



The West Wight Timebank (WWTB) report from the Chair from October 1st 2020 to end of September 2021

I would like to start my report with a thank you to all the steering group members who have continued to support me, and the work of the Timebank through this challenging year. I would also like to thank Gina and Avril for their sessional work that has continued throughout lockdown.

I have written this report based on that, which I submitted to the National Lottery, whom I'm delighted to say have now agreed to continue supporting us financially for the next 3 years, with a grant of £109,360. This is fantastic, and I remain indebted to them for their encouragement and feedback throughout the application process.

## OUR ORGANISATION

The West Wight Timebank is a community project that sits under the umbrella organisation called Action4support. This is a 'not- for profit' Community Interest Company established in 2018. Having previously had 3 great years setting up and running the West Wight Timebank on the Isle of Wight, with Awards for All funding, we decided we were ready for this next stage, and received a 3 year Reaching Communities grant which we formalised and structured through the continuation of the paid Timebank Coordinator who became a Director of Action 4 support (Sally Gaeta, who this report is being written by), Debbie Whiteley, Co- Director (unpaid) 2 sessional workers Gina who runs the eco refill scheme, and Avril who runs our food parcel scheme, a paid book keeper, accountant and web designer.

This funding will be used up by the end of September 2021, and we would like to have continuation financial help from the Reaching Communities fund, so that we can continue to build up our network of meaningful relationships that have been built on an asset- based model of caring for each other and our environment.

We have a steering group made up of 6 Timebank members who have been consistently consulted through meetings 4 times a year for the last 6 years. This group is made up of members who bring different strengths and so give a natural diversity. It is always a privilege to Chair these meetings.



The West Wight Timebank is an inclusive, community Timebank for anyone over the age of 18, and is based on the principles of FREDA-Fairness, respect, equality, dignity and autonomy.

We follow the Parish boundaries and cover Brighstone, Freshwater, Yarmouth, Shalfleet and all the villages in between. These communities are all different, i.e. we do have a lot of wealth in some areas, and we also have a lot of poverty, worsened by the pandemic, with many families now reaching crisis point. The Timebank ethos is 'it's not just about money' (it's about people) and we respond sensitively to all requests for our help made by organisations and individuals on the island, but our membership remains within the West Wight geographic areas.

As the founder of the Timebank, I work hard to form strong partnerships in the West Wight and endeavour to build up reciprocal supportive relationships where we can do practical things for each other to make our community stronger, kinder and more resilient.

Our organisational members include schools, nurseries, The West Wight Sports and Community centre, several churches, private businesses, a housing association, and charitable organisations. We currently have 17 local organisational members and 73 individual members, and I coordinate the Time Transactions between all, allocating 1 time credit for every hour given, undertaking something you wish to do for another member(s) within our community. These time credits can then be 'spent' on something that another member is offering, (or saved until needed), or given away to another member or organisation. A recent example of this partnership working through trusting relationships: we have supported all the West Wight Primary schools by taking bags full of bread that is within its use by date, from Sainsburys local that would otherwise have gone to landfill. This has been weekly for several years prior to the pandemic when we had to cease this, instead we developed a scheme where members could still earn credits from their own home. Using old pallets, which are donated and delivered to us, a member with carpentry skills splits up, sands down and makes up into kits to make smaller boxes. I take these to several other members who earn time credits by lining and painting the boxes. Alongside this, we have a community garden/allotment where more members have grown from seed a variety of herbs, strawberries and tomatoes. I worked



with the school head and business manager to set up a series of small family workshops where Timebank members and school staff could help the children choose herbs, smelling and tasting and discussing the plants and how they fruit and grow, before filling with compost and planting them up themselves. To take away with their 'living box' each child and their family have a recipe card which has been hand made by a further Timebank member with some recipes just right for children to do. Parents are asked to make a donation if they can for the compost.

This small scheme also demonstrates our desire to follow the principles of the circular economy, making as much out of the resources we have. The school provide us with a space in the foyer to put our terracyling boxes for old pens, and crisp packets as our environmental themes and schemes are developing well, due to the members we have. All new schemes are co- produced, and I, always try to make ideas happen if there is an opportunity to do so safely. For example, a new member wants to start a repair café when the lockdown lifts, and has asked for Timebank involvement, which we are very pleased to help with, alongside a number of Island organisations.

