EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

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EPSOM & EWELL TIMES

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Banking on you and me in Epsom and Ewell

21 May 2023

The Epsom and Ewell Time Bank is launching soon and they're having a social gathering early June 2023. If you're interested in registering or have any questions, this is your chance to get involved.

As Benjamin Franklin once said, "time is money. But in truth, it's much more valuable that … it's Productivity, Freedom, Enjoyment, Friends / Family and giving back to your neighbourhood and building a stronger community," so says **David West**, Founder of the **Epsom and Ewell Time Bank** who is launching the community project to benefit everyone saying, "It's free to join and use, giving it's members an opportunity to meetup and exchange their skills, experience and time."

For every hour you help someone, you earn an hours credit, which can be spent on someone helping you. It's a way to meet new people, make friends, and feel more involved in your community.

David told the Times "By sharing your time you are redefining the nature and connections within your community from the bottom up. Working together, building new relationships and creating new opportunities for the common good." He went on to explain "We are apart of the Time Bank UK charity, using their Internet Time Bank software to match people with the community projects and work."

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The Epsom and Ewell Time Bank was at the weekend's **Festival of Ewell** and is organising a social gathering and Q&A in June 2023. If you're interested in registering for the Time Bank or have any questions, this is your chance to get involved.

The Time Bank community is free to join and all activities are managed by Time Banking UK's web-based software and overseen by a Epsom and Ewell Time Broker.

David West at The Festival of Ewell

To find out more about the social gathering and stay up-to-date, follow the Epsom and Ewell Time Bank on Facebook and Instagram. For more information on Time Banking, se Time Banking UK's website or email the Epsom resident and organiser, David at EpsomTB@gmail.com.

Epsom and Ewell Time Bank Registration – https://tol2.timebanking.org/epsomandewell

Epsom and Ewell Time Bank Facebook Group – https://www.facebook.com/groups/831821940256246

Epsom and Ewell Time Bank Instagram – https://www.instagram.com/epsomandewelltimebank/

Time Banking UK – https://timebanking.org/howitworks/

How does Time Banking help? Time Bank claim:

– 85% meeting more people.
– 80% felt more part of the community than before.

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– 74% made new friends.
– 74% experienced a lift in mood or reduced depression.
– 69% felt they could ask for or receive more help.
– 66% said they experienced reduced loneliness.
– 60% said their quality of life, health and wellbeing had improved.

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