



**RUSHEY GREEN TIME BANK**

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



# RUSHEY GREEN TIME BANK CELEBRATING

# 20 YEARS



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

# HISTORY

In 1998, Dr Richard Byng at the Rushey Green Group Practice instigated the idea of a Time Bank. In 1999, in partnership with the New Economics Foundation the Time Bank was piloted as an innovative way to promote wellbeing, health, social inclusion and social capital locally. Dr Byng was convinced that increasing their contact with other people could help many of his patients who presented themselves with symptoms of depression and isolation. He also hoped to find a framework in which they could feel useful to society and needed by others. In 2003, the 3 year pilot project, where the Rushey Green Time Bank had been funded and managed by the New Economics Foundation came to an end. Management of the project was handed over to staff, and a steering group consisting of time bank members and the Rushey Green Group Practice was formed. In 2004, Rushey Green Time Bank become a registered charity.

*“The Time Bank is celebrating 20 years of exchanges and reciprocity. That is quite an accolade and achievements and no mean feat. The dedication of its staff, time bank members and trustees make this all possible.”*

## Celebration of Awards

London Health Commission  
‘Outstanding  
achievements in  
partnership with the NHS.  
Activities that bring  
together the work with  
NHS Staff to improve  
health and well-being.



City of London Sustainable  
City Award for Access to  
goods and services for  
disadvantaged

Dr Edgar Cahn Award  
For pioneers in enlisting the  
community to co-produce  
Health & Well-being.

## CORE VALUES

**ASSETS:** Time Banking values people and recognises that everyone has something special to offer others knowledge, skills and time. Every human being has the capacity to be a contributor.

**REDEFINING WORK:** Work must be redefined to include whatever it takes to raise healthy children, build strong families, care for the frail and vulnerable, make neighbourhoods safe and vibrant, make democracy work, advance social justice.

**RECIPROCITY:** Giving and receiving are the basic building blocks of positive relationships, and health communities. Wherever possible, we must replace one-way acts of generosity in whatever form with two-way transactions. “You need me” becomes “We need each other”.

**SOCIAL CAPITAL:** Belonging to a community or a social network gives our life more meaning, more quality and can rebuild trust between people. Networks are stronger than individuals. Social Networks require on-going Investments of social generated by trust, reciprocity and civic engagement.

**RESPECT:** Respect underlines freedom of speech, freedom of religion, and everything we value. Respect supplies the heart and soul of democracy. We must respect where people are in the moment, not where we hope that will be at some future point.



Rushey Green Time Bank helps Lewisham's Community get together to support each other and help themselves by sharing skills and time.



"Rushey Green Time bank is my extended family who accept me as I am, a place where I can grow in confidence with the support of other members and staff, a safe place in a busy and confusing world".



"I feel lifted, especially being able to share tips and problems. I was really isolated before joining Rushey Green Time Bank".



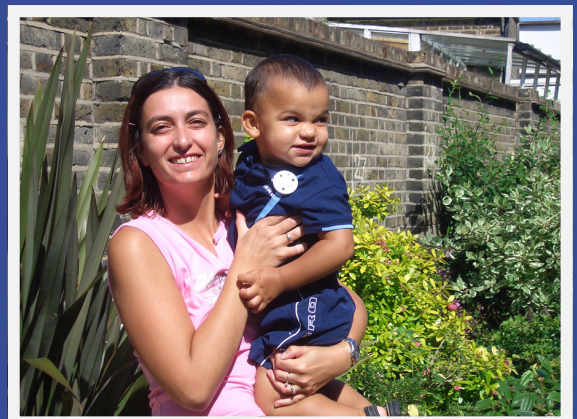
“The Rushey Green Time Bank has a proven record of improving mental and physical wellbeing amongst our patients by supporting people in their environment”.

Dr A Febles  
Rushey Green Group Practice



“I love coming to the Time Bank, great staff, always get help from other members and it is a great place to be”.

“I feel part of a community doing things for others without money being involved”.





“The Time Bank has added richness to my life, friends, a community, a feeling of being of use and of all the kindness there”.



“Time Bank gets me out of the house, also I meet new people and form meaningful Relationships.”

“I truly enjoy being part of this Time Bank. I have met new friends through it ,and the staff are all fantastic. It’s a place where I can help others, build friendships and build my confidence. Long may it last as I would be lost without it. It’s vital to have in the community.”





“I have made lasting friendships, and truly enjoy these wonderful people”.



“Socialising is very important, so many people are isolated and lonely”.







# BRING &ND F-X

"Bring & Fix is all about local people coming together to share their skills and knowledge to help each other"



"Bring & Fix is like a magnet and a diffuser of energy when local people share their skills and talent with others in a fun environment".



"Bring and Fix is such a great concept and a good resource for the local community".

**RUSHEY GREEN TIME BANK**

Do you live in Rushey Green?  
Want to learn something new?

**6 Week Arts & Crafts Courses**

**Arts and Crafts**

★ Friendly and supportive Courses for over 55's ★ Light refreshments

| Course 1                  | Course 2             | Course 3                 |
|---------------------------|----------------------|--------------------------|
| 23 February to 30th March | 20 April to 25th May | 8 June 2017 to 13th July |
| 10am to 12 noon           | 10am to 12 noon      | 10am to 12 noon          |
| 6 weeks                   | 6 weeks              | 6 weeks                  |
| Contribution: £12.00      | Contribution: £12.00 | Contribution: £12.00     |

Enrolling: Tel: 020 7138 1772 Email: [rusheygreen@gmail.com](mailto:rusheygreen@gmail.com)  
Leave your name and contact

**Place Ladywell Address:**  
261 Lewisham High Street,  
Lewisham SE13 6AY  
(Entrance to Rushey Green Time Bank  
please walk round the back  
along Longbridge Way)

Lewisham Time Bankers - Beside Good Chaitin No. 1101616



"I really enjoyed the Jewellery making workshops".