2. The West Wight Timebank currently brings people together in person, through outside events only (due to the pandemic, the current restrictions allow up to 30 people outside). All activities are risk assessed by myself and shared with the 2 sessional workers:

a. We share fortnightly walks led by different members. As I work closely with the two community workers in the West Wight (both are also Timebank members), we often have non- members who join us, with their supporters. This allows them to work to address any issues at the earliest possible stage though a friendly and supportive group activity. Accessible walks are always included so that people with mobility difficulties are able to join us too. Some of our members have poor physical and mental health, and by having a 'dip in and dip out' philosophy, they are empowered to maintain control over their own lives, choosing when to come on walks when they wish, knowing that they are tailored in terms of length and accessibility. This 'person centred approach' also gives them an opportunity to maintain their health and well- being.



b. Fortnightly litter picking sessions led by a member who weighs and records our rubbish! This demonstrates the Timebank's role in improving the places and spaces that matter to our community, and we are regularly asked why we are doing it by members of the public, so are able to tell them all about the Timebank's work, and how every member who helps pick litter is also earning 1 time credit for every hour they do.

c. Ad-hoc gardening sessions for individuals, or at the allotment where we have a team of members working together to produce food for families (through our food parcels, and jam/chutney in our well-being boxes)

d. Workshops in the garden run by members who have the skill and professional qualification to do so, including Art, yoga and mindfulness.

e. We are just starting a weekly outside event for members and the general public too, this is designed to allow members who have been shielding to come together once again when they are ready. For many in this situation the world has become a fearful place, so I intend to buddy up our more vulnerable members who wish to come, so that they can feel their confidence increasing again in social situations.

We will be showcasing what Timebank members have been doing from our own homes all through lockdown, with the hope that this outside space will allow us to meet in small groups to continue with the project work which includes: Food parcels and drop and swap bags, which are made up on a referral from a school, nursery, health visitor or Family Liaison Officer or anyone who knows someone who would like to receive these as a gift.

We also have our growing boxes, flower boxes, well-being boxes, hand-made cards and quiz walks for sale. Alongside this we run our eco-refill scheme, and invite our partner to bring food from supermarkets that would ordinarily go to landfill, but is still good to eat, and people take anything they want on a 'pay as you feel' basis.

This is important because we want to be able to continue to offer food, toys and clothing to -families in crisis (as well as a few 'cash hardship funds' from money donated privately from individuals'), but also encourage those who are able to come to see what is available for them, enabling them to become more resilient.



An example of this is a family who was referred to us by the family liaison officer, as they had used up all their savings and were not eligible for government support due to having their own business, so falling between services and never having had benefits. The Timebank supported them with a one-off emergency 50 pound hardship fund (from a private donation) and food every week for 6 weeks, and then monthly food parcels for 3 months, until they were gradually feeling more able to cope with the circumstances and consequently work as it arose.

The family then wanted to give something back to the Timebank so arranged a big tidy and sort out of the toys that their children had outgrown. Some of these were then used in the Family Drop and Swap bags for other families to have. I applied and received additional small amounts of money from Wight Aid for the contents of the food parcels, and drop and swap bags and these were made up as recipes with everything included in the parcels.

f. Since lockdown began, we also have a monthly coffee morning via zoom, to help people feel connected, and we have had different members each month giving talks about something of interest. This has been enlightening as many of our members are over 50 years of age, and have huge life and work experiences to share.

g. We also have a zoom book group monthly.

### 3. Community Involvement

Our Timebank members serve each other through the skills they offer, and the community scheme that have developed through the membership, serve the community we live in. Through co-produced ideas we build on the strengths of all, for example our members have a strong desire to promote environmental issues, i.e. through the eco refill scheme, we help individuals to reduce the use of single plastic. As a community we feel it important to do our bit to help save the planet.

This theme has also developed many different ways for us to connect with our community, for example 4 members were invited into the primary schools to give talks to the children on reusing plastic, and they developed a terracyle box as a



practical way for children and families to become involved in something positive, that binds us all together.

It is the people in our community that make our Timebank work such a pleasure and a privilege.

