What is required to run a time bank?

A time bank scheme has to be set up at an existing organisation or can run by existing staff if they have the time to do it. It also becomes a way of raising awareness of the benefits of providing help to others and encouraging volunteers to offer help to others.

**How to contribute to time banks**

- **Person to Person**: Valuing the skills of individuals, offering support, friendship and strengthening communities by reweaving social networks.
- **Person to Agency**: Enlisting people to contribute to agencies’ missions.
- **Agency to Agency**:ъ Ensuring agencies share and contribute to agencies’ missions.

**5 STEPS TO WELLBEING**

1. **Keep Learning**
   - Exercise makes you feel good.
   - Small groups of people can take part in fun timebanking activities. Examples of how are detailed below.
   - Be curious.
   - Try something new.
   - Simon taught John how to type and installed a word processor on his computer so he could print out documents.

2. **Connect**
   - Connect with the people around you.
   - Whilst Sam recovers from a stay in hospital, Laura pays a round and plays Connect Four with him to cheer him up.
   - Keep learning...
   - Be active...
   - Exercise makes you feel good.
   - Try something new. Simon taught John how to type and installed a word processor on his computer so he could print out documents.
   - Be curious.
   - Try something new.
   - Simon taught John how to type and installed a word processor on his computer so he could print out documents.

3. **Give**
   - Do something nice for a friend or stranger.
   - Timebanking brings people together from the local community at social events or meetings, coffee morning or bingo. There is always an opportunity to help someone.
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4. **Take Notice**
   - Take notice of your environment.
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5. **Be Active**
   - Exercise makes you feel good.
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What is required to run a time bank?

A time bank scheme is part of an existing organisation and run by existing staff with a modest budget. Although most time bank schemes start with one or two members, they soon grow to include others. The coordinator (broker) must work hard, perhaps with some part-time support, to match people with time to give and people with time to receive.

**Building**

The coordinator (broker) must work hard, perhaps with some part-time support, to match people with time to give and people with time to receive.

**Setting up**

A time bank begins with a coordinator (broker) and a small group of interested people. The coordinator (broker) must work hard, perhaps with some part-time support, to match people with time to give and people with time to receive.

**Running**

A time bank scheme that is part of an existing organisation and run by existing staff has minimal costs. Also, because participants are empowered and active they will often provide help with the day-to-day running of the time bank.

**Growing**

A time bank scheme requires a small budget to cover volunteer expenses and fund some special activities to reward the members. In addition, a budget will be required for administration and for members to meet the broker and welcome new members on more familiar ground.

**Safeguarding**

The broker also ensures the safeguarding of vulnerable adults and children. This can be a full or part-time post, and can be undertaken by an existing employee.

**Supporting**

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Dealing with a rapidly ageing population

The White Paper was published in 2011 and recognized the current and future demographic challenges: that more and more pensioners are living longer, causing a shift in the population. According to recent projections, the proportion of the population aged 65 and over is expected to increase from 18% in 2010 to 23% in 2035 and 31% in 2060. In addition, the average life expectancy for women is expected to reach 85 years by 2035 and 80 years by 2060. The Government acknowledged that such changes require a significant shift in the way we address the health and social care needs of the elderly. It stated that the Government should take action to improve the health and wellbeing of older people, and to support them in staying healthy, active, independent and at home for longer.

The Government Perspective

The Government Bill the paper “Caring for our Future: Refocusing Care and Support”, which sets out the Government’s proposals for social care reforms, is expected to address these challenges. The White Paper states that the Government is committed to ensuring that older people have access to appropriate care and support, and that they are able to live independently and securely in their own homes for as long as possible. The Government is also committed to improving the quality of care and support, and to making it more affordable. The White Paper also identifies the need to ensure that older people have access to timely and appropriate care and support, and that they are able to make the best possible use of their assets.

What is timebanking?

Timebanking is a way of linking local people who can share their time and skills. Participants deposit their time by giving it to others and then withdraw it in exchange for help with things they need done. The time bank is a not-for-profit community interest company whose purpose is to enable people to exchange their time and skills for each other.

The benefits of timebanking

- It helps people who need help get the help they need, without having to pay for it.
- It helps people who have skills and can offer help to other people.
- It helps people to feel more socially connected.
- It helps people to be more active and have fun.
- It helps people to be more independent.
- It helps people to learn new skills.
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Dealing with a rapidly ageing population

The UK has an ageing population.

According to most predictions, by 2030 one-third of the population will be over 60. Longevity is increasing and the older generation is already a major workforce. So what are the challenges for government?

The Government perspective

The Government believes there is a need for local communities to build on the social capital of older people.

