

# MEMBERSHIP APPLICATION FORM

Please complete this form and hand it to us, or send it to:

**Stratford Time Bank, 108 Shipston Road,  
Stratford-upon-Avon, CV37 7LR**

Name.....

Address.....  
.....  
.....

.....Postcode.....

Date of birth.....

Phone no.....

Mobile no.....

E-mail address (please print clearly!)  
.....

Thank you - we'll be in touch shortly!

# STRATFORD TIME BANK

Stratford Time Bank enables people to “trade time” so that:

- ⊕ people of all backgrounds and abilities can exchange skills and services, promoting social inclusion and building community
- ⊕ all members of the community are valued as individuals, no matter what their age, ability, financial circumstances or mobility
- ⊕ people can give something to the community, make a difference to those around them, learn new skills and build on their existing knowledge and experience

Supported by



Stratford Time Bank is a member of



# STRATFORD TIME BANK



**Strengthening community  
in Stratford District -  
an hour at a time**

Contact us:

07419 373680

welcome@

stratfordtimebank.org.uk

www.stratfordtimebank.org

Find us on Facebook

# Stratford Time Bank - your questions answered

## **How does time banking work?**

Time banking gives people in Stratford District a way to help and support other members of the community and be rewarded for it - in time. For every hour you give to helping another Stratford Time Bank member, you receive a hour's time credit.

## **What can you do with your time credits?**

You can "spend" your time credits when you need help from another Stratford Time Bank member. Alternatively, if there's nothing you need, you can donate your time credits to someone who needs some extra help.

## **Who can join Stratford Time Bank?**

Anyone who lives or works in Stratford District. You don't need any special skills - just the time and the willingness to help others and receive help in return. No matter what your age, ability, employment status or mobility - you can get involved in Stratford Time Bank!

## **I'd love to get involved, but I don't think I have anything to offer.**

Stratford Time Bank members exchange all sorts of help - phoning or visiting someone for a weekly chat, walking the dog, helping with shopping,

Everyone has something to offer - and everyone's time is valued equally.

## **I need someone to help with household repairs - can I get the help I need through Stratford Time Bank?**

We will always try to match up a member who needs help with someone who is offering the kind of help requested. However, it's important to understand that help exchanged through Stratford Time Bank is exactly the same as the help provided by a friend or a good neighbour. If you want someone to do a complicated job, or if you need it done to a professional standard, it would be better to pay a local tradesperson.

## **What if I need help urgently?**

Stratford Time Bank will always try to help with urgent requests, but it can take a little time to set up an exchange. Please give as much notice as possible, if you need help at a specific time - for example, a lift to a medical appointment.

## **Will Time Banking affect my benefits?**

No - DWP recognises that participation in Time Banking can really help with jobseeking - for example by adding to your CV and building confidence for job applications and interviews.

If you are claiming Universal Credit or other benefits and are required to look for work for 35 hours a week, the time you put in to helping others through the Time Bank can count towards that time - but make sure you speak to your work coach about it first.

## **How do I join Stratford Time Bank?**

Just fill in the form on the back of this leaflet and hand or send it to us at Stratford Time Bank, 108 Shipston Road, Stratford-upon-Avon CV37 7LR.

## **What happens after I fill in the form?**

We'll get in touch and arrange to meet up for a chat about what kinds of help you think you might be able to offer and what kinds of help you might want to receive in return. We'll also ask you for contact details of two people who have known you for at least two years. Your referees don't have to be current or past employers - just people who know you reasonably well.

## **Who runs Stratford Time Bank?**

Stratford Time Bank is run by Sarah, our Time Broker, supported by a committee of volunteer directors. Any member is eligible to join the committee and help to run the Time Bank and get time credits in return for their work.