

TIME TOGETHER 2024

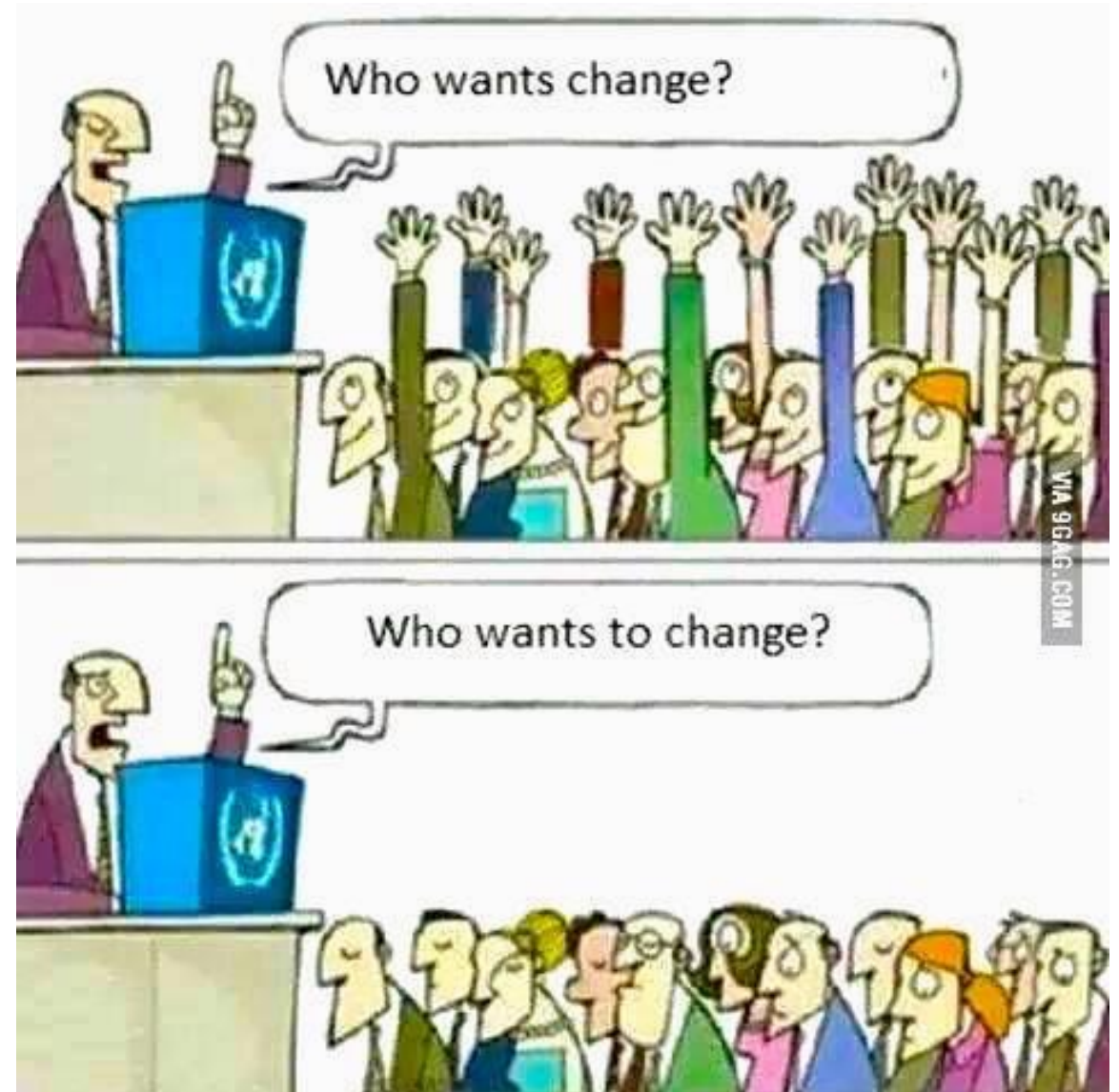
Connecting people
Conversations
Collective caring
Curiosity

We need other mediums of exchange to support a healthy ‘core economy’ - neighbourliness, sharing, swapping, favours, bartering, reciprocity, gifting and timebanking

“A fixation on the pursuit of money drains personal relationships, depletes informal support systems, commercializes professional callings, contaminates democratic processes and impairs both ecological and spiritual renewal.” ***Dr Edgar Cahn***

Origins of Timebanking

- “Utopian idealists”
- Japan
- Time Dollars
- Fair Shares
- Rushey Green
- ABCD
- 33 countries



