Timebanking

Where every hour shared builds a stronger, more connected community and lasting bonds among neighbors

What is Timebanking?

- Timebanking is a system that enables people in communities to help one another using time, not money.
- We believe that every person is valuable and has something to offer — and timebanking is a simple way to allow everyone to do that.

What does Timebanking look like?

- As a time bank member, you help someone for an hour (or thereabouts)
  - For example: by mowing their lawn or doing their shopping.
- For every hour of help you give, you earn a timebanking hour (or a credit). You can then spend this on an hour of someone else's time (a debit).
  - For example: you could learn how to cook an apple pie, or get help with painting your fence.

What drives us: Lorna's Story

- We want to provide an opportunity for more participation and community engagement — through timebanking.
- Everyone is valuable and has something to offer. The challenge is knowing how to participate, and what to do.
- Timebanking offers a solution. It tells us how to participate. It gives us something to do. It doesn't discriminate by age, ability, social location, or education and skill.

What drives us: Values

PEOPLE ARE ASSETS: **The real wealth of our society is its people. We believe that every person is valuable and has something to offer other people in the community.**

REDEFINING WORK: **Time banks are helping to redefine “work” to include raising healthy children, preserving families, making neighbourhoods safe and vibrant, caring for the frail and vulnerable, and tackling injustice.**

RECIPROCITY: **We believe the impulse to give something back is universal. Timebanking enables people to be givers as well as takers. At a time bank, “you need me” becomes “we need each other”.**

What drives us: Values

SOCIAL CAPITAL: **Timebanking builds mutual social and practical support networks in communities, strengthening social capital and encouraging collaboration between community organisations and public services.**

RESPECT: **Time banks give people respect and recognise the value of everyone's contribution by giving them the benefit of someone else's time in return.**

Why Timebank? The social value

According to a research from TBUK these are the outcomes for time bank members:

- **Reduced loneliness and isolation**
- **Improved confidence and self esteem**
- **Increased sense of belonging in the community**
- **Increased independence**
- **Reduced anxiety**
- **Improved mental health**
- **Increased skills**
- **Improved employability**

Why Timebank? The social value

Potential Improvement for Health Services & social care services:

- **Reduced pressure of social care services**
- **Reduced demand on health services – more hospital beds available**
- **Reduced visits to general practitioner and less need for medication**

Potential Improvements for Police & Judiciary:

- **Reduced antisocial behaviour – less police time taken up and increased deployment for other issues**

Questions for Conversation

- **Can you see yourself participating in timebanking, and if so, in what ways? (For example, getting help from somebody in the community, offering your own skills, or even joining the team).**

  How do you think it might be a benefit to you?

- **How could timebanking be beneficial to life in St. Stephen? What issues might it address? How could it make life better?**