#### 4. Impact

Over the last 8 weeks, I have undertaken and evaluated a short impact assessment for individual members, to establish the future pathways for the Timebank to continue to work primarily for the residents of the West Wight, and in the longer term the island community.

All members completed a questionnaire allowing them to say if they wanted to continue offering hours for credits. Each person then re did their skills-based quiz, as this identifies the things that are important to them, what they most want to offer, and most need to receive. This for some had clearly changed over the course of their membership which for some is now approaching 6 years. They also completed a list of schemes that they wished to be a part of, and this has now given me the opportunity to plan for the next 3 years.

Along with a long list of individual offers and requests which I will endeavour to match people up for as the pandemic allows, I now have active offers of the following:

**Helping to run the plastic refill scheme-6 members** (2 new within the last month)

**Purchasing eco-friendly products from Gina** the Timebank sessional worker- 12 members, this will be done either at our weekly event, from Gina's garage, or can be delivered to their home. We publicise this scheme actively to the general public, and wish to increase both our customer base, and increase our product range. As a guide we sold £90 of products in May 2021. I would like to increase Gina's sessional hours from 3 to 5 per week to be able to achieve growth of customers and money.

**Being part of the Timebank Fundraising team-** 8 members would like to be involved in this. I would like to ask Avril, our current sessional worker, to take on 2 additional hours a week (to make 5 paid hours) to consider ways that we can make ourselves more sustainable to be able to pay more towards our general



running costs. She would produce a fundraising 'calendar' ready to start to meet this outcome, and I can coordinate the 8 members who have offered to make things that can be sold at fundraising events, and 24 (over a quarter of our members) said they would attend and support fundraising events that we participate in or run.

We have 2 quiz walks ready to use (1 is accessible) for members, (10 members have said they will purchase this) and it will be available for the general public to purchase in 4 Yarmouth and Freshwater businesses. This will run until November 2021, and the 50 pound prizes will go to the 2 winners (courtesy of one of our organisational members the Coop in Freshwater).

We would like to produce different versions of this quiz walk each year.

**Being part of a Timebank team at the community garden/allotment-10** members have agreed to help and we have a water rota currently operating. We need more help to increase our efficiency and produce, as we currently have 4 of our 6 raised beds worked, so this will remain an outcome, as we can put the food to good use in our living growing boxes which can be requested by all for a donation, our drop and swap bags, chutneys and pickles in the well being boxes and we also pledge to give 50% of our produce away.

This has previously been given to local groups who meet in the community for example, 'Oasis' who meet at the local church.

12 members have also said they will grow seeds at their own home for our boxes of herbs and plants, so this will be something that can continue all year round i.e. making the boxes in the winter months, and growing from March to November.

### **Helping to deliver fresh bread from Sainsbury's**

5 members have agreed to help with this, and so I aim to increase our 3 to 5 days collection as the groups we take it to resume following the pandemic. Currently I take (a huge sack) to 2 schools, and 1 nursery a week, but a future outcome would be to increase the groups we take this to, utilising members help who of course will receive time credits for the hours they do.

**Making things/donating items for the well being boxes and drop and swap bags-17** members would like to contribute to these, which will go out on a weekly



basis. The well-being boxes will go out to 2 carers a week, as I have a local list from Carers IW of West Wight people who would like to receive this as a gift, alongside a relationship with Brighstone Hub who will nominate people in their village as and when they wish. The area could be increased once local carers have theirs to other areas of the island. We would also like to make these available to people who move into the West Wight, as a welcoming Community box.

The drop and swap bags are made up in a personalised way, usually by referral as previously explained. As I have a working relationship with Barnardo's, I would like to increase the area that these can be referred from to include the whole Island, but stick to a maximum of 2 a week, as they are all very time consuming with hand made items and donated items needing collecting, sorting and delivering.

#### **Planting up our growing boxes with tomatoes, herbs, strawberries, and tomatoes**

10 members would like to do this, so if we develop a system of coordination, I think we could aim to finish and deliver 2 a week, if we are able to get the pallets. These can be advertised through our website and social media across the island for a donation.

4 members will be continuing to help with the family growing box workshops through the schools as and when they wish.

