



Timebanking UK

TIMEBANKING UK

The local community of reciprocity, changes made by the connection

WHAT IS TIMEBANKING?

- It's about helping one another
 - All people have something to offer
 - Everyone's time is equal
 - **Creating mutual social and practical support networks**
 - Tackles loneliness and isolation
 - **Improves health and wellbeing by increasing self esteem and confidence**
 - Reducing the strain on public services and doctors
- *It's NOT a professional service – it is people helping people




















UNLOCKING THE ASSETS



Timebanking UK

Time Bank – Cartoon Questionnaire – What help do you need? How can you help others?



Tick the boxes below		Need help	Can help	Tick the boxes below		Need help	Can help	Tick the boxes below		Need help	Can help
	Escorting people to appointments	<input type="checkbox"/>	<input type="checkbox"/>		DIY - simple	<input type="checkbox"/>	<input type="checkbox"/>		Web design	<input type="checkbox"/>	<input type="checkbox"/>
	Shopping	<input type="checkbox"/>	<input type="checkbox"/>		Decorating - simple	<input type="checkbox"/>	<input type="checkbox"/>		Computer skills	<input type="checkbox"/>	<input type="checkbox"/>
	Errands	<input type="checkbox"/>	<input type="checkbox"/>		Gardening	<input type="checkbox"/>	<input type="checkbox"/>		Computer design	<input type="checkbox"/>	<input type="checkbox"/>
	Form filling	<input type="checkbox"/>	<input type="checkbox"/>		Cycle maintenance	<input type="checkbox"/>	<input type="checkbox"/>		Book keeping	<input type="checkbox"/>	<input type="checkbox"/>
	Office skills	<input type="checkbox"/>	<input type="checkbox"/>		Car washing	<input type="checkbox"/>	<input type="checkbox"/>		Computer maintenance	<input type="checkbox"/>	<input type="checkbox"/>
	Letter writing	<input type="checkbox"/>	<input type="checkbox"/>		Assisting at events	<input type="checkbox"/>	<input type="checkbox"/>		Walking companion	<input type="checkbox"/>	<input type="checkbox"/>
	Budgeting	<input type="checkbox"/>	<input type="checkbox"/>		Time bank admin support	<input type="checkbox"/>	<input type="checkbox"/>		Water Sports	<input type="checkbox"/>	<input type="checkbox"/>
	Knitting/ Sewing/ Crochet	<input type="checkbox"/>	<input type="checkbox"/>		Literacy	<input type="checkbox"/>	<input type="checkbox"/>		Fitness/ Exercise	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>		Translation Assist with reading	<input type="checkbox"/>	<input type="checkbox"/>		Painting and drawing	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>		Craftwork	<input type="checkbox"/>	<input type="checkbox"/>
	Playing a musical instrument	<input type="checkbox"/>	<input type="checkbox"/>		Heavy moving/ lifting	<input type="checkbox"/>	<input type="checkbox"/>		Design work / art	<input type="checkbox"/>	<input type="checkbox"/>
	DJ'ing	<input type="checkbox"/>	<input type="checkbox"/>		Improving open spaces	<input type="checkbox"/>	<input type="checkbox"/>		Leaflet delivery	<input type="checkbox"/>	<input type="checkbox"/>
	Theatre	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>		Anything!	<input type="checkbox"/>	<input type="checkbox"/>
	Film/Cinema	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	Car/ motorbike maintenance	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	Giving people a lift	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>

Fill in the gaps with any other ideas, activities, knowledge or skills your might have!

