

Inverleith Time Bank
c/o Inverleith CLD Team,
Broughton High School,
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Getting Started

Contact us to arrange an initial meeting to find out what the Inverleith Time Bank has to offer you.

This can be done by filling in the form below, by phone or by e-mail

We want to give you a new kind of money

Inverleith Time Bank

Turn spare time into shared time

What is the Inverleith Time Bank?

The Inverleith Time Bank is a new and exciting way for people to come together to help others and help themselves at the same time. Participants “deposit” their time in the bank by giving practical help and support to others. “Withdrawing” their time when they need something done themselves.

What does Inverleith Time Bank involve?

People helping each other out through a variety of different ways. Some examples include; DIY, shopping, childcare, help with trips to the doctors and teaching/ learning new skills.



I am interested in joining the Inverleith Time Bank

Name.....
Address.....
.....
.....
.....
Telephone.....
E-mail.....

What is the best time to contact you? (please circle)

Mornings Afternoons Evenings

Return to; Inverleith Time Bank c/o Inverleith CLD Team,
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How does the Inverleith Time Bank operate?

For every hour you spend helping out members of your community you earn - one time credit

Everyone's time and talents are valued equally - You give an hour and you get back an hour

Your Time Credits will be banked on a computer "time bank" to spend when you need them

You don't have to earn Time Credits before you spend them - You can ask for help from day one

You can donate some of your Time Credits to others who might need some extra help or to a local community organisation that you support

Time Credits are flexible - You help when you can – you do not have to commit yourself to specific days or times

There is no cash involved –The only cost is your time

Time Bank Exchanges

Below is a list of general activities that could be exchanged

Home (House-sitting, Plant Watering, Shopping, DIY)

Office (Typing/Word Processing, Budgeting, Computer skills, Design work, Translation, Being a committee member)

Outside (Dog walking, Gardening, Bike/Car/Motorbike Repairs, Leafleting)

People (Companionship, Child care, Giving lifts, Helping fill in forms)

Skills (Crafts, Massage/Reiki, Knitting, Sewing, Baking/ cooking)

Who can join the Inverleith Time Bank?

Anyone who lives, works or is involved in a local community organisation that is within Inverleith Neighbourhood Partnership boundaries.

This includes Blackhall, Craigleith, Dean Village, Drylaw, Inverleith, New Town Stockbridge, Ravelston and Warriston