7 members would also like to plant these up with flowering plants for sale at the outside weekly events we have.

#### **Joining us on Timebank walks**

14 members would like to come on the fortnightly walks and 16 the litter picks the other week, which will be an aid to physical exercise and mental well-being, as well as making a positive impact on our environment.



8 members would like to re-join the monthly house book group when restrictions allow, and I would like to increase the numbers that attend the alternative zoom monthly book group from 4 to 8 over the next year, and then to maintain this number over the subsequent 2 years.

### **Contributing articles to the monthly newsletter**

5 members have said that they would like to do this, and as the newsletter is a very large document full of stories and feedback, this will be an excellent way to keep it fresh, particularly as 1 of the members, since winning our short story competition, is currently writing her first novel. Of the 5, 3 are proof-readers, which in itself will be of great assistance to me!

### **Making an Eco brick for a local housing project**

10 members would like to contribute to this partnership piece of work with More Than Home CLT LTD who are looking to provide an affordable housing scheme for care leavers.

Our environmental schemes will grow over the next 3 years to include more recycling through the teracycle scheme that we have just started. i.e. we only have 1 school involved, but would like this to develop and be coordinated by the Timebank and spread to all schools, nurseries and some organisations in the West Wight.

## **5. Delivery Plan from September 2021 -2024**

Year 1, 2 and 3

As Director of Action 4 Support, founder and coordinator of the Timebank, I will be responsible for the organisation, risk assessments and coordination of all activities, utilising my 2 sessional workers, Avril and Gina to assist in running the activities, and encouraging, involving any member who wishes to participate.

Wherever possible I will work in partnership with others in the West Wight, building up and maintaining positive trusting relationships. My aim will be to



increase our membership for both individuals and organisations in the West wight, and to spread the knowledge of Timebanking credit system, (through meetings and discussion forums), as a way of connecting people throughout the Island community. We will follow the principles of Co- production, FREDA (as previously described), and work in a respectful way with all.

1. Mondays. Every month we will have a 2 hour workshop taking place (venue to be confirmed) run by Timebank members (with suitable qualifications/experience of their subject) to allow up to 8 members at a time members to 'spend their time credits'. For example, Avril will be arranging food orientated workshops where she will encourage members to use food in creative ways, for example, as we have a lot of bread, she will demonstrate interesting ways of using it, with tasting samples included. I, will organise and coordinate this, arrange transport for those who need it, risk assess and participate as Timebank lead.

If we buy in an external trainer (qualifications and insurance will be checked by me) for anything, for example a British Sign Language course, members will pay their own fee and we could open it up to any of our organisational members, or members of the public so the reach will be potentially to hundreds of people over 3 years.

We have a good working relationship with Southern Housing (an organisational member) who are currently constructing a large extra care Housing scheme in Totland. They recently offered a great exchange to us- when they have new residents in their homes (September 2021 onwards) who have dogs, but for whatever reason are unable to walk them, we will provide matched members, who will do this, earning time credits taken from Southern's time account.

They will then offer us a room to use for our workshops, so for every hour used we will give them credits back.

2. The monthly newsletter will continue to be produced from Lavender Cottage, this is delivered primarily to our 90 plus members via email, but then is taken by hand to people who may not have a computer. For example, some members at Oasis (older people) who meet in the local church receive the newsletter as they are part of Freshwater Methodist Church (our



organisational members). They are then knitting things for our well-being boxes, and for fundraising events.

3. Bread will be collected every Monday (excluding school holidays) from Sainsburys in Freshwater by myself and taken up to St Saviours primary school for children, families and staff.
4. When they are requested, our family workshops for the living growing boxes will take place on a Monday between 3 and 4pm at the school premises with Timebank members leading the activity (DBS will be in place for members who do this activity). In year 2 and 3 I would like to increase the involvement in the other local schools and nurseries to try a family workshop.
5. Weekly meeting for any members who want to help me water and plant/work at the allotment between 3 and 4pm (this is in Totland). For years 2 and 3 I would like to increase the participation of more members at the allotment.

