

TimeBanking

*Giving and Receiving
For Healthy Communities*

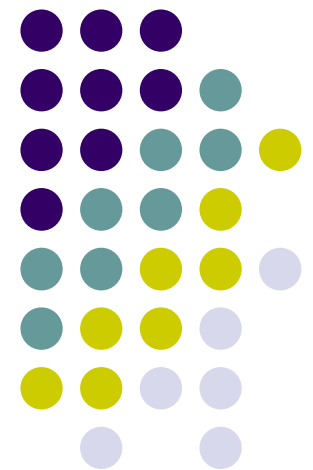
Presented by:



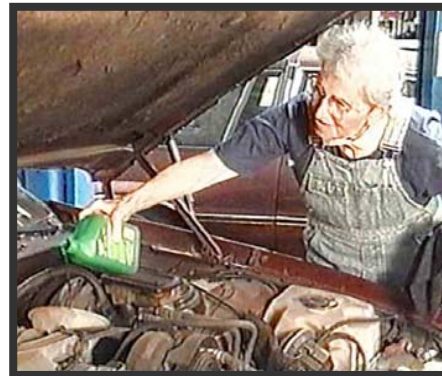
Our Time Bank

www.ourtimebank.com

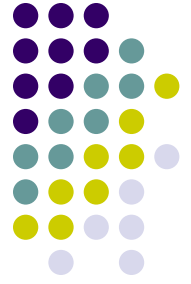
Serving the West Los Angeles and Santa Monica Areas



TimeBanking



*Restoring Community
One Hour At A Time*

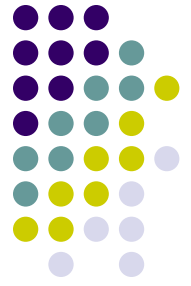


What is a TimeBank?

A TimeBank is a 'community of caring'

- **Members form a network of relationships**
 - Help each other
 - Build trust & community
 - Facilitate transformational change



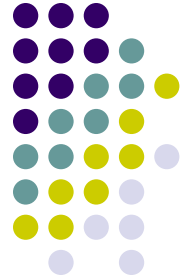


Where Are TimeBanks?

- 1st TimeBanks began in 1987
- TimeBanks USA founded in 1995
- 38 countries
- 44 states in U.S.
- 800+ Timebank networks in USA)



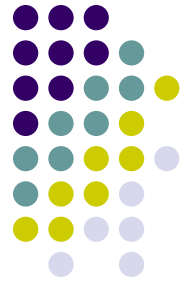
TimeBanking Core Principles



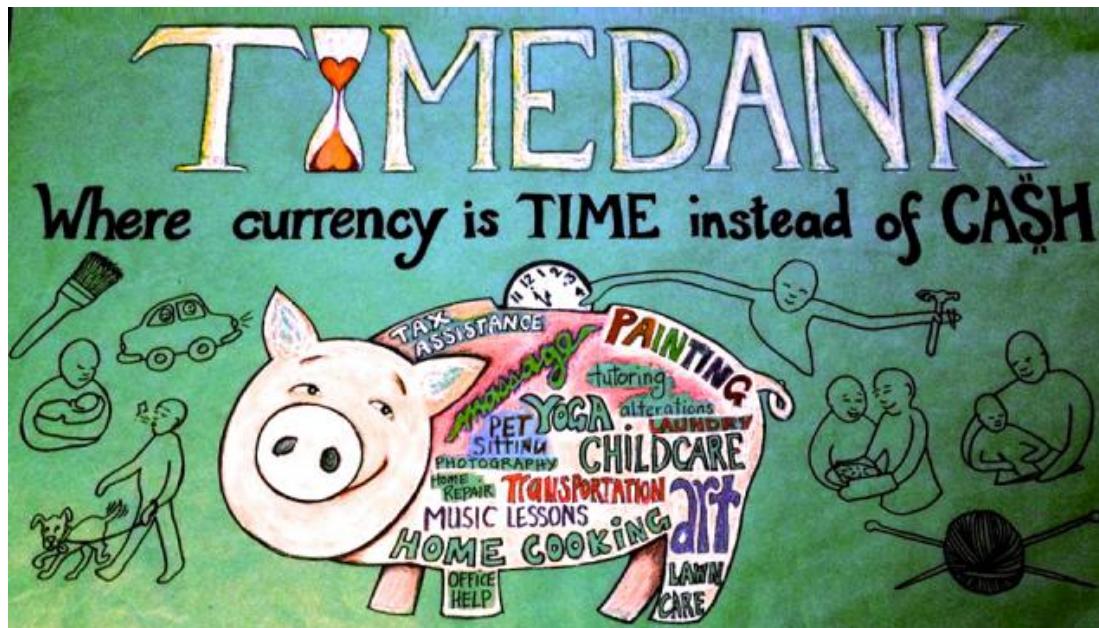
- Assets
- Honoring Real Work
- Reciprocity
- Community
- Respect