WHO WE ARE AND WHAT WE DO

- Charity
- A membership organisation
- Providing resources and software
- Supporting, advising, networking
- Learning and sharing best practice



WORKING WITH LOCAL AUTHORITIES

- **The problem:**

Overstretched social services

Too many older people

Too many health issues as a result of loneliness

- **How does timebanking help?**

Central government wanting more social action

Timebanking does not deliver services, but strengthens those in place, reducing the strain

TIME 4 HAMPSHIRE



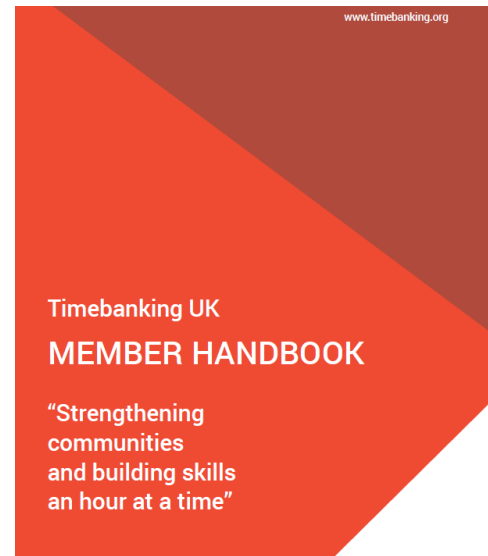
BUILDING STRONGER
COMMUNITIES IN HAMPSHIRE

—
ONE HOUR AT A TIME

How a network of time banks were planned and developed following a grant from Hampshire County Council.

OUR UNIQUE METHOD

- Safety and safeguarding for person to person Timebanking
 - Time banks need a legal structure
 - DBS checks
 - Meet people face to face
 - Code of conduct
 - Governance
 - Complaints procedure
 - Handbook for guidance
 - Insurance
 - Working Guidelines
 - Quality Mark



Timebanking UK



Disclosure &
Barring Service

DOCTORS AND TIMEBANKING

- 1.2 million chronically lonely older people in the UK
- By 2039 people living alone will be around 10.7 million
- A Doctor said that half his patients need 'people not pills'
- UK has a social care crisis
- The NHS is in a critical state trying to care for so many
- GP's contacting Timebanking UK for help
- New model of timebanking being created
- Paxton Green Time Bank impact and savings to health service



MANY MEASURES OF IMPACT

- Cambridgeshire time banks
 - ✓ Reduction in social exclusion
 - ✓ **Reductions in antisocial behaviour and crime**
 - ✓ **Greater safety (actual and/or perceived)**
 - ✓ Social engagement
 - ✓ Citizen participation
 - ✓ **Improved housing and physical environments**
 - ✓ **Increased levels of support to people who want to move into employment**
 - ✓ **Cost savings to public budgets**
 - ✓ Improved health.

Cambridge Centre
for Housing &
Planning Research



UNIVERSITY OF
CAMBRIDGE

TRUE STORIES TO INSPIRE YOU

Employed but still a time bank member with skills



After work, a small class teaching guitar



MEET PAUL WILSON

From homeless



To hope



and success



NO MATTER WHAT YOUR ABILITY

Given another chance to do something positive



Helping to cook low cost meals with others



LOCAL PEOPLE HELPING OTHERS

Everyone here earned time from the care home



And for time coming into the care home



EVERYTHING GIVEN FOR FREE

Before - volunteers



After – more volunteers!



