



Issue 6 October 2008

## The Impact of Time Banking in Scotland 10<sup>th</sup> Year Celebrations

In October 2007, Volunteer Development Scotland (VDS) was commissioned by Time Banking UK to undertake research to investigate the impact of Time Banking in Scotland. The research, which engaged with five Scottish Time Banks, aimed to measure the impact of Time Banking on members in terms of their social, physical, economic, cultural and human capital. There was also a focus on distance travelled with regard to employment, education and training.

The reports are in the news section of the TBUK website.

## Branching Out

With the end of the traditional harvest season this year and all the talk of the credit crunch and high food prices, has come the news of just how many time banks around the country have allotments, or are thinking about having them.

From Lincoln to Lewisham (and beyond) time bank members have been growing their own fruit and veg and reaping the rewards.

Peter Roberts from Mildmay Time Bank was featured on the website "How to make a difference". You can contact Peter to find out more on: 020 7249 5373

On 13<sup>th</sup> October, Fair Shares celebrated their 10<sup>th</sup> birthday over in Gloucester.

It was a very well attended event, with talks given by all the different Fair Shares projects across the region. Also speaking on the day was Dorothy Hodge, one of the very original members of Fair Shares Stonehouse in 1998.

Inspiring examples were given of how Fair Shares has changed people's lives in small and big ways.



To mark the anniversary, time banks all over the country were presented with a commemorative clock. We do have a few spares left over if anyone would like one? Please email [sarah@timebanks.co.uk](mailto:sarah@timebanks.co.uk) with your address.



## Focus on: Rushey Green Time Bank

Earlier in the year, Rushey Green Time Bank in Lewisham, South London won the 'Community Action for Health and Well-being Award Rushey Green from The London Health Commission 'For outstanding partnership achievement with the NHS', 'Activities that bring communities together to work with NHS staff to improve health and well being'.

I spoke to Philippe Granger, the Development Manager to tell me what kind of impact this has had on the time bank.

"The award is the result of an informal partnership with the practice that has a holistic approach to wellbeing and has warmly welcomed and promoted Time Banking on its premises. We are totally integrated in the life and energy of this amazing practice, we have access to resources and our members also earn credits by doing errands for the practice. As many of our members are patients of the practice and some also lead on the patients' forum there is a wonderful sense of community as members come in and out of the building on a daily basis.

The Award has extended our local profile and has started to attract media attention. However, it is not about being 'well known', it is about a greater opportunity to promote time banking, encourage others to join or start their own. As part of the award we will have a professional film crew coming in November to produce a short video designed to be shown on the screen in the waiting room and encourage patients to join in, and also for stakeholders' events and promotion work.

The award has provided us with a deeper sense that we are transforming the lives of people in our immediate community. It has also raised the profile of the doctors' practice as well as strengthened our bonds; together, we are planning to hold joint health promotion events in the coming year and for time bankers to use the garden surrounding part of the building.

Overall, it has given a greater sense of identity and purpose in Rushey Green and Lewisham as a whole"