

# Timebanking UK

## NEWSFLASH



Timebanking UK



Hello everyone



I hope you enjoy the updates from our latest newsletter this summer.

Timebanking UK are working on creating a simple toolkit for time banks to use that want to help people leave hospital when they need to, by asking time bank members to help give lifts, prepare the house and pop to

check on those whilst they recover. We will have this available for all time banks before the end of the year. This is with thanks to Lynn Sbaih who has run a Home from Hospital programme in Stockport as part of her work with Give to Gain Time Bank. Lynn will be creating the toolkit and is keen to get feedback from time banks who might be operating similar programmes. You can contact her at [lynn@timebanking.org](mailto:lynn@timebanking.org). We would like 10 time banks to pilot the toolkit, if you would be interested please contact Lynn.

We are interested to hear how you are all getting on connecting with the Job Centres now that they have had the notification from DWP that time banks who are members of TBUK can help claimants by counting timebanking hours towards job seekers hours.

I am pleased to announce that TBUK will be working with Give and Take Care who are rolling out a national programme of ways in which people can help others for time with the aim of banking the time to use when they reach retirement. The other organisation is My Home Life/FaNS who are working with care homes to improve the lives of residents.

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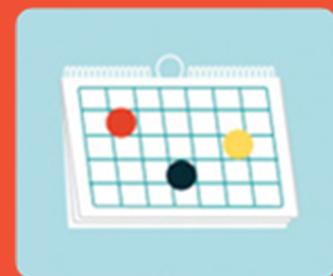
## In This Issue

Sarah's [TEDx](#) Talk

Barnet's [Refugee](#) Project

TBUK's New [Prospectus](#)

[Nesta](#) Publications



## WEBINARS

**We are changing the way we run our webinars. We will now run them when sufficient demand arises.**

**If you would like to take part in a webinar, please email [membership@timebanking.org](mailto:membership@timebanking.org)**

Looking ahead, we are hoping to have a national conference next summer so watch out for news of how to book places.....

Sarah Bird  
CEO, Timebanking UK

## Welcome to our new members...

- The ALT Group
- Bromley by Bow Centre
- Tara Centre
- LARC Development Trust
- Gideon Reeves
- Stretham Time Bank

## SARAH BIRD PRESENTS TEDX TALK



Sarah discusses how timebanking can transform healthcare, creating mutual support networks in communities by encouraging people to help one another using time as a currency, not money. She talks about how timebanking reduces isolation and improves confidence. Sarah also talks about some of the challenges involved in creating and supporting a network including safeguarding procedures and software.

See the full talk [here](#).

## REFUGEE PROJECT IN BARNET

The UK has committed to take 20,000 Syrian refugees under the Syrian Vulnerable Persons Resettlement Scheme. As part of this



## LONDON SUMMER OUTING

Thursday 13th July  
1.00pm - 4.00pm

The London Network are organising another summer outing after the success of last years trip to Brighton. This time to Southend-on-Sea.

If you would like more information email [kaaren@timebanking.org](mailto:kaaren@timebanking.org)



## TIME AND TALENTS TOP TIP

Want to trade with other time banks, but only specific ones? You can specify which time banks you would like to trade with.

This can be done from the 'Organisation' menu. Under 'Allow Intertrading', ensure option is set to 'YES' and then you can select the list of time banks you want to trade with.



scheme Barnet Council agreed to accept 50 individuals in the borough; a commitment which has recently been met.

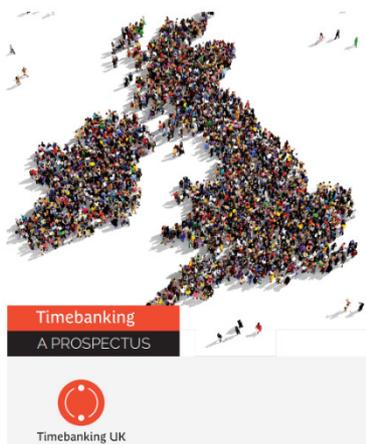
In January 2016 TBUK was awarded the contract, and Barnet Timebank is providing a befriending scheme for the recently arrived refugees. The scheme's aims are to provide volunteer befrienders to assist those who are recently arrived in this country to help them to assimilate in the UK.

Using existing time bank members and contacts at the local mosque we recruited fifteen volunteers or "Buddies". These volunteers bring a wealth of experience from those who are refugees themselves to those with many of hours of both giving and receiving at the time bank. After undergoing training the Buddies are now four months in to their "Buddy" relationship.

The volunteers are now meeting up with the families with which they are paired once or twice a week, and the work has been nothing short of inspirational. Buddies have helped secure work trials, translated at GPs, run English lessons, and painted Easter eggs with the children! Using the spirit of timebanking, the scheme shows what happens when a community unites behind those who might struggle to adjust to their new life in the UK.

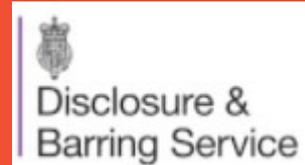
Lex Karlin, Barnet Time Bank Manager

## TBUK'S NEW PROSPECTUS



This report presents Timebanking to policy makers, managers, practitioners and commissioners in local authorities, CCGs, housing organisations and other public and voluntary sector agencies. It shows how timebanking is helping to transform healthcare, how it can help organisations meet government agendas and priorities in a cost effective and sustainable way. It presents the business case

**Please note: for the trade to go both ways, you have to make sure the time bank has selected you to trade with too.**



## DBS TOP TIP

**When completing the back page of the DBS form, you only need to fill in sections W and X. As the registered body, TBUK complete section Y.**



## LOOKING FOR INSURANCE?

**We recommend Morton Michel**

**Contact Gary Harrison on  
020 86030945 or  
gharrison@mortonmichel.com  
for your personalised quote**

**[www.mortonmichel.com](http://www.mortonmichel.com)**

for investing in Timebanking.

Download a full copy [here](#). Hard copies of the prospectus are available from our head office. Email [membership@timebanking.org](mailto:membership@timebanking.org)

## PUBLICATIONS FROM NESTA



Here are a few links to some useful and interesting publications from Nesta's recent 'The Future of People Powered Health' event.

- [Health Lab Brochure](#)
- [Health as a Social Movement: The Power of People in Movements](#)
- [The Power of Peer Support: What we have learnt from the Centre for Social Action](#)
- [Helping in Hospitals: A Guide to High Impact Volunteering in Hospitals](#)
- [Open Innovation in Health: A Guide to Transforming Healthcare Through Collaboration](#)
- [Realising the Value: Programme reports, tools and resources](#)
- [Mobilising Communities: Insights on Community Action for Health and Wellbeing](#)
- [Personal Perspectives on Urban Health and Wellbeing: A New Take on the Assets and Risks of Urban Environment, Diversity and Deprivation](#)