

EYNESBURY & ST NEOTS TIME BANK

RECRUITING NOW

**At the Methodist Church (Berkley St) 20th March 7-9.30pm
& at the St Neots Farmers Market (Town centre)
24th March 8am-1pm**

(Affiliated to Eynesbury Village Association)

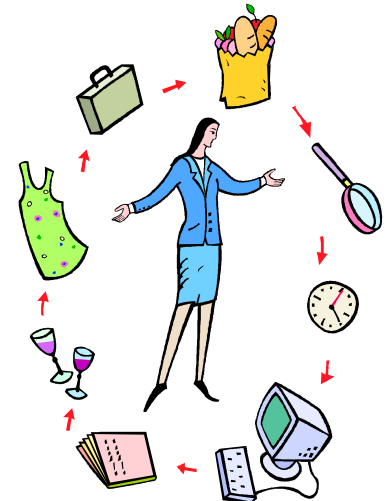
**Time Banking is a controlled exchange of voluntary work.
No money is exchanged – this is all voluntary work.**

You just pay for any materials used.

You **deposit time** in the Bank by giving practical help and support to others.

Then you **withdraw time** when you need something doing for yourself by another member

**Everyone's time is valued equally
One hour = one-time credit.**



All you need is spare time

Time can be banked to save up hours for bigger time consuming jobs or as a gift to someone you care about

Email: timevolunteers@hotmail.co.uk

Phone/Text: 07590909057

Eynesbury & St Neots Time Bank (E-S-Timebank) offers you :

Full insurance security,

Access to training

Opportunity to meet other members and the Community,

The opportunity to become involved in Community Projects and Events.

Plus work done with no cost other than your time and materials.

Opportunity to Socialise and Networking

You would not be a volunteer in the traditional sense.

You would be part of a Community. This means you must be prepared to receive and give.