

TIMEBANKING & HEALTH

**An introduction
for GP's and Health
Commissioners**



**Fragmented
service
provision**

**Ageing
population with
acute care
needs**

**How to
implement the
Health and Social
Care Act?**

TIMEBANKING IS A WAY TO...

**REDUCE
ISOLATION**



**IMPROVE
THE
HEALTH OF
OLDER
PEOPLE**

**BUILD
HEALTHY
COMMUNITIES**



LATEST FACTS AND FIGURES

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 and 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, lobbies policy makers and commissions research.

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



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

MODELS OF TIMEBANKING:

Person to Person:

[reweaving social networks, strengthening communities by offering support, friendship and valuing skills of individuals]

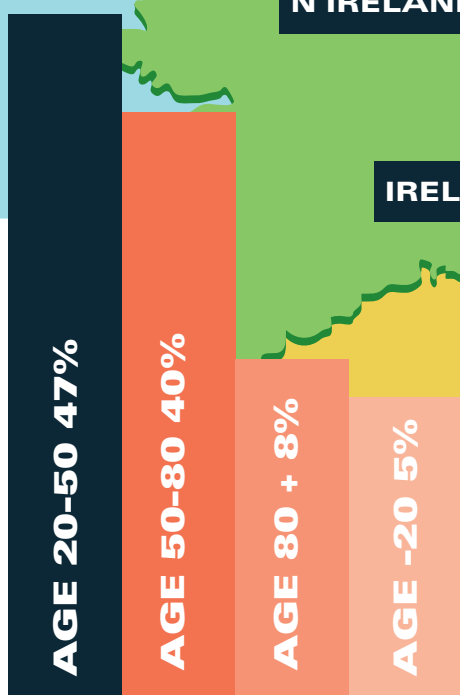
Person to Agency:

[enlisting people to contribute to agencies missions]

Agency to Agency:

[ensuring agencies share underused resources and skills]

**32,000 UK time bank members... & counting
2,199,100 hours exchanged to date**



Statistical age breakdown of time bank members in the UK

SCOTLAND 32

YORKSHIRE & HUMBERSIDE 15

N E ENGLAND 9

N W ENGLAND 38

N IRELAND 9

EAST 11

EAST MIDLANDS 21

IRELAND 2

WEST MIDLANDS 10

WALES 12

LONDON 66

S E ENGLAND 32

S W ENGLAND 36

OUTSIDE UK 2

Timebanking...

Enables people to live independently, enables more choice, helps to tackle loneliness and isolation, and provides new connections and opportunities for both individuals and communities

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

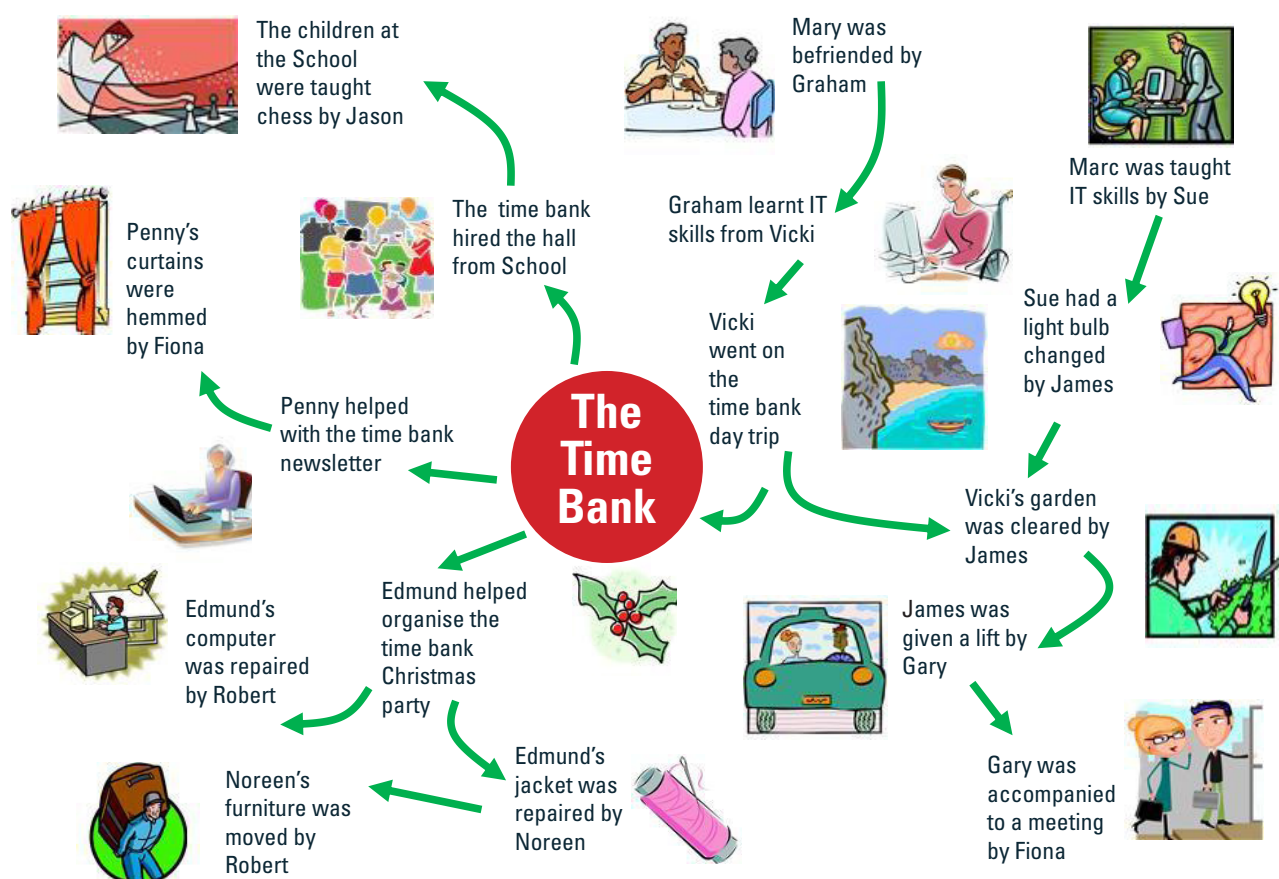
Timebanking is a way of linking local people who can then share their time and skills. Participants 'deposit' their time by giving practical help and support to others and are able to 'withdraw' their time when they need something done themselves

