

A TIMEBANKING PROPOSAL

“Let’s end loneliness and isolation in our communities. Let’s show people what they have rather than what they have not.”

Informal Social Care Networks = Timebanking



This is a proposal for a 12 month timebanking model for managers, commissioners, local authorities, housing associations and NHS organisations providing a method to underpin and reduce the strain on local, clinical and support services. We will help you meet your priorities with this business model to invest in timebanking with great returns for your organisational objectives.

In these times of diminished budgets and stretched resources timebanking is coming of age and finding renewed popularity across the country, breathing new life into communities.

By harnessing assets in the community Timebanking UK enables local people to realise their self-worth and gain agency to achieve their own goals. Timebanking is the perfect partner to social prescribing when people need connection, not pills. Let’s work together to create local mutual support networks where time is the currency, not money. Where money is scarce, people will feel time rich instead.

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Who are Timebanking UK?

Timebanking UK is the national charity supporting the development of timebanking across the country with resources, training and support.

We are the national voice of timebanking, lobbying government and commissioners to change the way of thinking and to invest in people who might otherwise become 'hard to reach' or those who become dependent upon benefits, statutory support and services. We are proud to have Lord Low as our Patron and statements by both the DWP and DBS in support of Timebanking UK and the timebanking movement.

In 2015 the DWP endorsed timebanking as being a mechanism of increasing the skills, confidence and self esteem of those who are on benefits. They understand that timebanking is different to volunteering and can be part of the pathway to employment. As such, every Job Centre in the country was issued with a notification about timebanking and how it can count towards job seeking hours.

Timebanking is Giving AND Receiving

It enhances the dynamic of traditional community schemes by the giving and receiving of support and help amongst members. The community benefits from this interaction and individuals improve your wellbeing through giving your time. In this way it is great addition to any equalities, diversity and inclusion strategy.

- Timebanking encourages the view that everyone has something to offer to society, through offering their time and skills. Timebanking is different to volunteering as it is less formal, micro level and reciprocal.
- It will never compete with or replace local support services – it's there to fill the gaps and enable community networks to be more effective through intra-referrals – thus allowing commissioning to have a greater impact.
- It gives marginalised and isolated people the opportunity to contribute to their local community and , develop their skills,. As each person's hour is worth the same, no matter their position in society, it enables a cohesion and mutual respect within new life into communities

In these times of diminished budgets and stretched resources Timebanking is coming of age and finding renewed popularity across the country, breathing new life into communities.



Over **16,000** people are involved in timebanking activities



Exchanging over **6 million** hours in 2021.



Members of Houghton & Wyton Time Bank enjoying the Warm Space provision (Cams)

Time banks meet every day informal social care needs through the mutual exchange of time, skills and opportunities – relieving pressure on the public purse.

Will you join this street-by-street cost of living revolution and enable your community to deliver grassroots change?

How timebanking works

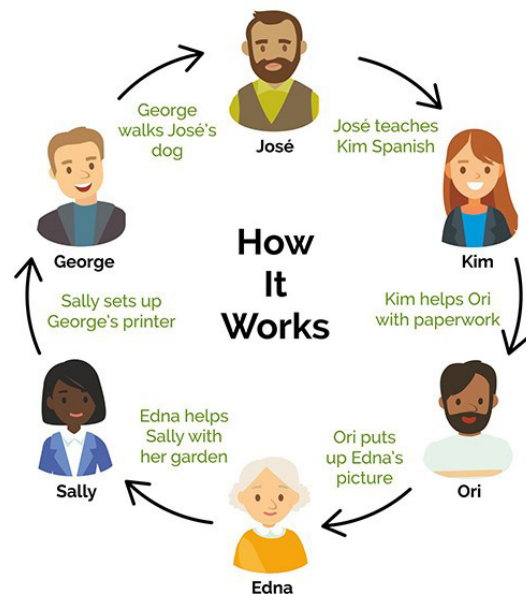
You can earn a timebanking hour by helping someone fix something, by showing them a skill, helping them in their home or garden or by being a 'buddy' to motivate someone to take part in fitness activities or arts and crafts. For every hour a time bank member spends helping someone, they earn a timebanking hour.

