



TIMEBANKING UK YEAR IN REVIEW

JAN 2023 TO MARCH 2024



Sarah Bird, CEO, Timebanking UK

Hello everyone and welcome to our year in review for 2023/2024.

This financial year saw changes and accomplishments, new partners and collaborations – all of which support our commitment to national timebanking and our member time banks. The most impactful of the year being the formal recognition and support by our government, thanks to the positive action by MP Deidre Brock who secured a parliamentary debate about timebanking in early 2024 at Westminster. Not only did she draw attention to the critical role of timebanking in combating social isolation and building community resilience; she went on to advocate for a three-year national programme to expand timebanking networks, enhance public awareness, and provide training for social care professionals. For Timebanking UK to be acknowledged for our invaluable contributions, provider of essential resources, including training, support, and software solutions, to time banks nationwide was truly a milestone achievement.

Then, to achieve Cyber Essentials Plus certification simply reaffirmed our commitment to maintaining a safe and trusted environment for our members to connect, collaborate, and make a positive impact in their communities. We hope this achievement demonstrates to potential corporate partners that Timebanking UK is of high calibre, ensuring that collaborations with us are not only meaningful but also conducted with the utmost professionalism and security.

To all of our time banks, old and new, and to those still thinking about setting up a time bank – thank you.....you are making the world of difference to people in communities and never forget the power of timebanking. You can change the world one hour at a time!



Dr. Stefan Fafinski D.L, Chair of the Board of Trustees, Timebanking UK

I was delighted to join the Timebanking UK team as Chair of the Board of Trustees in early 2024. As you will see from this annual review, we have made great progress over the past 12 months, and I am looking forward to helping steer the charity towards even greater achievements during my term of office. Timebanking is a wonderfully simple, appealing, and egalitarian concept: it works on the premise that everyone has time, everyone has a skill that someone else needs, and everyone has something they want to be done. No-one's time is more valuable than anyone else's – it is a tremendous leveller and a real catalyst for social change and community cohesion.

I extend my heartfelt gratitude to our amazing staff and our members, volunteer, and partners who have supported us on this journey so far. Your dedication and enthusiasm are the backbone of our success. As we move forward, we are excited to continue growing our network, enhancing our services, and fostering a community where time is not just money, but a priceless resource for building meaningful connections. Thank you for being a vital part of our journey.

Celebrating Our Successes and Achievements in 2023 - 2024

As we reflect on the past year, we are proud to share the significant strides Timebanking UK has made towards our strategic objectives. 2023 has been a transformative year, characterised by growth, innovation, and deepening community impact. Here, we highlight the key successes and milestones that have defined our journey from January 2023 to March 2024.

Timebanking UK at the Forefront of Social Change

Government Endorsement of Timebanking

A major highlight of the year was on Tuesday, 27th February 2024, when Deidre Brock, MP for Edinburgh North and Leith, presented the merits of government support for timebanking at Westminster Hall. As a trustee of Leith Time Bank, Ms. Brock has seen firsthand the transformative impact of timebanking on individuals and communities.



Government Response and Future Directions: Rt. Hon. Stuart Andrew MP, Parliamentary Under-Secretary of State for Culture, Media, and Sport, responded positively to this advocacy. As the Minister for Loneliness, Mr. Andrew recognised the crucial role of timebanking in fostering social connections and combating isolation. He emphasised the need for innovative community-building approaches and expressed a desire to explore further collaboration with Timebanking UK. This endorsement represents a significant step towards integrating timebanking into national community support strategies.

Ensuring Trust and Security: Cyber Essentials Plus Certification



In early 2024, with diligent support from our Information & IT Associate, James Ryan, Timebanking UK achieved the Cyber Essentials Plus certification, marking a major milestone in our commitment to providing a secure environment for our members. This certification, developed by the UK government, is a testament to our dedication to maintaining the highest standards of cybersecurity.

Achieving Cyber Essentials Plus involved a comprehensive independent assessment of our cybersecurity practices, including rigorous testing of our systems and controls. This certification not only enhances the trust and confidence of our members but also assures our partners and supporters that their interactions with Timebanking UK are safeguarded against common cyber threats.

Reinvigorating Member Engagement and Training

Throughout 2023, we focused on revitalising our member engagement and support services. We introduced a new training programme featuring expert speakers and planned our first in-person event in four years, set for November 2024. This event is designed to re-energise our community and provide valuable opportunities for learning and networking.