Everyone's time is valued equally, so one hour of time given earns one time credit and an exchange takes place without the need for money

Timebanking builds a social network of people who give and receive support from each other, enabling people from different backgrounds, who may not otherwise meet, to come together and form connections and friendships. It is a highly effective community development tool, empowering individuals and groups to bring change, make choices and take control of their own lives and neighbourhoods

"It's about sharing our skills – I could look after my older neighbour's garden in exchange for the time bank asking a member to help with my child's history homework, for example."

"Schemes like this will really help to bring communities together, help us get to know our neighbours and cement relationships in our local areas."



Dealing with a rapidly ageing population

The UK is faced with a demographic time bomb. According to most predictions, by 2025 one-third of the population will be over 55 and the baby boomer generation is already nearing retirement. Like many other Western countries, there is widespread angst about pensions and concern that the young population will not be willing to pay for the healthcare of their elders through higher taxation.

But money may be just one of the challenges we face in caring for our elders. Social isolation amongst the elderly is already a major public health issue. According to research published in 2007, 1.4 million older people in the UK feel socially isolated and nearly 300,000 had gone a full month in the last year without speaking to any family or neighbours.

Timebanking is now being recognised by the Department of Health and Government as a way to address this problem.

"My name is June, I am 76, and I joined Rushey Green Time Bank a year ago. I really enjoy it. I have Dystonia which is a neurological movement disorder that causes muscle spasms like involuntary twisting and repetitive movements in my neck and arms. Because of the shaking I don't go out a lot, and meeting others at the time bank has given me opportunities to meet people on a regular basis and do things together. We do knitting, have discussions and exchange ideas, and fundraise for projects. It keeps me active. It gives me personal pleasure to knit for others and seeing the joy it gives them. The time bank makes me feel better. I feel I am part of something, it helps me to cope and also forget the pain. I have made friends and if I need help I can call on them. I highly recommend it, I am always talking about the time bank to others"



The Government Perspective

The Government White Paper "Caring for our Future: Reforming Care and Support"¹, underlines the important role timebanking can play in supporting some of our most important local services.

Enabling people to remain active, connected and healthy helps them remain 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 individuals, but also generates opportunities for people to make a contribution, knowing it is valued.

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

Timebanking dovetails with the government's agenda of building community-based support into local commissioning plans.

The White Paper states that government expects local health and care commissioners to identify how the skills and networks in a community can make an important contribution to the health and wellbeing of local people and build this into Joint Strategic Needs Assessments and Joint Health and Wellbeing Strategies. The Health and Social Care Act 2012 puts clinicians at the centre of commissioning, empowers patients and gives a new focus to public health.

Timebanking UK is supported by the Department of Health to introduce timebanking as an effective asset based community development tool to help health professionals and commissioners work with local people and partners to integrate services.

footnote: 1 Caring for our future: reforming care and support – White paper July 2012

Developing Independence

By providing the kind of "low level" services, such as cleaning, shopping and gardening that are most valued by service users, timebanking can help people to remain living in their own homes for longer and help them to return home more quickly after illness or an accident.