This is not an online directory of services, but a simple way of connecting communities and utilising the natural wealth of skill and ability of the population.

By earning and by banking hours people ensure that any support that they may need will be available when they need it. Take a look at China where the system is being piloted as an alternative care "pension" with younger people supporting within their community and banking the time for when they need care themselves. But of course the process doesn't have to be a drawn out one, and each persons pot of time earned can be used however they wish.

The time based community currency that circulates sets in motion a chain reaction that forms bonds between strangers and brings people together in unforeseen and unpredictable alliances. There is an inbuilt multiplier effect as one act of kindness generates others and so on. This is real social capital in action.

We recognise the value of every individual no matter what their background or ability – there are no barriers to joining a time bank.



Members of Woolmer Forest Time Bank (Hampshire) host a community clothes swap and repurposing meet up

Timebanking UK centres co-production and co-design.

Consultation is a core function of our team, informing all our decisions. Our team with lived experience are central to that process.

Timebanking UK also have many partners and programmes across the country such as working with Betknowmore, a charity to support people recovering

from gambling addiction, Blind Golf where buddies help people with sight loss play golf and realise their self worth through timebanking and Talking Together, a programme of group phone chats with people who want to connect with others over a topic of mutual interest. And last but far from least our 100+ time banks who are all based in local communities.

Does timebanking actually work and make a difference?

In 2020 the National Association of Link Workers published this article on time banks

[How time banks boost people's self-worth | Social Prescriber](#)



National Association of Link Workers

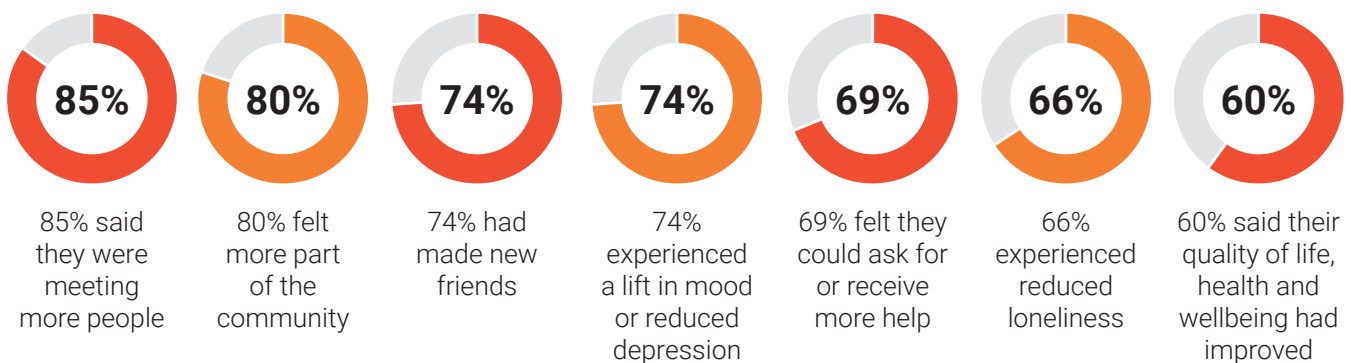
Timebanking can help lower the number of GP visits by removing the kind of visits that do not require medical attention. Timebanking is ready to play a highly significant role in bringing about unprecedented levels of 'user', carer and community involvement in and support for social care services and address the cost-of-living crisis.

How has the impact of timebanking been evidenced?

Even through lockdown, Timebanking UK recorded the amazing six millionth timebanking hour in March 2021 since we started keeping centralised records. Woolmer Forest Timebank in Hampshire was the one who clocked up the magic number, with Daphne supporting another member, Sue, with a befriending call. The time bank's broker, Claire, said, "How amazing that Woolmer Forest is the one time bank out of all the others in the UK who achieved the six millionth timebanking hour!"

In other evidence we know that time bank members feel happier and healthier and are less likely to visit their GP for mental health issues. Using amalgamated data from four time banks, these averaged figures show the results of joining, and give an idea of how a new time bank might benefit a community:

After six months, time bank members reported...



Timebanking UK's case studies show that joining a time bank can change people's lives for the better (ask us for our 20 Case Studies report).



