You give your time to spend your time

For every hour that you help someone you earn 1 credit hour to spend on someone helping you

Everyone has something to offer

www.suttonshares.org.uk

JOIN TODAY!

It’s FREE!
What is timebanking?

The concept

Timebanking is a way for people and organisations to exchange their time and skills.

Get Started - It's as easy as 1-2-3...

1. **Register**
   - Online at suttonshares.org.uk or contact us (details below)

2. **Intake & Assessment**
   - Provide references and attend the Introduction to Time Banking workshop

3. **Start exchanging!**
   - Simply list your offers/requests and respond to those that others have posted

You could offer or exchange services such as...

- Budgeting skills
- Gardening
- Web design
- Fitness/Exercise
- Shopping

Register online and begin sharing today!

www.suttonshares.org.uk

Email: suttonshares@vcsutton.org.uk
Telephone: 020 8661 5900

@SuttonShares /SuttonShares