

ASH-WORTH TIME BANK
RURAL WELL BEING
Linking People Together
Tel: 01829 751398

Please send your completed form to:

Caroline Massos, Project Administrator
Ash-worth Time Bank
1st Floor, Post Office
Kelsall Road,
Ashton Hayes CH3 8BH

Title: _____ **First Name:** _____

Surname: _____

Date of Birth: _____ **Age:** _____

Address: _____

_____ **Post Code:** _____

Telephone Numbers: _____

E-mail address: _____

Emergency contact (name and telephone):

Doctor's name and telephone:

Do you have a mobility problem? Yes No

(If yes, please tell us a little about your disability)



Do you have any hobbies or interests? _____

All applicants

Please provide us with the names of 2 referees – these can be neighbours, friends or relatives.

1st Referee Name and Address: Post code:	2nd Referee Name and Address: Post code:
---------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------

If applicable, please give us an indication as to when you are normally available to help.

Please tick ✓	Morning	Afternoon	Evening 	Anytime 
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

APPLICATION FORM – STANDARDS:

As a Time Bank Member, I agree that I will not:

- **Breach privacy or confidentiality.**
- **Pressure anyone in the scheme to accept my religious beliefs or political viewpoint.**
- **Take a friend or relative with me when going to undertake a task in someone's home.**
- **Solicit or accept money or gifts from anyone in the scheme.**
- **Ask for or expect refreshments whilst at someone's home.**
- **Smoke whilst driving anyone or making a home visit.**
- **Use the telephone in anyone's home, without their permission, and never to make personal calls.**
- **Drive the car belonging to anyone for whom I am undertaking a task.**

I agree to my Membership details being held on computer. This information will not be disclosed to anyone outside Ashworth Time Bank.

Signature.....Date.....

LIST OF TASKS:	Could Help	Need Help
Collecting a Prescription		
Taking someone to dentist, doctor, etc		
Giving a lift – church, social events etc		
Doing Shopping		
Taking Someone Shopping		
Form filling		
Letter writing		
Computer work		
Printing/design work		
Doing or showing others -		
• Sewing/dress making		
• Embroidery		
• Knitting		
• Woodwork		
Small Decorating Jobs		
Small Home Repairs		
Gardening		
• All types of work		
• Weeding		
• Grass cutting		
• Hedge trimming		
• Pruning		
• Planting		
• Flower Arranging		
Muscle – lifting/moving heavy objects		
Van/lorry to transport heavy objects		
Motor Car – checking over essentials		

List of Tasks cont'd	Could Help	Need Help
Basic housework tasks (all)		
• Washing		
• Ironing		
• Baking		
• Cooking		
Teaching/Coaching:		
• Piano		
• Other musical instrument		
• Adult Literacy		
• Languages		
• Computer Skills		
• Painting/Drawing		
Bereavement Visiting		
Visiting Housebound		
Sitting with elderly or disabled person to allow carer some free time		
Offering companionship by visiting or phoning a lonely person		
Passing on local knowledge of past life in the villages		
Be called out in an emergency		
General help with social events		
Catering		
Babysitting		
Taking a Child to School		
Meeting a Child From School		
After School Care		
Helping with an After School Club		
Helping with a Youth Club		
Helping Child/Children with Homework		

List of Tasks Cont'd	Could Help	Need Help
House Sitting		
Watering Plants		
Pet Sitting		
Dog walking – regular basis		
Dog walking - emergency		
Caring for pets while owners on holiday		
Setting up/becoming a member of a group to:		
• Go walking		
• Paint or draw		
• Crafts		
• Simple keep fit		
• Tai Chi		
• Other hobbies (specify)		
Ash-worth Time Bank Volunteers:		
• Fold leaflets		
• Deliver leaflets, letters etc.		
• Answer telephone		
• Be on telephone call during unsocial hours		