



Timebanking UK

25 YEARS OF TIMEBANKING

Supporting the development of British time banks

FROM HUMBLE BEGINNINGS

Bath Time Bank Plus – now 20 years old

Much has happened over the years

- Safeguarding processes formalised
- Time Online2 platform
- Improved membership benefits
- New Training Programme for 2025
- Our year in review published

Committed to making timebanking sustainable

- Research and evidencing impact
- Engaging corporates and businesses
- Sponsorship and investment

See
handouts
in event
pack



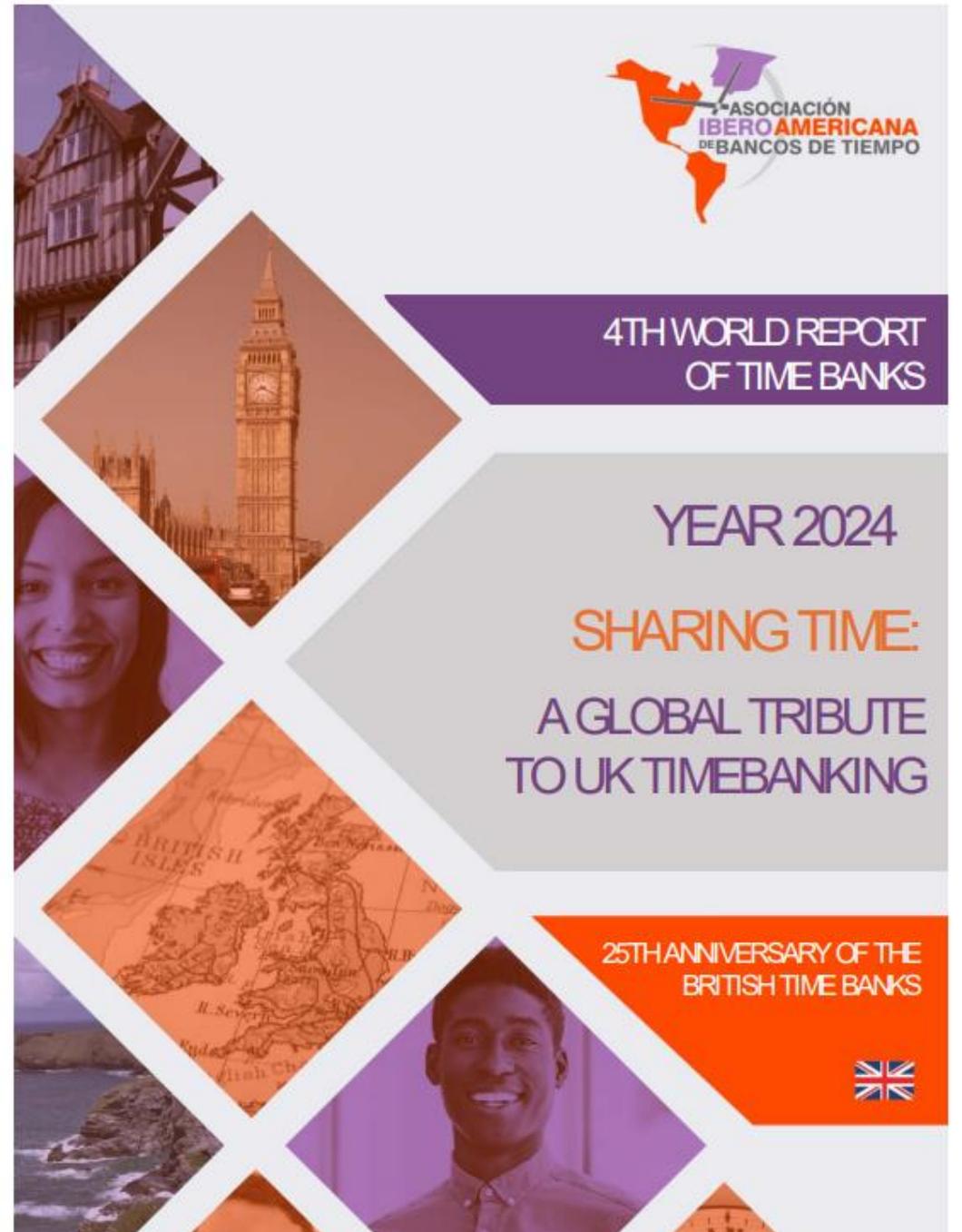
Just published.....
Several Spanish speaking countries
have put together a global report of
timebanking dedicated to the UK and
25 years of timebanking.

4TH WORLD REPORT OF TIME BANKS



“In a global society,
efforts for change must
be based on a
perspective built on a
new concept, the ‘glocal’,
meaning local efforts
connected to address
global problems.”

Humberto Salazar
Vice President, Ibero-American
Association of Time Banks



DID YOU KNOW....



- In February 2024 government agreed that timebanking holds real merit for UK communities.
- 6 millionth hour was by Woolmer Forest Time Bank
- TBUK is Cyber Essentials Plus certified which means all of our systems and processes have been tested and analysed to ensure utmost security
- TBUK and our timebanking calculator for the social return of investment

SOCIAL RETURN ON INVESTMENT FOR TIMEBANKING



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"



Timebanking UK

Predictive Impact report

December 2020

Could you spend some gifted hours from Aylesbury Youth Offending Institute prisoners?

148 hours are up for grabs

Listeners and Safer Custody Representatives
Samaritans trained and offering support in the segregation unit

Embracing new models of timebanking

“It’s an unsung benefit which helps more people also providing positive mindsets for those looking in.”

“It’s amazing to know that our efforts and time has this kind of positive impacts on some people’s lives on the outside world.”

“It would be nice to know whether we are leaving a good impact on the community.”

“Nice to know were having an impact on people wellbeing and mental health issues.”

Could you be a Timebanking UK Trustee?

We are expanding our Board!

CV and covering letter by 7th January 2025 by email to....

sarah@timebanking.org



Workshops this afternoon

1:45pm	BREAKOUT SESSION ONE : Designing the Future for Your TBUK Membership
2:15pm	BREAKOUT SESSION TWO : Crafting a Winning Grant Application with Clare Davis
2:45pm	Coffee Break
3:00pm	BREAKOUT SESSION THREE: Excellence In Timebanking with Sarah Bird
4:00pm	Closing Remarks

3-4pm workshop

- Evidencing the impact of timebanking
- How can timebanking help those most vulnerable and hard to reach
- Supporting services and gov programmes with funding to do so

HAVE A LOVELY DAY!



info@timebanking.org

01453 750952

www.timebanking.org



Company Ltd by Guarantee

No: 4502783

Charity No: 1101204