

Recruitment of Trustees



Information Pack

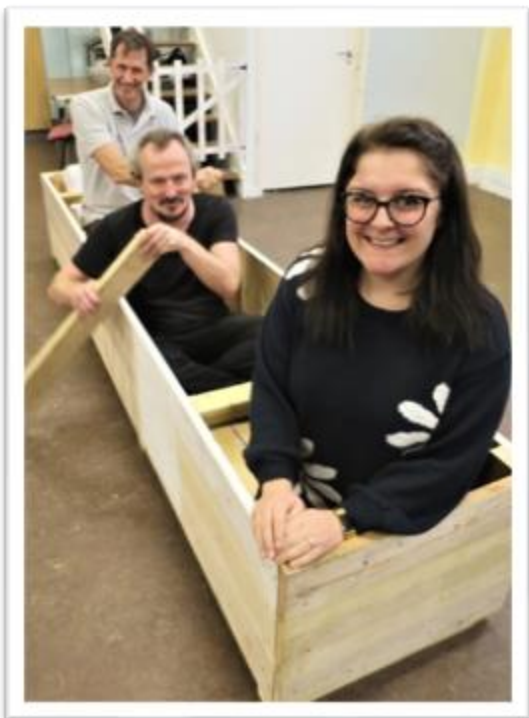
Timebank South West

Timebank South West is a registered charity with over 10 years working in Plymouth at a neighbourhood and citywide level. Our three key objectives are to:

- Reduce social isolation and loneliness
- Increase participant's sense of well-being
- Create informal volunteering opportunities

What is Timebanking About?

- Bringing people and communities together.
- Reciprocal, informal exchange of knowledge, interests, and skills.
- Receiving and spending time-credits for helping other timebank members.
- Feeling useful with increasing confidence and self-esteem.



Benefits of Timebanking

Timebanking is a simple concept that can have a lasting impact on communities and people's lives. Timebanks are about making things happen because people make a difference.

- There are weekly socials for people to connect and make new friends with others in their neighbourhood to reduce feelings of isolation and loneliness.
- People who take part often feel healthier, happier, and less isolated within their communities.
- People become more confident gaining a sense of self-esteem and self-worth.
- Timebanking is inclusive whereby everyone has an opportunity to take part.
- It can help people to save money as no money ever changes hands.
- It creates opportunities for informal volunteering, boosting knowledge and experience.
- Timebanking reunites and strengthens communities, builds resilience, often re-awakening a sense of pride and community spirit.



Our Values

1. People make a difference

We believe that people make a community because everyone has something positive to give, no matter how small the contribution. Communities have an abundance of skills which can often go untapped and undiscovered. Timebanking creates an opportunity for those skills to be used, exchanged, and celebrated.

2. Give and Get

Helping others works best when it's a two-way street. People who exchange their time and skills with others help create a greater sense of community where everyone helps each other.

3. Caring Communities

We believe that people care and come together to support each other when needed. Actively helping others is invaluable 'work' in the community that goes beyond money. The smallest action such as changing a lightbulb or taking the time to have a cup of tea with someone can make all the difference to someone's day and life.



Case Study 1

Newest Timebank member, Jaquie, has wasted no time in getting stuck into exchanges in Devonport. During her first couple of meetings, she discussed with other members how much she enjoyed cleaning and ironing, something that is certainly not for everyone!

On hearing her love of ironing shirts Andy mentioned recently purchasing new shirts that could do with being pressed, Jaquie jumped at the opportunity and so the next week Andy brought his shirts along to the group and Jaquie was off ironing!

It is rare to see such joy being obtained from a domestic chore, but as you can see, Jaquie was having a blast!

“I really enjoy ironing; I find it quite therapeutic. I look forward to doing the next lot for Andy” Jaquie.

She got through the shirts, hanging each one carefully after finishing it, and was slightly deflated when she reached the bottom of the pile. Andy reassured her there will be plenty more where that came from, so she has something to look forward to.

While ironing we were discussing possible swaps for Jaquie, and she mentioned needing some shelves put up, when she has found the right ones for her bathroom. Andy was pleased to be able to offer his time to complete this task for her and so we now have that one in the diary too.

Jaquie earned 2-hour time-credits which she can use to get her shelves put up.



Age Positive Project

As well as our day-to-day Timebanking offer we are also a partner of Plymouth's Integrated Care for Older People (iCOPE) initiative. The iCOPE model is community-based and designed around the needs of the older person aiming to identify people at risk of, or with frailty; keep these people as well as possible; reduce the risk of admission to hospitals or care homes for preventable causes and maximise their quality of life.

