

My name June, I am 76, and I joined Rushey Green Time Bank a year ago. I really enjoy it. I have Dystonia which is a [neurological movement disorder](#) that causes muscle spasms like involuntary twisting and repetitive movements in my neck and arms. Because of the shaking I don't go out a lot, and meeting others at the time bank has given me opportunities to meet people on a regular basis and do things together. We do knitting, have discussions and exchange ideas, and fundraise for projects. It keeps me active. It gives me personal pleasure to knit for others and seeing the joy it gives them. The time bank makes me feel better. I feel I am part of something, it helps me to cope and also forget the pain. I have made friends and if I need help I can call on them. I highly recommend it, I am always talking about the time bank to others !