



Appreciative Poetry

A collection of poems
created by Rushey Green
Time Bank members



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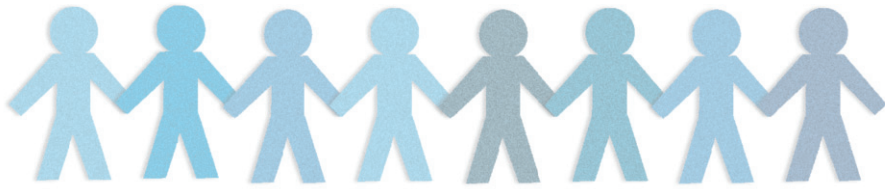
Rushey Green Time Bank - Registered Charity No 1101616 - a company limited by guarantee, registered in England and Wales Company registration number 4681564

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FoodCycle Lewisham

Welcome to FoodCycle Lewisham. Our meals are free, but we kindly accept donations to help cover the costs of running the meal every week.





Appreciative Poetry

An Appreciative Inquiry enables organisations and communities to look at what works well in order to learn from that to build a vision for the future.

Appreciative Inquiry methodology encourages the use of creative techniques for the collective and reflective learning process to help participants to think creatively and reflectively on what is important to them about the Time Bank and how they connected to the inquiry's findings. After we identified a list of key learning from the inquiry (our magic ingredients) we asked participants to use words we had extracted from the list to create a poem to reflect their experience with the Time Bank. People then shared their creations in small groups, and a selection with the wider group.

Here we share the poems we wrote and co-created as part of the Appreciative Inquiry in 2019. We hope you enjoy them.

Thank you to all the people who created these poems and contributed to our Appreciative Inquiry. We hope they inspire you to get more involved with Rushey Green Time Bank.

I like to talk about Catford. Because I meet new friends and I communicate to people.

I have been enjoying doing craft lessons with time bank. So I can put my creativity into it. That makes me really happy and cheerful.

I have been doing gardening with Wildcat. Because it helps me relax and helps me stop worrying.

I have been with Timebank for six years.

I have been really enjoying the art classes and making friends.

It gives me pleasure to my life.

And I would like to thank you all.

For what you have done for me. Thanks



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Never bereft of purpose or challenge
But in our own time and space, no race
To produce results
Meeting and greeting and socialising
With value and positivity, creativity
Impacting all,
It doesn't matter who or how or why you are
Overcoming any fear to gain confidence
And satisfaction
That we can work together and are proud
Of the community built through sharing, caring and
developing friends,
Although the intent and goals sought are valued,
Not as much as the self-worth and progress,
We all make small steps,
Fun, well-being, mental and physical health,
Large benefits for what seems small effort, though isn't,
Because joy doesn't feel like work,
Love of community, of people and of place, Time bank,
Revitalises me every day, in every way and
I bless the day I joined

A time to give
And a time to receive
A time to learn new skills
And a time to share new skills
A time of need
And a time of opportunity to help
A time of being involved in socialising
A time to have fun together
A time to build friendships
A time to feel positive and valued



Being part of the Time bank is developing more skills,
making friends,
It's helping someone when they are not feeling
well to make them feel better,
It's built my confidence to go forward,
It helps me relax when I relax,
Being happy sharing and being positive
and helping others
Having some fun at the seaside,



A time to create new ventures within the community
Confidence – slow build have time to develop
No pressure on members – very important
No judgement, accepted as who we are
Meet people not like ourselves
Inspiring

I am going through a new phase in my life
creating an independence in my life and being
positive of the future
it is rather challenging at the moment
but i am overcoming and getting involved
in opportunities
within my community



There was once an environment filled with mess
that was used to help friendship and skills progress
from this challenging trip
with the aid of a skip
we created the wildcat wilderness

The goals of the people are many not few
with the impact that friendship has on you
the knowledge and ideas we learn on the run
involves purpose, wellbeing opportunity and fun
feeling valued and having a sense of self-worth
can overcome the challenges failed by the earth

(T)ime bank

(I)s

(M)eeting, learning, giving and socialising

(E)njoying all Time bank has to offer

(B)eing in a positive environment

(A)mong friends creating and overcoming

(N)ew challenges and

(K)nowledge build up among friends and
new acquaintances in safe environments

Challenging!

That's what it is for me meeting new people.

Overcoming!

My shyness enough to open up and engage with others.

Confidence!

Is what I gain when I connect with the right people.

Sharing!

Which is something that gives me joy.

Creating!

Something that is appreciated

Self-growth!

When I can bring a smile or a laugh to
someone who needed it.

Positive people valuing each other together
in teams with a purpose,

Creating opportunities and a space to experience
wellbeing when they show what they have

Having an impact on people's lives
Sharing, giving and receiving
To have a positive purpose, a goal
Is so fulfilling and good for the soul.



feeling proud in a crowd,
is about sharing our purpose,
fun together and inviting
people to
invite and give and overcome
to receive

A team of people within a community giving
and receiving support.
Developing friendships, self-worth confidence.
Gaining satisfaction working towards goals.

Time bank is a place making
Giving as receiving
Sharing as creating
Learning as relaxing
Together, we make Time bank a community with
Friendship, fun and love

Feeling the good vibes from happy sun shining
smiling Time Bank faces



Rushey Green friends working together
growing in the wilderness together
getting a healthy community together
growing together, eating together, being together
