


JOIN TODAY!

sutton shares
Timebanking
for our community

You give your time to spend your time
For every hour that you help
someone you earn 1 credit hour to
spend on someone helping you
 Everyone has something to offer

It's FREE!

www.suttonshares.org.uk

A service of:



Volunteer Centre
Sutton

What is timebanking?

The concept

There is NO cash involved

1 hour = 1 hour

Timebanking is a way for people and organisations to exchange their time and skills.

Get Started - It's as easy as 1-2-3...

1

Register

Online at suttonshares.org.uk or contact us (details below)



Intake & Assessment

Provide references and attend the Introduction to Time Banking workshop

2



3

Start exchanging!

Simply list your offers/requests and respond to those that others have posted



You could offer or exchange services such as...

Budgeting skills

Gardening

Web design

Fitness/Exercise

Shopping

Register online and begin sharing today!

www.suttonshares.org.uk

Email: suttonshares@vcsutton.org.uk

Telephone: 020 8661 5900

@SuttonShares

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Volunteer Centre
Sutton

Volunteer Centre Sutton is the operational name of Sutton Borough Volunteer Bureau.

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