Melbourn Time Bank's Christmas lunch (Cambridgeshire)

A new insight: calculating the social value of timebanking



In December 2020, Timebanking UK and Moore Kingston Smith embarked on a project to create a framework to calculate the impact of time banks' activities. Using a typical time bank, they were able to capture and predict commonly experienced outcomes. The work was kindly funded by the Dunhill Medical trust. In the past, TBUK have focused on the personal impact of timebanking; this development represents progress in the way we collect data to strengthen our case and that of our time banks when working with funders and policymakers.

Outcomes analysis found four stakeholder groups emerged; the outcomes they described are listed in each case:

1 Outcomes for time bank members

- i. Reduced loneliness and isolation
- ii. Improved confidence and self esteem
- iii. Increased sense of belonging in the community
- iv. Increased independence
- v. Reduced anxiety
- vi. Improved mental health
- vii. Increased skills
- viii. Improved employability

2 Outcomes for close family members of time bank members

- i. Reduced anxiety and worry about the loved one
- ii. Uplifted by members' new activity and better quality family time
- iii. Increased involvement and feeling part of community

3 Outcomes for NHS / social care services

- i. Reduced pressure of social care services
- ii. Reduced demand on NHS services – more hospital beds available
- iii. Reduced visits to GP and less need for medication

4 Police / judiciary

- i. Reduced antisocial behaviour – less police time taken up and increased deployment for other issues
- ii. Reduced probation, antisocial behaviour orders and judiciary and courts' time

Why have local authorities wanted to use the timebanking model?

One county council we spoke to is at the beginning of their timebanking network journey with the aim of setting up 7 time banks over 3 years across the county. They told us that they see timebanking sitting within Public Health when it was formerly with Adults and the Communities Team.

They felt the benefits of timebanking as

- Supporting all Public Health services to the community
- Reducing the demand on services eg GPs for low level anxiety, mood, loneliness
- A way to make communities stronger and cohesive thus improving health within the county
- Providing improvements in health for loneliness and low level mental health
- Complimenting other services of volunteering and community involvement and engagement

How much is it costing the County Council?

One County Council told us their budget is £38,000 per year which includes:

- £23,000 for an outreach worker
- support, training and membership with Timebanking UK
- website build
- publicity materials
- events

They also explained that the line management of the outreach worker and project officer time was coming from existing staff within the council.



Melbourn Time Bank seated yoga and coffee morning

Derbyshire Time Bank Network (Time Swap) - valued up to and including 2020



In Derbyshire the first timebank was established in Chesterfield in 2001 and this project is still in existence. Derbyshire County Council backed the development of timebanking primarily because it was looking at ways in which people could be prevented from getting into crisis and of delaying or diverting them away from expensive funded care. It was seen that this would help limit demand for 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 (under the 'Time Swap' brand) and this work started with the launch of Time Swap in the spring of 2015.



The Council put in place systems and processes for administering timebanking, namely using the timebanking platform offered by Timebanking UK (TOL2) and started signing up Time Swappers in August 2015. Since then a number of projects have become established across the county. At the time of this evaluation there were 16 Derbyshire Time Swap projects

In 2019 Timeswap Derbyshire were delighted to receive the Timebanking UK Quality Mark as an example of best practice.