Working closely with our partners, Improving Lives Plymouth and Wolseley Trust Health Futures, Timebank South West aims to encourage and support people aged 65+ years to become more involved and active in their communities across Plymouth and have a more positive experience of aging in Plymouth.

Through the Age Positive Project, we will actively engage people aged 65+ in our existing Timebanks and we will launch 4 new Timebanks in Plympton, Plymstock, Southway and Mount Gould localities identified as areas with a higher percentage of residents aged 65+. We will also create opportunities for people to share and swap skills both within these localities but also with Timebank members citywide. Timebank South West members tell us being involved in Timebanking has increased self-esteem, reduced anxiety, and isolation, brought friendship and people have felt part of their community again.



Case Study 2

Age UK contacted Timebank South West to refer a woman called Bev who needed some help with her garden. Bev told us that she had a lot of loss in the last couple of years which resulted in her becoming agoraphobic and having sleepless nights thinking about having to go to the shops. She would order a taxi to take her 500 yards up the road, wait for her and take her back home.

After joining Timebank Bev started coming along to one of our neighbourhood socials close to her home and through this Bev met new people and participated in some of the activities such as card making and Christmas meal.

So that Bev felt comfortable going to the socials our Timebank Outreach Worker Sally, picked her up in the morning and brought her back home afterwards. Sally use to have to go to Bev's door but the last time she called; Bev walked out of her house to the car on her own. Bev now feels confident enough to go to the local shops near her Timebank social on her own and says she *"feels elated"* when she does this.

Bev has also gone to a Timebank social in another area to take part in a Christmas dinner and a visit from Santa. She said, *"I will not open my gift until Christmas Day as it will be the only one that I have to open"*.

After finding out about Bev we have now got her help with monthly food parcels from the local Well-being hub, and she was also invited to the Christmas meal at the hub so that she wouldn't be on her own on Christmas Day.



Trustee Duties

Timebank South West takes good governance seriously. The statutory duties of a trustee board member are to:

- contribute actively to the board of trustees by giving firm strategic direction to Timebank South West, setting overall policy, defining goals, setting targets, and evaluating performance against agreed targets
- ensure that Timebank South West complies with its governing document (constitution), charity law, policies and procedures and any other relevant legislation or regulations
- ensure that Timebank South West pursues its objects as defined in its governing document
- ensure Timebank South West applies its resources exclusively in pursuance of its objects. For example, it must not spend money on activities which are not included in the objects, however worthwhile they may be
- safeguard the good name and values of Timebank South West
- ensure the financial stability of Timebank South West
- Trustees are expected to be an external 'ambassador' for Timebank South West and timebanking.

In addition to the above statutory duties, each trustee should use any specific skills, knowledge or experience they have to help the board of Trustees reach sound decisions. This may involve leading discussions, identifying key issues, providing advice and guidance on new initiatives, and evaluating or offering advice on other areas in which the trustee has an expertise.

Trustee Person Specification

Each trustee must have:

- a commitment to the mission of Timebank South West including a commitment to equality, diversity, and inclusion
- a willingness to meet the minimum time requirement
- integrity
- strategic vision
- good, independent judgement
- an ability to think creatively
- a willingness to speak their mind
- an understanding and acceptance of the legal duties, responsibilities, and liabilities of trusteeship
- an ability to work effectively as a member of a team and to take decisions for the good of Timebank South West.

Time Commitment

The board meets bi-monthly typically for 1.5 hours.

Papers are distributed one week in advance of meetings.

There are three subgroups that meet bimonthly (in the same month of the full board meeting). They are:

- Strategic Direction
- Finance
- HR

Trustees are invited to commit to one or more of these subgroups or to attend the meetings as and when they are able.

If a Trustee is unable to attend board meetings, they must give their apologies and give a reason as soon as possible. Trustee's that fail to attend three board meetings in a row without apology or a valid reason will be contacted to give an account of non-attendance and may be at risk of being removed from the board.

Office

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How to Apply

Please complete the attached **Expression of Interest Form** and return it via info@timebanksw.org You will be contacted by one of the Timebank South West team.

If you would like an informal chat about the role or have any questions, please contact: Liza Packer

liza@timebanksw.org



Our Partners and Supporters



Registered Charity number: 1169627

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