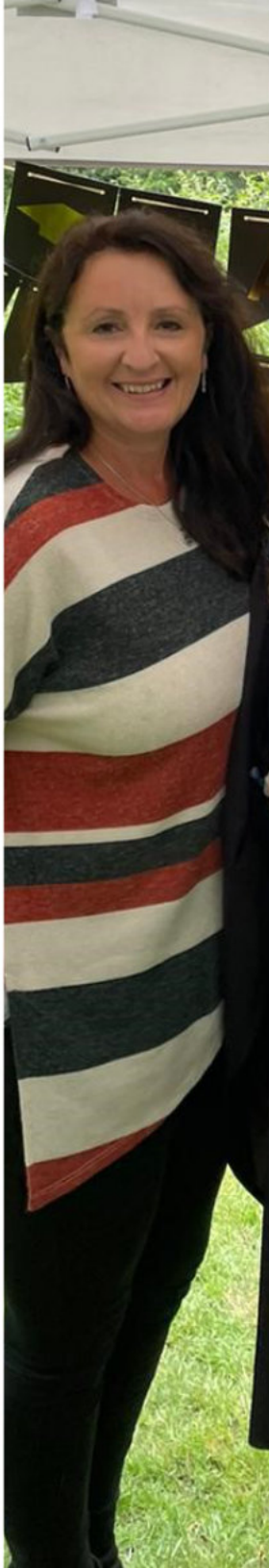

Timebanking UK

2022 In Review





A word from the CEO & our chair of trustees

Sarah Bird CEO

After another year of significant challenges for us all, I welcome this opportunity to publicly thank our staff and time banks' adaptability and determination to make the best of often difficult circumstances.

Our goal for the year was to not only weather the storm but also build for the future. And I'm pleased to say that we embraced change with new Trustees, new staff, new time banks and hundreds more people in communities helping one another.

We recognise the strengths in all of the UK time banks and listened to their accounts of success and also challenges they were facing. We want all time banks to feel connected and supported and as such we continued our monthly 'check in and chat' meetings along with producing a new comprehensive training agenda for our time bank brokers.

We exist to grow the timebanking movement and support the development and growth of new and existing time banks. Our door is open to you all to share your opinions, ideas and to celebrate the continuing wonderful work of community time banks.

Daljit Ghai Chair of Trustees

As with any small UK charity the years following the pandemic have been challenging. The UK has seen a dramatic decline in people giving their time to support charitable work, and funding organisations are met with a barrage of applications for every pot of money.

In that climate 2022 was a year to steady the organisation, as we moved forward and put in place a strong foundation for growth in 2023.

The Board of Trustees said goodbye to our long-standing chair Grant Jessup, and I was honoured to step into his shoes. We thank Grant for the work he did on behalf Timebanking UK.

We have welcomed new trustees, bringing their expertise and experience, to support the operational team and strengthen our board of trustees. We are looking forward to our ambitious plans for the coming year and we forge ahead as a committed and supportive team.





Our Board



Patron

Lord Low Of Dalston



Chair of Trustees

Daljit Ghai

Our Operational Team



C.E.O

Sarah Bird



Head of new business and programmes

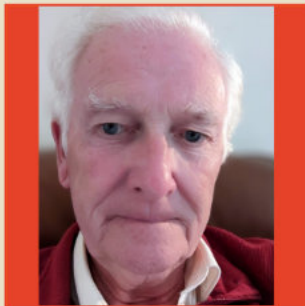
John Biese



Project and communication lead

Rebecca Cobb

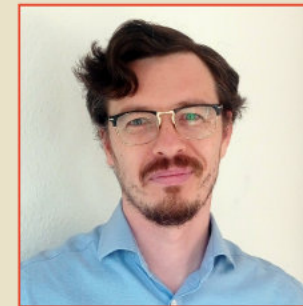
Trustees



Ian Clark



Clare Davis



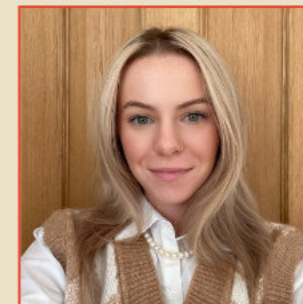
Eugene Michalovic



Beth Taubner



Craig Ryan



Francesca Fozard



Vision, Mission and Values





Our Vision

*A country in which there is a time bank in every
community and on every high street*