"I like learning and making new things".



"At the craft group I have met new people, make new friends and we all enjoy doing the same activities".



LEWISHAM

FoodCycle Lewisham is run in partnership with Rushey Green Time Bank and FoodCycle. The project aims to reduce food waste and provide in a place where local people can come together to enjoy a FREE healthy and delicious meal once a week.



“A big thank you to all at Food Cycle and the Irish Community Centre”.

“FoodCycle is wonderful—it brings people together to socialise with others breaking loneliness”.



“This project has been life changing/life saving for me”.





“Friendly volunteers and atmosphere”.

“Foodcycle helps me beat isolation”.

“I get to interact with all different kinds of people”.

“I like to give back to the local community and learn new skills”.



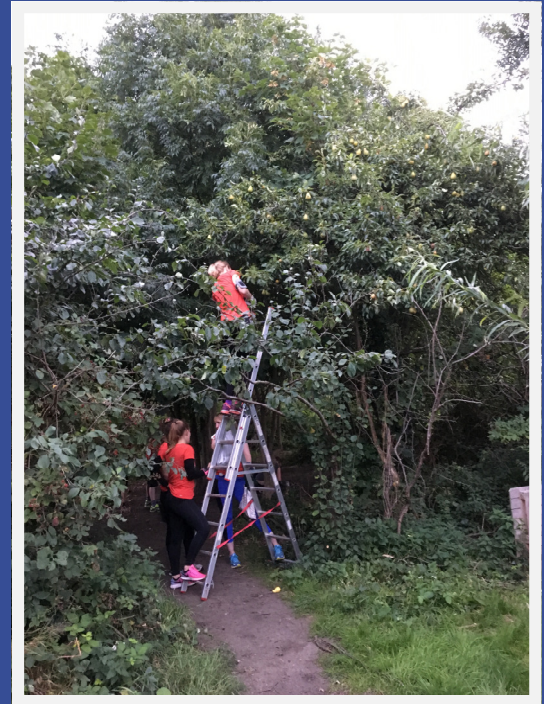


"Wild Cat Wilderness is a community green space in Catford coordinated by Rushey Green Time Bank. It is a natural Wilderness off Catford Hill".



"My children and I have learned lots and it's just lovely to have a place to come and explore nature and to relax and learn new skills."





"In London, many families don't have access to gardens or the countryside. The Wild Cat 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."

"I really appreciate the sense of belonging to a community that I gain from being involved. I only ever come away feeling uplifted and optimistic".





Lewisham Local hosted by  
Rushey Green Time Bank

Connecting community through giving to grow  
local pride, fairness, equality and opportunity.

Lewisham Local Card is  
given to local volunteers  
who give their time for  
free. Local businesses  
offer discounts and deals  
to thank the volunteers  
for what they do in the  
community.



5,500 volunteers have a  
Lewisham Local Card!

320+ businesses offering a  
discount to local volunteers!





# LEWISHAM COMMUNITY TOILETS



Lewisham Community Toilets was commissioned by Lewisham Council as an alternative to public toilets. Local businesses allow the public free access to use their toilets without needing to buy anything. Stickers in their window tell you they are part of the scheme.

Over 65 Community Toilets  
Free to use All across  
Lewisham!



You can now refill your reusable water bottles in over 70 businesses across Lewisham. The scheme aims to reduce single-use plastic waste and help protect environment.

**TIME** for some statistics from members..



**98%**

Have met other  
people



**92%**

Feel part of a  
group



**88%**

Feel more useful  
and valued



**74%**

Feel more  
supported



**92%**

Feel more  
connected to the  
community



**81%**

My health &  
wellbeing has  
improved



**Connect...**

**Be active...**

**Notice...**

**Keep  
learning...**

**Give..**

# THANK YOU

Bellingham Ward Assembly  
Big Lottery  
City Bridge of London  
Colfe's School  
Co-op Community Fund  
Deutsche Bank  
D'Oyly Carte Trust  
Greggs Foundation  
Health Wisdom  
King's Fund  
Leathersellers Company  
Lewisham Council  
Lewisham Primary Care Trust  
Lloyds Bank Foundation  
London Catalyst  
London Funders  
L&Q

Merchant Taylor Company  
Parlez  
People's Health Trust  
People's Postcode Trust  
Prudential  
Ravensbourne Rotary Club  
Rushey Green Ward Assembly  
Rushey Green Group Practice  
Sainsburys  
South London & Maudsley Trust  
Sustain  
Tesco's Bags of Help  
The London Development Agency  
The London Food Link  
The London Health Commission  
The Truemark Trust  
Well London

**Thank you** to all those who have made personal donations to the Time Bank over the years.

**Thank you** to the members who have fundraised by selling their lovely handmade items at table sales.

**Thank you** to all the Wild Cat volunteers who have helped build our green haven in Catford.

**Thank you** to all the FoodCycle volunteers who make a delicious 3 course meal for over 40 people every Saturday.

**Thank you** the past and present staff and trustees, the charity wouldn't exist without you!

# 1998 - 2018



**Contact Details:**  
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**Charity No: 1101616**  
**Companies No: 4681564**