

AMBITIOUS

OPEN

TOGETHER

PROUD



Timebanking

6 month progress report

Community Investment Team

Overview

Community Investment are responsible for developing a range of initiatives to engage tenants and enable them to gain new skills whilst building cohesive communities.

- Volunteering can bring communities together, improve areas and build cohesion.
- Volunteering benefits both those giving their time and the wider community.
- Volunteering increases self-esteem, grows new skills and builds confidence
- Very low numbers of tenants were engaging with traditional volunteering services
- Timebanking was the answer for the Vale



Partnership – Community Investment and SPICE

- Working together with Spice to manage the scheme within the Vale
- Recruit local businesses to create spend opportunities
- Design of our own Vale Home's Time Credit currency
- Supporting in running local community events and activities
- Established a steering group that meets regularly
- Project was launched to tenants in December 2017



10% of tenants engaged

- 163 tenants signed up to Timebanking (figures as at June 1st, 2018)
- 20 organisations signed up as Timebanking partners and champions
- Generated 300 hours of volunteering within the Vale (figures as at June 1st 2018)
- Have seen a significant increase in those looking to register now that the summer is approaching
- 80% of those registered live in Barry, volunteers also registered in Penarth, Llantwit Major, Cowbridge and Dinas Powys



Establish 3 Innovative Timebanking projects benefiting local communities

1. Improving Health, Wellbeing and Mindfulness

Working in partnership with Amy Evans Mental Health Team

- Creation of volunteering opportunities for tenants who experience poor mental health and wellbeing.
- 20 tenants signed up as volunteers to focus on green space activities
- Volunteering at Porthkerry Park, Cosmeston Lakes Country Park and Barry Community Allotments (Gibby Green Fingers)
- Reported increased feeling of wellbeing from the sensory impacts of being outside and a reduction in social isolation
- Volunteers will be using time credits for a team building day at Taskforce



Establish 3 Innovative Timebanking Projects benefiting local communities

2. Community Cohesion

- Working in partnership with STAR residents group in Penarth
- Residents are committed to improving their local community, getting people involved and attracting new members
- Easter community event
- Skip amnesty event
- Additional 6 tenants registered for Timebanking at the event
- “amazing having this on my doorstep – I got to meet new people living in the area and the kids loved the eggs”



70% of tenants report gaining new skills

- 80% have reported an increase in skills as a result of engaging with Timebanking
- These have included.....
 - Gardening
 - Public speaking
 - Interview skills
 - Sports Coaching
 - Administration
 - Befriending
 - Litter Picking
- These skills can enable tenants to access future employment, training or volunteering opportunities which otherwise may have felt out of reach
- 5 Volunteers have engaged in formal training courses run in partnership by the Community Investment Team



70 Young People getting involved

We believe that it is important to get as many young people living within our communities involved in volunteering as possible.

- 24 young people registered within the first 6 months
- We are currently working hard to with the Mayor of the Vale of Glamorgan partners to increase engagement with young people.



60% report increased self-esteem as a result of volunteering

Low self-esteem and confidence is a significant issue for many of our tenants which can impact on their ability to seek employment or become involved in community activities.

➤ Prior to volunteering

- 72% of tenants registering reported their self-esteem to be average or below
- 26% recorded it as low



➤ After volunteering

- 86% of tenants registered reported their self-esteem is now good or excellent as a result of volunteering

Tenants and residents feel valued

- First 6 months projects have focused on promoting cohesive communities and engaging with community groups and organisations to act as Timebanking champions.
- Promotion of community activities
- Tenants taking ownership of their local neighbourhood areas such as Gibby Green Fingers, St Paul's and St Luke's and the Margaret Avenue Community Garden
- Post volunteering 80% reported their involvement as good or excellent
- 100% of those engaging in volunteering activities reported feeling valued by the local community



What next for Timebanking in the Vale?

- Working on several intergenerational litter picking projects with local communities at Barry Island, Cadoxton and Gibbonsdown
- Summer Holidays – involving teenagers with holiday projects (SHEP, Sports Coaching, Community Events)
- Involving the new Mayor of the Vale of Glamorgan in an Ambassador role
- Working with the VOGC Communications Team with a press release, good news story and a Timebanking webpage on the VOGC website
- Monthly Timebanking induction sessions working in partnership with Barry Job Centre to move people closer to the job market
- Incorporating Timebanking into tenant sign ups including a Timebankin sign up pack
- Timebanking Celebration event planned for March 2019 (similar to the Inspire Awards set up)

Case Studies