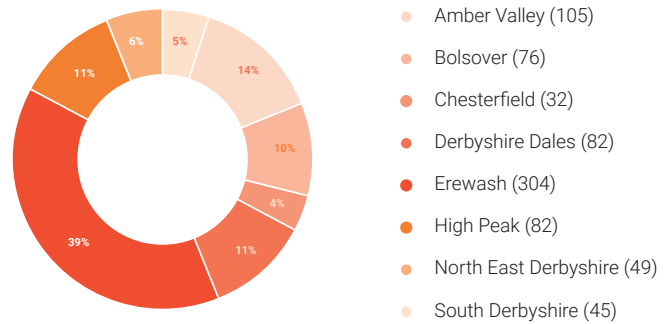


Derbyshire Time Swap members

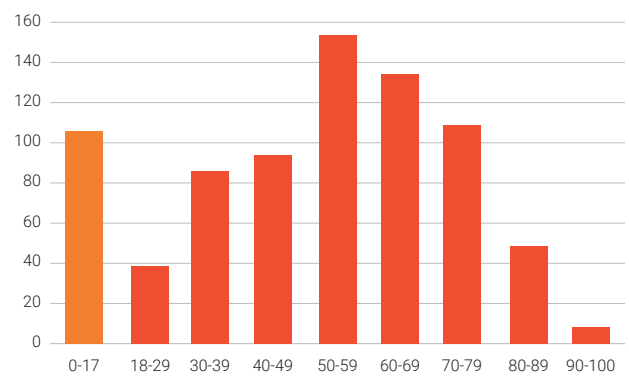
Time Swap Membership in Numbers

- 775 members
- 17,205 exchanges

Gender



Age range



Evaluation of Time Swap



- Increased self esteem and confidence
- An increased feeling of usefulness
- The formation of deeper friendships
- **Significant social return on investment - £16.40 of impact for every £1 invested**
- 20-25 members was deemed a 'critical mass' to ensure rapid - growth, meaningful communication and opportunities to engage in swaps.
- Members reported



"it's given me a new lease of life",

"I feel I have something to live for"

"I have made some great friends"

Essex Time Banks network – an independent assessment by the Universities of Essex and Bournemouth



The Universities of Exeter and Bournemouth wrote a Social Return on Investment (SROI) report which sets out the social impacts and social value of the Essex Timebank Network. The report demonstrates that the Timebank Network has a positive impact on the lives of people involved and this in turn benefits society.

The Essex Timebank network was formally established in 2014 but Timebanking has been taking place in Essex for much longer evolving into a county-wide timebank network, creating networks and communities and encouraging skill sharing across all of the districts. The network is led by C360 and comprises individual timebanks that sit across the different districts in Essex. These are small individual organisations, some of which are connected to the volunteer centre within the district that they operate from. The timebank network is funded by the Big Lottery Fund and Essex County Council, to employ those who run the timebanks in paid positions and contribute towards the operations in other ways, such as premises rent. The networks operations are also supported by Timebanking UK through use of their software TOL2, software support and other forms of consultation as necessary.

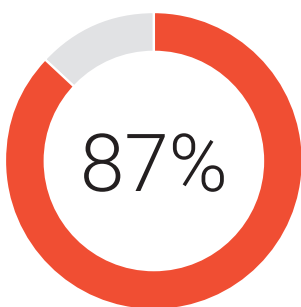


The Timebank network in Essex has developed a network of reciprocal exchanges across the county to tackle social exclusion and isolation, thus enhancing individual and community resilience. Through a variety of practices, timebanking at Essex is having a significant impact in changing people's daily conditions of existence, by increasing social interaction, developing participants transferrable skills and employability, building community ties and reducing loneliness.

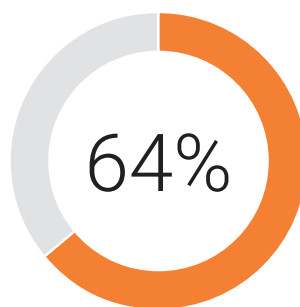
The exchanges of time are varied and assist a variety of members across the community. For example, the exchanges can involve practical skills such as gardening, DIY, learning a new language or simply befriending others.

Specifically, the report shows that for every £1 invested in timebanking in Essex there is a social return of £19.18

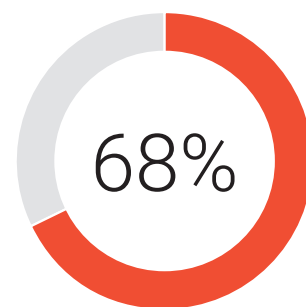
For example, from 2018-2019 the Essex Network established 41 social groups and 36 mini timebanks



87% of the participants felt more involved in their communities as a result of participating in timebanking,



64% felt they had widened the social networks by meeting new friends, people or reconnecting with their families and



68% showed an increase with their confidence in social situations

Investing To Save

Timebanking has been running in the UK since 1998, long enough to prove that it is an effective and cost efficient tool. It transforms service users into active participants in their own care and wellbeing, helps people to live independently, facilitates 'personalised' support, tailored to individuals' needs and eases demand on hard-pressed services.

