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## Core Values of TimeBanking

- 1. Assets:** We are all assets; we all have something to give.
- 2. Redefining Work:** Building community is real work that TimeBanking recognizes & reward.
- 3. Reciprocity:** Commit to give and receive.
- 4. Community:** People helping each other reweave communities of strength and trust.
- 5. Respect:** Our common humanity calls for each individual to be deserving of respect.

## Two TimeBanking Project Examples

Young people earn TimeBank Hours by providing entertainment for a community celebration.

Seniors receiving food from a food bank earn TimeBank Hours when they prepare after-school sandwiches for children at a local school. The children purchase the sandwiches with TimeBank Hours they have earned as tutors and tutees in the school’s after-school tutoring program. It’s a “win-win” for all!

## Why Choose TimeBanking?

Turning the idea of TimeBanking into the reality of TimeBanking calls for commitment, time, energy, and organizing skills. It requires resources, effort and money.

But TimeBanking has proven its worth. Valuing the contributions of all, it builds community resilience. Building trust through helping acts, it supports community and individual wellbeing.

## How Much Will It Cost?

The short answer is: It depends. For member-led TimeBanks the cost may be almost free. For Time Banks designed to fulfill a non-profit purpose, the cost will be comparable with other community-oriented programs and projects where the cost of staff salaries and support is the chief factor.

## TimeBank Key Tasks

To serve their members, TimeBanks:

- Log the Time Credits earned and spent by members.
- Establish the Time Bank’s policies.
- Spread the word and give orientations to new members.
- Organize events and meetings for members.
- Work with members to pursue new possibilities.
- Work with members and sponsoring partners to make sure the Time Bank has the funds and resources it needs to thrive over time.

TimeBanks thrive best when these roles and tasks are viewed as a team effort from the start.



Time Banking  
Airway Heights

# Quick Guide

## 8. Keep Going and Growing

Hold an orientation for new members.  
Sign up your 1st new members.  
Turn to your members for ongoing ideas, support and energy.  
Remember: Small+Small=Big!

## 7. Set Up/Celebrate 1st Exchanges

6. Hold your 1st meeting  
Send out invitations to your 1st new members' orientation  
Prepare a members' handbook and orientation materials.  
Create a brochure for new members and do outreach.

## 5. Start Your Outreach Work

## What Is TimeBanking?

TimeBanking is a way of giving and receiving to build strong support networks. One hour helping another earns one Time Credit. A TimeBank is formed whenever individuals or organizations agree to earn and spend Time Credits to help their neighbors, friends, and the larger community.

TimeBanks can range from small (15 to 20 members) to large (2,000 or more). They can connect with other TimeBanks. Each TimeBank is unique - a reflection of its members, who they are, the dreams they have for their community, and what they choose to offer and receive.

# 8 Steps To Create Your TimeBank

## 1. First Thoughts

What do you want to achieve with your Time Bank?  
Who do you see joining?  
Who will help and support?

## 2. Learn About Time Banking

Go to TimeBanks.org

Contact TimeBanks through the TBUSA directory online.  
Consult TBUSA how-to materials for deeper info about what it takes.

Brainstorm with your friends and supporters.  
Join TimeBank conversations on-line.

Be ready to take some time with this step!!!!

## 3. Get Ready To Organize

Form your advisory group.  
Get buy-in from those who will help your TimeBanks succeed.  
Determine who will take on needed roles

Create an action plan, including outreach for TB members

Plan out costs and income sources (however small)

Find an oce (best of all, where people can gather),

a computer, and a telephone for your Time Bank.

Time Bank coordinator/s informed & ready to go.

## How TimeBanks Work

Think of a babysitting pool where parents swap childcare services. TimeBanking expands that idea to create networks/ circles of giving & receiving.

Members give their skills, talents, or resources, then spend the TimeBank hours earned to receive help, lessons, companionship, trips etc. in turn. (The possibilities are limited only by imagination!)

Hours earned may also be donated for all kinds of good-cause projects in community.

## Who Begins TimeBanks?

Individuals, community groups, churches, associations, organizations, agencies. Anyone whose vision includes valuing the contributions of all to build and strengthen community

## What TimeBanks Need:

All TimeBanks need leaders with good organizing skills. They also need a data bank that includes:

- Members’ contact info
- What members give, receive
- Ways to share info
- A way to log the hours earned and spent.

Most TimeBanks use online software to keep track. TBUSA offers Community Weaver 3, which can be used on cell-phones, tablets or computers, and is simple to set up and use. Visit TimeBanks.org and look for Community Weaver.