



# What is Fair Shares?

Fair Shares is a community based project that uses two-way volunteering, to reward people for the time and effort they put into their neighbourhood.

Fair Shares allows individuals and organisations to swap their time and skills with other members of the Time Bank.

For every hour of help that someone gives, they get one Fair Shares time credit. They can then use these credits to spend on things that they might need help with.

**There is no money involved; the only cost is your time.**

## Who can join?

Everyone is welcome to join a Time Bank: Individuals, groups and organisations - anyone who wants to be involved in their community

Everyone has something to offer, and we can all use some help from time to time. Age, lack of finance, or limited mobility are no bars to joining.

For example, you might be able to help someone with their shopping, or sort out their computer problems.

**One hour is always one time credit.**

## How does it work?

When someone joins, they provide details of the skills, talents and experiences that they would like to share, and a record of these are kept here at the Time Bank. All the information is kept confidential, and is only accessed by our staff.

The Time Bank is the central point of contact for everyone. When a participant needs help they call us. It is then our job to find the right person with the right skill and arrange for it all to happen.

We keep track of who does what, and make sure everyone's credits are kept up to date.

If you join, then we may call upon your skills now and then - but don't worry, there's no pressure on you to help every time - only when you're happy to.

## How do you benefit?

Fair Shares is about more than just volunteering. Through Fair Shares, you have the opportunity to:

- Meet new people and make friends.
- Use and develop your knowledge, skills and experiences.
- Access new activities.
- Feel rewarded for your contribution to your neighbourhood.
- Have an extra pair of hands available in times of need.

**You can dip in and out of the scheme to suit your lifestyle.**

## Who are we?

Fair Shares was established in 1997 and developed the first Time Bank in the country. Fair Shares has for a long time established itself to be one of the largest and most dynamic groups of Time Banks.

Growing from the original concept of neighbours helping neighbours, Fair Shares has since expanded to engage with a wide range of groups and organisations. These include:

- Voluntary and Community Groups
- Neighbourhood Projects
- Local businesses
- Local Authorities
- Prisons
- Statutory Agencies
- Day Centres
- School
- Housing Associations

And more.