If volunteering and informal care saves the government and health service money then the reciprocal help between people that is generated by timebanking saves multiples of that without increased infrastructure costs.

Did you know?



In 2020/21 the Adult Social Care budget spend was **£585** per head of the UK population.



The proportion of this budget spent on people over aged 65 was **52%**.



The UK population is projected to increase from an estimated **68.3 million** in 2025 to **69.2 million** by 2030 and **70.4 million** by 2040.



The number of people aged and over is projected to increase from **13.5m(20%)** in 2025 to **16.9m (24%)** by 2040.



As part of this growth, the number of over-85s is estimated to nearly double from **1.7 million (2.5%)** in 2020 to **3.1 million (4.3%)** by 2045 - the fastest growing age group increase in the UK.



Older people are more likely to live alone. **45%** of households led by someone aged 65 or over were single-person households, more than twice the rate in younger age groups.

Timebanking can also make it easier for carers to stay in the formal economy – by providing them with flexible back up. When carers try to cope without a social support system it often means absence from work and demoralisation which can contribute to faster turnover and lost productivity.

Because timebanking is accepted in ethnic minority and immigrant communities there will be other associated cost savings. Reductions in formal language training and translation costs, reduction in public service advice time, reduction in the cost of

positive promotion. Timebanking also creates new resources through improving English language and communication skills, facilitating understanding of British culture, providing volunteering opportunities, providing mutual support.

As already mentioned, health and local authority employees with a community based remit would be far more productive in long term system change if their roles were adapted to include setting up time banks with the support of Timebanking UK.

In Summary

We will equip you and your colleagues with the skills and knowledge you need to carry on developing the time bank and its membership into the future. We will provide essential resources such as policies, procedures, start up documents and software as part of this programme.

We will work with you to plan, design and implement a community time bank to mobilise local people and the assets that each and every person has to give and receive support within their community. This reciprocal sharing will be facilitated using a currency of time, not money, where everyone's hour is equal. The time bank will be developed for the purpose of creating practical and social mutual support networks using all 3 models of timebanking to strengthen statutory service provision by improving the health and wellbeing of local people.

Diversity is essential to ensure a wide range of offers and requests. Your time bank will ensure that all people swap and share skills, experience and knowledge and that each and every person gains a positive and

enjoyable experience which will enable the network to grow organically over time. We will help you work in partnership with local groups, organisations and businesses to create a variety of ways in which time bank members can earn and spend time.

People will be able to make their own decisions, becoming service providers as well as receivers. Building relationships is key to the success of this time bank, creating sustainable communities and working alongside statutory sector organisations to reduce the need on over-stretched services.

The time bank will have an identified base which is well placed for local people to access. Time Bank members will have a handbook and joining pack covering risk, safety and what to do in an emergency.

Our training and learning programme will ensure that everyone involved in the time bank understands what timebanking can (and cannot) achieve. For example, timebanking will not replace paid services and is not a professional service.



Leighton Linslade Time Bank visiting a care home in Bedfordshire

COSTINGS AND OPTIONS TO WORK WITH TIMEBANKING UK



We will provide you with workshops and resources including the following over 12 months:

- Access to our own Timebanking TOL2 software platform with training (note there are NO licencing fees to use this platform) which is fully data compliant
- Safeguarding features include flagging vulnerable people
- Internal logging of all conversations
- Optional functionality such as approving exchanges before they happen
- Approving offers and requests before they happen
- Dozens of ways to produce data reports of who, what, where and how time exchanges are happening
- Free of charge workshops on a range of themes including:
 - Planning and guidance to create your strategy and action plan
 - Examples of publicity and promotion
 - Minimising risk and maximising safety for all
 - Sustainability framework
 - Pitfalls to avoid
 - Monitoring and evaluation processes
 - Assessing the impact of timebanking (including SROI)
 - Unlimited access to our library of online resources and examples of policies, timebanking research, films and set up documents
 - 12 months membership to Timebanking UK

Options

£3000 = + 3 days of dedicated staff time (on site and remote)

£6500 = + 8 days of dedicated staff time (on site and remote)

£9500 = + 12 days of dedicated staff time (on site and remote)

Email sarah@timebanking.org for a more tailored programme should the above options not be suitable for your needs



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