

# Rock Hour Community

*Strengthening community in Rock County*



[rockhourcommunity.timebanks.org/](http://rockhourcommunity.timebanks.org/)

Rock Hour Community is part of the international system of TimeBanks. TimeBanking is a way to build and strengthen community, and to honor and value the work we do for others in our community. **Everyone has something to give.**

This system values each person's TIME equally. Some people call it "an organized system to pay it forward." Members help each other and receive credits for their time. These credits can be redeemed from other members throughout the exchange. For every hour you invest doing work for someone via the TimeBank, you receive an hour that you can spend on any service offered via the TimeBank (not just with the person to whom you provided the service).

When agencies join, they participate in the exchange like any other member. Rock Hour Community can also be a source of new volunteers and an incentive for continuing volunteers. Agencies may give "hours" to their volunteers. In return, agencies can offer meeting space, trainings/workshops in their areas of expertise, or other specialty services.

As budgets shrink and expenses grow, it's time for us to use the many wonderful assets of all residents of our communities, matching unmet needs with unused resources. We each have talents and skills that someone else values. By sharing them, we can create community one hour at a time.

For more information, or to sign up:

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## **What services can I (or my agency) offer? What do I need? Some examples include:**

### **Transportation**

Errands, local, medical, airport, worship...

### **Help at Home**

child care, cooking, sewing, hair & beauty, housekeeping, pet care, respite care, chores...

### **Companionship**

clubs, dining out, letter writing, telephone calls, home visits...

### **Community Activities**

Clean up/recycling, community service, fund raising, help our time bank, special projects, work for social change...

### **Wellness**

counseling, nutrition, yoga, meditation, fitness, exercise, complimentary therapies...

### **Recreation**

books & video, dancing, events, games, sports, travel...

### **Education**

tutoring, advocacy, personal finances, labguages/translation, tutoring, mentoring, classes, workshops...

### **Arts, Crafts, Music**

classes, crafts, entertainment, lessons, photo, video, theater...

### **Home Repair**

car care, painting, plumbing, carpentry/construction, electrical, garden & yard work...

### **Business Services**

clerical, research, marketing, financial, computer support...

*What else can I offer? What do I enjoy doing? What comes easily to me? What is my area of expertise?*

*What else can I request? What do I dread doing? What do I need? What would make life easier? What do I want to learn?*