

Business Reply Plus
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THIRD SECTOR
Dumfries and Galloway
*Working together to put
our sector first*

Third Sector, Dumfries and Galloway, is an operating name of Dumfries and Galloway Third Sector Interface. Scottish Charity Number SC043832



This project is funded by Putting You First, a partnership between Dumfries and Galloway Council, NHS Dumfries & Galloway and Third and Independent Sectors; working together to provide better health, support and care services for older people.

We are also working in partnership with Timebanking UK and Lifecare Trust.

Time Banking

in Dumfries and Galloway



www.timebankdg.org.uk

What is a time bank?

A time bank is a way for people to share skills within their community and be rewarded for it - in time. For every hour of time you give, providing a service for another member, you receive one time credit

What can you do with your time credits?

You can exchange your time credits when you need something done e.g. you might want a gate fixed or get someone to collect your prescription. You can also choose to donate time credits to someone else or to a local charity or community group.

Who can join a time bank?

Age, ability, lack of finance or limited mobility are no bars to participating in the time bank, it's for everyone!



The time bank

When you join the scheme we will open an account for you. Your hours will be recorded on a computer and we will send you a regular statement of the time you have given and received.

You give

A few hours of your spare time when you want to, doing the things you enjoy.

You receive

The opportunity to get some help for yourself when you need it. You get the satisfaction from making the quality of life better for someone else.

An extra bonus for you

You can donate twice by giving your time credits to someone else who needs them more than you do.

Dumfries and Galloway Time Banking Network Help identify needs and skills in your area

	Need help with	Can help with		Need help with	Can help with
Escorting people to appointments	<input type="radio"/>	<input type="radio"/>	Personal tutoring	<input type="radio"/>	<input type="radio"/>
Shopping	<input type="radio"/>	<input type="radio"/>	Translation/interpreting	<input type="radio"/>	<input type="radio"/>
Doing errands	<input type="radio"/>	<input type="radio"/>	Literacy and numeracy	<input type="radio"/>	<input type="radio"/>
Help with form filling	<input type="radio"/>	<input type="radio"/>	Tutoring	<input type="radio"/>	<input type="radio"/>
Typing/Word processing	<input type="radio"/>	<input type="radio"/>	Muscle: building work	<input type="radio"/>	<input type="radio"/>
Letter writing	<input type="radio"/>	<input type="radio"/>	Muscle: moving/lifting	<input type="radio"/>	<input type="radio"/>
Budgeting	<input type="radio"/>	<input type="radio"/>	Muscle: extra pairs of hands	<input type="radio"/>	<input type="radio"/>
Sewing/embroidery/ dressmaking	<input type="radio"/>	<input type="radio"/>	Painting and drawing	<input type="radio"/>	<input type="radio"/>
Knitting	<input type="radio"/>	<input type="radio"/>	Craft work	<input type="radio"/>	<input type="radio"/>
Woodwork	<input type="radio"/>	<input type="radio"/>	Basic housework	<input type="radio"/>	<input type="radio"/>
Metalwork	<input type="radio"/>	<input type="radio"/>	Cooking	<input type="radio"/>	<input type="radio"/>
Playing musical instruments	<input type="radio"/>	<input type="radio"/>	Washing/ironing	<input type="radio"/>	<input type="radio"/>
DJ	<input type="radio"/>	<input type="radio"/>	Phone friend	<input type="radio"/>	<input type="radio"/>
Entertaining	<input type="radio"/>	<input type="radio"/>	Companionship	<input type="radio"/>	<input type="radio"/>
Films and video	<input type="radio"/>	<input type="radio"/>	Listening	<input type="radio"/>	<input type="radio"/>
Giving people a lift	<input type="radio"/>	<input type="radio"/>	Dog walking/training	<input type="radio"/>	<input type="radio"/>
Driving a car	<input type="radio"/>	<input type="radio"/>	Pet care	<input type="radio"/>	<input type="radio"/>
Simple home repairs	<input type="radio"/>	<input type="radio"/>	Plant watering	<input type="radio"/>	<input type="radio"/>
Simple decorating	<input type="radio"/>	<input type="radio"/>	House sitting	<input type="radio"/>	<input type="radio"/>
Gardening	<input type="radio"/>	<input type="radio"/>	Providing local knowledge	<input type="radio"/>	<input type="radio"/>
Simple car/motor bike repairs	<input type="radio"/>	<input type="radio"/>	Story telling	<input type="radio"/>	<input type="radio"/>
Cycle repairs	<input type="radio"/>	<input type="radio"/>	Computer skills	<input type="radio"/>	<input type="radio"/>
Car washing	<input type="radio"/>	<input type="radio"/>	Design work	<input type="radio"/>	<input type="radio"/>
Helping with social events	<input type="radio"/>	<input type="radio"/>	Book keeping	<input type="radio"/>	<input type="radio"/>
Catering	<input type="radio"/>	<input type="radio"/>	Surfing the net	<input type="radio"/>	<input type="radio"/>
			Fitness	<input type="radio"/>	<input type="radio"/>

If there is anything else you think you can provide, please include it here

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Name

Address

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Tel No.....

Email:.....

