

My name is Florina and I have been at the time bank for 6 years. As I live on my own, I look forward to come out of my house and be at the time bank's activities. It is also a place of learning. I have learnt Crochet. I can now do blankets, cardigans and hats. We also do it to fundraise for the TimeBank and for other projects like Cancer Research and hats for a project in Ghana. I have also done knitting for the new born babies. What I get out it? I get fun, get to see other people, friends (we also phone each other) and I go to the chair based exercises to keep me fit. It keeps me active and busy as I also visit other members like when someone is ill I visit them. I also enjoy the time bank because I feel needed. For time credits I have done some domestic help for other members. It makes me feel good, I don't have money to offer but I have time. It keeps my brain ticking over and it's good for my wellbeing.