Connecting and valuing people and eliminating loneliness





Timebanking UK exists to share:

**Knowledge and skills, training and education
to enable local people and organisations**

to establish and manage time banks

**We encourage research into the impact of timebanking
on individuals and communities**

**We promote our belief that time banks
build capacity within communities**

**Timebanking recognises and releases everyone's assets
by using time, not money, as our currency**



Specifically, We will:

Level up

Support time banks by giving them the resources, tools and information they need to succeed and thrive



Engage

Work with organisations and commissioners with the aim of engaging local people to take part in timebanking



Change

Influence policymakers and local and central government to promote the advantages of timebanking





Values

Our five core values are:

People are assets

The real wealth of our society is its people. We believe that **every person is valuable** and has something to offer other people in the community.

Redefining work

Time banks are **helping to redefine “work”** to include raising healthy children, preserving families, making neighbourhoods safe and vibrant, caring for the frail and vulnerable and tackling injustice.

Reciprocity

We believe that the impulse to give something back is universal. Timebanking enables people to be givers as well as takers. At a time bank, **“you need me”** becomes **“we need each other”**.

Social capital

Timebanking builds mutual social and practical support networks in communities, **strengthening social capital** and encouraging collaboration between community organisations and public services.

Respect

Time banks give people respect and **recognise the value of everyone’s contribution** by giving them the benefit of someone else’s time in return.





