



RYDE TIMEBANK

Give an hour, get an hour back.

Timebanking is a way for people to help each other by sharing small tasks, hobbies and knowledge.

Every hour you spend helping someone, you receive an hour 'time credit' back!



**What do you need help with?
What could you offer?
Get in touch to learn more!**

It's free!

Local businesses and community groups can join too!

Timebanking UK



www.timebanking.org

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