

AMBITIOUS

OPEN

TOGETHER

PROUD



**Timebanking**  
**6 month progress report**  
**Community Investment Team**

# Overview

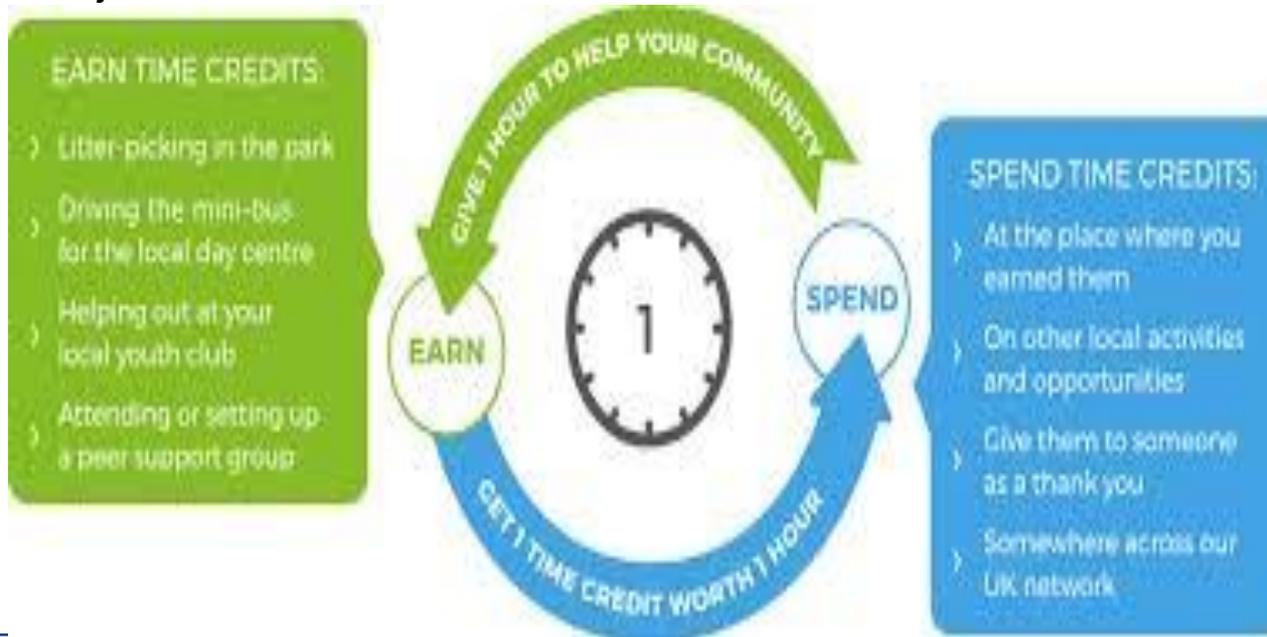
Community Investment are responsible for developing a range of initiatives to engage tenants and enable them to gain new skills whilst building cohesive communities.

- Volunteering can bring communities together, improve areas and build cohesion.
- Volunteering benefits both those giving their time and the wider community.
- Volunteering increases self-esteem, grows new skills and builds confidence
- Very low numbers of tenants were engaging with traditional volunteering services
- Timebanking was the answer for the Vale



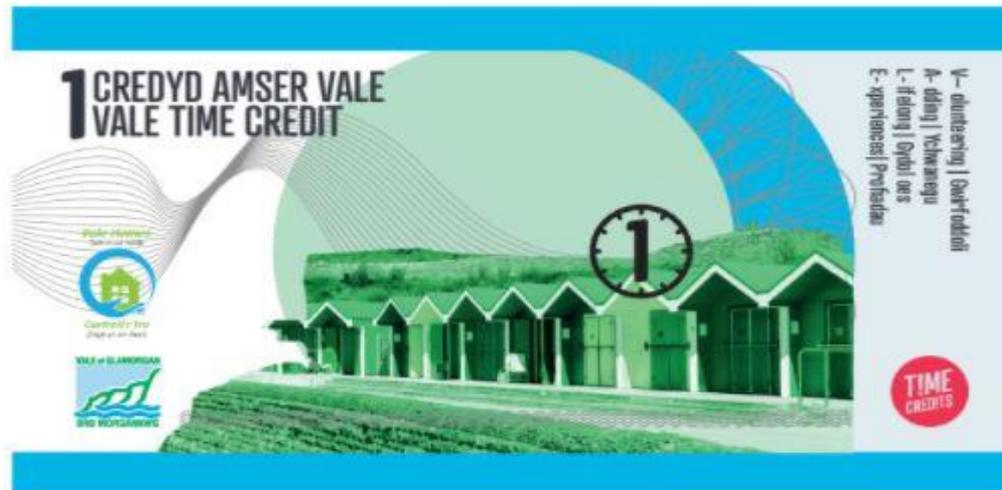
# Partnership – Community Investment and Tempo

