

Felixs**Time** Banking



PLEASE NOTE: DRAFT PROMOTIONAL MATERIALS PRODUCED BY UNIVERSITY OF SUFFOLK STUDENT

Background

The 2016 Felixstowe Forward annual engagement event identified TimeBanking as a community priority for the town. The proposals for a Felixstowe TimeBanking initiative were further progressed in 2017 through the Felixstowe Forward Sponsor Group who supported the case for a pilot in Felixstowe, the first in East Suffolk.

What is TimeBanking?



Timebanking is a means of exchange used to organise people and organisations around a purpose, where 'time' is the principal currency. For every hour participants 'deposit' in a timebank, by giving practical help and support to others, they are able to 'withdraw' equivalent support in time when they are in need. Everyone's time is equal, so one hour of my time is equal to one hour of your time, irrespective of whatever we choose to exchange. Because timebanks are just systems of exchange, they can be used in an almost endless variety of settings.

Examples of a Timebank Offers

Hearing Help, Dog walking, Teach basic sewing, Pet sitting, Help with smartphones, Help with form filling, Office/Secretarial skills, Teaching silk screen/fabric painting, Garden Tool Servicing, House sitting/plant watering, Ironing, CV help, Companionship, Gardening, driver

Examples of a Timebank Request

Supportive Gardening for a gentleman living with Dementia, help to accompany single parent to baby group, someone to teach elderly person how to use modern technology to communicate with family

living abroad, help with gardening for someone who is immobilised following accident, companionship, young person needing help with CV, Treasurer needed by local voluntary organisation

Benefits of a Timebank for Felixstowe

- Reaching a different demographic volunteer
- Reducing social isolation and loneliness
- Supporting families and individuals in need
- Building confidence
- Building new skills and strengths
- Improved mental and physical health and wellbeing

A Timebank for Felixstowe

The total costs of establishing a Timebank in Felixstowe is £17,550. Funding has been secured from SCDC Enabling Communities Exemplar, SCC ESCT Locality allocation, Health and Wellbeing Call to Action along with the grant from Felixstowe Town Council.

Examples of TimeBanking

- Time Bank UK
<http://www.timebanking.org/what-is-timebanking/>
- Somersham and Pidley Timebanking
<https://somershamtimebank.wordpress.com/>
- Community 360, Essex
<https://www.community360.org.uk/services/volunteering/time-bank/>

Felixstowe Town Council Grant £1,000

The contribution to the Felixstowe TimeBanking initiative has contributed to

TimeBank UK Annual membership costs

TimeBank UK development support to help get the project up and running

Progress to date / planned

A visit was made to the Somersham and Pidley TimeBank project to meet volunteers, parish and county councillors and the TimeBank Coordinator

A logo and initial leaflet has been drafted by a University of Suffolk student on work experience with Felixstowe Forward. This is in the process of being finalised.

Job description for TimeBank Coordinator agreed and recruitment planned (15 hours per week / 10 months) to go live in early May 2018.

Initial stakeholder event planned for 7th June (to identify initial TimeBank requests and offers)

Official launch of **FelixsTime** Bank at the annual Felixstowe Forward engagement event on 6 July 2018.