We have what we need if we share what we have

Key Elements:

One hour is one time credit

Time credit = a promise

Collective memory

Community Pot

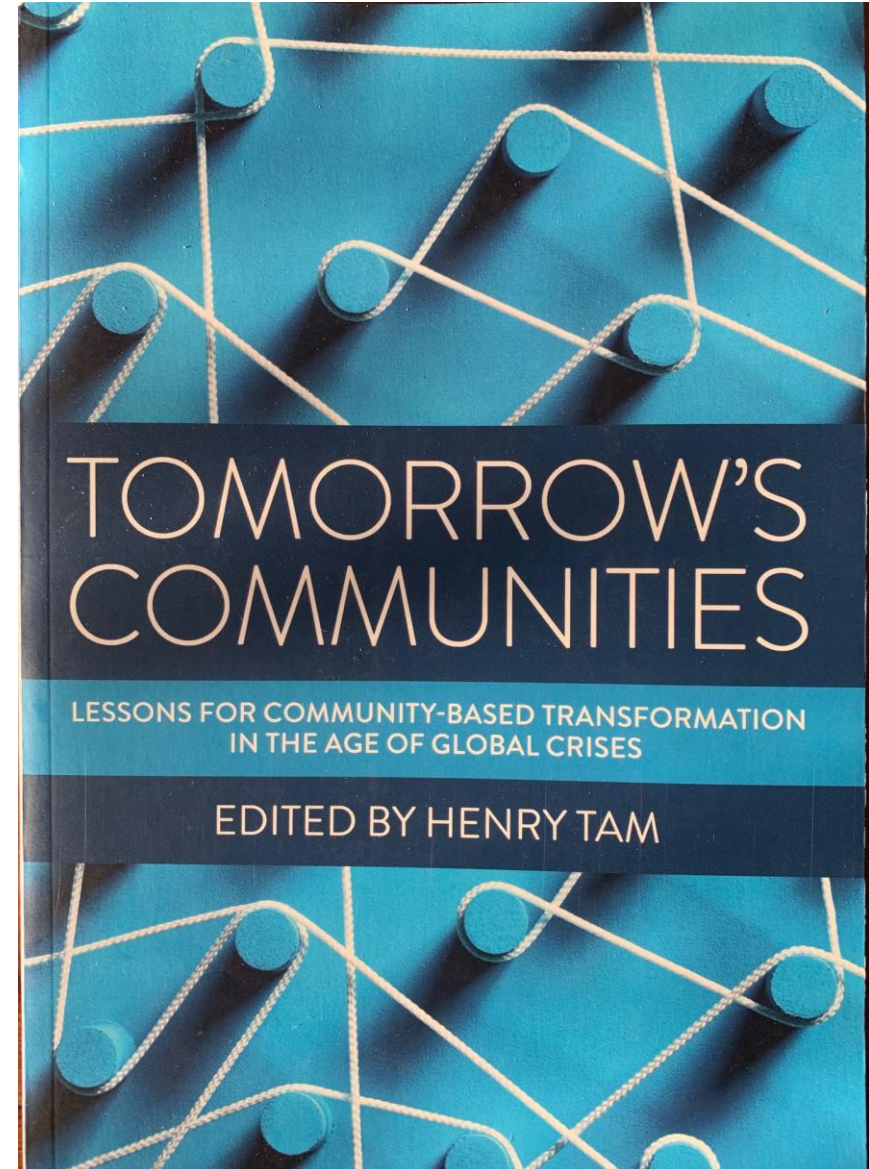
Of the people

Do it when you can



LESSONS

- **People are reluctant to offer unsolicited help, they like to be asked first.**
- **People tend to be ‘overcome with shyness’ when it comes to asking for help from others.**
- **People falsely believe that they have nothing of value to offer to others.**
- **People feel that they want to give unselfishly and yet they can feel disappointed when they don’t receive help in return.**



Conviviality and Kindness

Everyone has gifts to contribute
Investing in local inventiveness
Feeling connected
Trying out new things
Community at the speed of trust
A chance to pay back
Recession proof

BE YOU.
BE SEEN.
BELONG.

– BRENÉ BROWN

2017 BOOK TOUR | #BRAVINGTHEWILDERNESS

TRANSFORMING OUR NEIGHBOURHOODS

- **H.O.P.E**

(Helping Other Possibilities Emerge)

- **CARE**

(Discovering what people really care about enough to act upon)

- **RELATIONSHIPS**

(Comfort, healing and solidarity)

