

# **Leicestershire County Council**

## **Public Health Department**

### **Briefing Note**

#### **Time 4 Leicestershire**

##### **Background of Timebanking**

Time 4 Leicestershire (Timebanking) was a movement that was developed by Edgar Kahn, an American Lawyer, who designed a system capable of capturing and reviewing the “core economy”, the aspect of family and community that underpin everything else. The core economy is made up of all the resources embedded in peoples everyday lives-time, energy, wisdom, experience, knowledge and skills and in relationships between them, empathy, care, reciprocity, teaching and learning.

##### **Introduction to Time 4 Leicestershire**

Time 4 Leicestershire aims to work with individuals, communities and organisations to provide a conduit for skills exchange across Leicestershire. By “taking” and “giving” you are contributing to a community that can grow, flourish and learn from each other. When you join Time 4 Leicestershire, as an incentive to contribute a person will receive 1 time credit so people can get started straight away.

Time 4 Leicestershire operates on a good faith and trust basis which values all participants and the following rights and responsibilities apply

- On completion of any Timebank task the individual that completed it will receive a credit for every hour spent delivering the service. One hour = one credit, two hours = two credits etc, therefore everyone’s time is seen as being of equal value.
- The credits will be logged by the user on the website which they can spend receiving a task or donate to another user/organisation

Time 4 Leicestershire is facilitated by the Leicestershire County Council, Public Health Department which aims to protect and improve the health and quality of life of local people by

- Helping to make the best choices possible about their health and well-being
- To develop stronger communities, enabling individuals to be stronger for longer by having access to support which is local.
- Ensuring individuals are well informed and know the relevant access points for information, advice and guidance and for access to formalised services.

Time 4 Leicestershire uses a digital model for delivery, using a bespoke website that enables individuals to see local offers and make exchanges through the system. We recognise that for some this will not be possible due to limited knowledge or resources surrounding ICT so as a local support the Local Area Co-ordinators have been trained to broker level to support individuals who may require assistance or may not be confident in facilitating their own exchanges.

When accessing the website, people will be requested to “sign up” which will follow a simple two-step sign up process for registration and individuals will be asked if they are happy with the Terms and Conditions of this service and ensure this service is right for them. There is telephone support if people have any difficulties.

People will be able to “view offers and requests” in their local areas and once signed up will be able to “post offers/accept requests”

There is a guide that will enable a person to navigate the system should they be having any difficulties.

### **Frequently Asked Questions:**

Risk Management- All members must accept the terms and Conditions upon sign up which have been approved to ensure safe, transparent exchanges and mitigate risk. This includes details of our Public Liability insurance for completion of approved tasks.

No regulated services such as social care, personal care or work with children are approved through the time bank and offers and requests are moderated to ensure appropriate exchange(s)

Safeguarding advice is provided in both the handbook and Terms and Conditions of the service

Two step sign up process to ensure those most vulnerable are directed to an appropriate service or support (Local Area Co-ordinators as an example)

### **Outcomes:**

A recent survey from the Barnet Time Bank (2017) stated that

85% of people involved felt more valued as a member of their local community and they were able to help others

65% of people made friends with whom they now meet socially within the time bank community- thus reducing social isolation.

77% of people felt they were fitter and happier since joining the time bank as they have less opportunity to sit at home by themselves.

### **Next Steps:**

- We have launched the new digital site and have been piloting its use over the past couple of months
- We will be piloting this for a short time within one Borough/District Council to ensure the system works outside of LCC
- We plan to have wider roll out very early Autumn
- We will be reporting on a quarterly basis on outcomes
- We would like to attend your next meeting to discuss this in greater detail