

Timebanking UK

NEWSFLASH



Timebanking UK



Hello everyone



Welcome to our Spring Timebanking UK newsletter.

It has been a busy past couple of months for timebanking generally across the country and Timebanking UK continue to promote and publicise the wealth of experience and

knowledge of our member time banks in an effort to explain and banish some myths surrounding the term timebanking, enabling greater understanding and clarity from national bodies and commissioners. We are working on a document which member time banks can use to talk to local funders to illustrate the depth of impact that timebanking has in a way to encourage investment. We will update you on this in the next newsletter.

As a result, we have been talking with various health authorities and are hoping be able to offer grant payments to member time banks who might be interested in a programme working with hospitals to enable local people to leave when they need to. In order for us to progress the conversations, if you are interested in working with TBUK to receive a grant for this kind of scheme, could you



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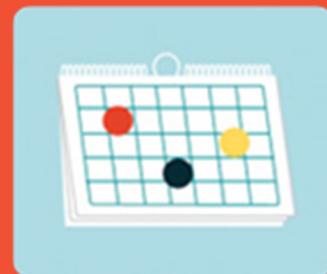
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WEBINARS

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

answer these 5 simple questions and reply to
membership@timebanking.org by 17th March 2017.
Please title your email 'HOME FROM HOSPITAL'.

1. What is your time bank name and location?
2. Are you involved in this type of scheme already?
YES/NO If yes, some brief details
3. How many active members do you have that have
exchanged time within the past 3 months? (and
how many time bank members in total do you
have)
4. Give us a rough estimate of how many people
that are attached to organisations in your
membership who have participated in social
activities but who are not time bank members?
(ie. coffee mornings, outings, group activities)
5. Are you connected with (tick all that apply)
 - a) Your local hospital
 - b) Your GP surgery or health centre
 - c) A Vanguard site
 - d) CCG or NHS Department
 - e) Other

Sarah Bird
CEO, Timebanking UK

Welcome to our new members...

- Spectrum Derbyshire
- Skills-Exchange-NG7
- Pembrokeshire Association of Voluntary Services
- South Leeds Shares
- Romsey Time Bank

OPPORTUNITY FOR TBUK MEMBER TIME BANKS TO LINK WITH COPENHAGEN, DENMARK

Two master students of Social Anthropology at University

membership@timebanking.org

REGIONAL NETWORKS

SCOTTISH NETWORK MEETING

Thursday 23rd March
Glasgow

To book your place email
nicki@timebanking.org

LONDON NETWORK MEETING

Wednesday 5th April
10.00am - 12.30pm

Hosted by Rushey Green Time
Bank

Topics for discussion:
Safeguarding
Sustainability
Quality Mark
SROI

To book your place email
kaaren@timebanking.org

NORTH NETWORK MEETING

Tuesday 9th May
Matlock

Theme: Catching up and
Sharing

Lunch will be provided

To book your place email
louise.hiron@derbyshire.gov.uk

of Copenhagen, Denmark, would like to offer their time and involvement over 3 months working with an urban time bank from the end of August to end of November 2017.

They want to get first hand experience of timebanking by becoming members themselves and participating in time exchanges and helping you with events. Your time bank would have the opportunity to be evaluated which could be extremely beneficial for future funding bids.

If you are interested in linking up with them please let us know **by 17th March 2017**.

Email membership@timebanking.org and give us the following information. We will then let the students choose which time bank(s) they want to offer their time and expertise with. Please title your email 'DENMARK'.

We would like to know:

1. The name and location of your time bank with contact details
2. Where the time bank is based (ie. Community centre/shop premises etc)
3. How long you have been established
4. The number of active members (this needs to be over 50 people)
5. Your top 10 ways in which your membership exchange time
6. The average frequency of exchanges between your members
7. What events you might want to plan or hold from 1 Sept to 1 Dec 2017

We look forward to hearing from you.

PEOPLE'S HEALTH TRUSTFUNDING OPPORTUNITIES

BROKER TRAINING

LONDON

Friday 12th May

Islington

10.30am - 4.30pm

To book your place email membership@timebanking.org



HAPPY BIRTHDAY!

We would like to take this opportunity to say Happy Birthday to St Neots Time Bank who have been running for 5 years this month! Congratulations and well done for all the great work you are doing.



TIME AND TALENTS TOP TIP

Are you entering a lot of similar exchanges for a single member?



The People's Health Trust are advertising funding opportunities for local groups and organisations with great ideas to make their communities even better places to live.

Active Communities is a funding programme for community groups and not-for-profit organisations, with an income of less than 350,000 a year or an average of 350,000 over two years, seeking investment of between 5,000 and 50,000 for projects lasting up to two years. Aimed at small and local projects, genuinely designed and run by local people.

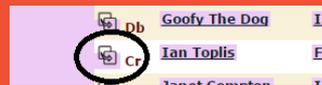
They are also looking for great ideas from communities of interest. By this they mean a group of people who have things in common and wish to come together to address something that is important to them. These ideas could be based in one neighbourhood, or cover a wider area.

Applying couldn't be easier. It's an online process with a step by step guide from start to finish.

<https://www.peopleshealthtrust.org.uk/apply-for-funding>

Using money raised by society lotteries through The Health Lottery, Active Communities is currently open in the following areas:

- **HealthControl** - Cardiff, Caerphilly, Newport, Torfaen, Monmouthshire, Blaenau, Gwent,



You can use the 'Duplicate' button on a statement to copy an exchange, and then just change the hours and/or date.



DBS TOP TIP

When completing question 61, Position Applied For, remember to add one of the following to the job title:

- Child Workforce
- Adult Workforce
- Child and Adult Workforce



TIMEBANKING SKILL SWAP

Friday 24th March
2.00pm-5.00pm
London

Morley College are teaming up with the Well Being Café for a timebanking skill share. This is a fabulous chance to see timebanking activity in action. Feel free to bring members to exchange skills or bring guests who want to see coproduction and timebanking in operation.

Morley College Refectory
61 Westminster Bridge Road
Lambeth
SE1 7HT

Merthyr Tydfil, Vale of Glamorgan and Rhondda Cynon Taf (application deadline - 22 March, 1pm)

- **HealthDiverse** - Powys, Flintshire, Wrexham, Gwynedd, Conway, Denbighshire and Anglesey (application deadline - 29 March, 1pm)

Active Communities is opening soon in the following areas:

- **HealthEquality** - Kensington and Chelsea, Hammersmith and Fulham, Ealing, Hounslow and Hillingdon
- **HealthThrive** - Coventry, Warwickshire, Herefordshire and Worcestershire
- **HealthSound** - Surrey
- **HealthRespect** - Sunderland
- **HealthFair** - Staffordshire, Shropshire, Stoke-on-Trent, Telford and Wrekin
- **HealthWhole** - Kent and the Medway

People's Health Trust is an independent charity investing in local communities to help create a society without health inequalities.

TIMEBANKING UK LONDON NETWORK WINTER PARTY



Thank you to all of you who came along to our London Network Winter Party. It was great to see so many of you



LOOKING FOR INSURANCE?

We recommend Morton Michel

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

www.mortonmichel.com

there. We had a brilliant time and really enjoyed the fabulous music by The Red Stripe Band.

