

A TIMEBANKING PROPOSAL

**Let's end loneliness
and isolation in our
communities.**

**Let's show people what
they have rather than what
they have not.**



Timebanking UK

By harnessing the assets in our communities we will enable local people to realise their self worth. Timebanking works alongside social prescribing when people need people, not pills. Let's create local mutual support networks where time is the currency, not money.

www.timebanking.org

HOW?

We will work with you to plan, design and implement a community time bank to mobilise local people and the assets that each and every person has to give and receive support within their community. This reciprocal sharing will be facilitated using a currency of time, not money, where everyone's hour is equal.

The time bank will be developed for the purpose of creating practical and social mutual support networks using all 3 models of timebanking to strengthen statutory service provision by improving the health and wellbeing of local people.

The Faculty of Public Health and the Mental Health Foundation have published a report entitled 'Better Mental Health for All' which refers specifically to timebanking. This report focuses on what can be done individually and collectively to enhance the mental health of individuals, families and communities by using a public health approach. The report says: 'Promote the use of volunteering, such as time banks, as a way of linking local people who share their time and skills, and enabling them to live well, improve their health and wellbeing, and link them to their community. Timebanking can help lower the number of GP visits by removing the kind of visits that do not require medical attention. Timebanking is ready to play a highly significant role in bringing about unprecedented levels of 'user', carer and community involvement in and support for social care services.



SAFETY AND RISK

Timebanking UK have found a way to formalise this very informal activity where people help one another which addresses safety and minimises risk. Whilst timebanking is less formal than volunteering, we must ensure the safety of everyone who takes part. Timebanking UK advocate a number of methods in which to do this and as part of the recommended working guidelines we ask that all our member time banks:

- Take out an insurance policy with our recommended insurer
- Conduct DBS checks on those who want to help children or vulnerable people
- Meet all members face to face before letting them join the time bank or access the on-line app
- Ask for 2 references
- Read through the handbook at the point of joining so that the member is completely clear about:
 - o Acceptable behavior and unacceptable behavior
 - o What to do if something goes wrong
 - o Managing expectations
 - o How to arrange/cancel an exchange

The safeguarding processes have been approved by a number of county councils who are supporting the development of time bank across their counties with our support.

SUSTAINABILITY

Sustainability is biggest issue facing time banks and the best chance of ensuring success into the longer term incorporate the main factors of:

- Meaningful coproduction
- A plan for income generation over the years to include donations, social enterprise and community fundraising activities
- Good communication with all parties to analyse progress
- Paid support/coordinator to oversee volunteer activities and each time bank
- Policies and procedures to ensure safeguarding and to mitigate risk

SOFTWARE

Timebanking UK are currently rolling out new software (Time on Line 2) and mobile phone app to make it easy for local people to take ownership of their own time exchanges, logging of hours and providing feedback. There will be this facility as well as the usual communication mechanisms for those who prefer to talk face to face with time bank coordinators.

Each time bank member will have their own user name and password to access the data and each time bank broker/admin can have multiple access to the systems reporting functions and data analysis.

Time on Line 2 will keep data on users which includes personal needs, skills offered and attributes (mobility, age, ethnicity, housing, allergies etc). It records hours swapped, skills offered and skills needed by both individuals and organisations.

Members can see their own personal information although not that of others until a swap has been approved by the coordinator. Anyone who is vulnerable can be 'flagged' and their activity copied to a second person who can oversee their conversations and posts.

Conversations can be monitored by the administrators and all administrators will be required to agree to a confidentiality statement.

We will provide full training on how to use the software and give support in setting up the system. As long as the time bank remains part of the Timebanking UK network, the software will be offered as part of that membership.

EVALUATION

Timebanking UK will ensure regular checks are made to monitor progress and manage the development of the time bank. Face to face meetings along with Skype and Conference calls will enable all stakeholders to contribute to the evaluation, sharing challenges, successes and feeding into the management of the programme.

IMPACT ASSESSMENT

Using questionnaires, case studies and interviews, after 6 months and at the end of 12 months, time bank members will be able to give feedback to the project to assess the impact. We will show how timebanking has improved their quality of life, wellbeing and confidence. Timebanking UK can also help you show the Social Return on your Investment. For example, in Barnet, the time bank programme was proven to generate £9.34 of Social Value for every £1 spent. The social value can be calculated along with the cost savings to statutory services.

WORKSHOPS AND ON-SITE TRAINING DAYS

Planning Stage

- ☐ Local information sessions to gauge interest and gain feedback
- ☐ Facilitation of working groups to bring stakeholders together at local locations
- ☐ Discussions/decision making on legal structure, development plan and long term strategy

Promotion and Publicity Phase

- ☐ Leaflet designing and printing
- ☐ Drop-ins/engagement workshops
- ☐ Handbook creation for time bank members

Implementation Stage

- ☐ Software overview for members and administrators
- ☐ Software support and assistance with setting up, report generation and joining members
- ☐ Organisational timebanking
- ☐ Safeguarding training to include risk, DBS, insurance and pitfalls to avoid

Development Phase – events, activities and local info sessions

- ☐ Asset mapping activities
- ☐ Engagement sessions and taster events
- ☐ Hands-on software sessions with local people and groups

Hand-over Phase

- ☐ Achieve the Quality Mark
- ☐ Evaluation and assessing the impact of your time bank

BUDGET OPTIONS

OPTION 1 – £3,000

Timebanking UK Associate recruited to work locally for 3 days to help with the implementation of the time bank, along with 3 days off site support from TBUK head office team.

- 3 days on site to deliver training and workshops from the checklist above
- 3 days support and assistance by TBUK to include software tailoring and set up
- Membership to TBUK and inclusion onto UK map
- Welcome pack and leaflets
- Use of TBUK logo
- Access to online resources, timebanking films, set up documents, policies etc

OPTION 2 – £6,500

As above but increasing support days to 8 overall (both on and off site)

OPTION 3 – £9,500

As Option 1 but increasing support days to 12 overall (both on and off site)

Please email us for a tailored programme and quote should the above options not be suitable.
Email sarah@timebanking.org.



www.timebanking.org

Timebanking UK

Sarah Bird, CEO

E: sarah@timebanking.org

T: 01453 750951