Numbers in reflection

Cumulative hours exchanged since records began in 2007

March 2020

5,716,858

March 2021

6,018,641

March 2022

6,111,966

March 2023

6,660,142

In 2022, there were

507,601

Hours exchanged by

19,277

Members during

44,814

Exchanges





2022

Our top 11 timebanks in 2022



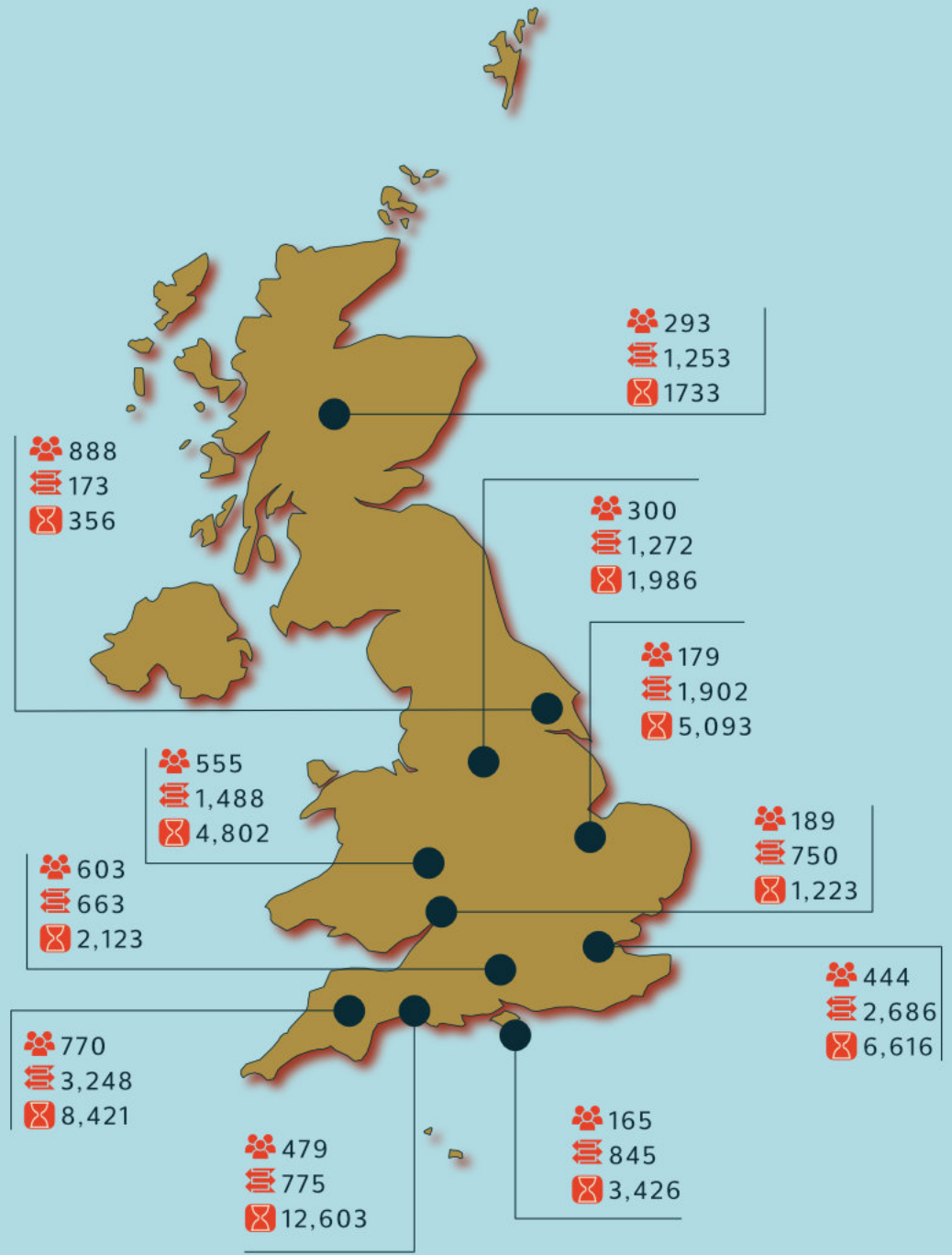
Membership
5,865



Exchanges Completed
37,165



Hours Exchanged
154,630





2022

Our time banks

1 National Timebank

Scotland 6

N.W. England 4

N.E. England 1

Yorkshire & Humberside 7

Isle of Man 1

Midlands 22

East 12

116
Total Time banks

Wales 2

London 8

S.E. England 15


S.W. England 28

Isle of Wight 4

Outside U.K. 5







What makes Timebanking UK unique?

How Timebanking UK works with organisations from grassroots to governmental departments

Our sole focus is timebanking and time bankers – and our one mission is to do everything in our power to increase the visibility and impact of the movement while supporting the people who deliver it on the ground.

We specialise in grassroots empowerment, and connecting those making a daily difference in people's lives with organisations and businesses with the capability to fund their work, so whether this is a community group of neighbours or a national government department like the Department of Work and Pensions, we have the conversations and offer the support that will make a real difference to people in communities across the country.

The key to our success is we take the time to truly understand our partners objectives and we put everything into ensuring that our collaborations deliver for all stakeholders. We're a small and dedicated team and we give the personal touch – so anyone we partner with can be assured that when you need to talk we'll be there.

So whether you want to find more people to spend companionable time with elderly people in your neighbourhood OR you need to increase the employability and resilience of a specified demographic across the UK the timebanking team and the timebanking method has the potential to deliver.





Our plan to raise funds

You can see the positive impact that timebanking has on real lives. Timebanking UK wants to spread that impact and we are seeking corporate funding to make this happen.

By donating to TBUK businesses bring positive change to the lives of people living alone, to those suffering from anxiety, and others on the margins of society. Like David, bed bound for 8 years after double leg amputation. Time bank members visited and supported him providing social and practical help.

“ ”

I laid in that bed all them years thinking nobody cared, but people do, even strangers - David

With funding in place we will:

Introduce funding pot available by application to our member time banks to support coordinator costs.

Pursue our ultimate goal of a staffed and well-resourced time bank on every high street.

Develop a network of socially responsible business partners working hand in glove with local time banks.

Deliver a national centralised digital time bank for those who can't access a local branch.