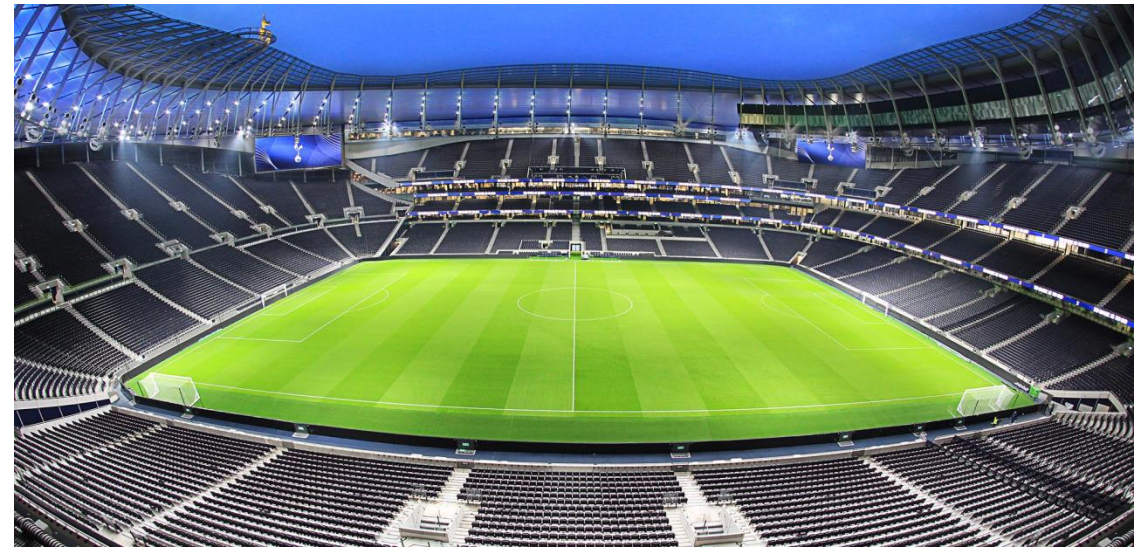
ORGANISATIONAL TIMEBANKING

Giving and receiving in the same way

Theatre/cinema



Football clubs and stadiums



PAXTON GREEN TIME BANK, LONDON



PAXTON GREEN TIME BANK IMPACT

- Time Bank started by a doctor for his 'heart sink' patients
- Focus on people living with depression (big issue for lonely people)
- ✓ **76% of people agreed that timebanking lifted their mood**
- ✓ **67% said it had helped reduce their loneliness**
- ✓ **71% of those previously reporting depression felt it had improved depression**
- ✓ **83% agreed it had helped them make new friends**

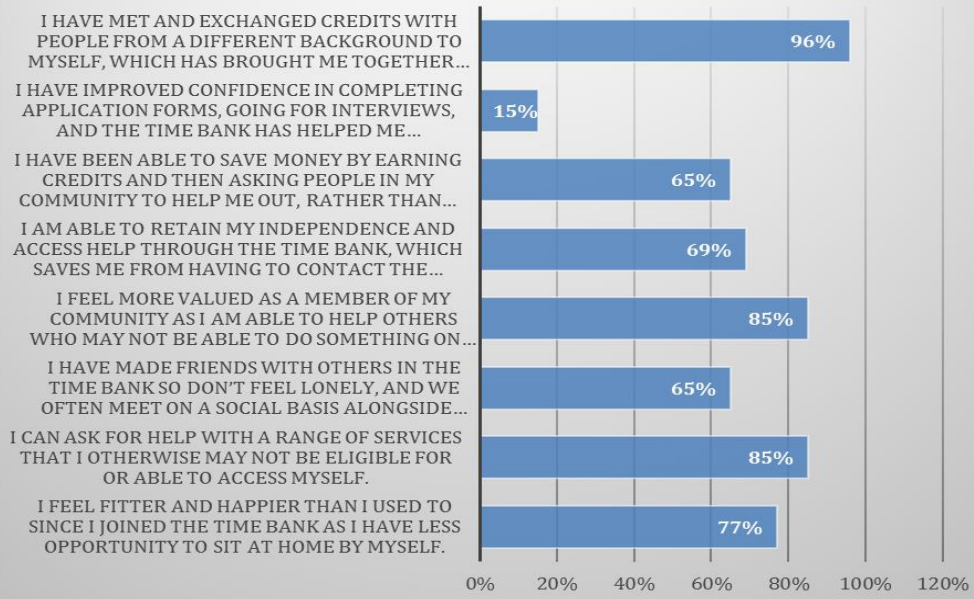
Barnet
Time
Bank
with
Syrian
families



HOW DOES TIMEBANKING IMPACT ON PEOPLE?