MEMBER Q&A SESSION DELIVERED BY POST-PRISON EMPLOYMENT SECTOR LEADERS - OFFPLOY

We have also reinstated membership certificates and welcome packs for all new time banks, ensuring a warm and supportive introduction to our community. These initiatives are aimed at enhancing the member experience and fostering a strong sense of belonging within our timebanking network.



Throughout 2023, we at Timebanking UK have witnessed the inspiring creativity and commitment of individuals and groups who are driving the evolution of timebanking. Whether in new social housing developments or supporting specific communities, the innovative applications of timebanking principles continue to grow.

We remain committed to supporting all time banks, old and new, and to fostering the development of future generations of time bankers. Our mission is to guide, advise, and enable these diverse models within their unique contexts, ensuring that the benefits of timebanking reach far and wide.

At Timebanking UK, we believe that the only limit to what timebanking can achieve is our imagination. As we look forward to the coming years, we are excited to see how these models will continue to evolve and inspire communities across the UK and beyond.

Leading International Timebanking

Timebanking UK continues to play a leading role in the global timebanking movement. This year, we welcomed new international members from India and South Africa, expanding our global family and enriching our network with diverse perspectives.

Building Strategic Partnerships and Programmes

In 2023, we established several strategic partnerships and launched innovative programmes to extend our reach and deepen our impact:



Timebanking UK has secured various partnerships and funding, leading to innovative initiatives such as piloting timebanking in NHS mental health settings, supporting gambling recovery programmes with Betknowmore UK, and fostering community integration for refugees with the Allen Lane Foundation.

These collaborations also include enhancing engagement for individuals with disabilities and sight impairments, taking further steps toward the realisation of a national timebanking app accessible to all, and ensuring ongoing support for core operations through significant backing from The Tudor Trust and Garfield Weston.

Strengthening Academic and Institutional Collaborations

Timebanking UK has forged promising collaborations with leading academic and institutional partners to enhance research capabilities and expand our impact. These include Edinburgh University's research on using technology to improve timebanking uptake, the East of England Probation Service's exploration of timebanking benefits for ex-offenders, and the creation of a time bank within Dartmoor Prison to promote skill development and community engagement among prisoners.



EDINBURGH UNIVERSITY



HMPPS



DARTMOOR PRISON



Timebanking UK

2023 IN REVIEW

1/1/23 to 31/3/24



57,176

Hours exchanged



20,057

Exchanges made

Hours
exchanged
grand total

6,704,714

Total timebanking
members reached

24,607

Total organisational
members reached

4,322



**Timebanks
in the UK**

152

**Timebanks in
development**

39

One to one meetings offering
bespoke TOL2 support

20+

Timetabled TOL2
support sessions

15

Less than 24 hrs
TOL2 Support ticket turnaround

Prospective member
tours and
presentations

14

Exploring the Diverse Models of Timebanking

Timebanking is a dynamic and adaptable concept, and at Timebanking UK, we celebrate the variety of ways in which communities have embraced this innovative approach to mutual support and community building. This year, we've seen an exciting expansion in the types of time banks, reflecting both traditional structures and novel adaptations.



Innovative Timebanking Frameworks

In addition to the core models, timebanking has evolved to fit a variety of contexts and community needs. These frameworks illustrate the flexibility and broad applicability of timebanking principles:

01

Community-Based Time Banks

- **Standalone in a Community Setting:** These are time banks set up by local residents, often covering specific geographical areas like estates, neighbourhoods, or streets. They are grassroots initiatives driven by the desire to strengthen local connections and support.
- **Hosted by Community Organisations:** Here, time banks operate out of existing community hubs like centres or churches. These hosts provide space and support but may not be directly involved in the management of the time bank.
- **Managed by Organisations:** In some cases, local councils or community organisations take a more hands-on approach, leading the time bank's operations and decision-making. This often includes formal committees and structured management.