#### Tuesdays Yr 1, 2 and 3

1. I would like to develop an opportunity for a weekly spot in Yarmouth to have our eco-refill scheme which Gina will run with a team of members that I coordinate. Alongside this, we would have our quiz walks, and hand-made silk cards for sale, made by a member. We would also show case our well-being boxes, drop and swap bags and growing boxes as available for anyone to order. Again, a team of members would be involved in this. I am currently in discussions with a new partner-the Yarmouth Harbour Office, to see if they can accommodate our stand and gazebo.
2. All individual time transactions will continue to be arranged, risk assessed and coordinated by me throughout the West Wight as the restrictions allow, for example it is possible for members currently to make a cake in their own home for another member, but at present I would not be arranging any inside transactions without face masks being worn for up to 6 people as per government guidelines.
3. Avril will continue to make jams and pickles for the well-being boxes as we get donated fruit and vegetables on an ad hoc basis,



3. By year 2 I would expect to arrange for different members to be able to deliver bread to groups that begin to resume their meetings, as things ease.

#### Wednesdays yr 1, 2 and 3

1. Weekly morning walks and alternating litter picks will continue with members dipping in and out as required. The nominated leaders (2) have completed training in first aid. Lifts to the different West Wight areas are arranged both for the sake of individuals and the environment.
2. Pm is collection and delivery day of items for the different box schemes (although this is often occurring every other day of the week too)
3. Individual time transactions could be on any day or time, coordinated by myself.
4. House group monthly book group will re start in year 1, and hopefully continue through years 2 and 3. This runs through the member who hosts from her home, she arranges collection and delivery of books from the library and earns credits for doing so. As this is a social activity, all who attend receive time credits for the hours.
5. All timebank hours are recorded on a TBUK data base by myself, and Amy. I meet all new members face to face to help complete all paperwork.
6. Wednesday's bread collection goes to Brighstone school for children, families and staff. This will be reviewed in September 2021.

#### Thursdays Years 1, 2 and 3

1. Monthly coffee mornings either by zoom or when restrictions are lifted, at different cafes in the West Wight, to support local businesses. Transport is coordinated and arranged, and as this is a social activity members all receive time credits for the time they are there. This is an important time to get members ongoing feedback, and encourage new ideas to fruition.
2. I make further collections and deliveries for the box schemes in the afternoon. For year 1, this will be mainly West Wight, for years 2 and 3 I would like to more orders in from all over the island.



3. By year 2 and 3 I hope to have bread being collected from Sainsbury's and delivered every week (excluding school holidays) to local organisations and groups in the West wight, to help save food waste together.

#### Fridays

1. Delivery of items made up from the previous week including bread and pickle/jam in drop and swap bags for nominated families

#### 3 Well-being boxes

Any pre ordered growing boxes

- 2 Any remaining bread collected from Sainsbury's goes to the Parish Hall in Freshwater for all to have during the open air afternoon event with all our schemes on display for ordering, eco-friendly products on sale, run by Gina and The Real Junk Food project IW van (run by Faith who is also a Timebank member) on site for all to collect food on a pay as you feel basis (money collected goes to TRJFP IW).

Head teachers, heads of local schemes and charities, community workers and family workers, parish councillors will all start to share this scheme information, so that it gradually become a place for Timebankers to meet with the general public on a regular basis. Members will be undertaking time exchanges there as appropriate , for example a crochet 1-1 exchange, alongside others working together on our growing boxes, well- being boxes, and drop and swap bags. Eventually when lockdown allows, and the cold weather sets in, I am hopeful that the hall inside can be used.

#### Resources

1. Founder and Coordinator of the Timebank and MD of Action 4support under which the Timebank sits as a community project- Sally Gaeta's role:
  - a. overseeing all transactions between individuals and organisations, including recording these on the TBUK software
  - b. meeting every new member to match them up within the local community to things that they will enjoy, and will feel comfortable participating in to earn time credits.
  - c. Empowering all members to feel they can come up with ideas that will be followed through with further discussion.



- d. Chairing the quarterly Timebank steering group meetings.
- e. Meeting annually with Debbie the Co- Director of Action4 support.
- f. Supervising the sessional workers, (both informally and formally) but allowing them the flexibility to work to their own timetable.
- g. Writing all policies and procedures.
- h. Writing all risk assessments including all Covid related assessments, and implementing ways to minimise risks.
- i. Applying for all national and local funding (Wight Aid and our local Council) as needed.