BARNET TIME BANK, LONDON

**47 time bank members interviewed after
at least
6 months of joining**



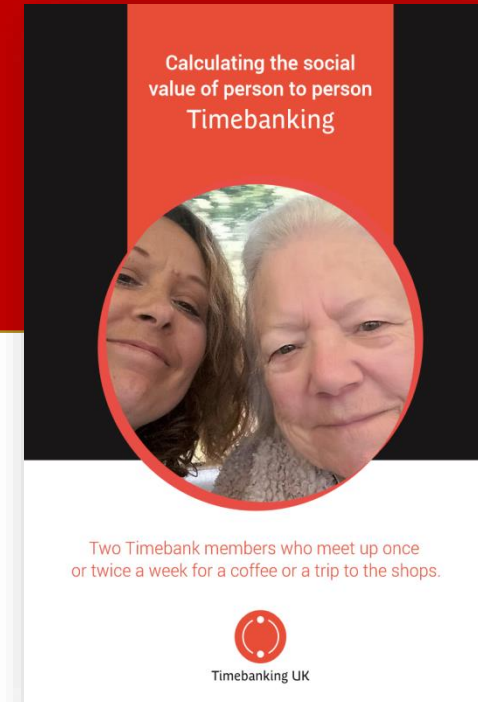
- 85% feel more valued as a member of the community as they are able to help others
- 85% felt able to ask for help from services that they may not be eligible for or to access themselves
- 77% feel fitter and happier than I used to since joining the time bank as I have less opportunity to sit at home by myself

SOCIAL RETURN ON INVESTMENT 2015-2017 BARNET TIME BANK

ACTIVITY	HOURS
Community/Social	886
DIY/Gardening	314.45
Computer	253
Classes/Lessons	156.75
Advice and Counselling	153.5
Health and Beauty	141
Transportation	94.5
Arts and Crafts	89
Help in the Home	80
Pet Care	51.5



£53,000 Costs
£518,000 Social Value



FACTS AND FIGURES....

UK timebanking is 21 years old in July 2019

- 268 time banks
- 17,000 people currently swapping time
- 43,500 people historically
- 3,000 organisations swapping time
- 5.5 million hours

266,290 hours swapped a year

Equal to over £2 million of paid labour every year

UK minimum wage - the main adult rate (for workers 21 and over) is £7.70 an hour <https://www.gov.uk/national-minimum-wage-rates>



GOVERNMENT SUPPORT

Lord Low is our Patron (Parliament House of Lords)

MP Robert Buckland QC is the government's
Secretary of State for Justice



Department of Work and Pensions

The daily
jobseeker



The Daily Jobseeker article on the documentation released by the DWP promoting timebanking and Timebanking UK. Timebanking UK are working closely with the DWP to help improve people's employability.

