

# TIME BANKS UK

TIME TO GIVE AND TAKE

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

Edition 20

June 2005

## *Interdependence,* Well-being and Choice

The recent Green Paper, 'Independence, Well-Being and Choice', has opened up yet another door for time banking to change the way that public services are delivered. Our belief that everyone has the potential to make a positive contribution to society is one of the core principles around which the new framework for adult social care is to be built over the next decade.

Time banking reminds us every day that we need each other and it is obvious to us that the most potent force for change in the way social care is to be delivered will be high levels of engagement of local people. Our public services need the support of local people and their 'service users', their families, friends, and neighbours as much as individuals need the more

specialised care of a professional workforce.

The Green Paper calls for "a greater exploration of their (time banks) potential to contribute to local capacity building". The key question for us is how to respond to the Green Paper with a plan for rolling out time banks nationally that will not lessen the value of what time banking has to offer.

What would happen if all local authorities were set time banking targets to achieve each year?

How would they manage risk? Could they work easily across departmental boundaries? Who would get the job of setting up the time banks? Would people be motivated enough to become involved? We need to think about these issues.



*John Reid at the launch of the Green Paper at Waterloo Time Bank*

*continued on p2*

## Interdependence *(continued)*

Please do respond directly to the Green Paper by 28<sup>th</sup> July. Response forms can be completed online or down loaded from [www.dh.gov.uk/socialcare](http://www.dh.gov.uk/socialcare). We would love to see a copy of your response or if you would like to contribute to the construction of our formal response, please contact me as soon as you can, by late June at the very latest.

Go well  
Martin Simon.  
Director

*A group of 'professionals' were discussing the issue of older citizens living in a large village at the bottom of a hill, with the shops at the top. All suggested different solutions – Home Care, Shopping Service, Electric Wheelchair, Mobile Shop – but the best solution was one that the older people who were asked had come up with – a bench half way up the hill.*

---

# Bringing Time Banking to the People

Over a year ago, Hexagon Housing Association (HHA) in SE London received funding support to start a time bank, now called My Time Your Time. The housing association's priority in establishing a time bank was to involve those people that are socially excluded. In addition to those people living in general needs housing with support, HHA owns four care homes and two clusters of supported flats. Two of the care homes provide services to people with mental health problems and two to the elderly. Both sets of flats provide support to people with mental health problems. Initially we targeted one care home and one set of supported flats.

Involvement from residents in the time bank was promoted through talks, literature and taster sessions for activities like card making. However it was clear that whilst residents were happy to participate in activities taking place in their home, they initially lacked the confidence to join the time bank. After getting one of those "light bulb moments" in the car, we suggested that in order to receive services from the time bank, the care home could join in its own right and people could join later as individuals when they felt ready. This has enabled us to take the services of the time bank to people that wanted to participate instead of expecting them to come out to events. A number of other care homes have commented on the service and hoped that it could be provided in this way by other time banks. Whilst they had often been approached by time banks, activities were often provided away from their familiar environment and people did not feel confident to join in. As a result of using this adapted approach we have now found that some residents are regularly attending activities outside of their home environment.

The type of service being requested includes art and craft activities (as shown below), alternative therapies (massage and Reiki), IT training, escorting to activities and befriending. Activities being offered in return include car washing, doing errands, and plant watering.

We will continue encouraging and developing the service and have plans in the near future to set up an alternative therapy day for some of our supported tenants.

Jayne Williams  
My Time Your Time Time Bank



*Teaching stamping and stencilling*



*Playschool children help in the Allotment Co-operative*

# We Plough the Fields and Scatter

Mickleton Allotment Co-operative is an organisational participant in Fair Shares North Cotswolds Time Bank based in Moreton in Marsh, Gloucestershire. The project to re-generate some of the derelict allotments at Mickleton has been very successful. Ten plots were cleared and ploughed in Autumn 2003 and in Spring 2004 were cultivated with a power harrow.

In the 2004 season, five allotments were planted with a green manure crop to improve the soil structure and fertility. The remaining five plots were steadily planted up with various vegetable and salad crops which produced a good harvest.

