

Our Case for Support

Our economy is crashing, there is a cost of living crisis which is impacting daily lives. There is inadequate social care which means an ever-increasing issue around loneliness and isolation. Young people are unable to afford further education and also face anxiety and barriers to socialisation. Our ageing population, those furthest from the job market and those most impacted from Covid 19 are all in need of ways to empower themselves to make those decisions for positive change.

Timebanking enables people to see their value, improving self-worth and confidence. By safely connecting with others, friendships and support networks are formed and yet, timebanking remains fairly unknown with confusion about the difference between volunteering and timebanking. The reciprocal nature of timebanking means giving and receiving of time, not just a one-way volunteering activity.

Timebanking is a mechanism that encourages people to help one another in whatever way their skills and passions allow. We believe every person in society is an asset and when they realise their own value, their confidence and self-esteem improves. Timebanking strengthens and underpins statutory services by creating mutual practical and social support networks, relieving pressure on the public purse.

Participants can spend their hours on skills offered by other time bank members. This could be helping to translate a letter, sharing IT knowledge, playing a musical instrument, befriending, exercising or putting the shopping away. The possibilities are only limited by the skills and imagination of each community.





Timebanking UK

HOW DOES TIMEBANKING WORK?

Richard does some gardening for Lawrence



Valerie paints a portrait for Richard.



Helen spends an afternoon in the park with Valerie's elderly mum - so that Valerie can have a break from caring duties.



Lawrence helps Jim & Alan to write a retirement budget.



Jim & Alan contribute to research conducted by health student, Josh which helps with his dissertation.



Josh helps colleague, Helen, to train for Couch to 5k.



Timebanking builds networks of people who give and receive support, enabling people from different backgrounds who may not otherwise meet to form meaningful connections and friendships. Generating social capital in this way can enhance health, wellbeing and resilience, all of which can prevent additional needs arising, saving precious resources as well as contributing to a foundation of co-production that transcends our standard economic dealings.



Timebanking UK

Our vision

A country in which there's a time bank in every community and on every high street, connecting and valuing people, and helping to eliminate loneliness.

Our mission

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 know that time banks build capacity within communities, and we recognise and release everyone's assets by using time, not money, as a currency.

Specifically, we:

- Support time banks by giving them the resources, tools and information they need to thrive
- Work with organisations and commissioners with the aim of engaging local people to take part in timebanking
- Influence policymakers and local and central government to promote the advantages of timebanking

Our values

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

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.

The model and the results

Our bespoke software, TimeOnline 2, makes it easy to see what other members are offering and requesting. Within timebanking, everyone's hour is equal, regardless of age, ability, education, employment status or income. Timebanking is flexible and enables individuals to dip in and out as much as they like, donating their time as they wish.

Our research shows that timebanking contributes to:

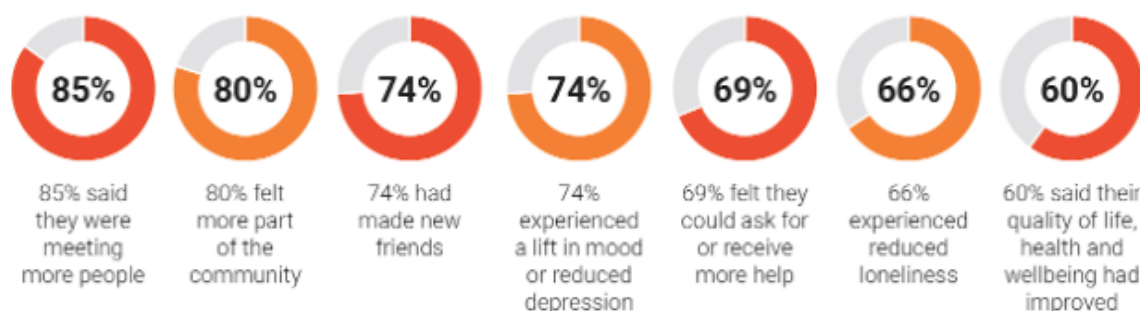
- Reduced anxiety
- Increased self-esteem
- Reduced isolation and loneliness
- More connected and resilient communities
- Improvement to health and wellbeing through the established benefit of human connectivity.

When a person feels valued they feel happier and empowered. This is real systemic change where the power is given back to those most marginalised to join forces and make the changes they want to their lives with the sustainable support of Timebanking UK.

We help communities to set up and run their time bank on a hyper local level - neighbourhood by neighbourhood, high street by high street - coproducing them with local people who have equal input. Currently our membership offer comprises of the following:

- Telephone and email support from the TBUK team
- Fundraising opportunities from our liaison with national funders and sponsors
- Access to our TimeOnline 2 platform
- Invitations to our monthly networking & peer support sessions
- A year round programme of free training modules
- Inclusion on our Find Your Nearest time bank map to connect time banks with their community's

After six months, time bank members reported...



How you can help

Team TBUK is eager to discuss how you would like to back us to support the communities that matter most to you. The £ below are suggestions only to give an idea of what you could make possible..



Grow the impact

A time bank exclusively for employees or accessible to friends & family and the wider community

£5-15k



Creating a local community time bank where one does not yet exist

£25-35k



Twinning with an existing local community time bank

£10-18k



Sponsoring the construction of our next evolution app to access new audiences and multiply our shared impact.

£10k x 5 investors

£50k exclusive headline sponsorship



Securing the future of timebanking by contributing to core costs

£Fully Flexible



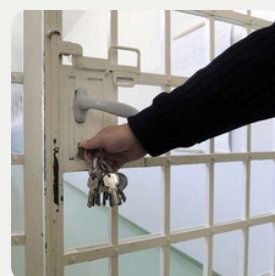
Funding additional team members and growing the range and breadth of our impact

£20 - 30k



Select areas of operation that you want to reinforce, for instance funding a profile raising campaign.

£8-20k



Fund a specialised timebanking project informed by your CSR pledges

£5-15k

Team TBUK is dedicated and knowledgeable. Our core team of four is supplemented by associates who are experts in their field. Combined we have 100+ years experience of co-creating meaningful outcomes for communities and delivering client focused services.

We're looking forward to working with you...

TEAM TBUK



Sarah Bird
CEO



John Biesse
Head of
New Business &
Programmes



Rebecca Cobb
Head of Impact &
Engagement



James Ryan
IT & Insight Lead

We're excited to take the next steps **together**



If you are interested in teaming up, we'd like to invite you to take the next step and discuss the possibilities. To arrange a one to one please connect with Rebecca who will gladly make arrangements:



Rebecca@timebanking.org



[Rebecca Cobb on LinkedIn](#)



www.timebanking.org