


LOWER MAINLAND TIMEBANK

TIMEBANKING: EXCHANGE
TIME AND TALENT



Members earn TimeCredits for helping each other - one hour of your time entitles you to one hour of another TimeBank member's time.

TimeBanks don't use money: instead, people make deposits and withdrawals of their time for helping each other.

When your skills are called upon, you give your time by providing a service for another member of the TimeBank.

Your TimeCredits are deposited centrally in a TimeBank that you can withdraw, anytime you need help yourself, from another TimeBank member.

Help between members is offered, requested and exchanged through an easy-to-use internet website (or by phoning a coordinator) to connect people and keep a record of transactions through the Lower Mainland TimeBank website.

Anyone and everyone can earn TimeCredits - no-one is excluded. Everybody - young or old - has something valuable to offer. Helping works better as a two way street.


Join Your Community TimeBank
Visit the website

www.LMTimeBank.org
call 778-232-5388 to leave a message
or attend an upcoming info meeting

WHAT WOULD YOU LOVE TO GIVE?
WHAT WOULD YOU APPRECIATE RECEIVING?

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What Can You Give & Receive?

WHAT KINDS OF SERVICES ARE EXCHANGED IN A TIMEBANK?

Here is a list of some ideas of the kinds of services that members might exchange in a TimeBank.

Help at Home

- Child Care
- Hair & Beauty
- Pet Care
- Cooking & Sewing
- Housekeeping/Respite Care

Community Activities

- Community Service
- Fundraising
- Special Projects

Wellness

- Diet & Nutrition
- Massage
- Fitness & Exercise
- Yoga/Meditation

Arts, Crafts, & Music

- Classes
- Entertainment
- Photo & Video
- Crafts
- Lessons
- Theater



Home Repair

- Car Wash
- Electrical
- Painting
- Carpentry
- Yard Work
- Plumbing

Transportation to

- Errands
- Long Distance
- Train/Bus/Airport
- Local
- Medical
- Worship

Companionship

- Clubs
- Email/IM
- Medical Errands
- Dining Out
- Home Visits
- Telephone Calls

Recreation

- Books & Videos
- Events
- Sports
- Dancing
- Games
- Travel

Education

- Advocacy
- Computers
- Languages/Translation
- Workshops
- Personal Finances
- Tutoring

Business Services

- Clerical
- Odd Jobs
- Marketing
- Computer Support
- Legal
- Research

COMMUNITY IS THE RELATIONSHIPS IT'S MEMBERS BUILD AND SHARE.

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