

TIME BANKING

THE VINEYARD HOUR EXCHANGE

2025

HERE'S HOW IT WORKS

- You become a member of the Time Bank. It is free to join.
- For every hour of service provided to another member, you earn one (1) Time Credit.
- Time credits are a community currency that members earn by helping others. The Time Bank keeps track of your time credits.
- You can spend your time credits on a service that you need such as landscaping, music lessons, transportation, etc.
- You can save credits for future use or donate credits to help someone in need.



VISION STATEMENT

The Vineyard Hour Exchange will be a caring and interconnected community of people who, by exchanging services, help each other as they share their abilities, talents, time, and stories.

Time banking will benefit our members by providing an opportunity to

- make new friends
- receive needed help
- feel more part of the community
- reduce isolation
- enhance the quality of their life, health and wellbeing.

THE VINEYARD HOUR EXCHANGE IS A SERVICE EXCHANGE BASED ON TIME CREDITS

CORE VALUES

ASSETS: We are all assets. We all have something of value to contribute.

EQUALITY: One hour of service equals one credit hour, regardless of the service.

RECIPROCITY: Helping works better as a two-way street.

REDEFINING WORK: Work should be redefined to include whatever it takes to revitalize neighborhoods and families, make democracy work, and to advance social justice.

EXAMPLES of SERVICES: Offered or Received

- Antique appraisal
- Baking, cooking
- Tax Preparation
- Companion
- Computer Assistance
- Errands
- Graphic Design
- Garden/yard assistance
- Interior Design
- Lamp Repair
- Language Lessons
- Marketing
- Pet Care
- Photography
- Proofreading, editing
- Shopping
- Transportation
- Tutoring
- Web design
- Painting
- Dump runs
- Lawn mowing
- Snow shoveling
- Music Lessons
- Sewing, alterations
- Childcare