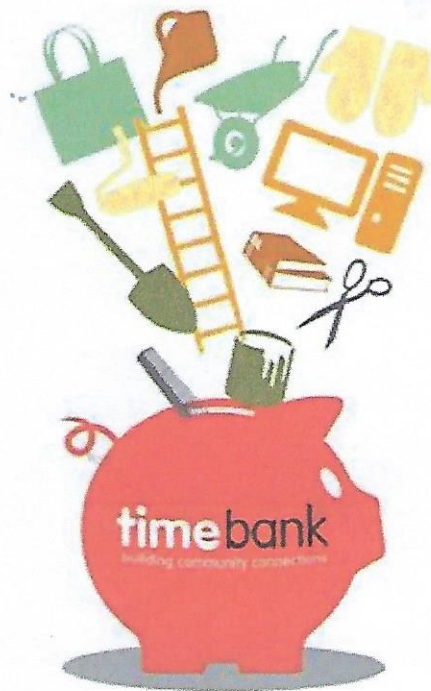


# Have some spare time?



## Want to help others or learn new skills?

**Timebanking is a great way to share your time & skills with others, doing things you like doing. This could include;**

- Help with gardening • Using computers & phones • Housework
- Cooking a meal • Sharing a hobby • Help with reading & writing
- Someone to walk & talk with • Dog walking and much more...

For each hour you give, you receive one Timebank credit to ask for something when you need it.

**Interested? Call 07944 965 564 or email**

**[crewkernetimebank@gmail.com](mailto:crewkernetimebank@gmail.com)**

Supported by your local Primary Care Network