- Working together with Spice to manage the scheme within the Vale
- Recruit local businesses to create spend opportunities
- Design of our own Vale Home's Time Credit currency
- Supporting in running local community events and activities
- Established a steering group that meets regularly
- Project was launched to tenants in December 2017



# 5% of tenants engaged

- 364 tenants signed up to Timebanking (October 2018), exceeded the 5% target with 9.5% of tenants signed up to the scheme
- Generated 1660 hours of volunteering within the Vale (October 2018)
- Significant increase in volunteering activity during the summer months
- 88% of those registered live in Barry, volunteers also registered in Penarth, Llantwit Major, Cowbridge, Dinas Powys and Sully
- 45 tenants have engaged for over 6 months



# 2018 Time Banking Big Impact

- 80% of tenants report improved quality of life as a result of engaging in volunteering activities
- 85% of tenants feel more able to contribute to the community they live in
- 87% of tenants report developing new friendships and social networks
- 76% of those engaging report feeling less isolated and lonely as a result of engaging in community based volunteering activities
- 68% of those engaging report increased feelings of well being as a result of engagement
- 87% of tenants reported an increased sense of self-worth and self-esteem



# Establish 3 Innovative Timebanking projects benefiting local communities

## 1. Improving Health, Wellbeing and Mindfulness

Working in partnership with Amy Evans Mental Health Team

- Creation of volunteering opportunities for tenants who experience poor mental health and wellbeing.
- 20 tenants signed up as volunteers to focus on green space activities
- Volunteering at Porthkerry Park, Cosmeston Lakes Country Park and Barry Community Allotments (Gibby Green Fingers)
- Reported increased feeling of wellbeing from the sensory impacts of being outside and a reduction in social isolation
- Volunteers will be using time credits for a team building day at Taskforce



# Establish 3 Innovative Timebanking Projects benefiting local communities

## 2. Community Cohesion

- Working in partnership with STAR residents group in Penarth
- Residents are committed to improving their local community, getting people involved and attracting new members
- Easter community event
- Skip amnesty event
- Additional 6 tenants registered for Timebanking at the event
- “amazing having this on my doorstep – I got to meet new people living in the area and the kids loved the eggs”



# Establish 3 Innovative Timebanking Projects benefiting local communities

## ➤ Tenant Champions

Working with local grass roots community groups, residents boards and individuals to run events such as

- Ty Iolo Bike Club
- Halloween activities at Hathaway and Stratford

## ➤ Improving green spaces

Partnership between CI Team, Gibby Green Fingers and Colcot Residents Board to develop Margret Avenue Community Garden

200 volunteering hours have been generated by local people within this project



# 70% of tenants report gaining new skills

- 80% have reported an increase in skills as a result of engaging with Timebanking
- These have included.....
  - Gardening
  - Public speaking
  - Interview skills
  - Sports Coaching
  - Administration



- These skills can enable tenants to access future employment, training or volunteering opportunities which otherwise may have felt out of reach
- 2 volunteers have secured employment since engaging
- 52 Volunteers have engaged in training courses run in partnership by the Community Investment Team

# 70 Young People getting involved

We believe that it is important to get as many young people living within our communities involved in volunteering as possible.

- 151 young people registered within the first year
- We are currently working hard to with the Mayor of the Vale of Glamorgan partners to increase engagement with young people.



# 60% report increased self-esteem as a result of volunteering

Low self-esteem and confidence is a significant issue for many of our tenants which can impact on their ability to seek employment or become involved in community activities.

