

Timebanking is a scheme that allows individuals or groups to exchange their time and skills for services, assistance and 'rewards' that are useful to them.

A Timebank member might offer to help with someone else's painting and decorating for an hour, or to teach their children Spanish - and in return this would entitle them to an hour's assistance with something of their choice. This might, for example, be help with fixing their bike or weeding their garden. It does depend on what other members can offer. However, as Timebanking expands the range of things on offer is growing. Many businesses are becoming interested in Timebanking with theatres and cinemas offering tickets in return for time, and organisations offering room-hire and training.

CASA has established some links with local Timebank, Camden Shares (a Timebanking scheme based at Holy Cross which is also open to Islington residents), and those who heard Gavin Atkins speak at recent forum meetings will have heard about the benefits the scheme might bring to our service-users. If you are interested in finding out more please contact Gavin direct (gavin.atkins@httc.org.uk) or get in touch with Felicity Runchman, CASA's Service-User Involvement Worker (020 7428 5955 / felicityrunchman@casa.org.uk). Do watch this space too - we're hoping to organise a group volunteering afternoon in the near future and then to reward ourselves with a group trip to the cinema or some other social activity!