Recruit, support and develop a larger TBUK HQ core team and expert associates to make this all happen seamlessly



Strategic objectives for the coming year



Increasing support for our member time banks and potential members

- Quarterly focus groups for time banks to get their views and opinions
- Fundraise for a communications lead to focus on reaching out to time banks

1



Developing financial stability

- Increase partnerships and collaborations
- Increase fundraising ability
- Develop new income streams and explore sponsorship
- Raise more unrestricted funds to support staff recruitment and training

3



Creating a brighter future

- Growing the timebanking movement
- Enabling time banks to have a more integrated role in progressing TBUK objectives
- Lobby government to encourage support and buy-in

5

Improving our offer

- Setting diary of training modules for 6 months ahead
- Consider external trainers
- Get feedback on TOL2 with a view to improving it and creating an app
- Monitor website to ensure latest news and information appears
- Having a clear message about the work we do

2

Research and prevention

- Identify and encourage new research to show the impact of timebanking
- Include research into cost savings to the public purse by working with statutory services

4

Developing Timebanking UK's infrastructure

- Implement a new CRM system
- Improving our website
- Improving our platform
- Updating policies, procedures and performance management

6





Membership

Membership in 2023

In 2023 we're devising and delivering a new improved membership offer. Members will continue to benefit from:

Use of the Timebanking UK logo on publicity and documents, to show your affiliation to the UK's official timebanking organisation

Inclusion on our 'find your nearest time bank' map

Telephone and email support from the Timebanking UK team

Access to our Time Online 2 software

Invitations to Zoom training sessions and networking events

Receive, and have the option to contribute to, our regular broker and national newsletters

Access to our members' site, containing a wealth of useful information and resources

Subscription to our Broker Newsletter and access to our exclusive Facebook brokers' forum

Opportunity to attend broker training courses

A monthly opportunity to share your experiences with other time bank coordinators, and benefit from their experience in return.





Values

In 2023 we hope to introduce:

Enhanced training and events programme

To include good governance, developing your communication skills, and opportunities to dig deep into the big issues that affect timebanking in the UK.

Upgraded membership

Reintroduction of membership welcome packs and annual membership certificates

A national time bank

The launch of a digital TBUK national time bank “One Hour Revolution” which will raise the profile of timebanking on the national agenda, creating opportunities for all. Enabling individuals to join the national time bank when there may not be one for them on a local community level.

Opportunities

Invitations to participate in profile raising activities in your region and nationally.

Revenue

Opportunities to raise revenue for your community work through participation in our Corporate and Not-for-profit Activation Schemes.



And on a slightly longer timescale, and with the right funders in place, we are aiming to bring you:

A new improved digital timebanking platform.



The return of our annual TBUK conference, with discounted attendance for members.



Access to a funding pot to support your local timebanking.





Region Highlight

Derbyshire

Since 2001 Derbyshire County Council has continuously backed the development of timebanking in the county primarily as a way in which people can be supported to avoid crisis. Additionally, the council recognises that involvement in timebanking as a giver and/or receiver can delay or entirely divert people in need away from expensive funded services while still providing community based safety net to support them in time of need. The experience of timebanking in the county has been a decrease in demand for already stretched services at a time of reducing budgets and increasing demand.

In 2015 the County Council worked with Timebanking UK to support the development of more timebank projects across the county. The Council put in place systems and processes for administering timebanking, using TOL2, the digital platform offered by Timebanking UK and started signing up users in August 2015.

Since 2019 a number of projects have been established across the county reaching 16 Derbyshire timebanking projects at the time of this evaluation. As of last count:

775
Members

Performed

17,205
Exchanges



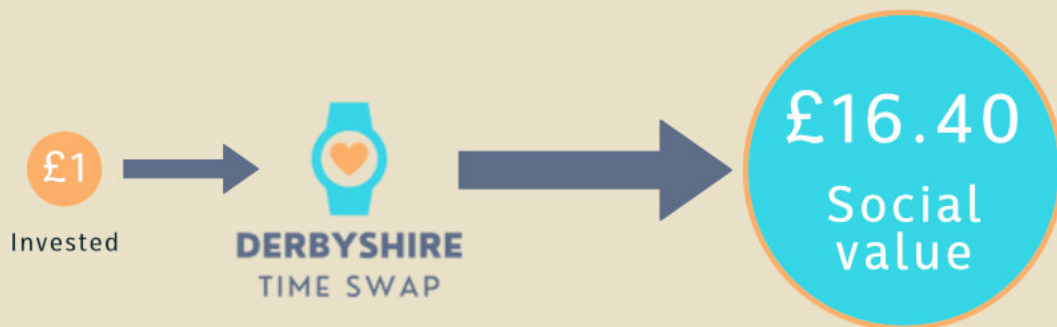


Region Highlight

Derbyshire

In 2019 Timeswap Derbyshire were delighted to receive the Timebanking UK Quality Mark as an example of best practice, and evidencing the county's commitment to the principles of timebanking. In 2022 the Council handed over the running of this successful time bank network to South Derbyshire CVS to continue growth and development into the future. The network, with its new steering hand, remains a member of Timebanking UK and is looking forward to the coming years of co-design and co-production in partnership with the TBUK team.

In evaluation, it was shown that participation in Timeswap increased self esteem and confidence, gave people an increased feeling of usefulness and led to the formation of deep friendships. In terms of social return, this was a whopping £16.40 worth of social value for every £1 invested.





Partner Highlight

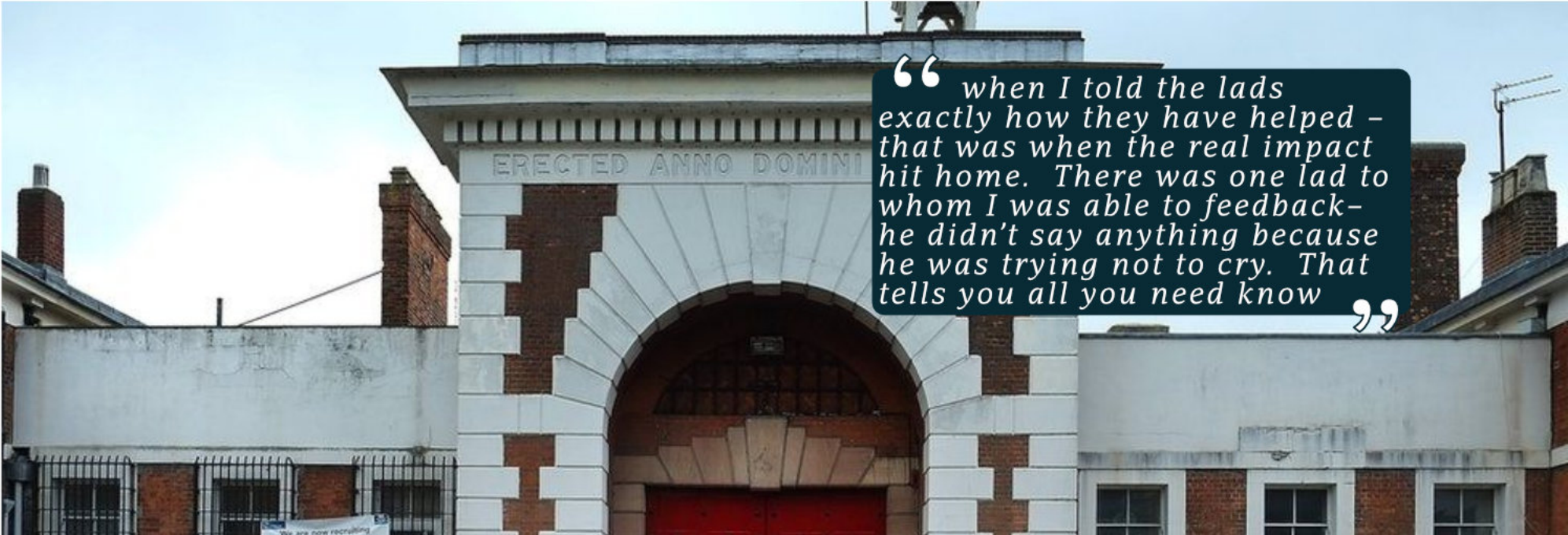
HMP Aylesbury

Prisoners at Cat C Aylesbury volunteer for the peer support roles and are then told about timebanking, explained David Parkinson, Safer Prisons Hub Manager. This means that for every hour they support one another they earn a timebanking hour. The hours are donated to Timebanking UK and in turn are gifted to local people in need in local communities through the UK network of time banks. The ways in which the hours have helped people are written up and sent back to the young offenders with a note of thanks.

