

OUR TIME - Refugee Action's Time Bank



OUR TIME is Refugee Action Kingston's very own timebank. There are 300 time banks in UK they are independently established but anyone can join a timebank near where they live or work. The Timebanking community is international too so look out for a time bank when you plan your travels!

OUR TIME is a member of Timebanking UK for more information on time banking generally please visit their website. www.timebanking.org

How does it work?

A time bank is great way for people to come together, each person lists what skills they want to share with others, any time given is recorded and rewarded with time credits! Example: Ahmed teaches Arabic for 1 hour to Tom. Ahmed wants help with bike maintenance which he gets from Tom, Muna wants Tom to help her learn how to use a smart phone! Everyone exchanges time credits no money changes hands!

We believe that everyone has something to offer and we value everybody's time equally, in every timebank 1 hour of giving your time is = to 1 Time Credit, you can store time credits up and spend them later on a skill or activity you would like back.

As a time bank, the skills and activities are based on what the time bank members are offering so no two timebanks are the same.

What's good about Timebanking?

Timebanking is a manageable way for people to give their time, you can learn something new and feel you are making a positive contribution to the community whilst meeting people that you would not usually come into contact with and unlike regular volunteering you can give and take when you have time. Timebanking can also help those who have been out of work for whatever reason to gain confidence and new skills which can be added to their CV

By becoming members of 'Our Time', RAK clients build stronger social networks, learn new skills and become more active members of the community.

We focus on refugees and asylum seekers in and around Kingston, but we are also open to local residents too.

For more information, or if you are interested in joining **OUR TIME**, call our office or email Kaaren Morris on timebank@refugeeactionkingston.org.uk