Pay It Forward – Create A Circle of Giving



- Time Credits
 - TimeBank services traded for Time Credits
 - One hour given = One Time Credit earned
 - Spend Time Credits to receive services from others



Stanley gets his TimeDollar statement in the mail:

| QUARTERLY STATEMENT | | | | |
|--|--------------------------|--------------|-------|--------|
| Stanley Smith Portland, Me 04101 | Balance on | 10/1/99 | 0.00 | |
| | Balance on | 10/30/99 | 3.00 | |
| | Credits Earned in Period | | 4.00 | |
| Date | Service | Member | Debit | Credit |
| 10/15/99 | Grocery Shopping | Martha Moss | | 2.00 |
| 10/22/99 | Entertainment | Paul Sanchez | 1.00 | |
| 10/29/99 | Yard Work | Joey Kane | | 2.00 |

Stanley joins a TimeBank and lists the services he offers and those he needs.



Martha, a TimeBank member, calls for help with grocery shopping.



Stanley goes shopping for Martha and earns two TimeDollars.



Martha knits **Roberta** a sweater and earns TimeDollars.



Kathy earns TimeDollars cleaning **Martha's** house.



Kathy spends her TimeDollars having **Stanley** rake her yard.



What will **Stanley** spend his TimeDollars on next?
Watch this Circle!



Raoul spends his TimeDollars having **Roberta** help **Dustin** with his reading.

Stanley spends his TimeDollars having **Raoul** play music at his party.

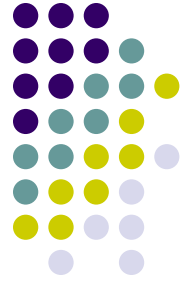


Start Here
to discover how the TimeBanks *circle of caring* keeps growing and growing!

- childcare
- transportation
- eldercare
- handyman services
- homework help
- cooking
- respite care
- office assistance
- tutoring
- yard work
- companionship
- house-cleaning
- neighborhood watch

We have what we need
if we use what we have.

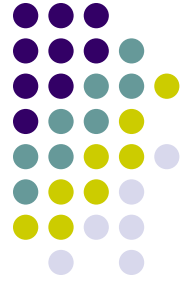
—Dr. Edgar Cahn, Founder



Organic, Planned, or Both?

TimeBank giving & receiving can be

- Organic – individual decisions by members
- Planned – to achieve specific goals and outcomes (Repair Café, Sharing Economy, more)



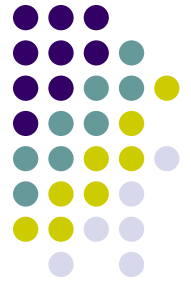
What to Give, What to Receive

The possibilities are endless:

- Transportation
- Help at Home
- Companionship
- Wellness
- Recreation



What to Give, What to Receive



- Education
- Arts, Crafts, Music
- Home Care
- Business Services
- Information



- **And there's more...**

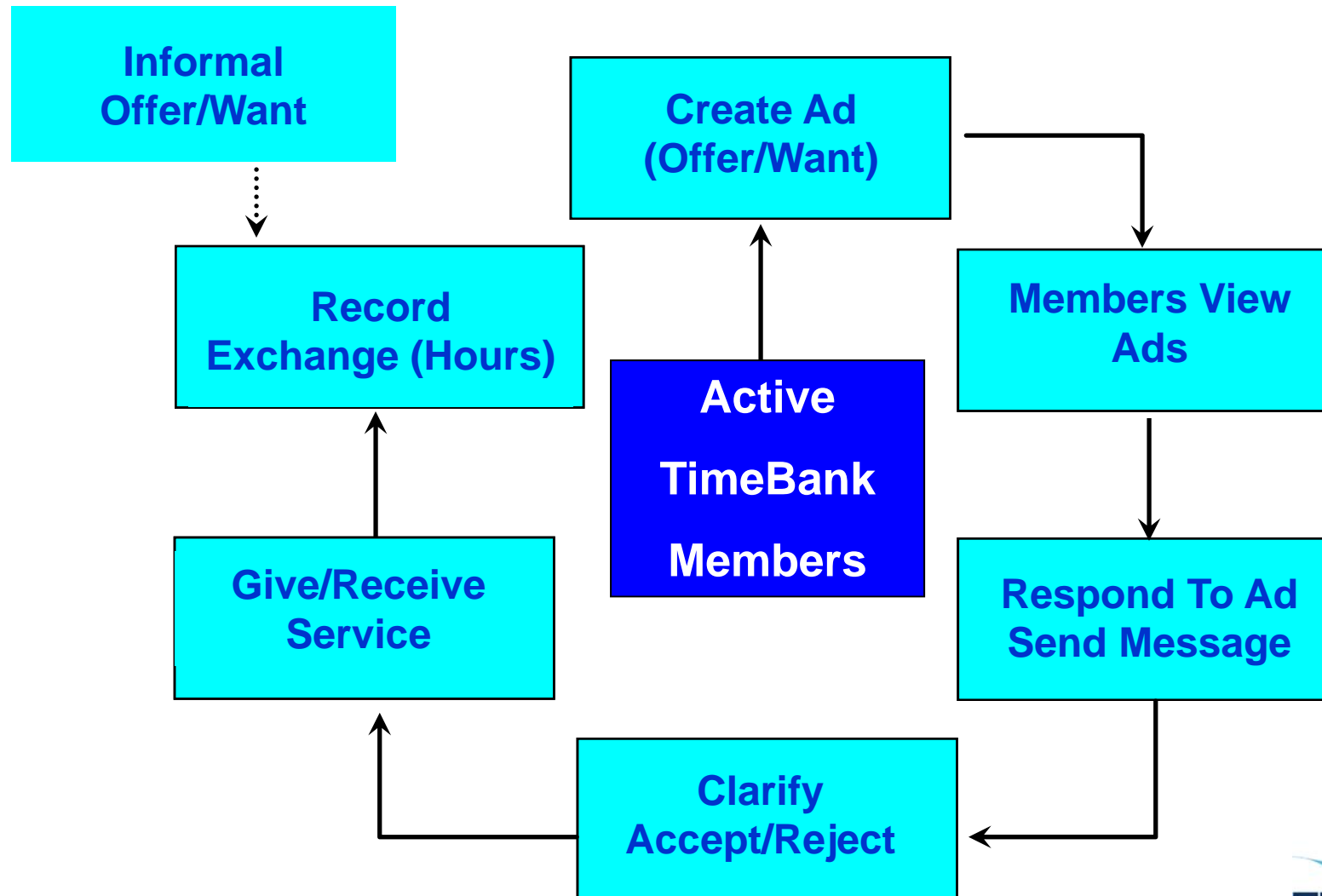
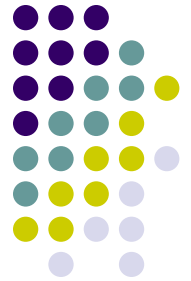
The possibilities are limited only by our imaginations!

It's Video Time!

- See Timebanking in Action



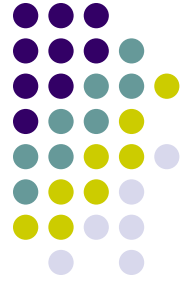
Overview Of How The System Works





The Power of TimeBanking

- Circle expands & deepens over time
- Diversity includes:
 - Generations
 - Ethnicities
 - Income levels
- Connection through five core values



The TimeBank, Day-to-Day

TimeBank coordinator/leadership team

- Manages TimeBank admin. duties
- Signs up members, organizes events, outreach
- Leads funding efforts
- Encourages member engagement





