



LEITH TIME BANK
PART OF THE EDINBURGH timebanknetwork



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Pilmény
Development
Project

Company limited by guarantee Number SC188129
Scottish Charity Number SC002549

Time Banking is an exciting new idea that gives people like you the opportunity to share time and skills and develop their community.

Anyone can join a Time Bank—everyone is equal—all are welcome.

Everyone has something to offer and everyone can take part.

Want to make some new friends in your area?

Interested in offering your skills to help people out?

Got other jobs other people can do for you?

LEITH TIME BANK
We are now looking for people to join a new Time Bank in LEITH. Get Involved!



LEITH BENEVOLENT
ASSOCIATION

'If you need help with translation please contact Pilmény Development Project. Tel: 0131 553 2559.'

Jeżeli potrzebuje Pani/Pani tłumaczenia, prosimy o kontakt z Pilmény Development Project pod numerem telefonu 0131 553 2559.

如果需要翻譯服務，請撥給Pilmény Development Project 發展計劃，聯絡電話：0131 553 2559

'ہم نے اس وقت تک کسی زبان کی ترجمانی کی ہے کہ ہم نے Pilmény Development Project (پیلمنی ڈیولپمنٹ پراجیکٹ) سے رابطہ کیا ہے۔' 0131 553 2559

آپ کو کسی کے سلسلے میں مددگار ہے تو ہمیں ڈیولپمنٹ پراجیکٹ (Pilmény Development Project) سے رابطہ کریں۔
0131 553 2559

ਜੇਕਰ ਤੁਹਾਨੂੰ ਅਨੁବାਦ ਦੇ ਸہਾਇਆ ਚਿੰਤਰ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ 'ਪਿਲਮਨੀ ਡਿਵੈਲਪਮੈਂਟ ਪ੍ਰੋਜੈਕਟ' (Pilmény Development Project) ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਫੋਨ: 0131 553 2559

'(Pilmény Development Project) ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਫੋਨ: 0131 553 2559'

যদি आपको अनुवाद संबंधित मदत की आवश्यकता है तो कृपया पिलमनी डेवलपमेंट प्रोजेक्ट (Pilmény Development Project) से संपर्क करें। टेलिफोन : 0131 553 2559।

What is Time Banking?

Not so long ago we all knew our neighbours and knew which of them would do us a favour if we asked —and our neighbours knew we would be happy to do them a favour in return. Life has changed and our friends and family do not always live nearby. It is not easy to ask neighbours for help these days, particularly if we don't know if we can ever pay them back.

Time Banking is a way for people to exchange their skills and time. For every hour members “deposit” in a time bank, perhaps by giving practical help and support to others, they are able to “withdraw” equivalent support in time when they themselves are in need. Everyone's time is valued equally, whatever is being offered. The Time Bank Broker facilitates all exchanges and records everyone's time credit.

For example: Jenny, Bob and Patricia are Time Bank members. Jenny has hurt her back and needs someone to weed her garden. Bob loves being outdoors and helps Jenny for 1 hour, earning 1 time credits. Bob need some advice to cook nutritious meals and gets help from Patricia, whose passion is food. Patricia needs someone to teach her simple computer skills so she can stay in touch with her friend who has moved abroad. Jenny's teaches computer in university and helps Patricia.

For further information

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