Tackling social isolation

Timebanking addresses social isolation by involving people who may not have existing support networks. Loneliness is increasingly used as a measure of social fragmentation and in some communities loneliness is growing. Participants in their local time bank feel a valued part of a local community, they feel that they belong, and that other people care for them. They feel empowered, have increased self-esteem and a sense of worth that in turn can reduce dependency and contribute to mental and physical wellbeing.



What the Doctor says...

Doctors see a very direct connection between patients' self esteem and their ability to make needed behavior changes. "It is very hard to change the way you look at food and exercise," said Tyrell Evans, one of the doctors from Paxton Green Group Practice (Retired), Lambeth, Lambeth PCT "Working with time banks, where everyone is valued and everyone has assets, helps people to revalue themselves. Only when you start to feel that positivity about yourself you feel more able to take on the challenges."

What the older person says...

"My name is Olga and I am 72 years old. I have been at Rushey Green Time Bank since 2000 when my husband was sick and I was feeling down. My doctor recommended that I join the time bank. Since then I have been busy doing befriending, earning time credits helping at the surgery and at the office. I have accompanied someone to the hospital, picked up prescriptions for others, I have helped with the fundraising and I have done some cooking for events. With my time credits I have also learnt knitting. What I get out of the time bank is fun, friendships, communication, outings, getting to know people and places. I have learnt to be more understanding about other people as we are a diverse community. I look forward to Tea & Chat on Wednesdays. I would recommend time banking and it's good for people who are isolated".



What the health commissioner says...

There is enough and growing evidence for the NHS and other stakeholders that time banking delivers real benefits across a number of agencies and communities. It is not an alternative to good quality, accessible services. It is a complementary, flexible tool that can be used to transform public services, improve health and wellbeing outcomes, reduce isolation and build good social networks, increase volunteering rates among those who do not usually volunteer and provide opportunities to work on 'job readiness'.

Outcomes include; reduction in GP usage [eg. For those presenting with medically unexplained symptoms], reduction in use of anti depressants, moving people towards healthier lifestyles, supporting people returning from hospital and an alternative for those who do not need psychological therapies but who are otherwise 'languishing'. To this end NHS Lambeth CCG and London Borough of Lambeth have embarked on a programme to expand timebanking within the borough.

Lucy Smith, Public Health Manager, Mental Wellbeing, NHS Lambeth Clinical Commissioning Group

What the health centre says...

We often see people who would dearly love to be a part of society again, after prolonged unemployment or sickness, but have nowhere to turn to achieve this. The problem is often exacerbated by the pressure they feel to not be a "burden on society".

It is often very difficult to be able to start filling in forms, applying for jobs and integrating back into a working environment. Some specific barriers to achieving this are low self esteem, social isolation and a lack of experience; these barriers often seem so great, that people cannot even take the first step.

At the health centre, we are very lucky to have access to timebanking. This scheme gently helps to build people's confidence in overcoming such barriers and builds self confidence and social skills.

The supportive, low-pressure environment helps people to work to a deadline and to feel proud of their achievements. This undoubtedly has a profound positive influence on their physical and mental wellbeing.

Dr Saul Marmot, Bromley by Bow Health Centre, Tower Hamlets



Photos with thanks from:-

- Rushey Green TB
- Paxton Green TB
- Time Bank Plus



What is required to run a time bank?

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.

Running a timebanking scheme requires:

Staffing- a coordinator (broker) to recruit new members and match those who want help with those who can offer it.

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.

Base- although members will meet in various places and meeting places are also often available in the community, some space is required for administration and for members to meet the broker and welcome new members on more familiar ground.

IT- software to manage the membership, maintain a skills register and record the timebanking transactions. Timebanking UK can provide the software necessary to manage and record this information.

Activities fund- though many keen members will often gladly provide refreshments and some materials for events and group activities a small pot of money is useful to cover volunteer expenses and fund some special activities to reward the members.

Publicity- a modest budget will get your message out to potential new members.

Insurance- you should consider investing in a timebanking-specific insurance policy which Timebanking UK can help advise you on.

Evidence suggests a small improvement in wellbeing can help people to flourish. Try some of these five ways to wellbeing as part of the timebanking activities. Examples of how are detailed below:

Connect... Connect with the people around you. Whilst Sam recovers from a stay in hospital, Lorraine pops round and plays Connect Four with him to cheer him up.

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!

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

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.

5 STEPS TO WELLBEING

KEEP LEARNING
CONNECT
GIVE
BE ACTIVE
TAKE NOTICE



Information sourced from:

Timebanking UK's Prospectus Report 2010 'A timebanking business case'

Timebanking UK's National Priorities Report 2010

Nef's New Wealth of Time
'How timebanking help people build better public services' 2008

Nef's "Five Ways to Wellbeing"

Rushey Green Time Bank, Lewisham
Paxton Green Time Bank, Lambeth

The Government White Paper
'Caring for our future'



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