



TIMEBANKING FOR SOCIAL PRESCRIBING

MATT DAY, CREWKERNE TIMEBANK, SOMERSET



BACKGROUND

- Social Prescribing & Link Workers
- Crewkerne
- Local GP heard about timebanking at a conference
- Could help men who've lost purpose
- Tackle loneliness & isolation



Crewkerne Timebank



Give an hour to make someone's day!





SUCCESSSES

- Now have 30 members
- 195 hours given since May 2023 (in 122 exchanges)
- Highest monthly hours 21, most exchanges in a month 14
- New connections and friendships made
- 'Support around the person'
- Useful to signpost suitable patients to
- Group activity popular – litterpicking, event stewarding etc
- Support from Timebanking UK has been key – advice, peer support, training, funding

CHALLENGES

- Recruiting new members has been slow – word of mouth most effective
- Time limitation of Coordinator on promotion & brokering – a volunteer would be better
- TBUK's recording/management portal too complex for most members but the App could solve this
- Local volunteer organisations were initially negative, saw as a threat, slowly coming on board
- Requests from other Timebanks – could use a volunteer to share



THE FUTURE

- Grow our membership above 30, especially younger people & families
- Connect with more local charities and groups to gain members
- Constitute & bank account

A volunteer's perspective on the scheme