



YEAR IN REVIEW 2025

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Guarantee**

No: 4502783

Charity No: 1101204



Timebanking UK
The Exchange, Brick Row
Stroud, GL5 1DF UK

About Timebanking UK

Timebanking UK is the national charity supporting the development of timebanking across the country with resources, training, software 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 Department of Work and Pensions (DWP) and Disclosure & Barring Service (DBS) in support of Timebanking UK and the timebanking movement.

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



Sarah Bird, CEO,

INTRODUCTION

2024/5 was one of our toughest times but we learned from the challenges and emerged with new Associates, new funding, exciting timebanking programmes, staff changes and a fabulous Board of Trustees. 2026 will bring a wealth of opportunities, technology advancements and a brand-new training schedule for all time banks across our network.

This document will cover our journey during 2025.



About Timebanking

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 their homes and gardens. We believe every person in society is an asset and when they realise their own value, their confidence, mental health and self-esteem improves. Timebanking is proven to strengthen and underpin statutory services by creating mutual, practical and social support networks, relieving pressure on the public purse. Timebanking can also be described as micro- volunteering, doing things that you most enjoy, when you are able to, sharing your knowledge and experiences with others one hour at a time. Although not a professional service – people come together to share and support one another to the best of their ability in a safe and open environment within their neighbourhoods.



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 swapping tips on pet care or cooking. Options are endless!

Our bespoke software 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 contribute as much as they like, donating their time as they wish. It works around members' lifestyle, health and existing commitments. The beauty is that, because of the reciprocal nature of timebanking, diverse communities can grow in trust and understanding where traditional volunteering might lead to an unequal power dynamic. Our research shows that timebanking contributes to:

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

In November 2024 we held an event, Time Together, in London to bring time banks, partners and colleagues together.

An opening address by our Patron:



**The Lord Low of Dalston CBE,
Patron of Timebanking UK**



As someone who has spent much of my life advocating for equality and inclusivity, I have seen the incredible impact that a supportive, engaged community can have on the lives of individuals. Timebanking is a tool that brings this into sharp focus. It enables people who might otherwise feel marginalised or isolated to contribute, to connect, and to flourish within their community. It creates a space where everyone has something to offer, and everyone is needed.



**Sir Robert Buckland
KBE KC**



In an era where loneliness and isolation are on the rise and our care system is increasingly overburdened, the need for timebanking is greater than ever. I wholeheartedly support this movement and am committed to continuing my advocacy for its growth and success.

In my ongoing campaign for greater community cohesion and social justice, I will continue to raise awareness of timebanking and the tremendous work that Timebanking UK does to support the establishment and development of time banks across the country. Together, we can build a more inclusive, supportive, and united nation.

Headline Achievements Through 2025

- Timebanking UK received more government support with a visit to Westminster in February 2025 to meet Sir John Hayes MP to talk about raising awareness of the benefits of timebanking. In addition to this, the following people are actively promoting timebanking and have met with Timebanking UK:
 - Roz Savage MP, South Cotswolds (key note speaker at our November 2024 conference)
 - Alice Higgins, Department for Culture, Media and Sport
 - Stephanie Peacock MP, Minister for Sport, Media, Civil Society and Youth
 - Jess Asato, MP for Lowestoft
 - Ian Sollom, MP for St Neots and Mid-Cambridgeshire
 - Dean Burns, Councillor for Ashford, Kent
- New programme for refugees and asylum seekers delivered in St Albans to improve mental health by introducing a series of cooking workshops resulting in a recipe book shared with all participants and those residing in the hotel.
- New time bank created for neuro-divergent people in communities in Redditch, Worcestershire
- NHS England Secure Mental Health pilot programme planning and scoping begun (Somerset location)
- 3 new Associates recruited to expand timebanking programmes in Somerset and Cambridgeshire
- Derbyshire time banks featured on BBC One Show
- Several new funded programmes to expand timebanking across Cambridgeshire, Somerset, Bedford and Newcastle
- Interest shown by military organisations in Cambridgeshire to use timebanking to support veterans
- Corporate organisation Softcat are considering timebanking as a method for staff to use their volunteering hours and our CEO Sarah Bird will be giving a talk to inspire women within Softcat to achieve their goals with confidence in early 2026.



