. Skills you are willing to share and services you would like to receive are listed, then it's time to begin trading!!

Trading stories: A member who is unable to get up on the roof gets help with pruning trees through Time Bank.

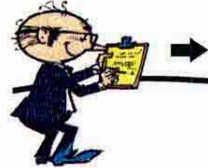




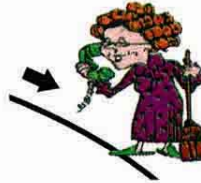
How do I trade in Time Bank?

Start here →

George joins the Lyttelton Time Bank and lists the skills he has and the things he wants.



Shirley, a Time Bank member, calls to have someone do her supermarket shopping.



What will George spend his Time Credits on next?



George goes shopping for Shirley and earns one Time Credit.



George spends his Time Credit having Tane provide entertainment for his monthly gathering and....

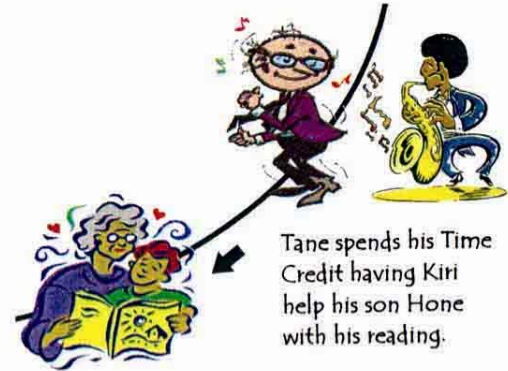
George receives his Time Credit statement.



She then spends her Time Credits having George tidy her garden.



Kathy earns Time Credits cleaning Kiri's house.



Tane spends his Time Credit having Kiri help his son Hone with his reading.



What skills can be shared?

Time Banking can be used in many types of situations. It can simply be a swapping of skills like child minding, gardening, pet care or home help.

For some new members identifying their skills can be a challenge, as they often identify themselves with the job they do within the market economy.

Time Banking is tax exempt, Time Bankers can not offer the services they do as part of their paid work. They need to look at the many other skills they have like fixing washers, mending a fence, sewing, car rides to appointments or running messages.



Members can organise trades directly online with other members and record the hours traded. For those who choose not to use the software, or don't have computer access a phone call to the co-ordinator is sufficient.



What if you don't have any credits?

Members do not have to get into credit before they source services through the Time Bank. The system is about encouraging people to help one another.

The Time Banking concept thrives on reciprocity.

Time Banking is a step on from volunteering. The difference is that people 'earn' equivalent time credits.

Trading stories: Plunket gets Time Bank members to help collect during their fundraising week and is able to access the Community Chest to 'pay' the collectors in time credits.



A feature of the Lyttelton Time Bank is the Community Chest. People who don't want their time credits can donate them for someone else to use, maybe community groups, or someone frail or unwell.



Time Banking strengthens community

In Lyttelton as a result of the Time Bank we can see a tighter community forming.

Friendships are forming between people of different backgrounds that would not usually have met. The elderly are being cared for and the skills they share are valued. Special needs people are encouraged to participate.

Time Banking builds relationships and trust in a community.

Everyone has something they can contribute to the wellbeing of the whole.



Trading stories: A young woman with Down Syndrome earns credits from Project Lyttelton stamping envelopes and preparing mail outs.



Setting up a Time Bank

To set up a Time Bank it is good to find out as much information as possible about how and why Time Banking works.

It is also really helpful to identify the needs in the community and willing people. The success of a Time Bank is dependent on trading and having a good range of skills available.

Reading Edgar S. Cahn's book "No More Throw-Away People" is an excellent place to start. In Lyttelton we had a book club where several core people read the book and discussed chapters together.

Also visit www.timebanks.org

