

# TIME BANKS UK

TIME TO GIVE AND TAKE

[www.timebanks.co.uk](http://www.timebanks.co.uk)

Edition 22

December 2005

## Expanding through the Regions

It has become clear over the years that to give the best support and networking opportunities to time banks, a regional as well as a national structure is needed. So Time Banks UK will be introducing a series of regional 'hubs' across England and countries of the UK.

What is a regional hub?

Our definition that fits with the aims of Time Banks UK is:

*The purpose of the regional hub is to provide a focal point for time banks and other organisations to work together in supporting, developing and promoting time banking throughout the region.*

The hubs will be made up of time brokers, Time Banks UK staff and partners. Partners are representatives of organisations, both national and regional, who have an interest in time banking and with whom we have or could build good working relationships.

The London Time Bank Network is already well established and provides invaluable opportunities for networking, training and sharing ideas. Last year Fair Shares piloted a south west network. Time brokers enjoyed the opportunity of meeting up, putting faces to names and sharing time banking



*Delegates at the first Scottish Network Day*

experiences. Since June the Scottish Time Bank Network has provided training, specifically requested events and a focal point for time banks and those interested in time banking in Scotland.

Over the next 3 years we will be setting up 12 regional hubs across the UK. Year 1 will see hubs established in central Scotland, NE England, SW England and London. They will provide regional networking opportunities through quarterly get togethers, regional pages will be developed on the TBUK website and regional egroups will be set up to provide opportunities to glean and share ideas that have a regional rather than a national focus.

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This is just the beginning. The hubs could offer much more. Many services that are currently offered nationally such as outreach work, and training may be better delivered on a regional basis. Opportunities may arise for regional exchanges between time banks. It could offer occasions for participants to meet others in their region through joint social events. Providing we can secure future funding for the regions, let's find ways to work together so the regional hubs enhance the excellent work already being done in your individual time banks and grow the time banking movement as a whole.

The first regional hub meetings will be held in Gloucester, Newcastle and Glasgow at the end of November. This will be our first opportunity to present our ideas to local time brokers, take note of their ideas and together come up with an action plan to take this work forward. But we would welcome your suggestions on how best to make this work.

Joy Robinson  
TBUK Development Manager

## TBUK Board of Directors **Vacancies**

We want to co-opt two new members to the Board to assist us with implementing the Shaping Up exercise and other new strategic work.

Our preference would be to recruit people from within the current time banking movement. If you have experience of long term planning and possibly marketing skills then please contact Martin Simon on 01452 541338.

### Introduction to **Time Banking**

*Free 2 day training*

**Newcastle Nov 30/Dec 1**

Contact: [nicola@timebanks.co.uk](mailto:nicola@timebanks.co.uk)

**London Feb 06**

Contact: [karen.lyon@neweconomics.org](mailto:karen.lyon@neweconomics.org)



*The Swap Shop before refurbishment*

## The Swap Shop

Plymouth's first time bank – The Swap Shop – was delighted to be officially opened by The Lord Mayor of Plymouth after extensively refurbishing a previously derelict building.

The refurbishment was the first opportunity for members to start swapping time, with many of the members grabbing paint brushes and earning time credits by helping us decorate both internally and externally. A local sign writer also earned credits by designing us a great shop front.

The Swap Shop is part of local charity, Twelve's Company, who is proud to add time banking to their list of services to the community, which include amongst others, a Lunch Club for the elderly, FREE Art Therapy, Support groups and an Afterschool Club. Many of these services have also provided opportunities for members to swap time – with members helping out with Kids Club activities and cooking for the Lunch Club.

Following the successful launch party, The Swap Shop has held other events including a coffee morning for members, and a "Bobbies on the Beat" Drop in Clinic. A local policeman earned time credits by providing crime and protection advice.

Many more events are planned for the future and we are in particular looking forward to our December coffee morning when members, old and new, can bring along all their Christmas presents and spend time credits on having them professionally wrapped!

Cheryl Ingram  
The Swap Shop, Plymouth



*The Swap Shop after refurbishment*

# A Pledge from Southwark Council

London Borough of Southwark Council has unanimously pledged its support to time banks. Pascale Vassie, a pioneering member of HourBank, the first Southwark time bank and now a Time Bank UK Director remembers how in 1997 Southwark Council helped in the development of HourBank by giving swimming vouchers for attending the first meetings. Marianne Caitane works as Connector for the Southwark Consortium of Time Banks and has now strengthened this partnership with the council. Southwark Council has always supported time banking as a concept and in terms of funding and small-scale support, but wanted to become involved on a more meaningful level. They recognise that there is a huge potential council-wide to engage the community and offer services through time banks. A pilot programme has been developed focusing on the arts, parks and sports sections of the Environment and Leisure Department.

