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# THE ARCHER




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*A community newspaper for East Finchley run entirely by volunteers.*



Big crowds, big fun: East Finchley Festival 2014 in full swing. Turn to pages 6-7 for more photos. Photos above by Mike Coles.



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## Pioneering time and skills scheme reaches N2

By Daphne Chamberlain

East Finchley now has a Timebank. The Barnet Timebanking Network pioneering in N2, with the official slogan "Give an hour, take an hour".

For every hour a person spends helping someone, they get an hour of time in return in the form of a 'time credit'. Examples of helping someone include cooking, gardening, ironing, dog walking, language lessons, reading to children, shopping and DIY, but exactly what help people choose to give

and receive is up to them.

Intended for both individuals and organisations, the scheme is a partnership between Timebanking UK, Barnet Council and Community Barnet. They will be organising events and information sessions to tell us what it's all about and how we can get involved.

Timebanking UK say: "Given the current economic climate, we have seen a huge rise in the use of Timebanking across the UK in recent years as people look to trade skills and

time within a time bank setting. No money changes hands. The currency is time. The added bonus is the sense of community spirit that develops as people work together."

The scheme is also for organisations, who are encouraged to swap resources like meeting rooms and training places.

One of the first to sign up was the Richmond Fellowship, a charity supporting people with mental health problems. They say: "We see this network as a great asset to East Finchley and across Barnet with both organisations and residents swapping under-used resources and time to help each other. We will be offering training, and hope to exchange this for befriending for our residents."

For more information or to get involved, contact Lex Karlin on 07887 249 910, email barnet@timebanks.co.uk, pick up a leaflet from East Finchley Library, or visit www.barnet.timebanking.org.

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