David said:

“Being young offenders, they are perhaps less inclined to express their emotions and what it means to them, they all generally say “yeah that sounds good”. However, I would suggest they take a lot more and that there is a sense of self-worth and giving something back to the community. A lot of prisoners have never been given the opportunity, and I think they learn about themselves as individuals and what they are capable of.”

David went on further to say:




“ when I told the lads exactly how they have helped – that was when the real impact hit home. There was one lad to whom I was able to feedback – he didn’t say anything because he was trying not to cry. That tells you all you need know ”

Partner Highlight

HMP Aylesbury

An example of how local people use these hours is Stratford Upon Avon:

"The hours were gifted to a time bank member who had to have surgery to remove a cancerous tumour. The hours were part of a package of support that helped her when she returned home as she was unable to do very much. Other time bank members helped with many things but particularly with shopping and dog walking. The member in question was very panicked before the surgery, not just because of the cancer but because she knew she wouldn't be able to afford to have dog walkers for the full 12 weeks the doctors were suggesting so the wonderful time bank members gathered round to support her and her lovely dogs. She has no family locally so it great that the time bank was able to offer this support. Thank you to those who gifted these hours!"



"You actually see physical changes in them – sitting up proud, smiling, and so on. In 17 years of working in prisons, I've never seen anything impact on their self-worth as much as this."

"one lad welled up and almost cried when I told him how he had helped other people"



Solution Highlight

Betknowmore UK

Betknowmore UK is a leading provider of award-winning gambling support and training services.

“We are proud to work in partnership with Timebanking UK in the development of a new timebank called Timewise! and we understand the positive impact and value timebanking has on people within society. Timewise! will be designed to meet the needs of those impacted by gambling harms, taking a person-centred, holistic and user led approach, with activities developed to support individuals’ aspirations, interests and capabilities.

Our partnership with Timebanking UK is one of collaboration and innovation, where we plan to integrate the model within our successful Gambling Outreach And Living Support (GOALS) programme, aimed at supporting those with gambling lived experience to make positive life changes by improving their mental health, well-being, confidence and self-worth. We believe Timewise! will offer a fresh approach to building strong community networks, enabling people to learn new skills to support their recovery and with growth, aim to offer an organisational approach to improve corporate social responsibility (CSR) engagement.” **Shaun Campbell, Head of Fundraising and Partnerships**

“*We at Timebanking UK are confident that in partnership with Betknowmore UK we can contribute to the solution for those struggling to recover from gambling dependency.*”



Participant Highlight

Stratford wedding

The story goes that after a laughter yoga session they were both going shopping so went for a coffee before hand and enjoyed each others company and things went from there. They kept things very quiet to start with but when covid started they bubbled together and would regularly join for zooms together looking incredibly loved up. Both had said they weren't ever going to marry again but whilst they were on a trip to Bristol Alan realised he wanted to be married to Shelagh for the rest of his life and popped the question. Obviously she said yes.

I've known Shelagh for 30 years and I have never seen her look so happy and given where they both lived and how their lives were I doubt they would have found each other if they hadn't been part of the timebank.

Legally binding evidence that timebanking connects people!

Sarah Coxall

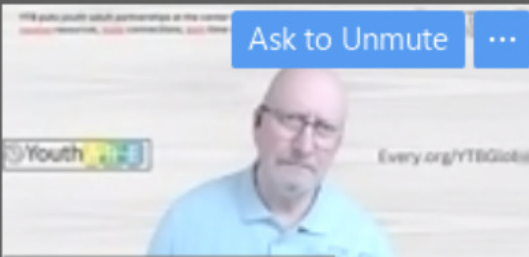


“*Legally Binding evidence
that timebanking connects people!*”





Becca Cobb, Comms Lead, Ti...



