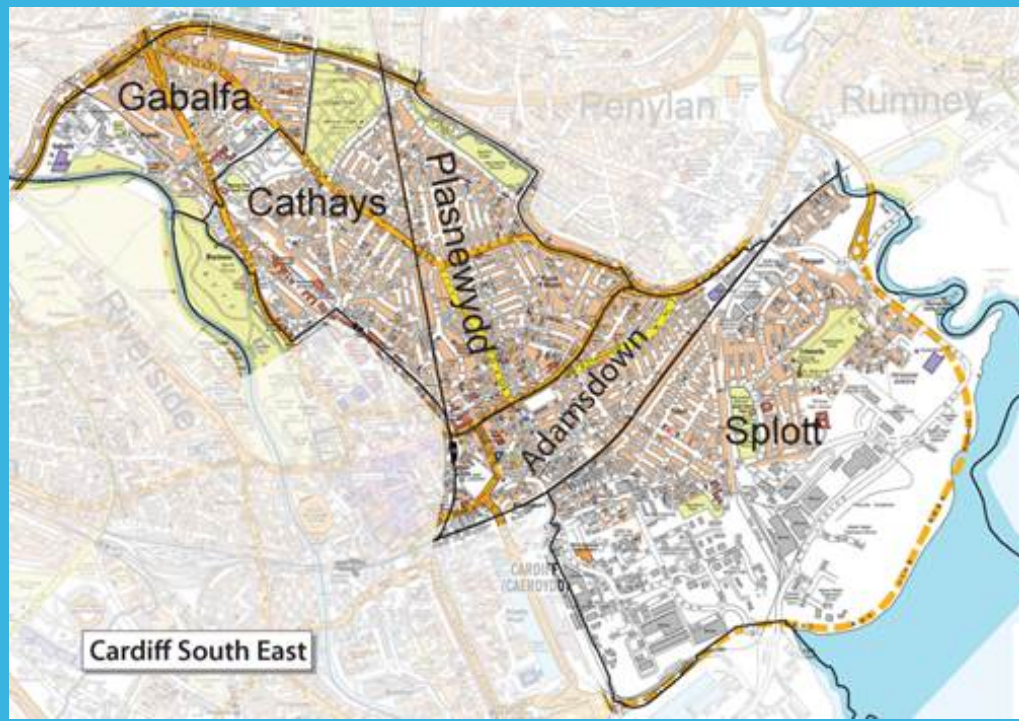


# INTEGRATION OF TIMEBANKING IN EAST LED BY STAR COMMUNITIES FIRST



Item 7.1



# WHAT DO WE DO? WHO DO WE WORK WITH?

We will support any individual, group or voluntary organisation in STAR who want to volunteer or offer opportunities for the benefit of the wider community. Currently we have 24 groups offering time credits and 309 individuals signed up to the time credit system. We also offer time credits or opportunities to those in the wider SE area.

Groups include;

- Street Reps
- Sports coaches who lead Pilates, Zumba, walk for health and running clubs.
- Allotment and environmental groups
- Day Centres and Community Centres
- Refugee and asylum seeker support groups
- Young Ambassadors



# RESULTS

## Year 1

125 participants

3153 volunteer hours

74 more involved in  
community activity as a  
result of time banking





# RESULTS – QUARTER 1

## Year 2

129 participants – 79 new participants

2687 volunteer hours

60 more involved in community activity as a result of time banking



# SUCCESSSES

Lego Club – Community members have set up a Lego group which they are running on a weekly basis for time credits. This is an earn and a spend opportunity. They are supporting parents to interact with their children, play and integrate.

Day Centre and Community Centres – We have two within the locality, St Germans and Moorland , they are paying volunteers with time credits and running regular trips with the credits they have earned for the whole community. They are also running a number of wellbeing and exercise based activities through time credits.

Allotments and Community Gardens – This has been fantastic for integration of the wider community. People are coming together to sustain something for the benefit of their local community, getting more active and learning to grow.



# OPPORTUNITIES AND IDEAS FOR THE FUTURE...

**Befriending** – Isolation has been identified as a huge problem locally. We are in the process of setting up a befriending scheme, time credits will be earned by volunteers supporting this project.

**GP referral for low level mental health problems and isolation**

**Support with community asset transfers** – We are currently supporting community members and groups to look at asset transfers of day centre's, play centre's and numerous other community buildings

**Day Centre's and Luncheon Clubs** – supporting to maintain high levels of activity

**Support groups** – led by the community for the community

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