Enabling people to remain active, connected and healthy helps them to retain their independence for as long as possible. The practice of reciprocity and mutual support not only draws on the skills of a wide range of local residents, but also generates opportunities for people to make a contribution, to enjoy themselves and to feel valuable.

As a result health and wellbeing is improved, in particular what loneliness and isolation have affected people’s health.

Timebanking successfully links local people through a variety of informal and formal networks, so that everyone has someone to talk to.

What the Doctor says...

Doctors see a very direct correlation between patients’ isolation and their health problems. The need for behaviour change in this context is great.

“By far the best way to change the way people think about their health and exercise,” said Tyrell Evans, one of the doctors from Paxton Green TB Health Centre, Tower Hamlets.

Mr Evans is keen to promote activities that encourage exercise. He is particularly interested in the role local initiatives can play in this way of thinking. "Many of the older people we see are unaware of the scope of services available locally, so I recommend timebanking as a good way to spread the word about what is available in their community.

What the older person says...

"My name is Olga and I am 72 years old. I became a member of the time bank a year ago. I really enjoy it. I have Dystonia, which is an unusual movement disorder that causes strange movements like involuntary repetitive and repetitive movements. I can easily do it so I do so, and many others at the time bank have given me opportunities to help people on a regular basis and do the things together. We talk about, have discussions and exchange ideas, and transform for projects. It is a joy to see and make people happy. The time bank makes me look after my health and the health of others. I also support the bank, I have made friends and I need help I can call on them. I highly recommend it. It is advantageous for me to abandon the time bank or their others.”

What the health commissioner says...

The health commissioner points out that a fragmented system of care leaves people unfulfilled and it is estimated that one in four people have experienced a period of loneliness.

What the health centre says...

"We offer people who would otherwise be isolated, a chance to connect with others. Most people have trouble making new friends. So we have another system to help the elderly. We have a project called ‘Timeplus’.

It is a very useful opportunity to start to build new friends, apply for a job and start a new life after a long illness. We need people who will take care of the elderly. They are very often on their own.的速度

At the health centre, we are very lucky to have such a lot of friends.

This project helps build people’s confidence in overcoming their barriers and builds self-confidence and social ability.

The more isolated people feel, the less impact the environment helps people to connect to. So we have a programme to help people with their physical and mental wellbeing.

Dr Sarah Gush, Doctor at Paxton Green TB Health Centre, Tower Hamlets

Sarah's viewpoint

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Sarah’s viewpoint

Sarah has been a member of the time bank for a year and is very happy with it. She says: “I am always talking about the health benefits of timebanking and I would recommend it to my friends.”

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Timebanking enables people to connect, rediscover more choices, help to tackle loneliness and isolation, and provides new connections and opportunities for both individuals and communities.

Timebanking builds on peoples’ strengths and recognises that everyone in a community has something to offer, including those often defined as disadvantaged or vulnerable.

Timebanking is a way of linking local people who can share their time and skills. Participants ‘deposit’ their time by giving practical help and support to others and are able to ‘withdraw’ their time when they need something done for themselves.

Everyone’s time is valued equally, so one hour of time gone one time and an exchange takes place without the need for money.

Timebanking involves people from different backgrounds, who may not otherwise meet, to come together and form connections. It provides a simple, affordable way of supporting others. People can offer their skills, or their time and offer help to others, and also benefit from the time they receive. Only when you have given a time credit and been offered an exchange do you feel you make a difference to the time bank or others.”

Developing independence

By providing the kind of “low level” services, such as cleaning, shopping and cooking, people can become more independent. This means that help can be provided to people to remain in their own homes for longer and to help them to return home more quickly after illness or an accident.

Tackling social isolation

Empowering support networks involves helping people who may not have existing support networks. Loneliness is increasingly measured as a measure of growing concern and for many people, particularly in a fragmented system of care, it is not uncommon to become isolated.

Participants in their local time bank feel a valued part of a local community, they feel valued, they belong, and other people look after them. They feel empowered, have increased self-esteem and a sense of worth that in turn can increase dependency and contribute to mental and physical wellbeing.

The Viewpoint

The Government Bill the “Care for our Future: Reforming Care and Support” will redefine the role of local authorities and set out a clear legal framework for local authority responsibilities.

Devising a new system of care that is based on personalisation and partnership is not easy, but it is important.

