



Feedback on The Timebanking Workshop



The Wellingborough Timebanking Event

About 30 people came to the workshop, this included:-

- ❖ Many of the Finding a Place to live group volunteers
- ❖ Interested people from the local community
- ❖ Other housing and support professionals and
- ❖ People from the Wellingborough and Corby Timebanks



Marion did a presentation on Timebanking. This will shortly be on the project website. Some people asked questions about how it could work for them as well as for organisations.

In the workshop we all had a go at finding out:-

- (a) What things we need help with in our lives
- (b) What things we can help others with or to do
- (c) What things we would like to learn and
- (d) What things we could share doing with others to improve our social lives

People wrote their own lists and then we shared what they said.
This was very interesting as many people found someone else in the room who was a match and could help.



Things we need help with

Here are some of the things people said they need help with

- Childcare
- Help to renovate home (fix up home), plastering, decorating, building kitchen cupboards, designing home, plumbing, odd job repairs, carpentry, Fixing electrics
- De-cluttering, Cleaning gutters, Window cleaning, House work, Changing curtains, help with buying and hanging blinds, Ironing, cleaning the bathroom, cleaning ovens
- Gardening, Pruning hedges and trees, Pond cleaning, Dog sitting, Chicken sitting, Turning compost
- Heavy lifting, Car maintenance
- Lifts to places & helping people with shopping, Letting people 'in' to do jobs
- Sewing, Altering clothing
- Computing, bookkeeping
- Help making friends with neighbours, Help and training to set up a business
- Help finding a new home

Things people can help with:-

- Book keeping, IT, Secretarial
- Listening, counselling, reading to others, companionship, befriending, admin support, Advocacy help, Helping people 'speak up', socialising
- Painting and decorating, DIY, wallpapering



- Ironing, Looking after poultry
- Car Valeting (cleaning), 'Old' car maintenance
- Personal care and support, supporting people in the community, preparing meals, cooking, baking
- Piano lessons, proof reading
- Football coaching, personal fitness training, reflexology, Reiki, nutritional advice
- Giving people lifts and driving, helping people make displays
- Gardening, dog walking, Teach people to keep chickens, Small animal holidays and Sitting, pet bereavement support
- Doing children's activities, and tutoring
- Shopping and Errands, Taking in parcels for neighbours, Teach Knitting, sewing



People also shared about what they would like to learn. Some people said they wanted to learn to play the piano and there was a person present who wants to teach this so people were able to make contact.

If you're interested in joining us or finding out more about TIMEBANKING please contact Marion Turner on 01933 381467, or by email on mturner@northamptonshire.gov.uk or marioturner@hotmail.co.uk