

In Praise of Time Swap

by former Derbyshire Poet Laureate River Wolton with help from Louise Hiron of Derbyshire Time Swap.

Have you heard of this thing that's becoming a craze,
That makes silver from minutes and gold out of days,
That helps you to find any help that you need
And makes you feel good to both give and receive?

Mrs B had a hallway that looked in a state,
Mr A came with brushes and ladders and paint,
Ms C sorted out his clogged up PC
And her housework was done by... guess who? Mrs B!

An hour for an hour is how Time Swap works,
Whether learning piano or ironing shirts;
What skills lie in wait, what help do you need?
You may think you've no talents, but just wait and see!

Derbyshire Time Swap will help you to start,
Get a hand with the gardening or learn a new art,
They'll log up your credits and give you advice,
There's no catch at all and they're ever so nice.

Time is a flyer and time is a queen
Time is a word that can never be seen,
But Time Swap can give you a life that is rich –
New friends, new connections, new days to be lived.

Any age or ability, means or location,
Time Swap's a community-led innovation,
Invest in yourself and the place where you live
And feel better and better the more that you give.