

#Connect and earn Time Credits

Got a Connect Card? Do you...

...want to get more involved with **#Connect**?

Help support your / others' **wellbeing**?

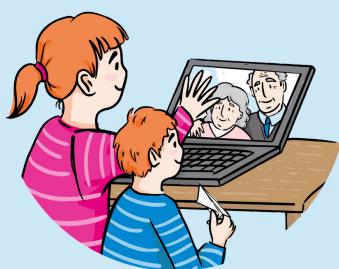
Enjoy **fun activities** without spending money?

Then you need **Tempo Time Credits!**



Give Your Time

- Take part in **#Connect** activities online
- Get involved in **#Wellbeing** stuff in school
- Help out in your **community**



Earn Time Credits

- Earn **Tempo Time Credits** as a thank you for your time



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or scan



Use your Time Credits

- Enjoy using your **Tempo Time Credits!**
- They can be used for all sorts of things here in Cornwall and online



How can I earn Tempo Time Credits?

There are lots of ways to earn **Tempo Time Credits**. **Start Now** can help you to find opportunities to get involved through **#Connect**:

- Take part in **#Connect** activities - like giving feedback on the cards / site / wellbeing boxes
- Look for the **Time Credit Tiles** on the **#Connect** site
- Write content / create artwork for **#Connect**
- **Get involved in school** - peer mentors / Youth in Mind film project & more
- Help test and review **#Resilience Hero** our new online game.



**START
NOW**

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