

Timebanking UK statement of support from the Department of Work and Pensions (updated August 2020)

Provision

Timebanking is an exchange of time where everyone's time is equal regardless of the activity.

It is reciprocal and informal with local people helping others in the community, helping to improve confidence and making people feel valued in a way that should be enjoyable and rewarding.

Why timebanking?

People participating in timebanking exchanges have increased self-esteem and confidence which can lead to undertaking more formal volunteering or training.

It is an excellent way to lead into paid employment and the DWP Notification of Change in 2016, which was sent to every JobCentre, means that timebanking hours count towards jobseeking hours.

Time banks can provide character references and support for those wanting to improve their skills for returning to or joining the working population.

Conditions

Claimants who are partaking in timebank activities must still be able to meet the conditions of entitlement such as being available or actively seeking work.

Any participation in timebanking must be discussed with the work coach.

For further information about timebanking, see:

[Timebanking UK website \(link is external\)](#)

[Find your nearest on the Timebanking UK website \(link is external\)](#)