(NB I would like Avril to take a lead on local fundraising initiatives and communications with Parish Councils to gain some ongoing financial support).

- j. Giving community talks about the Timebank within the West Wight and over the Island, meeting potential organisational partners to find the things we can support each other with.

Over the last 6 years, my hours have increased as the Timebank has grown in membership and complexity. With the additional work supporting families and carers through the box scheme, last year I went up to full time hours, but reduced them again to 16 paid hours. However, I do between 25 and 45 hours every week, so realistically I would prefer to be recognised with a salary for 25 hours a week.

- 2. My two sessional workers are Avril, who has done all sorts of food related work within the Timebank. including being a cook at our very successful Community Cook Ups called 'meet and eat' where we regularly served 50 plus members of the public meals from food that would otherwise have gone to landfill.

Avril currently makes up all the food bags with recipes to go with the food, and pickles and jams. She currently works 3 hours a week on a paid basis. I know she does additional hours already, but she has agreed to increase to 5 hours a week and take over some of the fundraising responsibilities.

Gina also works 3 hours a week running the plastic refill scheme, which includes ordering the products, publicity and delivery both to homes and via



our schemes. I want to increase this to 5 hours a week to get a growing income.

3. All Timebank members join through a thorough application process that includes taking up 2 statements of support, and DBS checks on those who will be working with any other vulnerable members (which is a self- disclosure), and with children for example reading in schools. All are kept regularly informed of ongoing changes to the Timebanks work, especially relating to Covid measures. Annual questionnaires and feedback and suggestions are sought from all individual members. Members are encouraged to think in the long term, i.e., become involved in Timebank activities that fit in with their changing circumstances, as we do have quite a few older members with increasing physical and mental health difficulties.
4. As the company has evolved and the organisation has grown in complexity, it now pays for an accountant (Bright Brown) a Book- keeper (Ms Friday), a website designer and social media user (Adam Tucker). This would need to be continued.

#### 7. Learning, Sharing and networking

Measuring the impact of our work will be both informal and formal. Informally, this will be frequent and through different methods, through text, email or phone call with myself following a time transaction between members. This is particularly important in the beginning of our Timebank relationship, for example a new member may offer gardening, so once they have completed this, I will ask them to let me know how they got on, and if they would want to do this again, or try something else. Trusting relationships take time, but it is something we take pride and pleasure in seeking.

Formally, an impact questionnaire will be given annually and the results analysed to inform future work. For example, this year's impact assessment looked both at age and gender as characteristics of the membership, finding that the majority are now over 55 years of age, and mostly female.

As a consequence, in order to develop and improve our Timebank, I will approach local youth groups to engage them in designing our well- being boxes, to introduce them to the idea of time transactions as a skill- based economy where no money changes hands, and that all hours are deemed equal regardless of the



skill being offered. When they are 18, they may then well wish to become involved.

Younger members seem to offer computing support, and lots of dog walking, so I will endeavour to match younger males and females with some of the residents of the Southern Housing scheme to provide opportunities for intergenerational work.

Numbers will be used to measure and track our progress, and we will aim to see a steady increase -

How many members we have each year.

How many hours we have exchanged each year (currently a total of over 11, 000 hours)

How many female and male members,

How many under 25-year-olds. I will aim to increase our membership of under 30's over the 3 years

How many growing boxes/ well- being/ Drop and Swap bags we give out to our community and to whom- i.e. Families/cares/new residents/general public

How many members contribute to each of the schemes each year, with a view to increase this, especially for the allotment

How many members attend the food workshops that Avril will organise and lead.

How many members/southern Housing residents/ general public attend any organised workshops at Southern Housing's premises in year 2 and 3

I will continue to encourage other parts of the island to form their own Timebanks, and have given talks prior to the pandemic with this in mind.

I believe that there are some keen individuals who would like to make the idea work in practise for their own communities, but I feel that this work is best aimed for in years 2 and 3, as we will need to focus on our own work, which will be more intense post Covid, with lots of emotional and social support, mentoring and buddying opportunities, and shared experiences that allow people to achieve their own personal outcomes once more through the Timebank and feel confident to do so.

