

# Hear the voices from people about the impact of timebanking

We spoke to 100 time bank members from Stratford Upon Avon, Warwickshire and Chesterfield, Derbyshire about their involvement with their time bank and what it meant for them. These are their words - **REAL PEOPLE.....REAL IMPACT**

## An example of question and response:



Mxxx lives on his own and was a victim of hate crime in the community with windows broken.

**Since being a member of the time bank, what changes have you experienced in your life that you feel are due to being a member?**

"Much better sense of security; has replaced my family connections, a sense of worth and warmth; it's inspiring because it attracts community minded, creative people. **It has enriched my life beyond recognition.**"

I read the newsletter regularly and within that, look at the offers and requests. I'm actually going on my first request completion tomorrow. I'm going to strip some wallpaper for a lady who is physically unable – I'm so excited to be getting involved.



## Heartwarming Quotes



**Being involved makes me feel more positive** generally. We moved from a long way away and circumstances meant we had to move to a place where we knew no-one and nothing. **Time Bank has been a vital way of meeting like-minded people and getting me used to the area.**



**Since I've been involved, I've felt more part of the community. I've met so many lovely people who share similar interests.**



**I've been involved in several projects, from painting to gardening, and every experience has added to my skills and made me feel valued.**



**It's great to feel needed. I never thought my skills would be useful in this way.**



**The Time Bank has really opened my eyes to the power of sharing and how much we can do together.**



**I joined the Time Bank because I wanted to give back, but I've gained so much more than I expected.**



**Time bank was in some ways a front door into the community** in Chesterfield, a really nice way to get to know people.



**I think it's a really good setup and it works really well.** It helps a lot of people who are isolated or elderly, gives them a chance to meet people without that feeling of guilt.



Meeting new people – expanding social circle and meeting people you may not have met otherwise.



Connecting with the local community – good whether you're offering the skills or receiving it, helps you to get to know other people in your community.



I get a lot out of it. It helps me, giving me a bit of structure, from the mental health type of thing, having a purpose.



I have been a member for 2-3 years and have banked time by providing the following services to other members: driving people who don't have cars, dog walking, DIY, and laundry bag making for NHS during COVID.



I have used my banked time predominantly to have people check up on my grown-up daughter while my husband and I go on holiday (around 4 times a year).



Friendship circle has increased, feel like I'm part of a community.



It's made me a little bit less of a hermit, brought me out of my shell.



**It gave me back my sense of independence.**



We all went together to the funeral. The family acknowledged that the time bank had been really important to him.



The community has almost grown stronger. **Seeing people's living rooms, animals, homes... you get a different and personal insight into their lives and who they are.**





Overall I think it's wonderful – a great opportunity to help others, receive help as well... It's been part of my life for 17 years and I hope it's there for the rest of my life.



There's a wealth of people who would benefit... **some people are not confident and this type of thing can really help.**



**Everybody has a value in life, we all have something to give.**



Offering skills for the benefit of others is a strong part of my life.



**When you're talking about community cohesion, it's lovely to meet people from all walks of life and differing ethnicities.**



There's a wealth of people who would benefit... **some people are not confident and this type of thing can really help.**



I didn't think people would benefit from what I have to offer; it's made me realise that there's always something to give.



**a simple exchange that makes a big difference.**



**I always feel it's a privilege to help people, and this community has allowed me to do that regularly.**



**The connections I've made are invaluable, and I look forward to every opportunity to give back.**



**The impact of my work on other people's lives is something I value immensely.**



**When I can help someone out of a tough situation, it not only helps them but uplifts me as well.**



**(The time bank) has made it possible for me to reconnect with my community and find joy in simple acts of kindness.**



**Through my involvement, I've met some of the kindest and most generous people.**



**This person came into my life and brought a whole new dimension.** We would sit and chat politics in the front garden. She is such a lovely friend.



At one point they were looking for directors of (the time bank). **That gave me a status – a purpose, that value that I had lost.**



**You feel valued when you help others.** People can try something they have never tried before.



A lot of affection – very heart-warming. You just know that people care about you.



Finding out other people's skills, nurturing talents; **everybody has a value in life, we all have something to give.**



I've always done voluntary work and **it feeds my soul far more than paid work.**



Gives a sense of meaning, worth, and value to life through being able to help people.



It's lovely that everybody's time is valued the same – I find it very empowering.



I was able to take control back of things – I can now manage it and I know where I am.



People show gratitude and respect towards each other.



You are never put under pressure to achieve anything.

## Contact Details

 [sarah@timebanking.org](mailto:sarah@timebanking.org)

 01453 750952.



**Timebanking UK**

The Exchange, Brick Row  
Stroud, GL5 1DF  
UK