Jerome Scriptunas



TimeBanks Team



Sarah Bird, CEO, Timebank



Ian Biese, Timebanking UK



Ken McGill



Anil Agrawal, Timebanking Canada...



Chelsea Piers Zoom Room

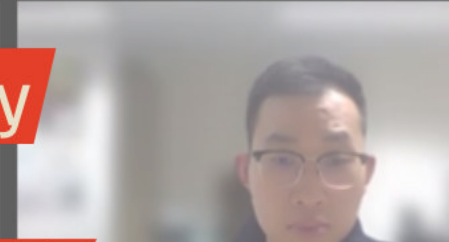
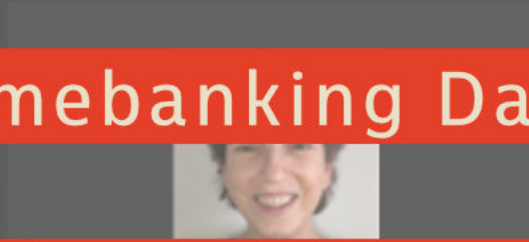
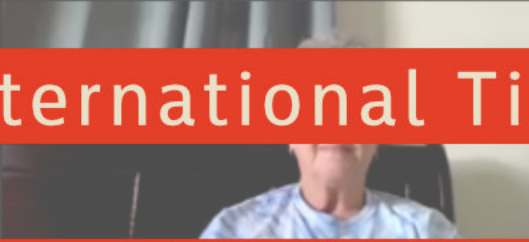
International Timebanking Day

International Timebanking day was held in March

A global celebration of the power of time banking



Beth Mellor



Haoyu Suo-Peking University



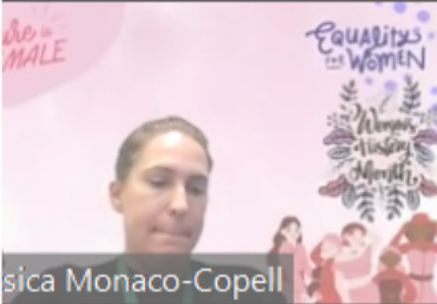
MChantal Servis Yukon, CAN



Winnie Leung



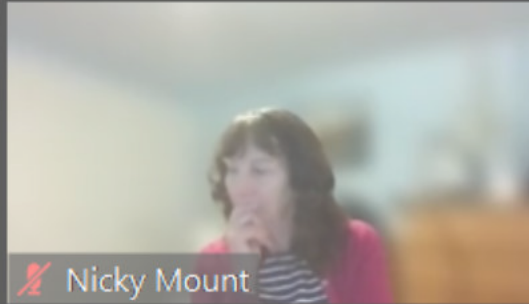
Social Cred\$



Jessica Monaco-Copell



Stuart Martin



Nicky Mount



Linda Granville

Team Highlights

International Timebanking day 2022

Timebanking UK led the international celebration of timebanking in March 2022 and it was truly inspiring. Over two days, we had the privilege of bringing together an exciting mix of time banks from three continents to share their stories and impact.

This year's event was especially poignant as we gathered to commemorate the life and work of the late Dr. Edgar Khan, who is widely regarded as a founding father of timebanking. It was heartwarming to see so many speakers pay tribute to Edgar's legacy, led by his wife Christine Gray and Krista Wyatt, Executive Director and CEO of TimeBanks.org in the USA.

Martin Simon, who brought timebanking to the UK, also gave a riveting talk on the history of timebanking in the UK and its importance for communities in the future.



We were privileged to hear from: Professor Chen about the time bank development in China; the Social Cred\$ and Kiddie time bank in India which brought a thrilling insight to how the next generation are taking timebanking to heart; and Jose Garcia from Barrio Alegria TimeBank in the USA.

With over 80 participants each day, the event was a resounding success, with international presentations from across the globe showcasing the impact and benefits of timebanking within their countries' communities.





A timebanking hour well spent