



Joining Form

Completed by.....
Date

Surname **First Name** **Date**

Tel. No (home) Tel. No (mobile)

Email

Address

How did you hear about Time Bank Plus?

HEALTH ISSUES: Please inform us of any relevant physical or mental health conditions or disabilities you have. Please note all information given is strictly confidential

GP Surgery (optional) Do you have a support worker? YES / NO / rather not say
If YES, and if you are happy for us to contact them, please provide their name & contact details:

Please can you provide two names, contact details and telephone numbers of people who know you eg a colleague, a friend or a member of the family. This is so we know that as a Time Bank Plus participant you and your family are safe for everyone involved in the scheme.

1 st Person	2nd Person
Name	Name
Email	Email
Tel No.....	Tel No.....

Participants Signature **Date**

Signature of Parent or Guardian (if under 18).....

We use the following information to make sure that every member is treated fairly. Please be assured that the information you give is respected as confidential.

Gender: MALE / FEMALE **DoB**

Age:

Under 18	
18 - 25	
25 - 65	
65+	

Are you a Curo tenant? YES / NO
Do you have your own transport? YES / NO
Are you a carer? YES / NO

Ethnicity (eg White British, Asian, Mixed Heritage, Black Caribbean, Chinese, White Other)

Please let us know anything else you think we might need to know about

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Time Bank Plus code of conduct

Time Bank groups are generally open to everyone. We aim to be friendly and welcoming to all and do not tolerate discrimination, cliquishness or malicious gossip.

As a participant of Time Bank I agree to:

1. Respect another participant's privacy and confidentiality
2. Respect other participants' viewpoints, and not pressure another participant to accept my religious beliefs or political views.
3. Not involve my friends or relatives in Time Bank activities by bringing them to a participant's home or another Time Bank venue, unless agreed with the Time Bank as being part of a group activity.
4. Not ask for or accept money, gifts or tips from other participants.
5. Not use Time Bank activities as an opportunity to tout for paid work from other Time Bank participants.
6. A no smoking policy in a participant's home or venue of time exchange.
7. Always treat other participants respectfully.

I agree to abide by the above ground rules Signed

I give my consent for Time Bank Plus to contact me with details of Time Bank projects, services, exchanges, activities, events or other relevant information:

By telephone YES / NO **By email** YES / NO **By text** YES / NO **By post** YES / NO

I wish to receive the Time Bank monthly e-newsletter YES NO

We aim to keep a photographic record of our projects & activities. Photos may be used in feedback to our funders or for general publicity, including our website. **Do you give your permission for photos which include yourself to be used for Time Bank Plus publicity?**





















YES NO

We will store this information on our database whilst you remain a member of the Time Bank. You have the right to withdraw your consent at any time. Just contact us with your request.

We take your privacy seriously and will not use your personal information for any purposes other than in connection with Time Bank projects and services, or pass on your details to any other organisation, unless you have given us consent to do so.

You can view our Privacy Policy on our website: www.timebankplus.co.uk

Time Bank Plus – Please indicate what skills and services you can offer and what you would like to receive

		Need help with	Can help with			Need help with	Can help with			Need help with	Can help with				
	Escorting people to appointments				DIY - simple				Specialist knowledge				Housework - occasional		
	Shopping				Repairing things				CV advice				Ironing		
	Errands				Decorating				Interview skills				Cleaning		
	Office skills				Growing vegetables				Book keeping				Hair cutting		
	Creative writing group				Gardening				IT skills				Complementary therapies		
	Help with English or Maths				Cycle maintenance				Computer maintenance				Babysitting / child supervision		
	Budgeting				Helping at lunch club				Web design				Youth work		
	Sewing				Social events - organising				Sports/ Exercise				Visiting people		
	Knitting / crochet				Management Committee				Walking group				Companion-ship		
	Rag rug making				Manning a stall or display				Dance / yoga				Playing board games / bingo		
	Music studio recording				Public speaking				Cycling				Family history		
	Playing a musical instrument				Literacy				Cooking / baking				Dog walking		
	Listening to music				Teaching English (TEFL)				Design work				Animal care		
	Guitar group				Learning a foreign language				Art Group				Helping at food co-op		
	Singing group				Translating / interpreting				Crafts				Local history		
	*Giving people a lift				Car washing				Leaflet delivery				Book group		
	Car maintenance				Heavy moving / lifting				Publicity & marketing				Memories group		
	Driving a minibus				*Transporting goods				Assisting with projects				Anything!		

If there's anything else you think you can provide or need, please include it here...

*PLEASE NOTE: If you use your car in connection with TB+ business, we advise you to check your cover with your insurers