Maria Arnold of Southwark Council Environment and Leisure Department said, "Attending the Time Banking Consortium Steering Group and the Time Brokers' meetings helped me to clearly understand the aims and ethos of time banking. It is inspiring to hear about the great results the time banks achieve, but it has sometimes been difficult to find a way to transfer these ideas into a practical programme within the Environment and Leisure Department.

"Time banking cannot be immediately integrated into council services but it is a system we are keen to find a way of working with, and the pilot has been well received. Opportunities offered include training, work shadowing, volunteering at arts and sports events, swimming, theatre performances, tennis court hire, poetry workshops, and healthy walks. Levels of participation are growing, and with the interest expressed I am confident the pilot will be a great success."

The pilot programme has helped in the passing of a motion at Council Assembly which pledges support for the pilot and to Time Banks UK and London Time Banks. The council asks for an evaluation of the pilot in January and if successful, asks that the council considers how time banking projects can be rolled out across all departments. It also encourages all members and officers to find ways of getting involved.

Marianne Caitane  
Southwark Time Bank Connector



*Some of the people involved in the partnership*

## Putting Time to Good Use

Fair Shares Gloucester Time Bank's partnership with HM Prison Gloucester gives inmates the opportunity to earn time credits for attending the Inside Out Trust, Open College Network and the Bicycle Refurbishment Rolling Programme. The credits can be donated to their families and beneficiaries during their imprisonment, and for exchange for support following their release.

It is not only the relatives who benefit from this scheme. To date 90 refurbished bicycles have been shipped to Africa and Iraq. Charities and the Castle Gate Family and Visitors Centre have received Fair Shares donations from inmates for exchange through the Gloucester Time Bank for assistance on reception, Family Days, refreshments and a variety of complementary therapies.

With the assistance of the Resettlement and Public Protection Unit, the Fair Shares Prison Link Worker also meets the inmates during their Discharge Board Meeting, prior to release. Inmates interested in joining a time bank agree to a risk assessment which will determine their referral to a time bank and their suitability for unaccompanied or accompanied activities in the community.

To introduce more inmates and their families to time banking in their local neighbourhoods we need the support of all UK time banks. Would you be willing to forge links with Gloucester Time Bank? We require your literature and a link person to whom we can make referrals and maintain regular communication. Policies and procedures will be supplied to all time banks to ensure safety and confidentiality.

Early next year we will be providing the opportunity for representatives from all time banks, prisons and the prison partnership agencies to visit Gloucester Prison and find out more about our partnership work. Let us know if you are interested.

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Gloucester Time Bank  
01452 415900 or [jbaxfairshares@aol.com](mailto:jbaxfairshares@aol.com)

# TIME BANKS UK

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## A Date for **your Diary**

### *Fourth National Time Banking Conference* **Future Inn, Cardiff** **May 4 & 5 2006**

Community wellbeing and social inclusion may be closer than you think. All over the world time banks are providing the missing link between the vision of modern policy makers and the aspirations of ordinary people.

Large scale participation is now a real option and time banking is becoming the smart lifestyle choice for aware citizens - *give a couple of hours a month to your local time bank, tap into the skills of other local people as and when you may need to and keep in touch with a whole range of new opportunities and useful contacts.*

It makes sense, it works, it's fulfilling and fun.

Come and join the pioneers of time banking in the UK, USA and Europe to celebrate the 'ordinary miracles' that are happening every day at time banks. We have learned a great deal, achieved more than anyone thought possible and we are now scaling up to become a mainstream player in

rebuilding community life and delivering public services that are enthusiastically supported by vibrant and engaged local communities.

The conference will bring together time brokers, theorists and participants, local authority managers and workers, voluntary and community sector people, policy makers, resource holders and politicians.

A full programme of workshops and presentations are being planned in detail covering topics as diverse as adult social care, the co-production of public services, reciprocal volunteering, health and wellbeing, funding environmental improvement, the management of offenders and much more!

Put the date in your diary now and tell others about the conference. Booking details will be available on the website after February 1st or phone Stella at TBUK. She would also like to hear from anyone wanting to run a workshop.

A time bank offers a new, safe and much needed framework for the giving and receiving that are the basic building blocks of positive relationships and healthy communities, things that money just can't buy.

See you there, go well  
Martin Simon