

TIME BANKS UK

TIME TO GIVE AND TAKE

www.timebanks.co.uk

Edition 18

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Special Conference Edition **Toronto 2004**

“TIME TO UNITE”

Time Banking: No Longer One Man's Vision

At the opening ceremony of the Congress on Friday evening, Edgar began his keynote address with a personal statement about his Time Dollar journey. At the start of that journey nearly twenty-five years ago, Edgar was in a coronary care unit feeling scared, useless and very much alone. Today, he is healthy, happy, and most importantly, he is no longer alone; by his side is his new partner, Christine, as well as an ever-growing family of Time Banking co-conspirators.

He went on to express how the time banking movement is no longer one man's vision - because of the thousands who are engaged around the globe, because of the ethos of equality that embodies our philosophy and our actions. Edgar then paid tribute to the often up-hill battle that those first pioneers faced and expressed his gratitude for their perseverance and courage. He then drew attention to how our society has become accustomed to using money as a means for measuring value, which means that price becomes our most accurate measuring rod. Because price is determined by supply and demand - with commonplace items being worth very little and scarce items being worth much more - everything that defines us as human beings is devalued and worthless. From our ability to care

for each other to our capacity to stand up for what we know is right, the characteristics that make us human are commonplace, but we know they are not worthless. The time for time banking has come to protect and value characteristics that are critical to shaping the kind of world in which we want to live.

He ended the evening with a meditation from the Kabbalah that flowed into a reiteration of what Edgar referred to as "the Time Bank Mantra," - which would become the theme of the weekend's events - ***we have what we need if we use what we have.***

Edgar Cahn
Founder and President
Time Dollar Institute



Time To Unite

Quick Facts

140 participants came to Toronto from

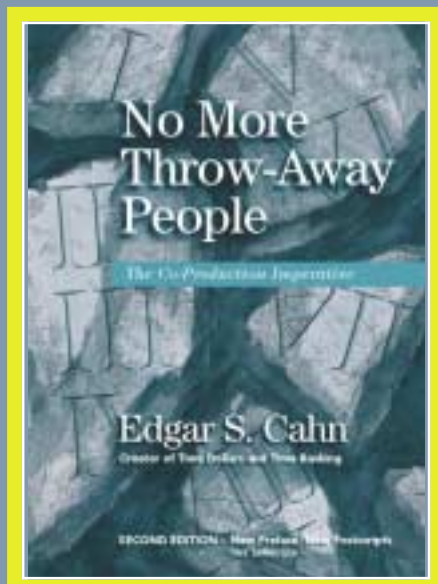
20 US States
8 Countries
2 Islands
40 time banks

Other highlights



Unveiling of new web-based software

Introduction of 2nd edition of 'No More Throw Away People'



Where We've Been, Where We're Going

Martin provided the back-drop and running commentary for Saturday morning's "Time Banking Around the World" showcase. In doing so, he introduced brief presentations from an array of time banking programmes around the world and we gained a vivid sense of where we've been and where we're going as a movement.

In his own presentation, Martin provided a short history of Time Banks UK, punctuated by humorous and historic quotes about time, money, and wisdom. He gave us an overview of what time banking offers us - a local information system on who is available, when and with what skills - a way of growing and measuring social capital - a reward system for participation - a redefinition of volunteering for the 21st Century - a 'security blanket' for people with troubled pasts.

He then presented a clear picture of Time Bank UK's future role in reforming the delivery of public services. (The Conference was later to enjoy a presentation from Wasim Ahktar, from the UK Home Office, who eloquently outlined their priorities and their support for time banking).

In conclusion, Martin illustrated the power of time banking by telling us Florrie's story. After a life time of bar work and child care she is now learning to read and write at her local time bank. She is great fun to be with, the life and soul of social events and she now has a social network around her who value her. He asked us to contrast this with the grim statistic that in the UK everyday an average of 23 older people die, undiscovered in their homes, sometimes for weeks.

As he said, "there is much talk of a return to a civil society, time banking is walking that talk".

Martin Simon
Executive Director
Time Banks UK



Some of the British delegates to the conference



Polly meets a !Kung Bushman

Time Banking in Traditional Societies: From Evolutionary History to Current Practice

Social security systems based on the giving of food, goods, assistance, and care have characterised human societies throughout our evolutionary history, and they continue to do so for the majority of people in the world today.

Recent discoveries in archaeology indicate that systems of risk reduction are up to 60,000 years old, and studies in the biology of the brain and human behavior suggest that co-operation and reciprocity have deep evolutionary roots.

In her keynote address, Polly explored the archaeology and biology of reciprocity, illustrating how the !Kung Bushmen of the Kalahari desert construct social insurance systems based on reciprocity to meet the physical and emotional needs of all members of their population.

As the !Kung put it, through reciprocity, people come to "hold others in their hearts." But such systems are not seamless – who has and who is in need can be contested vehemently. In the absence of formal rules and means for calculation, the regulation and negotiation of reciprocity requires great vigilance and investment in norm enforcement, adding spice to daily life.

Polly also quoted the work of her colleague, Mary Douglas, who coined the phrase "Charity wounds".

By way of examples of what is meant by this she told us how doctors who refuse to accept gifts from patients, even verbal gifts or gifts of knowledge, may fail to establish equality and two way communication. Further, programmes to help the poor that do not illicit 'give and take' result in humiliation, resentment and low levels of co-operation.

She concluded with a fascinating comparison between the Bushmen's 'banking of relationships' and the banking of time and then drew our attention to research that shows that when satisfaction comes from relationships, the desire for material goods is reduced.

"If time banking can re-establish some of the warmth of community, relations of equality and the exchange of gifts, the need for conspicuous consumption of goods and over consumption of food may decline". Hallelujah!

