

# WHAT IS THE TIME BANK?



# EQUIP

The time bank is a way for people to help others in their community and be rewarded for it in time.

For every hour of time you give helping your local practice, you receive 1  time credit.

## WHO CAN JOIN THE TIME BANK?

The bank is open to all !  
Age, ability, lack of finance or limited mobility are not barriers to participating in the time bank.

Anyone will have something to offer and we value everyone's time equally!

## WHAT CAN YOU DO WITH YOUR TIME CREDITS ?

You can 'spend' your time credits when you need help from someone else. You can save them or give them to another person who needs some help.

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