




Appendix 1

Outcome	Progress to date	RAG
<p>10% of Council tenants or members of their households to be actively engaged in volunteering</p>	<p>There are currently 104 tenants signed up to Timebanking which equates to 2.9% of all tenants. This is slightly under the target for this stage but it is anticipated there will be acceleration in the numbers over the Summer period, reflecting the number and range of projects planned. The adverse weather conditions in March led to the cancelation of three volunteering events including projects at Treetops, Gibbonsdown and Margaret Avenue. The events have been rearranged for early Summer.</p> <p>All of the tenants registered for Timebanking are new to volunteering which demonstrates there is an appetite for people to get involved. Out of the tenants who have registered, around 10% have been actively volunteering for over 3 months- which evidences the fact many tenants are not just registering but staying engaged with the scheme. The volunteers have generated 140 hours of volunteering within the Vale so far.</p> <p>Just over 80% of those registered live in the Barry area, with the next largest uptake being Penarth. During the first 6 months the focus was put on these areas in order to use existing networks of support providers- to assist in the promotion and registering of volunteers. Staff also worked at St Luke's and St Paul's Avenue in Penarth as it was recognised as an area where there was a lack of opportunities for our tenants to become involved and because the existing Residents Group were very supportive. Through the wider rollout of the scheme, volunteers have also registered in several other areas including Llantwit Major, Cowbridge and Dinas Powys. Over the next 6 months, it is planned to build engagement in other areas of the Vale- to ensure the project is as inclusive as possible.</p> <p>Within the first 6 months of the project, there has been significant learning in terms of expanding the initiative and there are now plans in place for Community Investment sessions with all new tenants- to promote the benefits of Timebanking and to encourage individuals to register and start volunteering. Relationships have been developed with</p>	<p>RAG</p>

	<p>Barry Job Centre and a monthly Timebanking session will start shortly, for tenants to learn more about the scheme and register as a volunteer.</p> <p>The Community Investment team has built relationships with other agencies in the Vale to promote Timebanking and identify new volunteering opportunities. The support of other agencies in registering tenants for Timebanking and issuing credits is proving to be a great success. The agencies signed up so far include Flying Start, Barry Community Mental Health Team, Innovate Trust and Hafod Care.</p>	
<p>To have established 3 innovative Timebanking projects to benefit the local community, including rural areas</p>	<p>During the first 6 months, two innovative projects have been launched focussing on Wellbeing and Community Cohesion and there are plans in place to develop further initiatives over the next 6 months. This will include incentivising the estate walkabouts, launching an event in the rural Vale and running a community day in the central estates area.</p> <p>Improving wellbeing –</p> <p>Working in partnership with Amy Evans Community Mental Health team, a project has been developed to provide volunteering opportunities for Council tenants who experience poor mental health and wellbeing. As a result, 15 tenants known to Amy Evans have signed up as volunteers in order to focus on green space activities. The group have already taken part in volunteering at Porthkerry Park, Cosmeston Lakes Country Park and the Community Garden in Gibbonsdown. Those who took part have reported an increase in their wellbeing as a result of being outdoors and a reduction in social isolation. The experience has brought people together and they are eager to continue volunteering. The group banked enough volunteer hours for them all to go paint balling.</p> <p>Community Cohesion –</p> <p>The STAR group are one of the excellent resident boards, committed to improving their local community and broadening their membership. They are based in Penarth covering the St Luke's/ St Paul's Avenue area. In the past, the wider community has not tended to engage with the Council and there have been a number of low level anti-social behaviour</p>	

