



# St Austell Exchange

Time Bank  
St Austell

Summer 2011

Hello and welcome to the quarterly newsletter of the St Austell Time Bank, which has now traded over 612 hours.

## 6 new Time Banks!

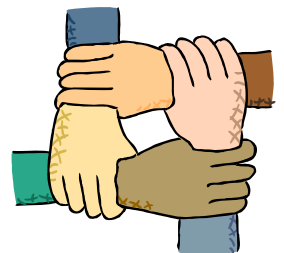
We have been lucky enough to gain funding from the Big Lottery through Volunteer England to start up 6 new Time Banks across Cornwall. This is going to be a fantastic opportunity and will enable Volunteer Cornwall to set up Time Banks to be located in Bodmin, Liskeard, Newquay, Truro, Hayle and Pool.

They'll be focused on particular areas of those towns but open everyone aged 18 and over in those towns. The new Time Banks will also focus on giving its members 'back to work skills' and will be run in a similar way to St Austell Time Bank, from their local Volunteer Centre. If you know of anyone in those towns who might be interested then tell them all about it!

All the Time Banks including St Austell will be called 'Cornwall Time Bank' but within that there will be St Austell Time Bank, Newquay Time Bank and so on.

## A Time Bank for Mullion

There is also another new Time Bank starting up in Cornwall, in Mullion. I have been training them in how to run a Time Bank. They are going to launch in September and will be called 'Mullion Helping Hands'. We wish them all the best, and don't forget if you ever want to do an exchange with someone from another Time Bank in the UK, you can. So if you visit Mullion, or London or Scotland and want to do some Time Banking it is possible.



## Pub nights



The best night of the month! Come down and meet the other members, find out what they offer and make some new friends. The next pub night dates coming up are:

Tuesday 20<sup>th</sup> September

Tuesday 18<sup>th</sup> October \*please note, some of you have expressed an interest in going bowling so there is the option that we could go on this date. I will confirm nearer the time.

## Spend, spend, spend!

Contrary to money advice, the Time Bank works by people spending their hours. If you spend them then someone else gets to earn them, and so on. If you keep onto them, saving them for a 'rainy day' then no-one gets to earn credits by doing something else for you and then they can spend them and so on, so the advice, is if you have got some hours –Spend, spend, spend! Here are some ideas for spending your Time Credits

### Got too much grass in your car and want it cleaned?



### Planning a holiday, or simply want to brush up on your languages? We have members offering:



Spanish



French



German



### And an idea for how to earn time:



**Are you good at digging out earth? Or maybe you just like physical work and want to earn some time credits?**

Get in touch, as there is a Time Bank member who has got some digging that needs doing.

**For any of the above, or for more ideas call Emily on 01726 76633**