An abundant harvest is offered to Fair Shares participants who join the Co-operative. This is usually a bag of mixed vegetables and salad according to what is available, in return for time credits to reflect the time for growing, cultivating and harvesting. Participants also earn time credits for the time they spend working on the allotments.

Another organisational participant in the time bank which has benefitted from the Allotment Co-operative is Blockley Playschool. The children have attended the allotments on a few occasions to help plant and then later on, harvest their crops. Crops have also been offered as raffle prizes and sold to parents of Playschool children to help raise funds.

Kate Newman  
North Cotswold Fair Shares

## Getting into Shape ...

### for time banking to flourish everywhere in the UK

Launching the Social Care Green Paper on 21 March at Waterloo Time Bank, Stephen Ladyman, Parliamentary Under Secretary of State for Community said 'If things go well there'll be time banks like this all over the country'.

Excellent. So what do we need to do now and how do we need to be to make sure that things do indeed 'go well'? What structures and arrangements need to be in place for time banking to flourish throughout the UK for the rest of the decade and beyond?

Time banking has grown organically over the last six years fuelled by the energy and inspiration of people who see its massive potential. The time banking movement is just that - a movement of expanding and richly diverse time banks. Time Banks UK, which is now two years old, exists to help the movement succeed. The Board, Director, volunteers and staff want to know how you think Time Banks UK can give the best possible lead for the whole time banking movement over the coming years.

As the movement expands we need to get ourselves 'into shape' by asking some key questions during June - August, by working together to understand the answers in September and by making decisions in October/November. And we're planning a conference for the whole movement early in 2006. The 'Getting into Shape' process is for time brokers, participants, members of time bank management teams, representatives of organisations, individual supporters - anyone and everyone who wants to help time banking to flourish.

You can respond to the key questions in whatever way suits you best, as a group or an individual, until Monday 5th September. You may want to set up something special (like London Time Banks' event in July) or agenda time in a regular meeting. See [www.timebanks.co.uk](http://www.timebanks.co.uk) for the key questions and guidance on how to respond.

Martin Farrell  
Chair

Martin Simon  
Director

# TIME BANKS UK

TIME TO GIVE AND TAKE

Time Banks UK  
City Works  
Alfred Street  
Gloucester GL1 4DF

T: 01452 541439  
E: info@timebanks.co.uk  
W: www.timebanks.co.uk

Egroup: TimeBanksUKsubscribe@yahoo.com



Printed on 80% recycled paper

TIME TO GIVE AND TAKE

## Help the Aged and Time Banks UK

Help the Aged are delighted to be setting up a time bank for older people in Bideford, north Devon. Older people do not just have needs to be met but they have so many skills to offer and which we need. Time banking recognises that older people have something to contribute to communities and it is a great way of enabling them to get involved and feel valued. It therefore fits well with our agenda of tackling isolation and encouraging participation. It also fits in with our wish to look at innovative ways in which older people can access preventative and low level health and social care and improve their quality of life.

We know that people get healthier when they help somebody else because feeling useful – a feeling we deny most people over retirement age and many below it – is actually a basic human need. Active communities keep people well and can change lives. By developing time banking schemes for older people we can improve the health, quality of life and participation for all members.

Help the Aged have also recently been successful in securing funding from the Department of Health to work with Time Banks UK to further develop time banking networks in the SW and NE, developing



expertise and enhancing the capacity of organisations to deliver time banks. We will also be able to provide a few small grants to organisations in those two areas wanting to set up their own time banks for older people. (See below)

We really welcome the opportunity of working with Time Banks UK, the experts in this field and we look forward to helping to promote the benefits of time banking.

The time broker for the Bideford project, Sean Gaskin, will be starting on 1 June 2005.

Rachel Corry  
Help the Aged

## Start Up Grants

Time Banks UK and Help the Aged are pleased to announce grants of up to £5,000. They are now available to organisations in the South West and the North East Regions wanting to set up a time bank to focus on working with older people. You will need to show that you are likely to be able to provide matched funding. Four grants will be available in 2005-6.

Please contact Joy Robinson, 01452 541439, for more details.