02

Specialist or Dedicated Time Banks

- **Targeted Community Initiatives:** These time banks serve specific groups or causes. For example, the **Calderdale Friends of Dorothy** time bank supports lesbians over 50 in the Calder Valley, providing a safe and inclusive space for mutual support.
- **Supportive Pathways:** Some time banks focus on aiding recovery or social reintegration. **BetKnowMore UK** assists individuals recovering from gambling addiction, or pilot programmes using timebanking in Community Payback schemes.
- **Mental Health and Wellbeing:** Timebanking supports mental health recovery by building supportive networks and community engagement. The successes seen in Crewkerne are just one example of the health focussed partnerships and initiatives TBUK coordinates.
- **AI for All Time Bank:** Established by Nadio Granata, this innovative time bank aims to democratise AI, making artificial intelligence accessible to all individuals and communities. **The AI for All Time Bank** facilitates exchanges where people can learn about AI, develop skills, and apply AI technologies to enhance their personal and community well-being.

03

Open and Inclusive Time Banks

- **Open to the Community:** These time banks are designed to be accessible to everyone within a broader community, encouraging inclusivity and a wide range of service exchanges.
- **Prioritising Members with Community Access:** While primarily serving their members, these time banks also extend their benefits to the wider community, fostering a sense of belonging and support both within and outside the immediate membership.

Expanding Horizons: The Timebanking App

National time banks operate on a larger scale, often addressing the needs of specific groups or aiming to connect people across regions. They can be categorised into two types:

National Time Banks for Broader Access

With the ongoing development of the **Timebanking UK app**, we are pioneering the creation of national reciprocal exchanges. This new infrastructure will enable individuals who are isolated or live in areas without a local time bank to participate in timebanking – with all the associated benefits that brings.

By partnering with corporate sponsors and funding bodies, we can to complete the construction of a robust platform that facilitates national exchanges and connects people wherever they are. This will significantly expand the reach and impact of timebanking, revolutionising the movement.

EXAMPLE WIREFRAMES FROM TBUK NATIONAL APP IN DEVELOPMENT



Crewkerne Time Bank: A Model of Community Integration

Enhancing Social Prescribing Through Timebanking



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Crewkerne Time Bank, led by Matt Day, the Social Prescribing Lead at South Somerset West Primary Care Network, is pioneering a new approach to community integration by incorporating timebanking into local healthcare and social support systems. This initiative has garnered significant recognition, including Matt's recent nomination for the Social Prescribing Link Worker of the Year 2024. This award, organised by the Social Prescribing Network and the National Academy for Social Prescribing, highlights projects that enhance community health and well-being across the UK and internationally.

Timebanking UK champions initiatives like the Crewkerne Time Bank as part of its commitment to promoting asset-based community development (ABCD). This approach focuses on leveraging the existing skills and resources within communities to foster growth and support. Timebanking serves as a practical tool in this framework, enabling individuals to exchange services and support each other, which enhances the overall well-being and resilience of the community.

Matt Day's Approach and Impact



MATT DAY, CREWKERNE TIME BANK, TIMEBANKING UK MEMBER, & NATIONAL ACADEMY FOR SOCIAL PRESCRIBING "SOCIAL PRESCRIBING LINK WORKER OF THE YEAR 2024".

Matt's work with the Crewkerne Time Bank exemplifies how timebanking can be embedded within social prescribing services to benefit both NHS patients and the broader community. This integration supports asset-based community development by building on local strengths and resources. Dr. Tim Quinlan, General Medical Practitioner & Clinical Lead at Symphony Healthcare Services, acknowledged Matt's impact, noting, "Your work within South Somerset has been of huge positive impact both to NHS patients and the communities in which they live. Your support for our population health management programme and the development of the first Somerset-based Timebanking UK group has been incredible."

Supporting Community Engagement and Development

Timebanking UK worked with Matt to secure funding from the Somerset Community Foundation, which facilitated the recruitment of Wendy, a Community Engagement Worker. Wendy's role is to engage more local residents and organisations, promote community events, and encourage volunteerism, thereby expanding the time bank's reach and impact.

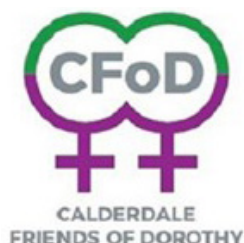
This approach underscores the importance of citizen economics, where community members actively participate in shaping and sustaining their local economy and social services. By fostering a culture of mutual support and resource exchange, the Crewkerne Time Bank is helping to empower the local community and enhance its ability to operate effectively.

