

# One good turn - time banking in action...

**The doctor** prescribes time banking so that his lonely patients look out for each other



**Sarah** designs flyers for **Julie's** music lessons for a free ticket to a story telling evening



**Julie** gives music lessons and gets her garden weeded in exchange




**Jackie** bakes cakes for the youth club and **young people** walk her dog



**Trudie** gives people lifts and in return has Spanish lessons




**The community centre** charges people time credits for events, which they earn building community




**Fatima** does some sewing and gets a lift to hospital




**Joe** keeps the churchyard tidy and in return he is learning computer skills



**Dave** decorates **Elsie's** front room and has a massage from **Rowena**




**Bernard** teaches woodwork and **Yvonne** writes an article for him on his hobby



**The youth club** does a litter pick and spends the credits on a trip to the seaside



**George** earns credits coaching football and in return **Elsie** does his ironing



**The residents** at sheltered housing teach knitting and get armchair fitness classes



**Rose** spends her credits on a babysitter and earns them shopping for **Jim**