I believe there will need to be a considerable time for other businesses and organisations to re-evaluate their own work, so an outcome for years 2 and 3



would be for me to re-introduce the Community Voucher Scheme, where members can 'spend' some of their credits by getting a discount from retailers, who recognise the value of the community work they have undertaken. It also increases their footfall in the business.

## 8. Sustainability

We will be requesting donations for our boxes (not Drop and Swap bags and well-being boxes which are a gift of kindness).

In year 1, we will run 1 weekly session at Freshwater Parish Hall where there are opportunities to increase our profits from the sale of goods.

In year 2 we will increase this to 2 weekly sessions (and include a Yarmouth venue)

Avril will produce a monthly fundraising calendar to continue to focus on regular fundraising events throughout the year with targets in mind.

We will plan our financial strategy to decrease our reliance on the Reaching Communities fund from year 2 onwards, utilising profit from goods sold, local Parish town council and charitable grants to boost our organisational funds to pay for the day-to-day operations.

In year 2, I will start to look at other funders, including WightAid, Hampshire and the Isle of Wight funds, Power to Change, to be able to plan for contingencies beyond the 3 year terms of the Reaching Communities Grant.

Ultimately the Timebank is full time work for me, so I will not expect to develop other projects under the Action 4 Support umbrella in the foreseeable future.

The Timebank values contributions in kind from our community partners, for example, we are negotiating to have the Parish Hall on a weekly basis for Timebank use for free. This is equivalent to c.£10 per hour and c.£1,560 per annum. This is partly because they recognise the valuable work for the community that members can do. The 11,000 hours that the Timebank members have donated could be equated to £13.70\* per hour in wages, which is equivalent to £150,700.

*\*source: The Power to Change*



## 9. Equity, diversity and inclusion

Our Timebank t-shirts all have the FREDA (as discussed previously) slogan on the back, to show how we actively support these concepts to become a reality, even though for many people with disabilities, there are still huge barriers to overcome in day-to-day living. We have a steering group that adheres to these values, and many of our members consider themselves to have either or both a physical disability (often due to older age) and fluctuating poor mental health.

As an inclusive Timebank open to all within the Parish boundaries over the age of 18 years, we re-worked our 'signing up' information (skills test) that utilises Makaton Pictures to aid those with a learning disability or difficulty in reading to understand the signing up information. This has been shared with other mainland Timebanks to allow this to become a norm in terms of expectations when planning. We have a member who is visually impaired, who I am able to consult and discuss promotional materials with, and have forms that enable people with support needs to be able to join and to bring the support they need.

When planning group activities, I always consider the needs of all members, for some, this could be to provide a buddy if a member is experiencing poor mental health, for example on a walk, or making the route accessible to wheelchair users. If something is planned that does mean that accessibility is a problem, I endeavour to provide an alternative, for example our allotment is only accessible via some steep steps, so members with poor mobility are unable to access it, so I take reasonable steps to ensure they can still grow and contribute to planting and picking in another member's garden,

We regularly revisit our Equalities policy, and the terms and conditions on our membership form to ensure they reflect good practice, for example all who join agree to show respect for other members views in any situation.

I have also arranged Makaton workshops for local organisations and businesses in the West Wight, with the aim of getting them to display symbols, for example a welcome symbol, or café symbol to aid understanding for all. Some still have these displayed several years later.



## 10. Safeguarding

We start our safeguarding procedure through the application process, requiring 2 statements of support for each applicant, and this is explained as the first stage of our Safeguarding. We have a Safeguarding policy in place, which all members sign to say they have read, along with a permission form for a vulnerable person (who lacks mental capacity to agree to the membership rules), which would be signed by their carer/advocate.

All members information that is collected (through the application form) is stored securely using TBUK software. All members are advised to read our data protection policy and it is explained to them that should they wish for their data to be removed from the TBUK software, they should contact the Co-ordinator.

On our membership form we have a question asking if the person would describe themselves as vulnerable for any reason, as such this is a 'self disclosure', and if they say 'yes', I would only match up 1-1 time transactions with another member who has had a DBS check. So, for example if an elderly member says they are 'vulnerable' and requests a lift to hospital/doctors/dentist appointment, I would choose a member who I have completed a DBS check (through the West Wight Sports and Community Centre, paid for by the Timebank). This is repeated every 3 years.

