Timebank

The Mesilla Valley timebank enables residents of Doña Ana County to exchange their talents and abilities with others, using time as their currency. Timebank members earn hours for helping others, which they can then exchange for help that they need. The timebank values all work equally, especially work that is undervalued in the market economy.

The timebank yields diverse exchanges. For example, Luis might help Andrea by working in her yard. Luis could then exchange the hours he recorded for rides to his dialysis appointments from Charles. Charles in turn could use the hours he has banked to get help from Andrea in fixing healthy meals.

Research shows that time banking can improve health in a number of ways. Most obviously, participants access free services that improve their own health, like rides to doctors appointments or lessons in healthy cooking. In addition, ties are built between neighbors and across diverse communities as residents learn to value their own gifts as well as those of others. Such increases in social cohesion can lead to reduced rates of crime and can increase resiliency of communities when faced by adverse events, like extreme heat. Finally, timebanks provide a window into alternate modes of economic organization that are locally controlled and can be a building block to forming cooperatives and other exchange systems.

Timebank portal: https://bit.ly/MesillaValleyTimebank

Details

Ages: Teen Adults Seniors/elderly
Payment Options: Free
Contact: Paty Mendoza
Contact Email: timebank@dacommunitiesunited.org
Restrictions: You are eligible to participate in the timebank after attending an orientation. Orientations are held every second Wednesday of the month. More information can be found on our website.

Services

Volunteering Support Groups Community Services Community Economic Development
Community Action/Social Advocacy Groups

Locations

Mesilla Valley Timebank
Las Cruces, NM 88001

Phone: (575) 497-0097
Languages Spoken: English Spanish
Services Limited By Geography: 1
Geographic Area Served: Dona Ana County

Parent Organization

Doña Ana Communities United

Doña Ana Communities United (DA Communities United) creates welcoming spaces for all people, especially those whose voices and stories go unheard. We build genuine relationships, carry out uplifting projects, and engage with local government.

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