

How to join the Time Bank

If you are a carer and live in Westminster you can join the Time Bank for free. Simply send us your details using the form below, or get in touch with us by phone or by email.

Once you are registered, we will provide you one to one support to identify skills you want to share and where you need help and we will let you know about all upcoming opportunities to network.

Name:.....

Address:.....

.....

.....

Tel:.....

Email:.....

Send Registration to:
Carers Time Bank
Carers Network
Beethoven Centre
Third Avenue
London
W10 4JL



Registered Charity Number 1045243
Registered Company Number: 3031226



Benefits We Enjoy



Learn new skills



Make new friends



Enjoy days out



Save money



Build a network of carers

Please cut here and return slip with registration details

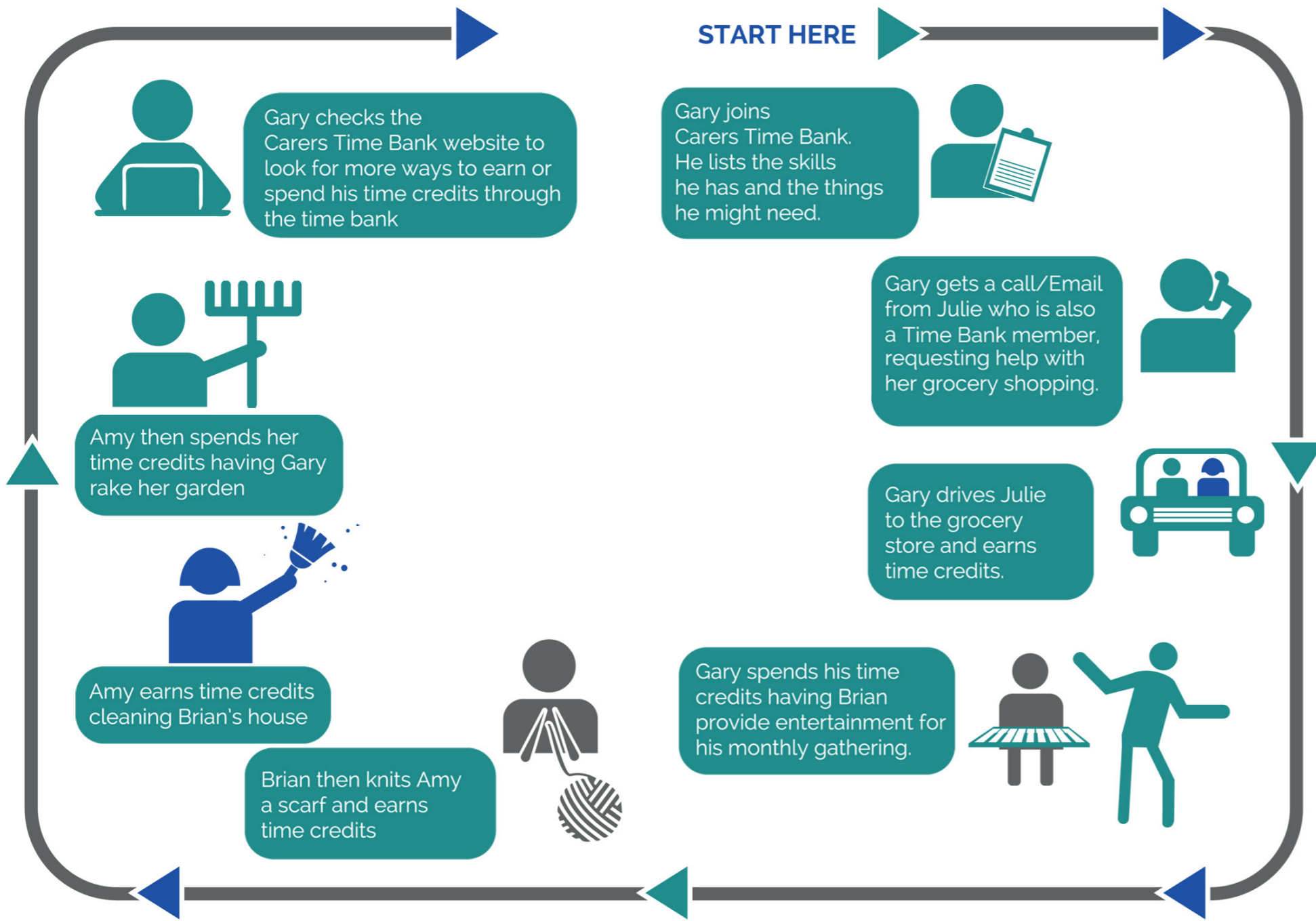
CARERS TIME BANK



We are a community of carers living in Westminster. We share our skills, knowledge and time to support each other through the Time Bank.

For every hour of help we give we receive one hour's Time Credit which we can spend on getting help for ourselves or having fun.

If you are a carer and live in Westminster then join us and meet other carers, build friendships, develop new skills and enjoy days out with your Time Credits.



Start Here

to discover how the TimeBank's circle of caring keeps growing and growing!

- dog walking
- transportation
- home visits
- handyman services
- homework help
- cooking
- event planning
- office assistance
- tutoring
- gardening
- companionship
- house-cleaning
- neighbourhood watch

**We have what we need
if we use what we have.**
Dr Edgar Cahn, Founder