

## Expression of Interest

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Suburb & Postcode: \_\_\_\_\_  
Preferred Ph: \_\_\_\_\_  
Alternative Ph: \_\_\_\_\_  
Email: \_\_\_\_\_

## Time Banking & Permaculture

Hamilton Time Bank is supported by Hamilton Permaculture Trust.

Permaculture is a coined word from 'permanent agriculture' and 'permanent culture'. Time Banking creates a permanent culture by embracing the permaculture ethics of Care of the Earth, Care of the People and Fair Share.

For more information visit:



[www.hamiltonpermaculture.org.nz](http://www.hamiltonpermaculture.org.nz)

## Want to join? It's easy!

To register your interest please fill in this form and either drop it off or post it to us. We will keep you up to date with important information as our launch date approaches.

## Want to know more?

View the Time Bank Aotearoa New Zealand website:

[www.timebank.org.nz](http://www.timebank.org.nz)

Or search **YouTube** for **Edgar Cahn**, Time Bank's founder, and hear the story behind Time Banking.

If you don't have access to the Internet or would like more information, please contact:

**Cheryl Noble**

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PO Box 19104,  
Hamilton 3244

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# Hamilton



# TimeBank

**Re-connecting communities,  
sharing resources &  
enhancing quality of life  
one hour at a time**

**Coming to your  
neighbourhood  
October 2012**

25 Ward Street, Hamilton  
Phone: 07 834 2249

Fax: 07 839 4454

Email: [hamtimebank@gmail.com](mailto:hamtimebank@gmail.com)

## What is a Time Bank?

Time Banking is a time exchange system recently established in Hamilton city. Time Banking enables you to both give and receive help within your community. The best part is, Time Banking is FREE.

## How does it work?

You can earn time credits by helping another Time Bank member with something they need. In return, you can use time credits to get help with things you need by getting another Time Bank member to help you.

## Who can join?

Any individual, group or organisation can join. You can earn time credits for yourself or you can donate them to a group or individual of your choice, or even the "community chest".

## Is it safe?

We have processes in place to safeguard our members, especially those who might be considered more vulnerable.

Contact our office for more information.

## Where did the idea come from?

Dr Edgar Cahn a retired Civil Rights Lawyer developed the concept of Time Banking in the 1980's.

Since then it has spread around the world to over 32 countries.

The first Time Bank in New Zealand was set up in Lyttelton in 2005. There are now over 22 Time Banks across New Zealand from Kaitaia to Gore.

## What can I offer and receive?

The possibilities with Time Banking are almost limitless because everyone has something of value to offer others in the way of time, life skills and individual expertise.

Perhaps you would like someone to teach you how to play an instrument, help you prune your trees, or set up your computer for you. Or perhaps you would simply like some company, or someone to play chess with. You might even like to earn credits and donate them to another individual who needs support, or a group you or your family are involved with.

