



Time Swap

Can you give an hour of your time to receive an hour of someone else's time?

Gardening - Shopping - Computer Skills

Music Lessons - Lifts - Decorating

Visiting People - Community Projects

Sewing & Much More

Swap time not money!

To find out more:

Tel: 01629 532049

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 **DERBYSHIRE**
County Council
Improving life for local people

You can join the scheme at:

www.derbyshire.gov.uk/timeswap