Future Prospects for Crewkerne Time Bank

Looking forward, the Crewkerne Time Bank stands as a model for integrating timebanking into local social and healthcare frameworks. Its success illustrates the transformative power of co-design and co-production in driving community engagement and action. With ongoing support and community involvement, this initiative has the potential to inspire similar projects across the UK, further embedding the principles of asset-based community development.

At Timebanking UK, we are committed to supporting the growth and sustainability of time banks like Crewkerne's. Through our network, resources, and guidance, we help communities harness their strengths and build supportive, resilient systems. The Crewkerne Time Bank's journey is a testament to the tangible outcomes that can be achieved through collective effort and community empowerment.

Calderdale Friends of Dorothy Time Bank: Enriching Lives through Specialist Time Banks.



Calderdale Friends of Dorothy Time Bank (The Dorothys) in West Yorkshire illustrates the transformative power of Timebanking UK in fostering community empowerment and support. Membership is exclusive to lesbians aged 50+ in the Calder Valley. This specialist time bank demonstrates how timebanking can build resilient communities, overcome social isolation, and enable members to share their lifelong skills while receiving the support they need within a trusted community of peers.

Specialist, closed membership time banks like The Dorothys, offer significant benefits to the wider community. They foster a sense of belonging and trust among members, which increases social capital and thereby the individual's capacity to engage with and participate in the wider community. The tailored support and focused skill exchanges within these groups address specific needs efficiently, promoting resource allocation that enhances community resilience and allows for quick reaction when crisis strikes.

Specialist time banks serve as models for broader community initiatives, demonstrating the value of targeted, community-driven support that enhances mental well-being and builds a resilient, interconnected community.

Principles of Equality and Inclusion

The Dorothys were initially drawn to Timebanking UK by its egalitarian principle of an hour of service is equal to an hour of service, regardless of the task – that being a perfect fit for the values held by their community.



Timebanking's model is straightforward and fair. It recognises that everyone's time is valuable, fostering mutual respect and support within our community.

Grassroots Self-Support and Community Development

The time bank embodies grassroots self-support by leveraging the strengths and skills of its members to address local needs. This asset-based community development approach empowers individuals to actively participate and contribute to their community's wellbeing.



Our members bring a wealth of skills and experiences honed over their lifetimes. By sharing these through timebanking, we create a robust support network that is entirely community-driven.

Facilitating Skill Sharing and Support

Timebanking allows older women in the community to share the diverse skills they have cultivated throughout their lives. Whether it's practical skills like plumbing, driving, or offering companionship and wisdom, these contributions are invaluable. At the same time, members can receive the help they need from within their own community. And by opting for a Restricted Membership Criteria timebanking model they are investing their time and energy in their own community and benefitting from the security that brings.

Barbara shared an example of this dynamic in action. "One of our members, an 80-year-old woman, received help with moving into her new home thanks to the time credits donated by the prisoners at HMP Dartmoor. This support was crucial as it provided her with practical assistance and a sense of community during a significant life change."

Co-Design and Co-Production

Members are actively involved in shaping the services and activities of the time bank, ensuring they meet the community's specific needs. They even have a rota to ensure that the responsibility for the administrative side of the time bank is shared amongst members of the group. This collaborative approach extends to partnerships, such as the one with HMP Dartmoor, where prisoners earn and donate time credits to the community.

Overcoming Isolation in the Aging Population

Many older lesbians face unique challenges, including social isolation and a lack of accessible support networks. Timebanking provides a platform for building connections and fostering social interaction. Through these networks, members can share their talents and receive the support they need, enhancing their sense of belonging and community.

Transformative Impact and Community Empowerment

The Dorothys tell us that Timebanking UK's support has been pivotal in providing the resources and network necessary for local time banks to succeed. Barbara emphasised,



Timebanking UK has been essential. Their guidance and connections have enabled us to operate effectively and make a significant difference in our community. I'd like to see more businesses supporting Timebanking UK because the charity is crucial for the success of local time banks like ours. Their work empowers communities to grow stronger and more resilient.