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Dealing with a rapidly ageing population

Timebanking enables people to give their time in a way that is ultimately rewarding for themselves and for those they are helping. According to most predictions, by 2050 one third of the population will have reached the age where their own elder care needs are likely to arise. This generation is already reaching retirement. Like many other European countries, the UK is facing significant demographic challenges. "We believe, as represented by the Government, that social care should be treated as a key public good: one that everyone in the community must contribute to in some way. People are living longer, more healthy lives, and the demand for social care is increasing. This is a challenge which we feel the community must help address. Timebanking is a way of helping people meet each other’s needs, and by giving practical help and support to others, people can also feel valued and included in the community. By engaging in a reciprocal relationship with one another, people can feel more able to take on the challenges of care." — Fiona

The Doctor Says...

"There is a very direct connection between patients’ well-being and their feeling of being needed - the need to give something to others, and to the people they help. There is a profound positive influence on their health and wellbeing. A scheme gently helps to build social connections and reduces feelings of loneliness. At the health centre, we are very lucky to have timebanking. This scheme gently helps to build social connections and reduces feelings of loneliness. We often see people who would dearly like to give of their time but who feel locked into a busy lifestyle. Some cannot see a way to achieve this but we are always encouraged by the feedback from those who have made time for people in their community. There is not enough time in the day for us to be able to do this on our own, but timebanking provides a complementary way of giving support. As well as reducing loneliness and social isolation, the scheme has helped to reduce depression and anxiety and to improve social inclusion and wellbeing. "" — Lucy Smith, Public Health Manager, Merton Health Centre
LATEST FACTS AND FIGURES

295 time banks in the UK are members of Timebanking UK and are increasing every month.

MODELS OF TIMEBANKING:
Person to Person:
- (personal and friendly) to contribute to agencies missions

Person to Agency:
- (offering a range of services, strengthen the community, offer a platform for individuals)

Agency to Agency:
- (organisations in developing and managing new applications)

About Timebanking UK

Timebanking UK is the umbrella organisation for the promotion and development of all types and models of Timebanking in the UK. It is a membership organisation that offers advice, guidance and support to time banks, public services and voluntary organisations in developing and managing new applications. It provides a national voice for timebanking, raises public awareness, manages the development of all types and models of organisation for the promotion and support of timebanking and is the umbrella organisation for the promotion and support of timebanking.

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Timebanking UK supports strong and independent networks of time banks across the country in partnership with Timebanking Wales and Timebanking Scotland.

What is required to run a time bank?

A time bank scheme is part of an existing organisation and run by existing staff who have retied roles. Also, because participants are also employed and active they will offer unpaid help with the day to day running of the time bank.

Supporting Scheme Manager

The Scheme Manager is responsible for overall management and development of the scheme and for making sure that the scheme evolves in response to the needs of the community. The Scheme Manager is appointed by the Governing Body of the scheme and is supported by a volunteer management committee.

Evidence suggests a small improvement in wellbeing for those who contribute. Time to contribute is important.

Age is 20-50 47%

SCOTLAND 32

Yorkshire & Humberside 15

N E England 5

N W England 35

East 11

West Midlands 10

London 66

Wales 12

S E England 32

S W England 35

Outside UK 2

TAKE NOTICE

5 STEPS TO WELLBEING

KEEP LEARNING

CONNECT

GIVE

BE ACTIVE

TAKE NOTICE

Stages to wellbeing as part of the timebanking activities. Examples of how are detailed below.

Connect... Connect with the people around you. Whilst Sue recovers from a stay in hospital, Laraine covers round and plays Connect Four with her to cheer her van.

To be active... Exercise makes you feel good.

Small groups of people can take part in fun time bank games for all levels and abilities.

Take notice... Be curious.

Time bank members are offered a range of ways to spend time credits, like days out, a visit to a museum or park, or just meeting someone new. Try it!

To keep learning... Try something new. Simon taught John how to type and installed a computer so he could practice shopping online or keep in touch with family who lived away.

To give... Do something nice for a friend or stranger. Timebanking brings people together from the local community at social events or meetings, coffee morning or bingo. There is always an opportunity to help someone.

N IRELAND 9

IRELAND 2

N EIRELAND 9

N W ENGLAND 38

N E ENGLAND 9

N W ENGLAND 38

WEST MIDLANDS 10

S E ENGLAND 32

S W ENGLAND 35

OUTSIDE UK 2

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N W ENGLAND 38

N E ENGLAND 9

N W ENGLAND 38

WEST MIDLANDS 10

S E ENGLAND 32

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Activities fund - a small pot of money is useful to cover volunteer expenses and fund some special activities to reward the members.

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For GP's and Health Commissioners

An introduction to the benefits of timebanking for GP's and Health Commissioners

Women's Access to Healthcare

Ageing population with acute care needs

Build healthy communities

Reduce isolation

Improve the health of older people

Timebanking & Health

Fragmented service provision

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