



TIME BANKS UK

TIME TO GIVE AND TAKE

EDITION 15 MARCH 2004

Time Banks and Health

"If in the past decade the NHS has come to understand that health services are immeasurably improved by the patient voice, in the next twenty we will come to understand that they can only be delivered with the citizen's hand"

Dr Paul Hodgkin

And that's exactly where we come in....big time!

The door to mutually rewarding partnerships with Primary Care Trusts is slightly ajar, so let's push it open. We need to help health professionals understand that time banking offers them a path to the 'culture of involvement' that they are keen to bring about. The Government says that today's NHS must be about stronger accountability to local communities and be built around responsive services that foster a sense of ownership and trust. This is straightforward time banking territory and so 'time banks and health' is clearly another success story for time banking that is just waiting to happen. Or is it?

I am reminded of the years it took for the NHS to accept officially that there were any links between poverty and health. I can't help wondering, therefore, how long it will take the NHS to fully accept the equally simple truths that:

- belonging to a mutually supportive local social support network protects people from ill health
- health professionals will be more effective if they involve those that they are there to help as their 'co-workers' in achieving good health

We now have a Trojan horse in the heartlands of the NHS - the 'Patient and Public Involvement Agenda' - which is more or less a charter for time banking. It is up to us to get our message across.

I have spent a good part of the past year researching how we can best introduce the idea of time banking to health professionals. I have also looked at how 'co-production' could change some of the more unhelpful ways that professionals relate to patients and to each other. The result is a report called 'A Fair Share of Health Care', which I offer to you as a key to unlock the door to your local health providers.

It's all about time for some give and take.

Martin Simon
01452 541338

'A Fair Share of Health Care' was commissioned by the Agency for Health Enterprise and Development, who will be sending a copy to the Chairs of every PCT. Copies are available from me at Fair Shares for £6.95 (incl. p&p)

www.timebanks.co.uk

International Conference

Details

"TIME TO UNITE"

August 27th - 31st 2004
Toronto, Canada

Jointly hosted by Time Dollars USA and Time
Banks UK

Conference Highlights:

Speakers (TBC) - Hazel Henderson, Bernard
Lietaer, Edgar Cahn

A full programme of workshops and
presentations to:-
Showcase and celebrate time banking around
the world.
Launch 'Time Banks International'.
Unveil new web based software.

If you are thinking of going to the conference
please let me know as soon as you can.

More news later.

Martin Simon
01452 541338

Recognition Awards

Volunteers who had given exceptional service to
their community were given the red carpet
treatment at an awards ceremony given by
Newcastle City Council.

Arthur's Hill Time Exchange, the Newcastle time
bank, dominated the event with not one but
three of their participants receiving this
outstanding, personal award.

Our congratulations go to Pat Harding, John
Murtha and especially Andrew Copeland who's
involvement with the Time Exchange is
described by their Development Worker as
'miraculous'.



Deputy Mayor of Chesterfield cuts the cake

Chesterfield revitalised

Chesterfield Time Bank started in January 2001,
when it was run by volunteers through the support
of Derbyshire County Council employees,
"Community Economic Development (CED)
Workers" and their support staff. Our own Time
Broker/Development Worker volunteered her time
as an extra to her paid role of support worker for
the CED team. The Time Bank used the CED office
as its base until it grew to the point where it needed
its own office and dedicated workers.

Although the Time Bank management committee
and Time Broker did not lose enthusiasm, they
began to run out of time. They decided to apply for
grants to enable the project to continue
independently of the CED project and to develop
further. Funds came from the Single Regeneration
Budget (SRB), via the local regeneration
partnership and the Coalfields Regeneration Trust.
Each fund pays for 50% of the project's costs,
which in the main paid for the set up of the office
and the wages for two part-time staff. The funding
for the project lasts from now until August 2005.

Our re-launch party was held to further publicise
the project, which is becoming an established part
of voluntary work/community development in
Chesterfield. We hope it was the first of many
regular events.

I feel very lucky to have joined the project at this
time, as we already have an enthusiastic and keen
membership on which to build. Members seem to
want to get involved even more and look to us to
give them ideas of activities they can undertake.
The only limit at the moment seems to be
(ironically) the time to make all the links, but we are
enjoying it all coming together.

Lucy Curtis
Chesterfield Time Bank
01246 204418

Timefactory clock starts ticking

On January 22nd, Arts Factory's time bank, Timefactory had their official launch, in Trerhondda Chapel, Ferndale. The hall was full with people from other community organisations and funding bodies.

The launch started with Mr Steve Cranston, chief executive of Arts Factory, welcoming everyone to what is a milestone for everyone at Arts Factory and communities in Rhondda Cynon Taff. Martin Simon then gave a very positive presentation on the development and aims of time banking in the UK and around the globe.

