



RUSHEY GREEN TIME BANK

ANNUAL REVIEW
April 2012 - March 2013



TIME BANK

Time banks are communities where everyone is welcome and has something of value they can offer, and everyone is both a giver and a receiver of help. It works by facilitating the exchange of skills and knowledge within a community, building the 'core economy' of family and community by valuing and rewarding the work done in it. Time banking values everyone's time as equal, 1 hour equals 1 hour, or 1 credit. For every hour you spend helping someone in your community, you are entitled to an hour of help in return. All manner of skills are recognized, from walking with someone to baking a cake.

Our vision

is to achieve a cohesive community in the Rushey Green area, where neighbours know neighbours and can rely on each other for help and support. Where people of different ages, cultures, backgrounds and abilities interact with each other on an equal footing and with mutual respect and understanding.

The vision is growing and the time bank is expanding its work within Lewisham.



Time banking in Health & Social Care

"The time bank is seen as a world leader in using the principles of time banking in a health setting, to create a cohesive community in the neighbourhood made up of volunteers ('members') who are active in doing something for their health and wellbeing, and for each other. As such, the time bank is an extremely resourceful arm of the practice as it provides the GPs with alternative options for their patients who suffer from isolation or depression and need a framework to be occupied and feel that they are valued and belong. The volunteer members provide help to the practice with our mailings. They participate in the Patients Forum Group and at various health and wellbeing groups and events. They are more than volunteers as their ultimate aim is to build a sustainable and trusting community to restore the sense of neighbourhood there once was"

*Antonia Makinde
Practice & Finance Manager, Rushey Green Group Practice*

Rushey Green time bank is the first UK time bank to be based in a health care setting where it has established a reputation for pioneering work in this field. The time bank supported Time Banking UK promoting a National Health and Wellbeing project from the Department of Health to reduce isolation and improve the health of older people. This included providing input at conferences and advice to organisations participating in this unique programme aimed at health centres hosting time banks.

Rushey Green also featured in the Caring for our future: reforming care and support' government White Paper of July 2012 when the Cabinet Office considered how people with care and support needs and carers could be best enabled to participate in the lives of their local communities in ways that meet their aspirations,

HIGHLIGHTS

FROM 2012-2013

Lewisham Time Bank Network And Community Hubs

The time bank runs the Lewisham Time Bank Network with the aim to strengthen and sustain time banking in the borough. The time bank provided support and training to other Lewisham time banks and hosted 2 network events. An embroidery and cushion making class also ran for 12 weeks. The time bank has been working on developing a skills training programme for members to be delivered during autumn 2013.

The time bank also organised a Lewisham Time Banking promotional event at the Lewisham Big Screen in Blackheath during the 2012 Olympic Games.

Under Lewisham council's 'Communities that Care' programme, the time bank received funding to establish 5 time banking community hubs, and two extra staff joined the time bank in early 2013 to pilot the hubs until March 2014. The aim of the hubs is to develop an inclusive network of people supporting each other through a time banking initiative of neighbourly community 'hubs', connecting people to others and to various groups. With coproduction as a central principle of working, the participants will be encouraged to be more active and co-design the activities and services they want.

In 2011 Lewisham Council commissioned the SPICE organisation to develop their time credits system for Lewisham. SPICE is a social enterprise working across England and Wales that has developed an approach to engage the many as active participants in their community by linking businesses, public sector organisations, community groups and individuals. The time bank has been involved in supporting the initiative. Collaborative strategic work with SPICE is ongoing to develop a single time banking approach in Lewisham from 2014, which would also underpin the sustainability and expansion of the community hubs.



Enquiries, Visits, Workshops, Training, Promotion

"Your slot was particularly well received. The session on time banking was also identified as "very powerful", as were those where the speaker used practical, hands on exercises to illustrate leadership"

*Leadership Of Empowered And Healthy Communities Programme
Evaluation, February 2013*

The time bank continues to receive numerous enquiries from the UK and abroad about time banking. It has hosted visits as well provided training and workshops at events and national conferences. The Development Manager provided a workshop in Strasbourg at the Council of Europe Conference on poverty and inequality.

The time bank continues to provide an introduction to time banking to visiting Spanish GPs from SPANDOC on 2-week stays in London hospitals and general practice centres.



AGM 2012 Feedback

Regular Activities And Projects And Groups During That Period

Members play an essential role in the running of the time bank. For example: recruiting new members; talking to external organisations about time banking; fundraising; organising projects; organising social events and group activities. Members can also earn time credits when engaged in civic activities. They also produce the welcome packs for the new patients of the Rushey Green Group Practice. By using the skills and time of its members as its main resource, the time bank is an empowering and sustainable tool for strengthening and building the community through its members who co-produce it.

Members have enjoyed a variety of activities and groups: walking Group, chair based exercises, gardening projects, 'Tea & Chat', the 'Drop in', Knitting and Crocheting Circle, outings and social events.

The Community garden, in a large unused stretch of land in Catford, has been progressing after a very wet 2012! A dedicated core group of people regularly attends to clear what had become a gigantic dumping ground during years of neglect. It has proven to be very enjoyable and a great way to make new friends.

Members of the time bank are also encouraged to be involved in the affairs of the local community, and they attend the Local Assembly where residents work with the local government to shape the future of their neighbourhood

"I have been at Rushey Green Time Bank since 2000 when my husband was sick and I was feeling down. My doctor recommended that I join the time bank. Since then I have been busy doing befriending, earning time credits helping at the surgery and at the office. I have accompanied someone to the hospital, picked up prescriptions for others, I have helped with the fundraising and I have done some cooking for events. With my time credits I have also learnt knitting. What I get out of the time bank is fun, friendships, communication, outings, getting to know people and places. I have learnt to be more understanding about other people as we are a diverse community."

Bring and Fix

The time bank continues to promote its Bring and Fix initiative, which is an intergenerational fair that brings together local people of different ages in one place to share their skills and knowledge. It aims to connect generations and build sustainable communities through recognisable events that can be repeated in one's locality or community on a regular basis.

The time bank provides training for other groups on how to plan and run Bring and Fix events. The initiative has also attracted interest from abroad and led to the Development Manager being awarded a special mention at the Lasecunda Luna European Award for 'Lifelong Passions'.

Reviewing our values and what defines the time bank, members, staff and trustees shared what they valued about Rushey Green. The key themes emerging were respect, trust, empathy ("in bucket loads"), integrity, confidentiality, friendship and love. Members said that they feel they belong and one member said she valued the fact she is respected despite her old age. Members feel that the time bank generates mutual support, enables sharing skills and members listen to each other. A member said that the time bank is "like a small village in Ireland where people knew and cared for each other, like it used to be when I was growing up"

Principal Funding Sources

London Catalyst,
The London Borough of Lewisham and the
Lewisham Primary Care
(now Lewisham NHS)

Organisational Details

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Banking

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