 The logo for Softcat, featuring a stylized purple 'S' icon followed by the word "SOFTCAT" in a bold, purple, sans-serif font.

2025 in Review

We delivered free of charge training and networking events in 2025:

 16

Check in and Chat sessions with time banks

 12  63

Introduction to Timebanking sessions for anyone to join where 63 different organisations attended

 24  12  171

Training sessions on 12 different topics with 171 attendees from different time banks during the year



National Data



6,805,104

Hours exchanged across the country (cumulative total)



25,723

People exchanging time



4,439

Organisations who are part of their local time banks



342,434

Exchanges completed

104 Time Banks + 61 in Development = Total 165

Our Membership Offer



1. Telephone and email support from the TBUK team
2. Fundraising opportunities from our liaison with national funders
3. Access to our TimeOnline 2 platform
4. Invitations to our monthly Zoom networking and training modules
5. Inclusion on our Find Your Nearest time bank map
6. Access to our Members' Area with resources exclusively for time bank members
7. Use of our logo on their publicity and documents to show affiliation to TBUK
8. Receive and contribute to our national newsletters

Our new free training programme for 2026 consists of 3 or 4 modules every month on key topics such as:

- How to monitor and evaluate your time bank
- Engaging with those most hard to reach (ie. homeless, offenders, refugees, those with disabilities)
- Understanding our sustainability framework
- Safeguarding guidelines and minimising risk when people swap time in homes and gardens
- Pitfalls to avoid
- Using the timebanking platform and producing your data reports
- Raising funds and income generation ideas



TIMEBANKING UK TRAINING 2026

Free of charge training to all time bank co-ordinators and brokers and any volunteers who help with the running of the time bank

View the full programme here:

<https://timebanking.org/wp-content/uploads/2025/12/TIMEBANKING-UK-2026-Training-v2.pdf>

4TH WORLD REPORT OF TIME BANKS published in 2024 was a global tribute to 25 years of timebanking in the UK

by Humberto Salazar, Asociacion Ibero-Americana de Bancos de Tiempo (ASIBDT)

“What is at stake with time banks — as exercises in the ‘economy of favors,’ as defined in Spain, or alternative transformative collaborative economies, or any other adjective used to describe a time-based exchange mechanism — is breaking the illusion that only money can generate wealth.”

This powerful insight is shared in the 4TH WORLD REPORT OF TIME BANKS, published by ASIBDT to celebrate 25 years of British Time Banks.

“The report is presented in three languages—Spanish, Portuguese, and English—where Time Banks from around the world have collaborated, foretelling what I hope will be a productive and fruitful collaboration among all of us in favor of this philosophy and this unstoppable movement for social and community cohesion and citizen empowerment.”

The report can be found with our other research publications [here](#)



Our New Programmes for 2025-2028



Rebecca Daddow, Head of Adult Secure & Adult Deaf Mental Health, National Specialised Commissioning, NHS England.....on the timebanking pilot in adult forensic (secure) mental health settings to run 2024-2026

"Timebanking aligns with the principles of a strengths-based, community-driven approach which has the power to influence policies and practices within, and across the adult forensic (secure) system and ICBs and encourage a shift towards more person-centred, inclusive services. This proof-of-concept project can play a key role in reshaping how services are provided and integrated through collaboration across adult forensic (secure) inpatient services, community forensic services and the Voluntary, Community, Faith and Social Enterprise Sector (VCSFE) services."



Somerset timebanking locations funded by Hinkley Point C and the Somerset Community Foundation

A recognition that timebanking can bring communities together and provide a vital network of support between people in both rural and urban communities that are affected by the work at the nuclear power point Hinkley Point C. Specifically, neighbourhoods and groups in Minehead, Bridgwater and Burnham on Sea/ Highbridge will have the chance to try timebanking.



