



Fair Shares Time Banking

A briefing Note for DWP Staff in Gloucestershire



Background

Fair Shares Gloucestershire is a registered charity established in 1998 as the UK's first time bank using sharing of time to rebuild communities. We are members of Timebank UK.

Time banks enable people to share their time, skills and opportunities - creating a mutual exchange system that brings people together. Unlike traditional volunteering programmes, time banks involve people as active volunteers as well as receiving help, recognising that we all have something to offer, and that we all need support.

We have time banks across the county which operate from bases in Cheltenham, Gloucester, Moreton-in-Marsh, Stroud and Tewkesbury.

Each Time bank has local priorities based on local needs and funding priorities, but everyone is welcome to offer their skills and time.

How it works.

The time broker will want to meet each individual to discuss with them how they would like to offer their time. This will include some personal details, how much time, where and when they can offer their skills. It's very friendly and relaxed.

We often work with vulnerable people and although we don't necessarily seek DBS (Disclosure and Barring Scheme) we do **require 2 references**. We appreciate that some people might find it difficult to provide such references, this does not mean they cannot be involved with Fair Shares but it does limit how they can get involved. We might also contact the referring organisation where people cannot provide other references.

What happens next?

Once the individual has become registered with Fair Shares we will seek to find assignments that meet their requirements. This may involve doing something for an individual, or organisation or helping at an activity that Fair Shares is delivering. We keep a record of the number of hours each person has given and any time they have received and from time to time can provide a statement of the time given and received, but **only** to the individual concerned.

Examples of some activities:

- Helping at a lunch club - cooking , serving, clearing away, washing up
- Help with community walks - supporting people with physical or mental health conditions.
- Helping at IT sessions - teaching IT skills, assisting with learning,
- Helping at activity afternoon for older people - running bingo sessions, playing cards/ domino's, baking a cake
- Helping with Basic DIY - painting a wall, hanging a picture,
- Helping with gardening - general tidying up, cutting lawns, weeding,

The benefits of getting involved

It's easy for people to become more isolated and forget all the things they can do when they're out of work and to focus on what they can't do and on their needs or problems.

Time banks connect people, increase social contact, improve self-confidence and self-esteem and help people to learn new skills.

If you would like to find out more please ring us at our main office in Gloucester on 01452 415900 or email time@fairshares.org.uk .