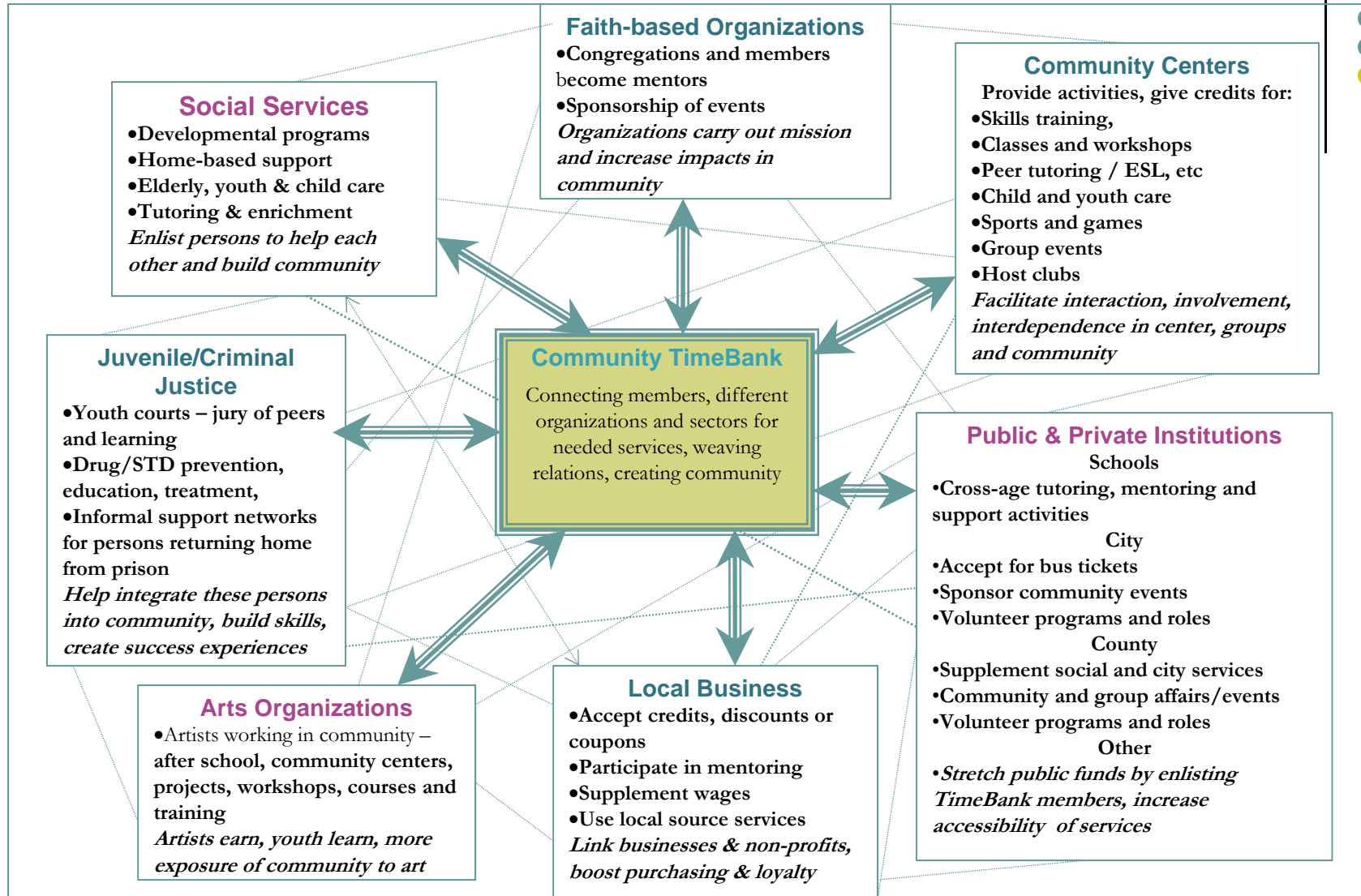
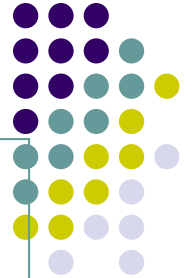
How It Works (Member View)

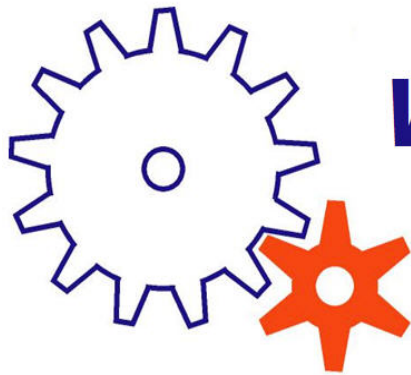
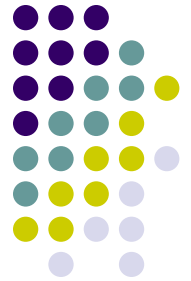
- Sign up as a new member
- List offer/want on OurTimeBank.com (Community Forge)
- Search offers/wants for ways to participate
- Members record completed exchanges
- *Community Forge* keeps track



An Example of A Large TimeBank Map

(Courtesy of Stephanie Rearick, Founder, Dane County TimeBank)



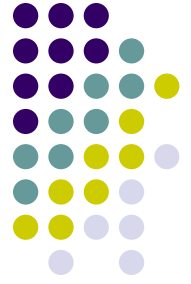


Westside *Repair* Café

Toss it away? NO WAY!



The Westside Repair Café is a **Zero Waste** Event



Sharing Economy





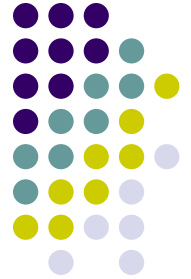
OTB's Sharing Economy

- What Do You Have To Share?
 - Appliances?
 - Tools?
 - Sports Equipment?
 - Electronics?
 - Utensils?
 - Books, Tapes, Videos?
 - Clothing?
 - More!

OTB members are now sharing 320+ items in 15 categories!



Questions?



Get involved at: www.ourtimebank.com
Serving the West Los Angeles and Santa Monica Areas



Want To Know More?

Check out
www.timebanks.org

Or phone:
202-686-5200