➤ Prior to volunteering

- 72% of tenants registering reported their self-esteem to be average or below
- 26% recorded it as low



➤ After volunteering

- 86% of tenants registered reported their self-esteem is now good or excellent as a result of volunteering

# Tenants and residents feel valued

- 100% of those engaging in volunteering activities reported feeling valued by the local community
- Community groups are now approaching us with ideas for how we can work together within local areas
- Building community links and empowering tenants to take the lead
- Working together as a community to bring about change



# Time Credit Spend

- End of Q3 644 credits had been redeemed, the most popular spend partner in the Memo as well as visiting local attractions such as the Royal Mint.
- 18% of total vouchers were redeemed at Barry Memo
- 15% Legacy Leisure (Barry)
- 13% Techniquest
- 13% Glamorgan Cricket Club
- 10% Principality Stadium
- 8% The Royal Mint Experience
- 5% Barry Town
- 4% Taskforce Paintball
- 2% Wales Millennium Centre

Remaining 12% have been spent across a variety of locations

# What next for Timebanking in the Vale?

- Summer Holidays – involving teenagers with holiday projects (SHEP, Sports Coaching, Community Events)
- Timebanking Celebration event planned for March 2019 (similar to the Inspire Awards set up)
- Focus for 2019/20 will be the rural Vale, with aim of starting volunteering projects in St Athan, Rhose and Llantwit Major
- Hosting the first “Volunteering in sport Fayre” in March 2019 at the Memo
- Developing more community spend partners within the rural Vale to increase spend opportunities
- Work with partners to develop a model for sustaining Time Banking within the Vale of Glamorgan

# Case Studies



# Case Studies

## Vale Food Bank

My name is W and I am a volunteer at Coastlands Food bank based in the Colcot area of Barry. I have been volunteering for about 6 months. I heard about the time credits from one of the volunteers and met with Anne-Marie the Food bank coordinator and Mark Ellis, Vale Time banking lead to become a Time banking member.

The time credits have benefited my family as my children are all older and like going to see shows and cinemas which can all add up when you have more than one.

We are currently looking at what activities we can go to in addition to the cinema and shows. The time credits will certainly help with expenses, we are currently looking at snow boarding or shows at the Wales Millennium Centre.

In addition to earning time credits I have now been employed on a temporary basis with the Food bank until Christmas so it's been a great experience all round'.

# Case Studies

## Barry Hospital Time Bank

Working with the local Public Health Board the group are working on improving the area thanks to volunteering from Timebanking members from Gibby Green Fingers.

Beautiful Barry and Vale Homes are working to regenerate the hospital garden areas with local partners, staff and patients to improve the grounds.

Barry Hospital General Manager, Peter Welsh will be working with Mark Ellis to set a number of volunteering days for local people to get involved and earn Time Credits.

Nicky, Volunteer Garden Manager at Gibby Green Fingers commented “The group visited the site to earn Time Credits and worked hard in restoring the planters to use. We also managed to cut the hedges and weed all the paths so that the patients can enjoy their surroundings. My 6 year old daughter earned 3 time credits and went to the local Memo Arts Centre to watch a show”.

# Case Studies

## ‘Volunteering is making me so happy’ – Pave the Way

‘I get worried about new situations and people. I get really nervous and anxious. This has stopped me from doing volunteering for a long time.

I met with Clare from GVS Pave the Way in February, I was nervous and didn’t think I’d like her. She talked about volunteering ideas and offered to help me find a place that would work for me. I felt happy about that.

After trying a few volunteering ideas, I found a nice place in Barry to volunteer. Its’ been really good for me, helping me and get me making friends. Clare has been helpful to me and she told me about time credits.

If you’re a Vale housing tenant you can volunteer and earn a time credit that you can spend in lots of different places. They have helped make me more active after I finish volunteering. I’ve been to the Gym, and Cinema and also I can treat my friends and family to night out to the cinema with my time credits.

I’m a young lady who should be out and about having fun and time credits have helped me do that.

My relationship with my mum has got better too since volunteering, she doesn’t worry about me and sees I have a life of my own.

I’m really happy now’.