Time Bank Plus – Bath: Celebrating 19 Years of Building Healthy Communities

In 2024, Time Bank Plus in Bath will have been operating for 19 years, a significant milestone that underscores its enduring impact and the strength of the timebanking model. Founded by Sarah Bird, now CEO of Timebanking UK, Time Bank Plus stands as a testament to the power of community and the timeless value of mutual support. Sarah said:

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The longevity of Time Bank Plus is a true reflection of the heart and resilience of their community. It demonstrates how deeply the principles of timebanking resonate with people and how it has woven itself into the fabric of everyday life in Bath

Empowering Community Through Time Exchange

Time Bank Plus is more than just a service exchange; it's a vibrant hub where people of all ages and abilities come together, each contributing their unique skills and benefiting from the support of others.

The breadth of activities and services offered by Time Bank Plus reflects its commitment to asset based community development. People like Jennifer lead sustainable gardening groups, assisting people with their gardens while providing training and supervision. The community allotment yields produce and also serves as a collaborative space where members actively participate in its maintenance and harvest.

For those seeking social interaction and creative outlets, Time Bank Plus offers diverse groups, such as guitar classes, creative writing sessions, and the Twerton Lunch Club. While, the fortnightly food co-op promotes local sustainability by offering fresh, locally grown vegetables.

Innovative Resources and Initiatives

A hallmark of Time Bank Plus is its “Borrow It” initiative—a Library of Things where members can borrow items like DIY tools and camping gear, fostering a culture of resource sharing and reducing waste. This initiative embodies the spirit of co-production, where community members collectively manage and benefit from shared resources.

A Model for the Future

Time Bank Plus remains committed to evolving with community needs, ensuring its ongoing effectiveness in promoting mutual aid and community empowerment for years to come. Integral to this commitment is its membership and partnership with Timebanking UK, which has played an important role in its continued success. The support from Timebanking UK has been essential, providing valuable resources and guidance that strengthen Time Bank Plus's operations and expand its impact. By maintaining this partnership, Time Bank Plus enhances its ability to adapt to changing community dynamics, ensuring it can effectively meet the evolving needs of its members. This collaboration underscores Time Bank Plus's dedication to sustaining a practical framework of mutual support and community engagement, solidifying its role in fostering resilient communities in Bath and beyond

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We really appreciate the support of Timebanking UK, providing valuable resources and guidance that strengthen Time Bank Plus's operations and expand its impact. Being part of the wider Timebanking UK network has played a significant role in the continued success of our time bank.

~ Viv Talbot, Manager, Time Bank Plus, Bath



SUMMARY OF SOCIAL MEDIA GROWTH

Platform	Key Metrics	Previous Year	Current Period	% Increase	Notes
LinkedIn	Impressions	2,844	28,698	+909.5%	Significant growth due to strategic content and engagement.
	Business Sector Followers	6% (Jan 2023)	28.8% (June 2024)	+380%	Growing influence and appeal within the business community. Increased potential for partnerships.
Facebook	Reach	1,108	4,000	+260.6%	Expanded reach indicating increased visibility and interest.
	Page Visits	750	2,660	+253.9%	Rise in visits shows greater public interest in learning about initiatives.
Instagram	Reach	N/A	N/A	+49%	Incremental reach growth. Potential for further expansion with additional investment.
	Profile Visits	N/A	N/A	+107.6%	Increase in visits suggests rising interest among younger demographics.

Observations



LinkedIn: The dramatic increase in impressions and the shift in follower demographics toward the business sector underscore the potential for future collaborations and financial support from businesses.



Facebook: The notable rise in both reach and page visits reflects growing public engagement and awareness of Timebanking UK's activities.



Instagram: Despite being an under-exploited platform for TBUK, the substantial growth in reach and profile visits highlights the opportunity to further engage younger audiences.

This growth is a strong indicator of Timebanking UK's increasingly successful online presence and engagement, paving the way for sustained community involvement and strategic partnerships.

The Year to Come & Your Role In It: Join Us in Building a Collaborative Future

Timebanking UK is dedicated to supporting all time banks, whether they are long-established or newly formed. Our role is to guide, advise, and enable communities to thrive through the mutual exchange of time and skills. Together, we can harness the transformative power of timebanking to create a more resilient and inclusive society.

As we continue to embrace diverse models and forge strategic partnerships, we are paving the way for a future where community support and collaboration are at the heart of society.

Reflecting on our achievements and looking forward to the possibilities ahead, we invite you to join us in building a brighter future through the power of timebanking.

For support or to partner with the only UK-wide organisation focused on time only exchanges within organisations and communities please reach out to our dedicated team:

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