	<p>issues in the area- which could be tackled through positive community engagement.</p> <p>The STAR group have embraced Timebanking and supported staff to promote it in the area -with the aim of registering residents to take part in regular litter picks to help improve the local environment. The group also worked with the Community Investment team to arrange a community day during the Easter holiday which included a number of children’s activities. The event was staffed by volunteers and well attended by local residents who enjoyed the day. One tenant shared that it was “amazing having this on my doorstep – I got to meet new people living in the area and the kids loved the eggs”. During the event an additional 6 tenants signed up and indicated they would like to take part in activities such as litter picking, planning a summer event and befriending in the area.</p> <p>By encouraging tenants to register for Timebanking, staff have worked with them to build a strong sense of community, reduce the amount of money spent on dealing with fly tipping and increased membership of the STAR group.</p>	
<p>70% of tenants who engage in Timebanking report gaining new skills</p>	<p>80% of volunteers have reported an increase in skills which evidences the value of volunteering. Not only have tenants brought additional value to the local community through volunteering, they have also gained a range of new skills which include: gardening, public speaking and interview skills. All of these skills will support tenants in accessing employment or going on to be involved in other volunteering services. Some volunteers have engaged in green space activities or community events which have not necessarily created leaning opportunities. The purpose of these events has been around reducing social isolation and building stronger communities. Over the next 6 months there will be a renewed focus on learning and training programmes for volunteers.</p> <p>5 tenants who have signed up to Timebanking have also engaged in training to gain additional skills. All of those who have engaged in training activities (run through the Community Investment team) have rated the training as good or excellent.</p>	
<p>60% of those who engage in Timebanking report increased</p>	<p>Evidence suggests that many tenants battle against low self-esteem and confidence which impacts on their ability to seek employment or become involved in community activities.</p>	

<p>self-esteem as a result of volunteering</p>	<p>Volunteering activities have therefore focussed on improving self-esteem by showing their volunteering time had been recognised.</p> <p>Tenants were asked to rate their self-esteem when they first registered with Timebanking and again after various time periods following volunteering- to enable the difference made to be monitored. 72% of our tenants volunteers initially rated their self-esteem to be average or below, with 26% recording it to be low. When tenants were asked again following volunteering, this improved significantly with 86% of tenants advising their self-esteem was now good or excellent. This shows that although the numbers engaging with Time banking are not yet as high as anticipated, there are huge benefits to the individuals taking part.</p>	
<p>70 Young People living in Council properties get involved in volunteering via Timebanking</p>	<p>In order to build strong cohesive communities, the importance of getting young people involved in community activities is recognised. Not only does this reduce the amount of youth annoyance in areas, it also enables young people to make a valuable contribution to the local community.</p> <p>Since the launch, 14 young people have registered and taken part in a volunteering activity, which is just over 10% of the total number of volunteers registered. In addition to Council tenants, staff have worked with specialist services to engage young people identified with a mental health condition-in volunteering activities are who wish to move into their own accommodation.</p>	
<p>Tenants and residents report feeling valued for their contributions to the community</p>	<p>Awareness of Timebanking and the benefits of volunteering is growing amongst Council tenants and individuals are starting to see how this can impact on their local areas. In the first 6 months, the focus has been on projects which reduce social isolation and promote cohesive communities. Examples include volunteering at the community garden in Gibbonsdown, running a community event or delivering leaflets. As a result of these activities, tenants who have engaged with Timebanking report feeling valued and appreciated by the wider community.</p> <p>When registering with Time banking, tenants are asked to score their current involvement</p>	

	<p>with the local community and then again after actively being involved in volunteering projects. 73% of tenants initially rated their community engagement levels as average to poor. 80% of that same group of tenants rated their community engagement as good to excellent post volunteering.</p> <p>100% of tenants who have engaged with Timebanking, report feeling valued by the local community. This represents a huge shift in perception particularly as this demographic group has not previously been involved in volunteering or community work.</p>	
<p>Greater ability to deliver effective services with the resources available</p>	<p>There has been a significant amount of promotion and marketing of the project during the first 6 months and start up activity in bringing partners on board to support the sustainability of the project and registering tenants via Spice. The volunteers are already bringing benefits to the local community and supporting us to do more with the resources available.</p> <p>Community events take a significant amount of staff time to arrange and deliver on the day and volunteers give added capacity to the Community Investment team. For example volunteers from the STAR Group contributed to a recent community event in St Luke's Avenue, taking the lead in organising and managing the event. As a result they gained valuable organisational experience, but also increased peer involvement as it was seen as an event run by tenants for tenants.</p>	