

Time To Build The Future



Good Deeds Time Bank

What is Time-Banking?

Time Banking is a community development and engagement instrument that can be used to link all sectors together to safeguard and contribute to the One Wales Vision of Sustainable Communities in Wales.

Time-banking works by unleashing and facilitating the exchange of skills, abilities, talents and experience given within a community to support social growth.

It aims to build the Civil Society by valuing work done in it as an “Active Citizen”

Active citizenship is founded on strong social values and core principles which are essential for inspiring social change.

- 1) An Asset Perspective: Everyone is Important. Treat people as assets not merely as people in need or burdens on systems, and engage them as active citizens.
- 2) Honour the work that active citizens undertake. Work is defined to include whatever it takes to build, maintain and sustain the fabric of civil society, furthering strong,, stable and sustainable communities
- 3) Mutuality: Thank people for their work. One hour of active citizenship = one-time credit. People use their time credits to access social, educational and cultural activities on a quid pro quo hourly basis.
- 4) Build membership by inviting people to become part of new social networks, to advance a collective sense of belonging and social solidarity. Being a member of a social network provides opportunities for forming and developing new social relationships. A new social connection for people with small support circles increase their access to support.

We believe these core principles are essential for social growth.

Investors in social growth naturally want to know what is working and what is not. This is why any programme for social growth needs key indicators to measure its success (as well as its failures). In the same way that economic growth is a familiar concept, measurable in the terms of Gross Domestic Product, social growth is measurable in terms of Civil Domestic Product.

We propose that Communities First develop 4 key indicators for Civil Domestic Product and monitor them on a regular basis. The key indicators include:

- a) Active citizenship hours that people contribute to building civil society.

- b) Increase in citizens joining existing and new groups.
- c) New groups formed in communities
- d) Social connectedness

Baseline audits would be undertaken for all four indicators.

Active Citizenship

You can contribute as an **“Active Citizen”** solely or part of a group

- Time-Active Community
- Time-Active Professional
- Time-Active Group
- Time-Active Workplace
- Time-Active Employer
- Time-Active School
- Time-Active Council
- Time-Active Union
- Time-Active Supporter

All manner of skills are recognised from teaching someone, caring for the elderly, improving the environment, sharing your expertise. What activity 1 hour “Good Deed” = 1 Time Credit!

Examples of “Good Deeds” of an “Active Citizen”

- Employer who allows employees “time” with their working hours to help others
- Parent or Volunteer who volunteers their time to support local children whilst at school
- Teachers who contribute their time beyond their “Paid” hours.

Good Deeds Time Bank

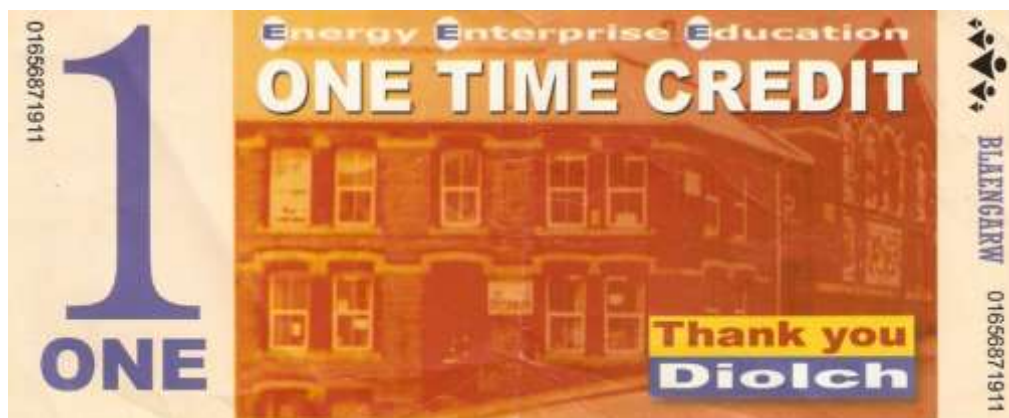
- Volunteers who contribute in any way to enhance or support their local community through sport, education, environment, heritage or community events.
- A public/civil servant who goes beyond their “paid” role to share their knowledge & skills
- Voluntary Active Workplace Fundraiser/Organiser
- A professional person who supports local communities through their profession i.e. legal, carpentry, painter, architect etc.
- Unpaid volunteers within groups such as Citizen Advice Bureau, Sport Teams, Woman’s Aid, Special Constables who offer support vital services to our communities.
- Union Branch Reps and Union Learning Reps, that carry out “unpaid” duties to support their workplace and colleagues

Good Deeds Time Bank

How do Time Credits Work?