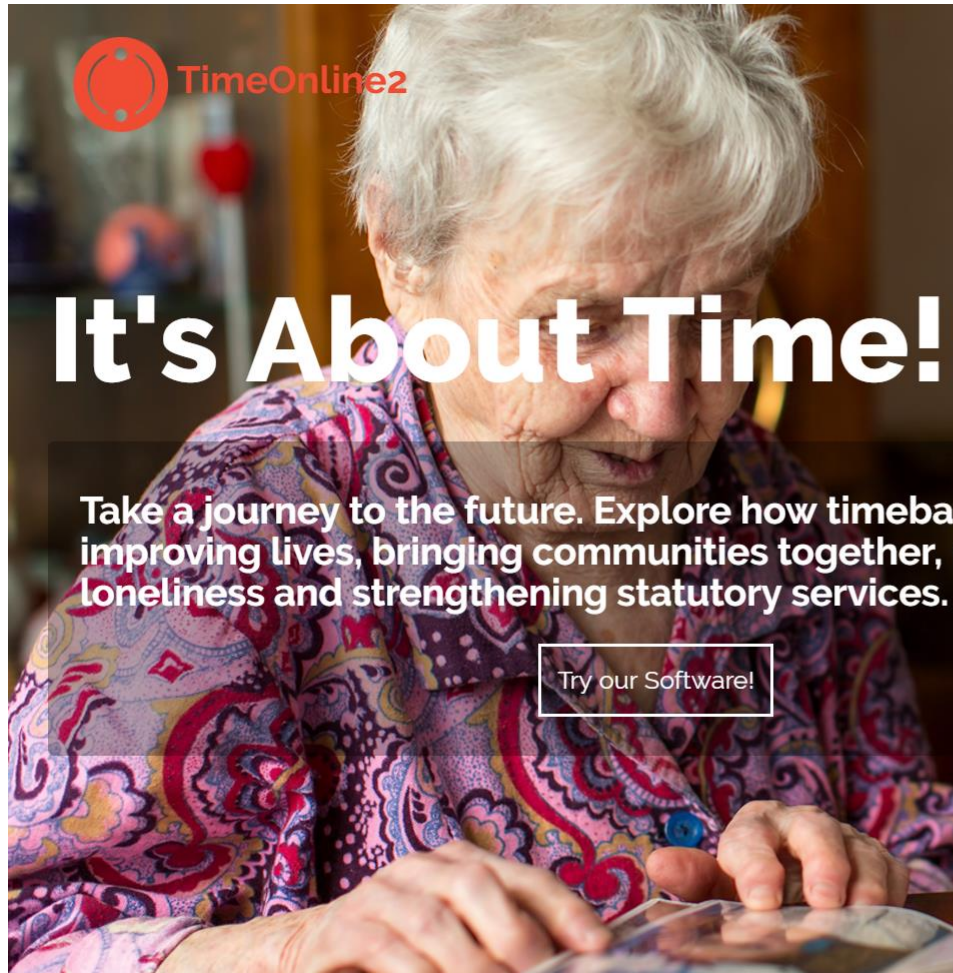
Time banking - help others and help yourself at the same time

Fancy spending an hour washing someone's car, doing some housework or gardening for them – and then getting that hour back from somebody else in a way that helps you? If so, time banking could be for you.

Time banking is growing nationally and can give you the chance to help others and help yourself at the same time. For every hour of time you give helping someone in your community you receive one time credit. You can then 'spend' that time credit when you need help from someone else. Best of all there is no regular commitment – you can choose when you get involved and gain time credits.



