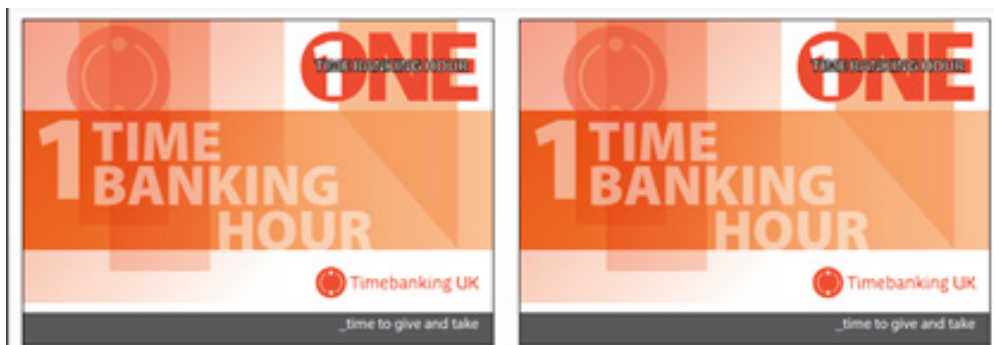




**The kit includes the following (more detail on page 3)**

- 1 *Bespoke time bank resources (leaflets for the promotion of your time bank, policies, safeguarding guidance, joining forms and member handbook - you can customise everything)*
- 2 *30 hours of local and remote support over 12 months from a dedicated TB manager allocated from TBUK*
- 3 *Use of specialist timebanking platform to log data, run reports & evaluations*
- 4 *Exclusive access to 12 months of training sessions, networking opportunities and support groups*
- 5 *Experienced support with funding applications*
- 6 *Advice on evaluation and impact measuring to ensure quality and improve performance*
- 7 *Invitations to regional and national events over 12 months*
- 8 *Regular newsletters and newsflashes*
- 9 *Opportunity to obtain the Timebanking UK Quality Mark (currently held by Leith TB, amongst others)*
- 10 *FREE membership with TBUK*
- 11 *100 timebanking hours in paper note format*



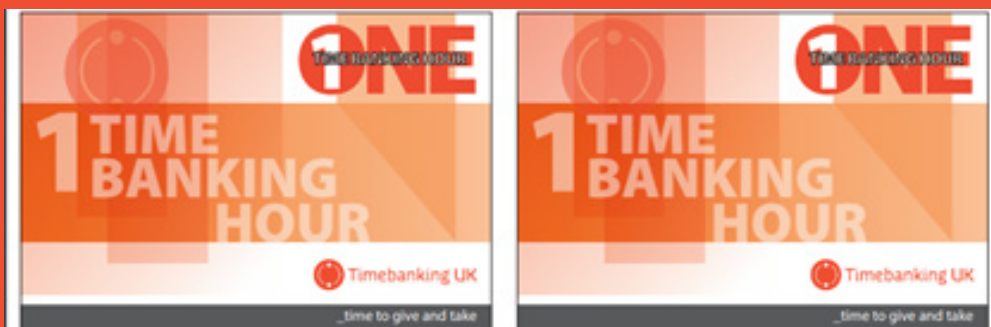
**Extra information for you to explore:**

[What is timebanking?](#)

[Who are Timebanking UK?](#)

## So...lets get you started! Here is more detail on your kit:

1. **Bespoke time bank resources** – you will receive a link to our Members Area where you can choose which start up resources you need. We will send you a list of those most essential and share them with you for tailoring to suit your community and your new time bank.
  - i. Member handbook
  - ii. Skills identification questionnaire
  - iii. Policies on safeguarding, data protection, equality and diversity etc
  - iv. A range of publications and leaflets for you to use
  - v. Access to the Step by Step Guide on line to starting a time bank
2. **30 hours of local and remote support** – we will give you a form to make a note of how much time you have used and also the contact information of your dedicated TBUK staff member who will work with you all the way from the creation and development of your time bank, to ensuring you have everything you need for long term success.
3. **Use of specialist timebanking platform to log data, run reports & evaluations** – we will give you access to a one-to-one session to explore the platform and see both sides of the functionality (what the member sees and what you can switch on and off to suit)
4. **Exclusive access to 12 months of training sessions, networking opportunities and support groups** – the latest sessions will be shared with you to choose from. These will include over 25 topics such as:
  - i. Organisational timebanking
  - ii. Engaging your community
  - iii. Safeguarding and guidance
  - iv. Pitfalls to avoid
  - v. The latest on IT and tech legislation
  - vi. Co-production and sharing the load
5. **Experienced support with funding applications** – our staff will help you find the right funder for the purposes you need and help you with the application.
6. **Advice on evaluation and impact measuring to ensure quality and improve performance** – our sustainability framework will be given to you, along with access to the on-line workshop explaining how it works in detail.
7. **Invitations to regional and national events over 12 months** – includes a once-a-year face to face networking event
8. Regular newsletters and newsflashes – we are happy to feature your new time bank here and put the spotlight on your work to help with publicity and promotion.
9. **Opportunity to obtain the Timebanking UK Quality Mark** – this is free of charge and we will guide you through the process to ensure you obtain the Quality Mark after you have been going for 1 year
10. **FREE membership with TBUK** – currently worth up to £1500
11. **100 timebanking hours in paper note format** – these are good if you have members who would rather have a note given to them rather than logging hours remotely. We can advise you on pitfalls to avoid and how to use them most effectively.





**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 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**

Building mutual social and practical support networks in communities, strengthens social capital, encouraging collaboration between community organisations & 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.

