Timebanking at your location

We want to help you plan, implement and develop a successful, sustainable and viable time bank or to integrate timebanking into your organisation.

We can provide the advice, support and resources to guide you through a successful planning, implementation and delivery phases, providing the key contributing factors to ensure longevity and sustainability.

We will work with you on a one-to-one consultancy basis, and provide workshops or training for colleagues, volunteers and service users. We are flexible and can create a package tailored to your requirements so please see the attached choice of support and training packages. Prices are dependent upon the number of days on site and which resources you might need from us.

As the umbrella organisation for the UK, we have over 15 years of experience in advising, supporting and developing timebanking and a proven track record. With the added bonus of having the original pioneers supporting us, along with knowledgeable and dedicated staff and consultants, we know we are the best placed people to support you.

We want to help you use timebanking and co-production because we know that it works. Savings will be made by providing collaborative, complimentary services that involve all sectors, relevant organisations and the whole community.

Recognising People as Assets

We demonstrate how people are assets in communities, how everyone has something to offer, redefining the work philosophy and of course, promoting reciprocity.

Individual participants may have varying levels of mobility, life-experiences and abilities and so developmental activities are always tailored to the potential members of the time bank. Pinpointing ways in which people can give is paramount and these include older and vulnerable participants, along with young people or those with low self-esteem or health problems. Everyone has something to offer and everyone’s time is equal – timebanking builds on what people can do, rather than looking at their needs. Timebanking can benefit people with physical disabilities, mental health issues and learning difficulties. Our experience shows that these characteristics are no barrier to the involvement in timebanking. Supporting participants to help others has a positive effect on self-esteem and self-worth which results in participants remaining engaged with timebanking in the long term, along with empowering them to take more responsibility for their own health and wellbeing.
Coproduction

Timebanking UK will help you to provide and implement a coproduced model of timebanking that together with the right training, information and start up resources, including the IT software will allow the network to continue to grow organically. Everyone should be offered the opportunity to guide and steer the development of the time bank via a steering group, focus groups or by leading small groups and activities.

We believe that shared decision making and coproduction are crucial tools to improve health and wellbeing which cannot be driven by health professionals alone, but require the active involvement of individuals and families. Coproduction and timebanking recognises the value and benefits that derive when people who use services work together with those who provide services, to achieve positive social outcomes.

Risk management and safeguarding

Every timebanking model has its risks and the safety of time bank members, volunteers and co-ordinators is paramount. Timebanking UK mitigate these by ensuring all co-ordinators are fully trained in risk management using our full range of safeguarding policies and procedures, signing up to the Timebanking Working Declaration. We have examples of start-up paperwork, risk assessments and codes of conduct for timebanking projects to use. Workshops on how to use these will be an integral part of the development of the timebanking project.

We will advise on timebanking specific insurance policies and help broker the best package.

Time On Line 2 Software

We will provide our latest and new interactive piece of timebanking software together with a mobile phone app enabling individuals and organisations to swap time with robust monitoring and evaluation process in place. This will be free of charge as part of the support package you choose. There are no licensing fees.

The timebanking software keeps data on users which includes personal needs, skills offered and attributes (mobility, age, ethnicity, housing, allergies etc) which ensures effective matching, reduced risk and greatest impact on user and the community. It records hours swapped, skills offered and skills needed by both individuals and organisations.
Members can see their own personal information although not that of others. The software will produce numerous reports which will enable them to see at a glance how effective and active participants are, highlighting need and potential for resources.

We will provide hands-on support to assist with the setting up of the software to suit the network and each area/partner will be given a user name and password to access the software. It will record crucial information for both individuals and organisations such as:

- Personal data
- Organisational data
- Attributes for individuals (ethnicity, sex, age, disabilities, allergies, housing groups etc)
- Time swaps offered and received (100’s of different activities can be listed from dog walking to DIY"
- Hours exchanged and on what services
- Hours exchanged by particular groups of people
- Which people or organisations are active or inactive
- Group exchanges where one person gives time to a group or a group gives time to a single person"

The software is fully flexible can be tailored to suit its needs and the members. Exchanges between time banks are very easy, and this should encourage multi-time bank activities and cement relationships at the time bank level. Both organisations and individuals can see what is of offer and what is being asked for, setting up exchanges with the approval of the co-ordinator.
TRAINING TOPICS

(Please look through all the options below and contact us – we can tailor a package of support to fit your requirements)

Name................................................Organisation .................................................................

Contact information (tel. no and email)......................................................................................

Planning Stage

- Local information sessions to gauge interest and gain feedback
- Facilitation of working groups to bring stakeholders together at local locations
  - Discussions and decision making on Legal structure, Development plans and long term strategies

Promotion and Publicity Phase – who, what, where

- Partners/stakeholders and their involvement
- Mission statement
- Leaflet designing and printing
- Drop-ins/engagement workshops
  - Handbook creation for time bank members

Implementation Stage

- Software (tailored) Time on Line 2
- Software overview for members and administrators
- Software support and assistance with setting up, report generation and joining members
- Organisational timebanking
- Safeguarding training to include risk, DBS, insurance and pitfalls to avoid
  - Options for income generation/social enterprise

Development Phase – events, activities and local info sessions

- Asset mapping activities
- Engagement sessions
- Taster events
- Q&A sessions for local people
  - Activity days with specific groups within communities (older people, young people, refugees, disabilities, mental health, addictions, homelessness, ex-offenders)
- Coproduction workshops
  - Hands-on software sessions
Hand-over Phase

- Achieve the Quality Mark
- Sustainability plan (including income generation)
- Evaluation and assessing the impact of your time bank
- Being part of the TBUK network and the benefits that it will bring
- Toolkit for future use and growth of the network

Days on site

- 1-3 over 12 months
- 3-6 over 12 months
- 1 day a month for 12 months
- 2 days a month for 12 months
- 1 day a week for 12 months
- 2 days a week for 12 months

prices from £3k per annum

✔ For membership to Timebanking UK
✔ Software
✔ On-site training (choose from the above)
✔ Newsletter
✔ Invitations to regional meetings
✔ Discounts to annual events
✔ Off-site advice and support