



Inverleith Timebank Talk

LET'S SWAP

Issue 1
Summer 2010

As you all know we launched the Time Bank in April. Some people already have credits in their accounts but a lot more could be happening.

So let's get swapping.

Ring Anne on 332 6316 if you could use help with any of the services we have available.

If you need help with anything that isn't listed give Anne a ring as we have some members who say they will try anything.

We currently have members registered who are offering the following services

Shopping

Knitting/Craftwork

Giving lifts

Using a leisure centre/gym

Delivering leaflets

Housework/plant watering/cooking

Dogwalking/Petcare

Listening/help in emergencies

Computer skills

Letter writing /form filling

Painting & Drawing

Organising events

Teaching/translating Russian & German

Simple home repairs

Reiki healing

Indian Head Massage

Gardening/Weeding

DO YOU
EVER FEEL
LIKE THIS?



HELP IS NEVER FAR AWAY

CALL ANNE ON 332 6316

Success Story

Nicola Ross, the Time Bank Development Worker has been successful in securing a small grant to help finance the running of the Time Bank. Nicola applied to the government's Fairer Scotland Fund and was awarded £1250.

This will help pay for publicity, membership of Time Bank UK and events for members.

Can you help?

Here are some of the jobs our members are looking for help with. Ring Anne if you have any of these skills or if you know anyone who has who might like to join Time Bank.

Learning how to do picture framing

Playing the piano

Web Page design

Sewing & Knitting

Clean Up

Inverleith CLD & the Water of Leith Conservation Trust are having a river clean up on Wednesday 11th August.

If you are interested meet at Canonmills Clock at 2pm.

Let Anne know you have taken part and you can earn

time credits.



Head for Broughton in the autumn

One of our members, Elke Williams, who is an experienced Indian Head Massage and Reiki practitioner has very kindly agreed to run a group session, to include a talk and demonstration on Indian Head Massage. Several members have already expressed an interest and we would like to open it up to all our members. We have not finalized a date yet but it will probably be in September in the community room at Broughton High School. **Ring Anne to put your name down as this could be very popular(332 6316).**

Interested?

If this is the first time you have heard of Time Bank and you are interested in finding out more please contact Anne or Nicola at Broughton Community Learning & Development Office 332 6316 or visit www.inverleithtimebank.wordpress.com