Time Credits come in a form of “Community Currency” which can be used for personal exchange or at any “Community business Time-banking Champion Partner” in exchange for “Time” or “Discount” against their agreed “Good Deed Award”

Example of Community Currency



One Time Credit is awarded per Person, per Hour banked through a “Good Deed” that a person carries out in their community or workplace. Time Credits can be awarded from the age of 4 to 104.

The number of hours contributed in “Good Deeds” can be exchanged for Time Credits. They can also be collected by schools/groups to earn a “Gift Exchange”

There are 2 types of Time Credits

Type 1 – Time Credit

Time Credits values everyone’s time as equal 1 hour received. For every 1 hour you spend helping someone in your community, school or workplace you can bank hours to be used for “Good Deed” award for your contribution as an “Active Citizen”.

Example of exchanging using “Time Credits”

Odeon Cinema Bridgend	2 Time Credits	=	1 Free Film
Great Western Trains	1 Time Credit	=	1 Hr Train Journey (non-peak time)
GE Bridgend	1 Time Credit	=	1 Hr of Staff Support (Painting etc)
Bridgend Recreation Centre	10 Time Credits	=	1 Months FREE Gym Pass
Tesco/ Asda Supermarket	1,000 Time Credits	=	1 Free Computer for Schools/Group
Person to Person	1 Time Credit	=	1 Hr Good Deed

Good Deeds Time Bank

Type 2 – Discount Time Credit

Discount Time Credits can be used at any Community Business Time-Banking Champion Partner where a % of discount will be given. There are 4 types of Awards for Community Business Champion Partners. The Partner has a choice of Bronze Award, Silver Award, Gold Award or gold Premier Award.

Good Deed Awards

Bronze Award	10%
Silver Award	15%
Gold Award	20%
Gold Premier Award	20%+

Discount Time Credits have been devised as there are many business/services that are not able to grant "Time" in exchange because of the type of business/service that they provide.

Example of Discount Time Credit

Community Butcher/Greengrocers	1 Time Credit = Bronze Award	= 10% Discount
Supermarket Chain	1 Time Credit = Silver Award	= 15% Discount
Fast Food Outlet	1 Time Credit = Gold Award	=20% Discount
Local Restaurant	1 Time Credit = Gold Premier	= 50% Discount

Only 1 Discount Time Credit can be used per sale

The Gold Premier Award at is the discretion of the individual business's/provider that contributes over 20%

It is at the discretion of each individual business/provider the type of service/activity that they wish to grant as a "Good Deed" award.

A list of all "Good Deeds Awards" that are granted by all the Community Business Time-Banking Champion Partners will be provided. Community Business Champions will also be presented with a framed "Certificate of Community Appreciation" by their local Assembly Member/Minister. They will be asked to place their Award clearly on show.



Good Deeds Time Bank

Community Business Time-Banking Champions Partnerships

Community Business Champions are made up of a number of Retail Shops, Sport & Leisure Facilities, Education & Training Providers, Food Outlets, Transport Operators, and Professional & Local Services.

The Community Business Champion Partner can either honour "Time" or "Discount" per time credit depending on their type of business service.

Community Business Champions Staff

All Community Business champions Staff will be offered FREE Training on promoting "Time Banking", in return they can earn "Time Credits" for every individual that they successfully refer to become an

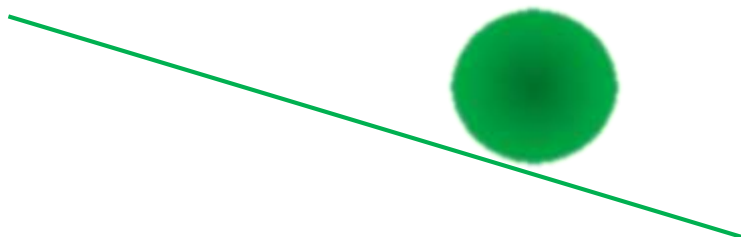
“Active Citizen” in their local community or workplace. They will be given Time Bank Referral Forms & Badges that state “Do you Bank your Time?”