Polly Wiessner
Professor of Anthropology, University of Utah

Information (the World's Real Currency) Isn't Scarce

In her Saturday evening keynote address, Hazel began by congratulating Congress participants for their pioneering use of time dollars and time banking, emphasising the importance of their work on efforts to re-knit human relationships debilitated by money and the narrow calculations of economists.

For over 20 years, Hazel's work has been focused on determining all the different ways traditional economic estimates have missed the true value of household and community productivity, not to mention the services Nature's assets provide to humans.

Her presentation illustrated how and where traditional economics fail to act as an accurate measuring rod for society's well-being, and she applauded time banking practitioners acting to heal the sicknesses created by our faulty economy and its money obsessions.

Hazel went on to share how time banking was laying down the experience that future economics textbooks will document by helping to clarify today's widespread confusion about money and real wealth.

She also shared that time banking was part of another kind of shift, toward an Attention Economy where people re-value their time vis-à-vis earning more money. Despite their persistent efforts to quantify all aspects of life by the official, monetarized sector, economists are slowly realizing that they must come into the Information Age and begin looking at strategies like time banking as measures of productivity. As this shift occurs, it will be the challenge of time banking practitioners to continue to innovate and respond to the ever-more recognized needs of the Love Economy, (known to time bankers as the Core Economy).

Hazel Henderson
Internationally Renowned Futurist

Quotes

*" I think the people involved in this program have a passion that is truly contagious and inspiring."
~Maura Madden, Elderplan, Brooklyn, NY*

*"[I was moved by] the deep sense of democracy, sharing and flexibility."
~ElviraMendez, Barcelona Time Bank*

*"[I was impressed by] the diversity, the depth of compassion, the wackiness, and the fun."
~Jeff Nighman, Santa Rosa, California*

*"Time Banking strengthens people and communities by reweaving with the strongest and most enduring of fibers:
HUMAN BEINGS..
~Sara Trafton, Bath, Maine*



Hazel signing autographs

A Letter from the Time Bank Network USA - CEO

As memories of the Congress begin to fade, and I've had time to process all that I heard, learned and felt, my mind has turned to the future.

The conference was a true celebration of the tremendous growth of time banking. In the last 5 years, we've grown from just 44 time banks to over 300, located across the US, UK, Japan and continuing to appear in communities around the globe. This year alone, 60,000 time bankers representing 14 countries will exchange over half million hours of services, a market value of \$12,500,000.

The conference truly fed our minds, bodies and spirits, and we learned of our amazing impact from Congress speakers and participants.

- In New York, time banking is decreasing the length and number of hospital stays for the elderly.
- In England, time banking has been instrumental in increasing volunteerism.
- In Spain, reciprocity and social ties are helping to sustain and build a local women's movement.

The reflections of both Edgar Cahn, the founder of Time Dollars, and Richard Rockefeller, President and Founder of New England Time Banks, brought silence and tears and inspired great affection and respect for two men who have worked together for

many years and who are joyful at reaping the harvest but clear about the work that still needs to be done.

Facing the challenge of long-term sustainability, time bankers in the US have launched a new national organization - Time Banks USA - with supportive services and programs to include:

- New web-based software
- Fundraising and sustainability strategies
- Multi-level training and technical assistance
- Regional, national and international conferences
- Evaluation and measurement tools

Still, with plans for the hyper- growth and sustainability of time banks across New England, the US and the world now underway, the Core Values are what connect us: Assets, Redefining Work, Reciprocity, and Social Capital will continue to define the time banking movement and serve as our road map for social change.

Though overwhelmed with new information, participants of the Third International Time Banking Congress left feeling inspired and excited about next steps, and for that matter, so did I.

Auta Main
CEO, Time Bank Network



The number one reason for attending the conference was networking

TIME BANKS UK

TIME TO GIVE AND TAKE

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TIME TO GIVE AND TAKE

Back Home Changing Times Launch

The first active Time Bank in Sheffield was officially launched on Thursday 21st October. The launch was held in Woodthorpe Community School, where the project is based within the local community Forum. Over 150 people came along to find out about Changing Times, and had the chance to meet Edgar Cahn, who fitted the launch into his tour of UK Time Banks. The event was a great success, and showed a lot of the things that are happening in the Woodthorpe Community - many local organisations came along to show their support, the local childcare groups made decorations, the school's fruit tuck shop prepared the refreshments, Playgroup decorated a clock cake, the school choir sang "The Times they are a Changin'", and local children designed badges that were given out to all of the people coming along to the launch (all help rewarded in time credits of course!). Representatives of many of our funders came along (South East Sheffield PCT, South Yorkshire Strategic Health Authority, Neighbourhood Renewal Fund and Woodthorpe & Wybourn Sure Start). Changing Times also works closely with the local Medical Centre, and many of the GP's and nurses came along to show their support on the day.

Speakers at the event were Edgar Cahn, Martin Simon, Woodthorpe Forum's Chair Larry Angel, local GP and inspiration for Changing Times Paul Hodgkin, and myself as the Time Broker. As well as speakers, we had a time banking game to show how easy it is to exchange time credits, videos from



Designing badges for the launch

Timebanks UK, and a raffle drawn by a Sheffield Wednesday footballer. There was also a craft table and fantasy cube for the children.

Everyone had a really good time, and we had some great feedback from people who had come along to find out how it worked, and now wanted to get involved. Although it's still early days for Changing Times, the launch has really inspired the community, and we are now trying to keep that excitement going.

Peggy Haughton
Changing Times Time Bank
0114 265 4165

Top Timebanker Winner

Ingrid Breteche Sadou of HOurbank, Peckham has won the £30 Gift Voucher. She was nominated by June Bradbury for her continuous enthusiasm for time banking.