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Limited company number 6707365, charity number 1132577

## Trustees Report 2013

Time banking is a fast developing and exciting way for people to come together to help others and to get help for themselves through reciprocal volunteering and the exchange of skills. Members 'deposit' their time in the bank by sharing skills or helping others, and are able to 'withdraw' time when they need something in return. Time Banks are based on the principle of coproduction, and recognizing the assets within our local community. In a time bank, *everyone* becomes both a giver and a receiver.

### **Everyone's time is valued equally: One hour = 1 time credit**

Participants can spend their time credits on the skills and support of other participants when they need a helping hand. People help each other out with everything from making phone calls to sharing meals and giving lifts to the shops - anything that brings them together. Time credits can also be earned by helping in the community. As such Time Banking has an economic benefit as well as improving well-being and building social networks.

### **Background**

In February 2008 Drs Kevin Brinkhurst and Gemma Anson, GPs based at Paxton Green Group Practice (PGGP) submitted a proposal to Lambeth Primary Care Trust (PCT) for a time bank in this area and were delighted when the PCT agreed funding for 2 years. The current staff team consisting of a full time development manager and two part time brokers came into post in September 2008, and in the first year set up offices in Kingswood House, and registered Paxton Green Time Bank as a charity with the Charity Commission. There are currently eight trustees who meet monthly.

### **Achievements over the past year**

During the past year we have celebrated many successes including being selected as a mentor project and example of best practice for a national Department of Health programme supporting the growth of time banking opportunities for older people in health settings. Our Development Manager has spoken and run workshops at a series of national road shows, and offers monthly telephone support sessions as part of her mentoring role.

We have also been successful in receiving funding and support from Southwark Council this year, and are working with Social Services to look at time banking opportunities through Personal Budgets.

Paxton Green Time Bank, through our 1-4-1 outreach programme, has also developed a training package that we have delivered to a variety of organisations in the past year, which has led to the development of two new time banking hubs with more in the pipeline.

In terms of publicity, we have developed an online forum that members and interested organisations can now use to contact us and ask questions through our website, and we were also featured in the Independent on Sunday in an article discussing the rise of bartering in the economic downturn.

### **Current activities and membership**

We are about to complete our fifth year as a Time Bank and are currently able to offer over 190 different skills to the local community through our members. These range from belly dancing to teaching guitar, with a lot in between. Members are also encouraged to spend credits accessing training, theatre tickets and gallery passes from our organisational members and on social activities and days out.

Members come to the Time Bank through GP and other professional referrals, word of mouth and community links to other organisations. Our membership is diverse, and includes many people with a variety of long-term health conditions, both mental and physical. Our oldest member is 91 and the youngest is in their early 20's, although we do engage with younger people and children as part of 'family memberships'. We do not require members to divulge their age, sexuality or ethnicity unless they offer the information, as Time Banking aims to be fully inclusive with the idea that an hour is an hour to anyone.

### **Future**

We look forward to the future of Paxton Green Time Bank, and hope to continue our steady growth through the 'hub' model where members come together geographically into smaller groups within our catchment area. This work is forming the basis of our '1-4-1' partnership project. Our partners are the Metropolitan Housing Association, the London Community Foundation, Southside Rehabilitation Association and the Lambeth Resource Centre. This will support the development of stronger organisational membership, with more community groups and voluntary sector organisations pooling people and resources, reducing replication and waste, and co producing local community wellbeing.

The development manager and trustees work non-stop applying for grants to allow the Time Bank to continue its work in the next few years.

We are very grateful to the following funders during the last year:

London Catalyst Special Interest Grant  
Woodward Trust  
Wakefield and Tetley Trust  
Peter Minet Trust  
City Bridge Trust  
Network for Social Change  
Southwark Council Community Capacity Fund

### **Trustees:**

Sue Gillie (Chair)  
Christine Warren (Treasurer)  
Tyrrell Evans  
Alex Fradera  
Joseph Boateng  
Olukemi Adeboye  
Vanessa Gould Crouch  
Jenny Park

### **Staff members;**

Alison Paule - Development manager  
Suzanne Worrica - Time Bank Broker  
Nicole Worrica - Time Bank Broker