The Community Business Champions Partner will also be able to gain “Time Credits” that they can use in way of Business Support, Staff Training and Advertising. All Achievements of Community Business Time-Banking Champions & their Staff will be recorded on The “Time-Banking Board of Achievers”. A Time-Banking Awards Ceremony will be held on a yearly basis to give recognition to top achieving “Active Citizens & Community Business time-Banking Champions”

More Typical Example of how Time Credits can be used within a Community

Example Chart of Exchange

Type of Active Citizenship Used	No of Credit Vouchers Awarded	Use of Awarded Credit Voucher	No of Credit Vouchers Award	Use of Awarded Credit Voucher
Citizen	1	Free 1 hr Aerobics Class / Gym Session/Golf Lesson	10	10hr train journey for 1
				5hr train journey for 2
School	1	1 hr FREE Activity	5,000	5 FREE Computers for Schools
Community Group/s	10	1 Free hr Guest Speaker	1,000	Donation of Equipment/Fundraiser Gift



Good Deeds Time Bank

Potential Benefits in the Community with Time-Banking Exchange

- Increased Levels of Community Cohesion & Trust
- Improvement of Social inclusion & Social Networking
- Community Empowerment & Accountability
- Releasing Latent Talents and Skills
- Building Community Spirit & Ownership
- Enabling Existing Resources & Provisions to be Fully Utilised
- Community Mobilisation
- Increase in the Number of Volunteers
- Creates Evidential Information for Volunteers Seeking Employment
- Enhanced participation in Community Events & Activities

- Reduction in Crime & Anti-Social Behaviour
- Reduction of Drug & Alcohol Misuse
- Increased Awareness and understanding of Various Diverse Backgrounds
- Engagement of All Diverse Backgrounds
- Restoration of Traditional Community Values, Principles Respects & Manners
- Support to Public & Voluntary Sector Services
- Sharing & Passing on New Skills through Mentoring for Younger Generation
- Additional Support & Care for older Residents, Residents who are House Bound or have a Disability
- Increase Family Learning & Community Education
- Greater Opportunities for Creation of New Enterprises & Community investment
- Growth, Restoration & Sustainability of Local provision & Services
- Safeguarding and Restoration of Local Heritage & Buildings
- Support to local Business & Services Safeguarding & Growth of Employment & Community Business's
- Increase Support & Fundraising for Local Talents

Communities without Time-Banking Exchange

- Lack of Respect, Trust, Engagement & participation of All
- Increase of Anti-Social Behaviour & Crime
- Social Isolation
- Lost Heritage & Latent Talents & Skills
- Lack of New Opportunities, Services & Provisions

Good Deeds Time Bank



Potential Benefits of Time-Banking for Business

- Increase of Customers
- Increase of Sales
- Free Advertising
- Additional Respect, Support & Loyalty of Local People
- Growth of Business or Service
- Recognition by the Welsh Assembly
- Free Staff Training & Support
- Included in Community Events & Activities
- Support through Volunteers
- FREE Expert Business Advice & Support Mentoring
- Potential New Partnerships
- Kept Up to date with All Opportunities that are Available & Suitable for Your Business
- Awarded for Commitment to the Community

- Regional & Local Networking

Local Business without Time-Banking Exchange

- No Increase in Sales
- No Growth of Business
- New Business Competitors Instead of New Partnerships
- Lack of Awareness & Support of Available Opportunities & Funding
- Increase of Personal Working Hours/Days
- Lack of Local Networking

What has Time-Banking Achieved to Date

Creation Development Trust, in Bridgend has been developing a Time-banking centre since 2006.

Since 2006 through Time-banking the following has been achieved to date:

- 830 additional volunteers in their communities who offer a wide range of skills & services to all.
- 40 different groups and organisations working together in the community which are made up of existing and new organisations
- Extended into a further 8 communities of which 5 are Communities First areas.



Good Deeds Time Bank

- to date 5 out of the 8 of the additional communities, the data has been collated for the 3 months they have gained 272 new volunteers
- 5 of the additional areas have also linked 43 existing groups to work collaboratively in their community and also support neighbouring villages.
- 84,416 hours of active citizenship have been issued underwritten by events and activities.
- 82,500 hours have been received from Time-banking members