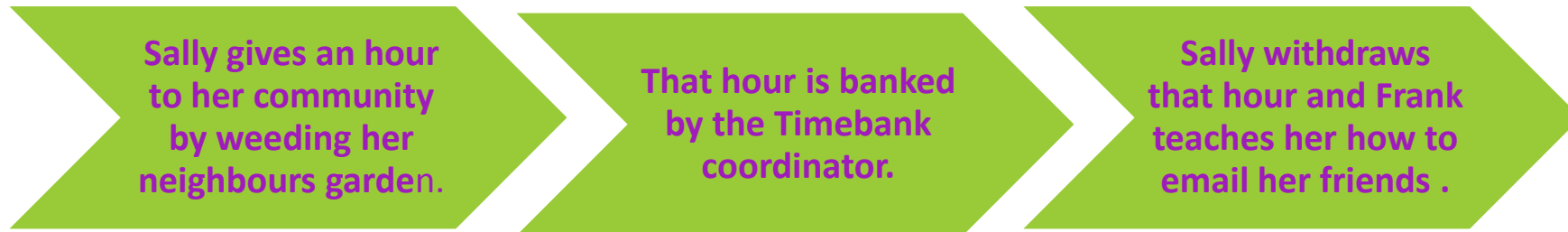




What is Timebanking?

A Timebank is an exciting way for people to come together and exchange knowledge, help and skills. For every hour given, that hour is banked by the Timebank Coordinator and then withdrawn when the member needs it.



Everyone's time is equal: Whatever is exchanged, one hour equals one hour.

Timebanking Activities



Running a crochet Club



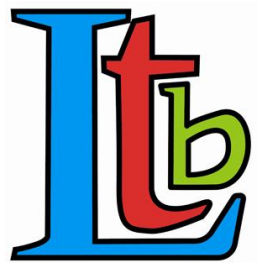
Community events



A hair cut



IT sessions



Littleport Timebank



The Timebanking Principles

- ❑ Seeing peoples strengths
- ❑ Valuing all work which helps make a healthy community-
- ❑ Reciprocity, we all need each other
- ❑ A respect for each other,
- ❑ Social networks matter, Timebanks help build them
- ❑ A respect for each other- recognising everyone's contributions.



Why Timebanking?

- ❑ Reduces Isolation – Connects local people and builds strong social networks
- ❑ Improves wellbeing and health
- ❑ Prevention- supports people to stay in their own homes.
- ❑ Helps people to get jobs done!

I joined the Timebank because it is a great way to meet new people in the community=. It is very fulfilling to know that you can be of help to people who might need you. Finally, it is inspiring as it can introduce you to skills and activities that you might not have considered having a go at. Timebank Member



Cambridgeshire Timebanks

Within the county there are 5 Timebanks, each tailored to their own community and run by a Timebank coordinator.

Location	Coordinator	Organsiation
Cambourne	Laura Papanikolaou	CHS Group
Littleport	Caline Easey	CHS Group
St Ives	Zo Weaver	Volunteer Led
St Neots	Georgina Corley	Volunteer Led
Somersham	Lucy Bird	Somersham Parish Council

Exchanging Time , Connecting Lives

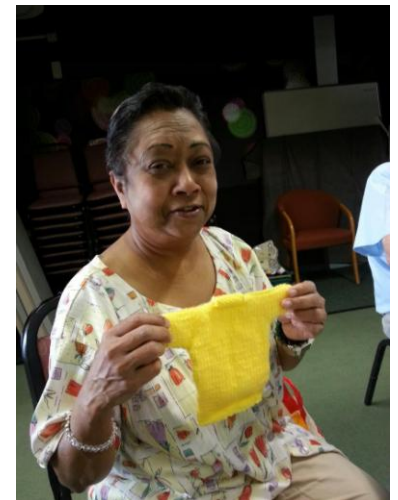
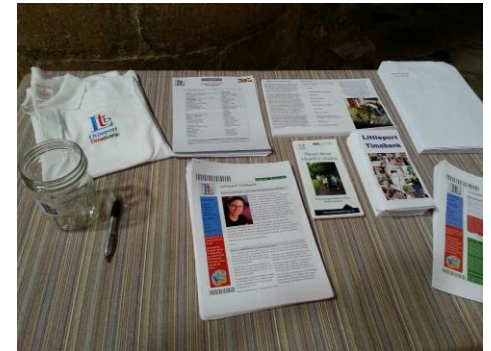
A film showcasing the work of the Cambridgeshire Timebanking partnership.



Things to Consider...

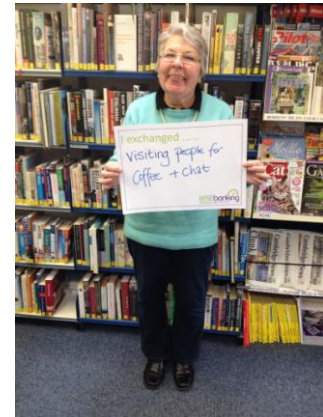
- ☐ Research and identify potential costs
- ☐ Find funding for the scheme
- ☐ Recruit a Timebank Coordinator
- ☐ Join Timebanking UK
- ☐ Insurance
- ☐ Risk assessments
- ☐ Create a Timebanking handbook

The Cambridgeshire Timebanking Partnership are happy to share examples of their documents and give hints & tips.



The Role of the Coordinator

- ❑ The Coordinator acts as the broker
- ❑ Research the needs of the community
- ❑ Develop links with local groups and organisations
- ❑ Produces information and publicity material
- ❑ Be creative, think outside of the box
- ❑ Be responsive and not prescriptive
- ❑ Develop a diverse team of Timebankers



Connections Campaign 2016

- ❑ Our next fundraising campaign will launch in Spring 2016
- ❑ If you are interested in finding out more, please sign up today!



Support Available

Timebanking UK

A membership organisation offering support and resources to community time banks providing inspiration, guidance and practical help.



Cambridgeshire Timebanking Steering Group Meeting

The opportunity to meet other Cambridgeshire Timebank coordinators, discuss issues, share ideas and develop networks.



For Further Information

Contact

☐ Wendy Lansdown, Programme Manager, Cambridgeshire County Council

Wendy.Lansdown@cambridgeshire.gov.uk | 01223 699683

☐ Go to Timebanking Uk for further guidance

www.timebanking.org

☐ Follow Cambridgeshire Timebanking on twitter

[@timebankcambs](https://twitter.com/timebankcambs)