

Summary

The Rushey Green Time Bank has successfully continued in supporting members, developed and created projects so that people can get involved in the local community, exchange time, create friendships and feel a sense of belonging. The taking part has benefited peoples' health and well being.

As well as regular weekly Time Bank drop in sessions, the Wild Cat Wilderness green space has flourished with more people getting involved in volunteering and coming together to learn about nature and enjoy the space. The Time Bank has launched the Lewisham Local Community Contributor Card to recognise the valuable role of people that give their time locally.

By March there were **500** members performing **3875** hours of volunteering, plus over **450** users of the Wild Cat Wilderness.

Finance

Our trading figures for 2015-16 show an income of £143,090 and an expenditure of £134,276. Full accounts are included in our Annual Report, submitted to Companies House and the Charity Commission. They are also posted on our website and copies are available on request.

Rushey Green Time Bank

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Website: www.rgtb.org.uk

Registered Charity number - 1101616

Registered Company number - 4681564

Registered office - The Primary Care Centre, Hawstead Road,
London SE6 4JH

Our success

"After first finding out that the Time Bank existed, and what it was, it seemed like a good way to get more involved with the local community, meet like-minded people, and generally get more involved in (what I have now discovered) is a thriving local community"

"The time bank is very important to me for friendship and doing things. Making connections with new people. Members like me help me help other people"

"In London, many families don't have access to gardens or the countryside. The Wildcat Wilderness gives all its users access to a very special place. Untamed countryside, orchards, a vegetable patch, fresh air, places to hide, places to play, places to cook, places just to be with nature, all within a few hundred yards of Catford Town Centre."

"Using my Community Contributor Card makes me feel extra pleased about being a volunteer in Lewisham"

As a result of getting involved in the Time Bank...

98% have met other people

88% feel more useful and valued

92% feel more connected to the local community

81% feel their health and well being has improved

98% feel proud of being part of this community project

Funded by



Rushey Green Time Bank Annual Review 2015-16

"The time bank offers the opportunity to meet people in ways that no other project does and quietly creates and connects people who wouldn't normally meet each other, valuing everyone."





RUSHEY GREEN TIME BANK

Local people sharing time and skills to build happier, healthier communities



Projects and activities

Wild Cat Wilderness (WCW) - www.wildcatwilderness.org

Funded by the People's Health Trust, WCW is a green space managed by the charity where the community can explore nature, learn new outdoor skills or crafts and enjoy the space with other local people. This once neglected, overgrown, littered space is now a thriving community space for volunteering, community events and forest schools.

Highlights of the year:

- Built an outdoor classroom
- Made honey, harvested plums and blackberries to make preserves
- Hosted a 'Big Lunch' event attracting over **100** people
- Held a 'Wild Inside' indoor festival with over **80** people attending



Rushey Green Festival

Hosted by the Time Bank for the Rushey Green Ward the event attracted **1100** residents to the Ladywell Arena transformed with a bouncy castle, live music, activities for children, workshops, food and community stalls.



Lewisham Local - Community Contributor Card - www.lewishamlocal.org.uk

This initiative is designed to recognise the invaluable contribution people make towards improving our communities. This free card gives access to favourable deals from local independent traders who want to support 'community contributors'. Setting up the scheme from scratch has been a major undertaking. By March 2016, **45** community organisations had enrolled, over **600** volunteers owned a card and **90** traders were participating.

Community Connections

The charity is a partner of the Lewisham Connections consortium led by AgeUK, a preventative programme delivered by the partners and aimed at supporting vulnerable adults to improve their social integration and wellbeing. In 2015-16 the Community Connections team supported **617** people and made **350** development visits to groups to identify potential services to which people could be referred. Some of the referred individuals also become volunteers.



European Time Bank Network

The Time Bank has been involved with European colleagues from Russia, Ukraine, Czech Republic, Italy, Romania and France to explore youth exchanges across borders and provide opportunities for volunteers to come help enhance the time banking work in Lewisham.



NEW DEVELOPMENTS

FoodCycle Lewisham - my.foodcycle.org.uk/hub/lewisham-hub

The charity started a FoodCycle initiative as a franchise of the national charity that runs volunteer-powered community projects across the UK, all working to reduce food poverty and social isolation by serving tasty, nutritious meals to vulnerable people. FoodCycle Lewisham provides a space where isolated adults and local people on low incomes can come together to cook and enjoy a free healthy meal once a week. Plans are to deliver **1,000** meals served during the 1-year initial project funded by the People's Postcode Trust.