

# Time Bank Uttlesford



VOLUNTEERING WITH A DIFFERENCE

ISSUE: SUMMER 2015

## Time banking

Time Bank Uttlesford is a community initiative that brings together those in our community who need assistance with those who are able and willing to offer such help.

It is volunteering with a difference: volunteers are rewarded with time credits for the hours they spend helping someone else. One hour spent volunteering is equal to one time credit. Members can spend their time credits on help or support they need or donate them to others. Everyone's time is equal no matter what each hour is spent doing.

It is free to join and open to anyone over the age of 18, regardless of ability, skills or situation. It is also available to groups and organisations.

We currently have 88 individual members, 6 Organisation members and 5 mini time banks (being groups of 5 or more volunteers) who have collectively generated 1913 voluntary hours to date.



## Meet the team

Time Bank Uttlesford is being delivered in partnership by Council for Voluntary Service Uttlesford and Volunteer Uttlesford.



Wendy-Jo

The Time Bank team helps volunteers to get the most out of their volunteering activity and make sure that it all runs smoothly.

They identify volunteering opportunities, match skills to needs, complete health and safety checks, undertake risk assessments and in the case of groups and organisations, produce a plan for the day, which is used to brief the volunteers.



Pat



Susan

The Time Bank Uttlesford team supports you to give what you can and get what you need, when it suits you.

## Coffee and Company

A group of Time Bank volunteers have set up a befriending service 'Coffee and Company', which operates Monday to Thursday mornings, between 10.30 and 12.30 at the Uttlesford Community Hub Café, on the Stortford Road in Great Dunmow.

It is a relaxed and friendly environment, which is open to all.



Gill and Maureen

## Contact Us

For more information about volunteering opportunities, Time Bank or to contribute to the newsletter:

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## Organisation Time Bank Exchanges



Stansted Airport volunteers

On 21 May, a Time Bank exchange took place between Stansted Airport and the historic Gardens of Easton Lodge.



Donna, Lisa and Joanna

12 staff from the airport got their hands dirty pruning and weeding to create a new area of garden.



Hitesh

While others were busy in the walled garden cutting and burning felled trees.



Tony

Marcella M'Rabety, Stansted Airport's Corporate Social Responsibility Manager, said: *"As a responsible and growing business, Stansted Airport is encouraging employee volunteering, to give something back to the community around Stansted."*



Jo and Kate

The garden is English Heritage (grade II) listed and within that, the walled garden is in the early stages of restoration. Claire Matthews, Trustee, described the importance of the volunteer support: *"The work completed by the airport staff has helped with the restoration of these historic gardens, which are open to the public once a month from April to October, and we are very grateful for their time. It would be lovely to see more teams from Stansted and indeed other businesses get involved with the gardens and with Time Bank."*



Panoramic photograph credit and thanks to Robin Lee