In a similar manner if a member is with a child, they would have to have a DBS (which the Timebank pays for), for example, one of our schools (organisational member) asked if we could supply any members to help listen to their children read, which I was able to do easily, and she is in the process of having her DBS done through the school prior to her starting.

However, if there are a group of TB members where children are, it is not necessary for them all to have a DBS, just the lead, who would ensure that no children are alone with any member without the DBS, for example, at our Family workshops this would be followed.

We do have a DBS policy too, which all members are asked to read when they join.



Prior to Covid, the Timebank organised safeguarding level one training for Timebank members, and partners in the community, and if there is a particular reason for further training, I will always do this, for example when 2 members ran our Family Drop and Swap Table, they came into contact with children, so I organised and paid for additional training for extra protection for all involved.

### 11. Environment

Our environmental policy reflects how important we consider this area to be, and as stated we do have a raft of schemes that members have initiated to help save the planet one bit at a time. This can be witnessed by our practical food redistribution scheme, our eco refill scheme, our teracycle scheme, our pallet boxes and allotment, our litter picking scheme. In a general sense, I put all new ideas through a 'circular economy' filter to ensure it fits this environmental ethos, for example, the family workshops using pallet boxes allowed opportunities for children to learn more about growing and using our own food sources.

I am just thinking about a tree planting session next year, involving the nursery school families in partnership with the Timebank members.

### 12 Partnerships

Although Partnership working is a part of our way of working together in our community, I will not be applying for partnership funding.

### In Summary:

Since October 2021 I have delivered 82 well-being boxes, (made up by at least 5 Timebank members), mainly to carers and new families who move into the West Wight. (Since the pandemic started, making a total of 156).

I have delivered 266 food bags and recipes to local families (approximately 40) who have struggled through the pandemic, made by Avril, made possible for the small grants we received from the Isle of Wight Council. (A total of 376 bags have been given out since the pandemic began).



Over the last year there has been additional food donated to us from The Real Junk Food Project IW which is added to the parcel, and it is hoped that these families will start to collect their own food from the RJFP IW van at the Parish Hall on Fridays along with other members and the general public, to help us save food waste together on a 'pay as you feel basis'. However The Timebank will continue to make up food bags separately as needed and then donated (through a referral system with the family liaison officer, headteachers, health visitors).

This year, I have delivered 21 bulb and flower boxes made from old pallets, with donated bulbs from members, the general public and via The Real Junk Food Project IW (RJFIW). The Timebank has made cash donations to RJFIW with thanks. (making a total of 31 boxes since the pandemic began).

This year I have also delivered 20 more living boxes to local people, made from old pallets and filled with herbs and strawberry plants grown from seed. Each box has involved at least 4 different members, 9 of these were sold recently at the Freshwater Lifeboat day (donations). ( Since the pandemic began a total of 80 boxes have gone out)

I have delivered 37 Drop and Swap bags,( all made by Jean) put together by Angie and myself using donated food, new and used toys, books, games, puzzles and clothing. (totalling 47 made)

I have delivered 5 hardship funds (for £50 each) to local families who have struggled through the pandemic) from privately donated money.

The reason I have delivered everything to date, is because of the pandemic, but gradually I hope that all willing members will help out, and earn time credits for doing so.

The difference we want to make to our Community over the next 3 years and beyond:

The West Wight Timebank aims to improve both the wellbeing of their community members and form stronger partnership bodies in the West Wight to deliver meaningful, person centred, relationship-based time transactions, and



outcomes to benefit the wider community members, in an intergenerational way, both in the West Wight, and throughout the island.

Members will report feeling empowered, benefits to physical and mental health, increased confidence, make new friends and try new things. This will be achieved by:

Operating a varied programme of volunteer and social events.

Diversifying the membership of West Wight Timebank to include more under 25 year olds and more men.

Continue to provide growing boxes, well-being boxes, and drop and swap bags to people in the local communities.

I will also encourage other parts of the island to form their own Timebanks. Share the impact assessments and evaluation tools that I have developed with TBUK

Increase fundraising income to reduce reliance on the National Lottery Community Fund

Sally Gaeta

September 2021