Next, as Time Broker at Timefactory, I spoke about how a time bank works and how it could benefit our local community life. Over the next 6 to 12 months we are looking to engage with over 200 active members in Timefactory by:

- Developing links with current volunteer based organisations, giving volunteers from all sectors the chance to be recognised in one way or another and have their time valued.
- Develop more community involvement in learning opportunities to run alongside our very successful learning for life programme.
- Support individuals and groups at a social level in health and social issues.
- Introduce a much stronger youth profile, by getting the youth of today's communities involved with enjoyable, yet educative projects that support them in the most important part of life – growing up! After all they are the future"

Everyone at Arts Factory and Timefactory would like to thank all who attended the launch and in particular Martin who took time out to be with us on what was such a momentous occasion.

Gareth Cole
Timefactory
01443 757954



Gareth works with a member on a local gardening project

What is Tutor Commuter?

Tutor Commuter is a new initiative from London Time Bank network, working to make the most of time people spend sitting on South London Transport.

With Tutor Commuter people earn 'time credits' by teaching others and then they can 'spend' them by being taught themselves. You don't have to teach a subject like at school or college - you can teach anything from 'what is it like to be pregnant?' to 'how do I make chocolate cake?' to 'how do I speak French?' It is based on the idea that everyone has something to learn and everyone has something to teach.

You can decide on a range of topics that you would like to teach someone else about, and choose as many as you like. People can be matched up in various ways. There will be a message board on the Tutor Commuter website where people can advertise things they want to learn or teach. Tutor Commuter will do fortnightly updates by email or text message listing the latest requests for particular subjects that people want to be taught, or subjects that people want to teach. Finally, Tutor Commuter HQ will talk to each person, and try and match them up individually.

Tutor Commuter will carefully match individuals who take the same bus, train or tube. We will work to the same safety standards as other time banks in matching up strangers and encourage individuals to meet in a public space, letting friends and family know about their arrangements.

To further develop the scheme, Tutor Commuter is seeking partnerships with a variety of groups and organisations across London.

Amy Pollard
Tutor Commuter
0208 674 6754

Sarah Burns
London Time Banks
020 7820 6332

STOP PRESS

Richard Rockefeller, President of New England Time Exchange, will be guest speaker at the launch of Avalon Fair Shares in Glastonbury on March 21 2004. It will be Somerset's chance to introduce time banking to the developing time banks of Chard, Crewkerne and Taunton.

Top Timebanker

Competition

Mandy Byrne was a professional oboe player and used to teach music, but stopped work after developing MS. At Royston Time Bank Mandy was linked up with another time bank member who had a stroke and now struggles to find the right words when he is speaking and has lost the ability to read.

Mandy is using her teaching experience and their joint love of Jazz music to structure a learning programme and is reading with this person for one hour a week. Mandy really enjoys the stimulation of teaching. They enjoy each other's company and he can work towards regaining a lost skill.

Mandy's story really illustrates the benefits of time banking, not only for givers and receivers, but also inspiring other participants who were also members of the Royston Stroke Club to new activities and encourage the Stroke Club to become an organisational member. Mandy therefore is the first winner of the Top Timebanker Competition for 2004, winning a £30 Kingfisher Gift Voucher. She was nominated by Angie Ridley of Royston Time Bank.

Free Trip To Eden!

Thanks to the Eden Project in St Austell, Cornwall for donating a family day ticket as a prize for the next Top Timekeeper, giving free admission for 2 adults and 3 children to the world's largest greenhouses. Visit the 'Bulb Mania' Spring Festival and see a riot of spectacular spring flower displays. Please send your nominations by May 5 2004.

Rules available on request.

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Printed on 80% recycled paper



TIME TO GIVE AND TAKE

Time Banks UK is funded by the Active Community Unit and the Community Fund.

COMMUNITY FUND
Lately money making a difference

ACTIVEN

Businesses back time bankers

Good news for all active time bankers!

Thanks to the support of National Express, the Centre for Alternative Technology, the National Waterways Museum, Woburn Safari Park and The Body Shop at Home, we have negotiated a great range of promotional offers available to all active time bankers. Every time broker should now have received full information on these deals and enough leaflets to distribute to all time bank members.

As ever, there's been lots of outreach activity around the network. To give you a taster: at the end of December the South London and Maudsley NHS Trust (SLaM) hosted an event for mental health users, carers, time bankers and health staff. Over 50 attendees received a time credit which they could 'spend' during the lunch break on taster sessions run by local time bankers - ranging from glass painting to Indian head massage! One participant said "it wasn't till today that the concept of reciprocity really made sense to me". On a similar note, Gloucester City Time Bank is holding a 'networking lunch' at the end of March to follow up support from local business and introduce organisations and participants to each other.

If you would like to organise a similar event, please get in touch.

More good news is our new partnership with The Pro Bono Group. Time banks in England & Wales wanting to register as a charity or requiring legal advice as a community organisation can now be matched with a solicitor by The Pro Bono Group. There will be no financial cost for this service but in the spirit of reciprocity, the legal team will 'charge' in time credits based on the number of hours spent on the project. These time credits will then be 'paid back' by the time bank community through exchanges made in the community. Please contact Kika if you are interested in this scheme so we can get you matched up. It's a brilliant way to put 'give & take' into practice and get professional legal assistance into the bargain!

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