TIME ON LINE 2 SOFTWARE

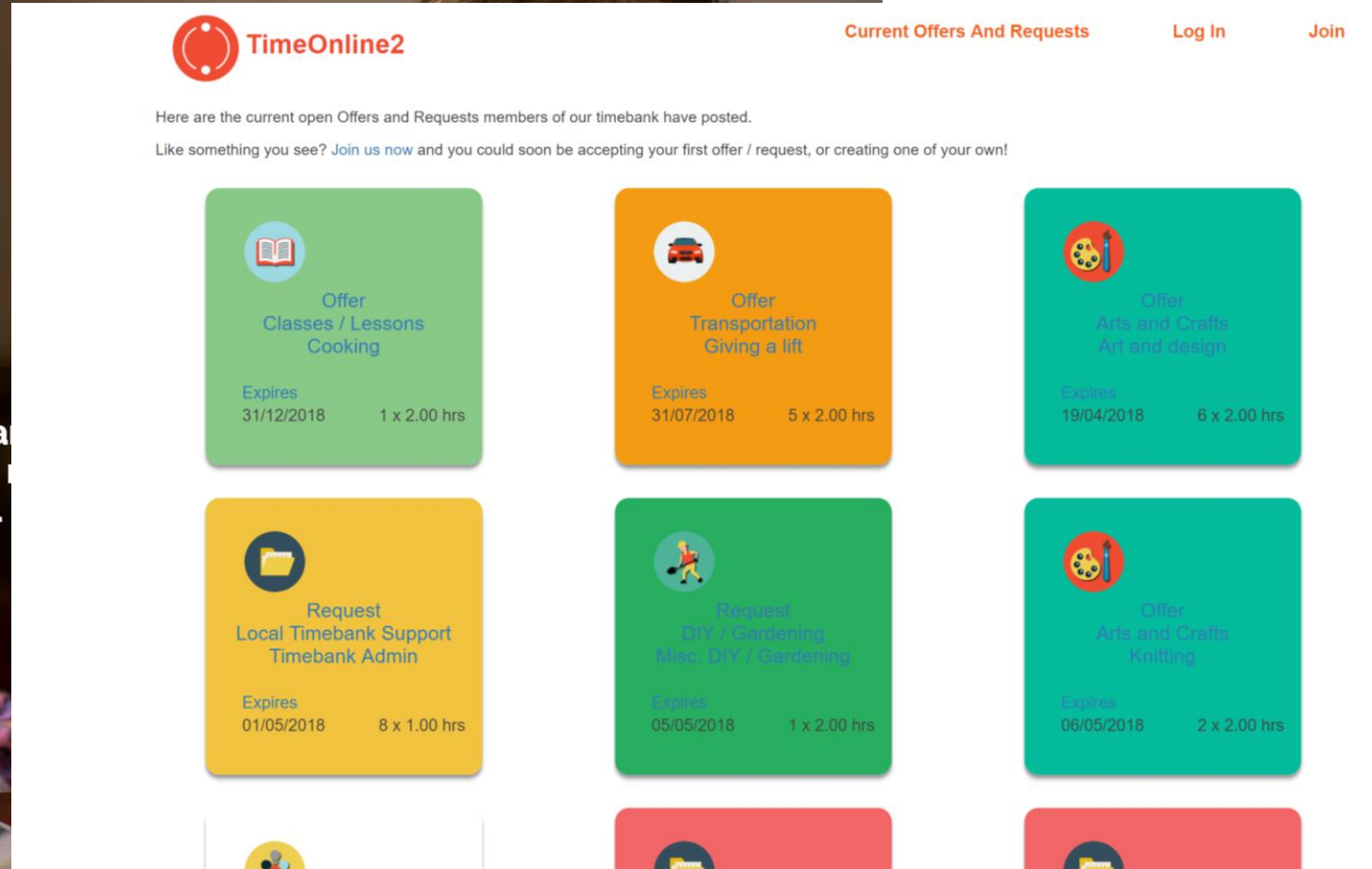


TimeOnline2

It's About Time!

Take a journey to the future. Explore how timebanking is improving lives, bringing communities together, reducing loneliness and strengthening statutory services.

[Try our Software!](#)



TimeOnline2 [Current Offers And Requests](#) [Log In](#) [Join](#)

Here are the current open Offers and Requests members of our timebank have posted.

Like something you see? [Join us now](#) and you could soon be accepting your first offer / request, or creating one of your own!

Offer / Request	Expires	Duration
Offer Classes / Lessons Cooking	31/12/2018	1 x 2.00 hrs
Offer Transportation Giving a lift	31/07/2018	5 x 2.00 hrs
Offer Arts and Crafts Art and design	19/04/2018	6 x 2.00 hrs
Request Local Timebank Support Timebank Admin	01/05/2018	8 x 1.00 hrs
Request DIY / Gardening Misc. DIY / Gardening	05/05/2018	1 x 2.00 hrs
Offer Arts and Crafts Knitting	06/05/2018	2 x 2.00 hrs



TEDx TALK 2017

SARAH BIRD
CEO, TIMEBANKING UK

sarah@timebanking.org

Tel UK 01453 750952

www.timebanking.org



Timebanking UK

Company Ltd by Guarantee

No: 4502783

Charity No: 1101204