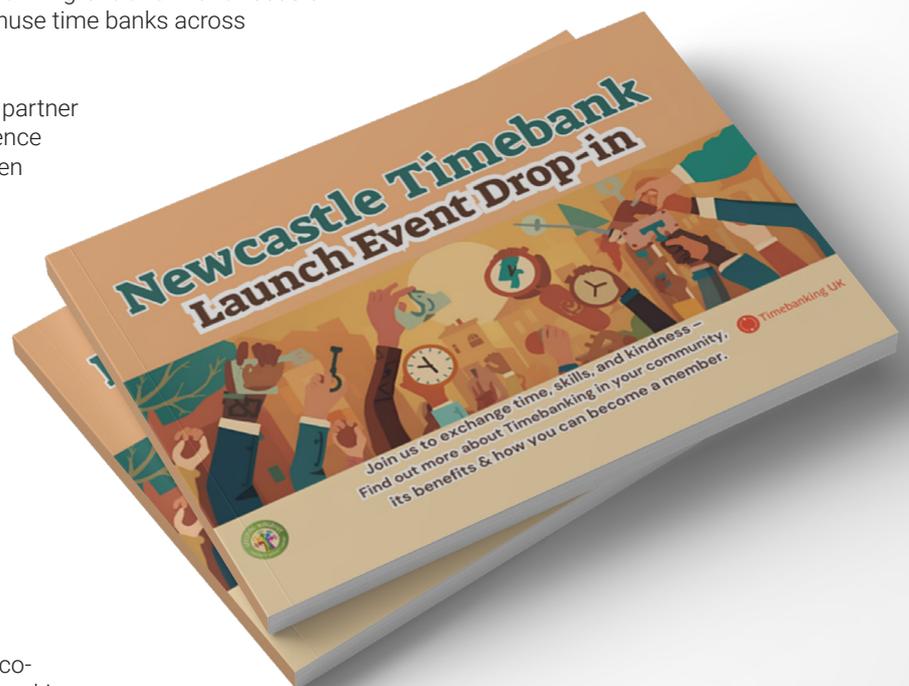
Newcastle timebanking revival for 2025-2026 funded by Legal and General Health Equity Fund

From December 2025 our time bank will be working within three of the most deprived wards in West Central Newcastle – Arthur's Hill, Elswick and Wingrove and with a focus on youth and involving young people to inspire and enthuse time banks across the country to also open their doors to youth.

We will be working in Newcastle with a local charity partner called Greening Wingrove that has extensive experience of working with the local community to improve green spaces, the local environment and the production of food.

Our time bank is formally supported by both Newcastle City Council and the North East Combined Authority that recognise the local need for improved inclusion within these wards. We have worked with local time bank members to identify what activities they would most like to undertake to support improved health, wellbeing and connection. Environmental improvement and food production involving young people and older people with intergenerational social and learning activities.

Don MacDonald and Tina Simbo will be sharing the co-ordinator role sharing their extensive experience of working with young people and disadvantaged communities to bring a wealth of learning to this time bank in Newcastle. Don has 26 years of experience of engaging with young people from disadvantaged communities, is an artist and event organiser. Tina has 25 years of youth and community work, alongside refugees and asylum seekers and families at risk.



The Simon Gibson Charitable Foundation is supporting timebanking in Cambridgeshire and **The Wixamtree Trust** is supporting timebanking in Bedford.

The Simon Gibson Charitable Trust

The Wixamtree Trust

Supporting the communities and people of Bedfordshire



Garfield Weston FOUNDATION

Garfield Weston continued to support our core work through 2025.



VETERANS' FOUNDATION

The Veterans Foundation are supporting timebanking as a mechanism to involve veterans to improve their feelings of loneliness and isolation in two areas in Cambridgeshire. The two year programme will be working with veterans and the wider community alongside the Cambridgeshire and Peterborough Armed Forces Covenant Partnership.



Aylesbury Youth Offending Institute continue their timebanking activities, where prisoners support one another after completing a Listener course by the Samaritans. They gift their hours to Timebanking UK who in turn distribute them to time banks to give to people most in need in communities. Stories of how the hours are spent and the thanks are passed back to the prisoners who can see how they have helped people.



THIS IS WHAT PEOPLE WHO DO TIMEBANKING SAY.....

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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.

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

It's a really nice, discrete way of getting this help.

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

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

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

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.

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.

It gave me back my sense of independence.

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.

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

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