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# Community Exchange

Creating social connections, one hour at a time.



## Our Mission

To cultivate a sustainable, community-led SOCIAL NETWORK based on the values of INDIVIDUAL ASSETS, MUTUAL SUPPORT, and RESPECT in order to improve the health and well-being of the community.

## What is Time Banking?

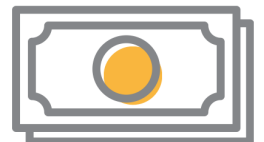
Timebanking is an innovative form of 'volunteering' based on mutual support, and is a highly effective system for promoting active citizenship, the growth of social capital and community empowerment.

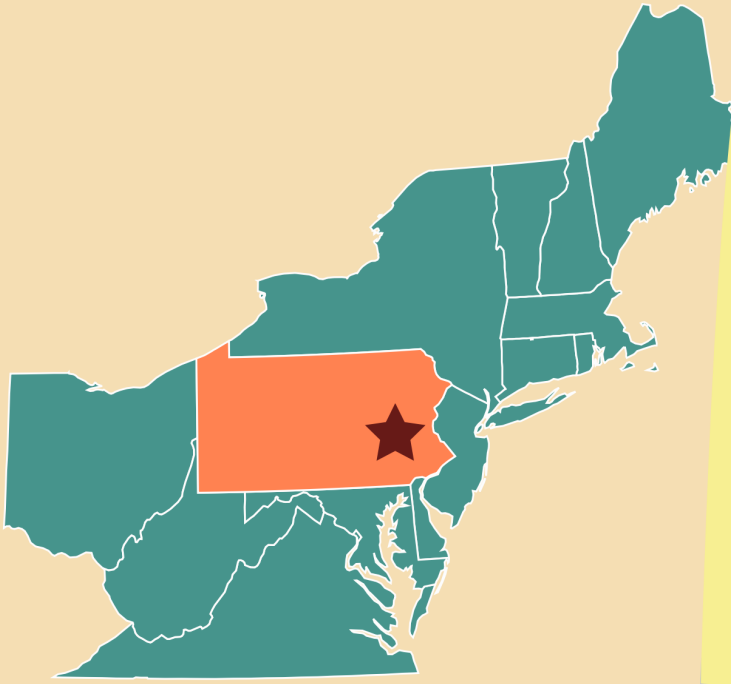


Timebanking helps transform public services through increasing resources, developing a self-help approach, and assisting a change in staff culture, with roles moving from fixers or gatekeepers into catalysts and enablers.

Timebanking builds a social network of people who give and receive support from each other, enabling people from different backgrounds, who may not otherwise meet, to come together and form connections and friendships. It is a highly effective community development tool, empowering individuals and groups to bring about change, make choices and take control of their own lives and neighborhoods.

For every hour spent helping a fellow member of the TimeBank, you earn 1 time credit. 1 hour of service = 1 time credit. All services are equal in value and can be redeemed for a service of your choosing or can be donated.





**Quick Facts**

- \* Over 700 members
- \* One of the largest TBs in the U.S.
- \* Covers 44 zip codes across Lehigh, Northampton and Berks Counties

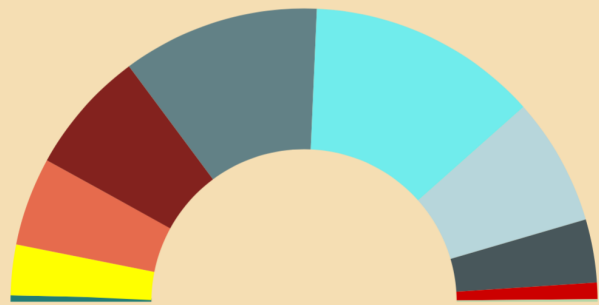
2015 Exchanges

1250

2015 Service Hours

3307

Age of our Membership



<20(0.70%)	20-29(5.57%)	30-39(9.75%)	40-49(13.65%)
50-59(21.73%)	60-69(25.49%)	70-79(14.07%)	80-89(6.96%)
90-99(1.81%)	100+(0.28%)		



**Timebanking builds on people's strengths, and recognizes that everyone in a community has something to offer, including those often defined as disadvantaged or vulnerable. —Timebanking UK**

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