

## It's a very good way of exchanging ideas and earning time credits

The time bank also works with the Lewisham Community Connections team, which is a consortium of voluntary sector partners led by AgeUK Lewisham, who refer people to various groups and activities. Some of the people that are referred become volunteers, including a consistent trickle that become active members of the time bank.

'I found out about time banking through Rosa, who works for Community Connections. What made me decided to join was the fact that I wanted to get out and about...I needed a change of direction and instead of being dependent I felt I wanted to become independent. My overall thoughts about the time bank are that it's a very good way of exchanging ideas and earning time credits.' - Kofi

### What is time banking?

Time Banking builds on peoples' strengths and recognises that everyone in a community has something to offer. It's a way of linking local people who can then share their time and skills and build a social network of people connected to each other. Members of the time bank 'deposit' their time by giving practical help or support to others and are able to 'withdraw' their time when they need something done themselves. Everyone's time is valued equally, so one hour of time given earns one time credit, and an exchange takes place without the need for money.

### Rushey Green Time bank funding sources

The London Borough of Lewisham and Rushey Green Ward Assembly  
The People's Health Trust  
The Community Development Foundation

The time bank is also very grateful for monies and time kindly donated by members and staff, and from local businesses that sponsored the Rushey Green festival.

### Contact details

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The Sustainable City Awards



Category Winner 2008/09



# Rushey Green Time Bank Annual Review 2014-15

'I've been a member of the time bank since May 2013....I've done gardening, helped out with stewarding at events like Rushey Green Festival and Lewisham People's Day and other things that keep my brain working. That makes me feel much more lively, like I can take on the world. I like the company of other members. They are nice, kind and polite people. Since I've been a member I've introduced others to the programme too, including my partner, her dad and other friends.' - Stephen



# Bird's Eye View of the Year

## Wild Cat Wilderness

Our Wild Cat Wilderness is a community green space where local people can explore nature and the wildlife, play or relax in its peacefulness, learn new outdoor skills or crafts, share and enjoy the space with other local people of all ages, cultures, faiths and abilities. Previously a neglected 3000m2 stretch of land that had become a dumping ground the plot has seen a lot of activity....



Check it out here: <http://wildcatwilderness.org>

## June 2014

### Rushey Green Festival

The biggest Rushey Green Festival attracting 1,500 local people to the spacious Ladywell Arena transformed with 50 different stalls, a bouncy castle, face painting, track races for children, martial arts demonstrations, picnic and fun areas, local independent traders, artists, community groups and live music. 3 very deserving young people won prizes at the best cat costume competition.



## September 2014

### Bring and Fix Event

In partnership with NCS challenge, which provided a team of young volunteers, we hosted another Bring and Fix event at Holbeach School. We also supported a further 2 more Bring and Fix events at Lee Fair Share time bank.



## January 2015

### Quality Mark

We have achieved the Timebanking UK Quality Mark™. This is awarded to time banks that adhere to the core values of time banking and operate in such a way that they develop, support and celebrate good time banking practice as recommended by Timebanking UK.



## February 2015

### Makerspace Week

We hosted a fun and packed week of activities designed to experiment with IT, electronics and robotics, attracting young people and families as well as seniors keen to get to grips with the Internet.



## Family Craft Group at Sydenham Library

Run by parents and children, this weekly meeting provides an opportunity for parents to enjoy craft activities together with their children. It is a family gathering and an opportunity to get involved in the library as well as earn time credits for helping.

## Bellingham Craft Group

This group up to 30 members meets weekly to learn how to make beautiful craft items. Through this activity members learn new skills and get to know each other.

The group features in a film made by Magneto Films for the Coalition for Collaborative Care

<https://www.youtube.com/embed/Tzc9nIRtcCk>

## Strategic

The trustees and staff met for an away day to review what we do and the context we are in.

We have identified 5 areas of focus for the next 3 years:

- Strengthen infrastructure
- Foster strategic relationships to develop collaborative work
  - Develop marketing strategy and showcase impact
  - Develop fundraising and income generation opportunities
- Explore opportunities to access community spaces for group activities

