

What do participants do?

- Give lifts or escort to appointments
- Shopping or simple errands
- Decorating
- Simple home repairs
- Visit elderly people at home
- Gardening or house work
- Alternative therapies, eg massage
- Simple car and cycle repairs
- Craftwork
- Teaching and sharing skills
- Social events
- Outings and trips
- Organisations can offer skills and resources to other organisations or individuals

Do you have time to share with others and make a positive difference to someone's life?

Do you think you have particular skills that may benefit others, but haven't had the opportunity to share yet?

Would you like to have someone else to turn to when you need help?

If so Swap & Share is for you

For more information about Swap & Share please contact:

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/OnsideIndependentAdvocacy



@OnsideSwapShare

Swap & Share is funded by the West Mercia Police and Crime Commissioner's Grant Fund.

Onside is working in partnership with the local police, community safety partnerships, Fortis Living and local voluntary groups including Worcester Community Trust and Victims Support.



**John Campion
Police and Crime Commissioner
West Mercia**

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Company No: 4923990



Swap & Share

**Malvern
and
Worcester WR4**

Bringing people and
communities
together



What is Swap & Share?

We all have skills and talents to offer and sometimes we also all need a helping hand.

Swap & Share is based on the Time Banking model which uses two-way volunteering to reward people for the time and effort they put into their neighbourhood.

For every hour of help that someone gives, they get one time credit. They can use these credits to spend on things they might need help with. What could be better than helping other people **and** getting some help in return when you need it— and for free!

There is no money involved; the only cost is your time.

Who can join?

Everyone is welcome to join **Swap & Share** : individuals, groups and organisations - anyone who wants to be involved in their community.

Maybe you need a hand in your garden but in return you would be happy to show someone how to use their computer or their complicated phone. Maybe you are a DIY whizz but hopeless at cooking and would like to learn . There are endless ways in which local people can help other local people

One hour is always one time credit.

How does it work?

When someone joins, they provide details of skills, talents and experiences that they would like to share, and a record of these are kept here at **Swap & Share**. All the information is kept confidential, and is only accessed by our staff.

Swap & Share is the central point of contact for everyone. When a participant needs help they call us. It is then our job to find the right person with the right skill and arrange for it all to happen.

Once you join, we may call upon your skills now and then - but don't worry, there's no pressure on you to help every time - only when you're happy to.

How do you benefit?

Swap & Share is about more than just volunteering. Through **Swap & Share** you have the opportunity to:

- Meet new people and make friends.
- Use and develop your knowledge, skills and experiences.
- Access new activities.
- Feel rewarded for your contribution to your neighbourhood.
- Have an extra pair of hands available in time of need.

You can dip in and out of the scheme to suit your lifestyle.

Who are we?

Onside is a local charity working across Worcestershire and Herefordshire to support people and their families to live better lives.

For many reasons people can find themselves isolated from their communities and may face very real barriers to making changes.

Through **Swap & Share** we can help people overcome these barriers; move forward and make new friends; develop or re discover skills and interests and feel part of their community.

