



The West Wight Timebank (WWTB) report from the Chair from October 1st 2022 to end of September 2023

Thanks go to Debbie Whiteley Co-director of Action 4 Support (the Community Interest Company under which the Timebank operates), our steering group members this year, Doreen Dace, Faith Stickland and Amy Duckworth. Chris King and Alison Finch -who both retired this year, and new members Angie Shoulders, Patrick Wiltshire and Lesley Alton who have supported the work of the Timebank and development of new schemes in the West Wight.

Thanks to Avril O'Rorke and Gina Maliphant for the sessional work they have undertaken to ensure our schemes have continuity. Both Avril and Gina have retired this year from their roles, but of course may return in the future in a paid capacity as sessional workers.

Thanks also goes to the National Lottery Reaching Communities who funded our paid work this year (the last of our final 3 years funding), TBUK for investigating potential continuation funds, Shalfleet PC, Freshwater PC, Wight Aid, Totland PC, Yarmouth PC, Neighbourly and the Isle of Wight Council who have all provided funds through grants for all the schemes we run.

Thanks too for the local West Wight Churches who support us with the use of their premises free of charge. We currently use Freshwater Parish Hall, Wesley Hall at Freshwater Methodist Church and The Annexe at Christchurch Totland for our schemes and workshops. The Timebank arranged and paid for a level 3 First Aid course open to all in Churches Together West Wight which demonstrated how the circular economy works in everyday practise.

By September 2023 the Timebank had been running for 8 years as an inclusive, community Timebank for anyone over the age of 18, based on the principles of FREDA-Fairness, respect, equality, dignity and autonomy.

The Timebank works within the Parish boundaries and covers Brighstone, Freshwater, Yarmouth, Shalfleet and all the villages in between.

Members have continued to serve each other in our community by sharing their skills and gifts to build a stronger kinder West Wight community hour by hour. Time transactions that take place between members give 1 credit for every hour offered or received and occur on a 1-1 basis and a group basis.



Our full individual membership currently stands at 130 i.e. 111 individuals and 19 organisations (as members have given up their membership/ retired or moved away, new members have joined). Together over the 8 years we have exchanged over 20, 787 hours (almost 6,000 this year alone) an incredible achievement.

Members thrive on the knowledge that the Timebank is relationship based, flexible, operates on a give and take basis and moves along with your life as and when needed or wanted.

The consequences of Covid and the economic crisis have been acutely felt by many local individuals and families, (members and non- members), many of whom continue to struggle with food poverty, declining mental health and raised stress and anxiety.

In this post pandemic era, the Timebank strives to help both members and non-members by:

Directly supporting families referred to us with hardship grants, food parcels, and hygiene parcels.

Sharing the tremendous amount of food that would otherwise go to landfill by making daily collections from Sainsburys local and the Coop redistributing this every week to 20 local schools, organisations, churches, clubs, residential and nursing homes.

Running a weekly Community Market at Freshwater Parish Hall which is registered as a warm space. We provide members and non-members with:

Nutritious home- made soup and bread

Good to eat food (on a 'pay as you feel' basis) collected by our partner Faith who runs the Real Junk Food Project IW

Social support and company with specific advice from 2 members who have been trained by Citizens Advice to become 'Advice First Aiders.'

Free pet food for those struggling to feed their cats and dogs

The opportunity to enjoy a different crafting activity each week, and learn new skills



An eco -refill scheme designed to reduce the use of single use plastic and encourage all to do a little bit to protect the environment with sustainable products.

A drop and swap table, filled with items bought in to swap for something else from the table- an ideal way to reuse and recycle clothing and goods.

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. The Timebank is now 8 years old.

The structure of the organisation :

Sally Gaeta is MD of Action 4 Support, founder and coordinator of the West Wight Timebank (paid for 25 hours work through Reaching communities fund)

Debbie Whiteley (unpaid) is her Co -director

The Reaching Community fund has paid for our annual organisational running costs including:

- Two sessional workers, Avril up to 20 hours a month and Gina up to 10 hours a month.
- A paid book- keeper, (Ms Friday)
- An accountant (Bright Brown)
- A web designer and social media publicist (Adam Tucker)
- An IT management firm (Azteq)
- Insurance (Access)
- Travel costs at 45p a mile
- office publicity and printing costs

This funding has enabled us to continue to increase our network of meaningful relationships that have been built on an asset- based model of caring for each other and our environment.



Demographics

Distribution of individual members:

Freshwater 77

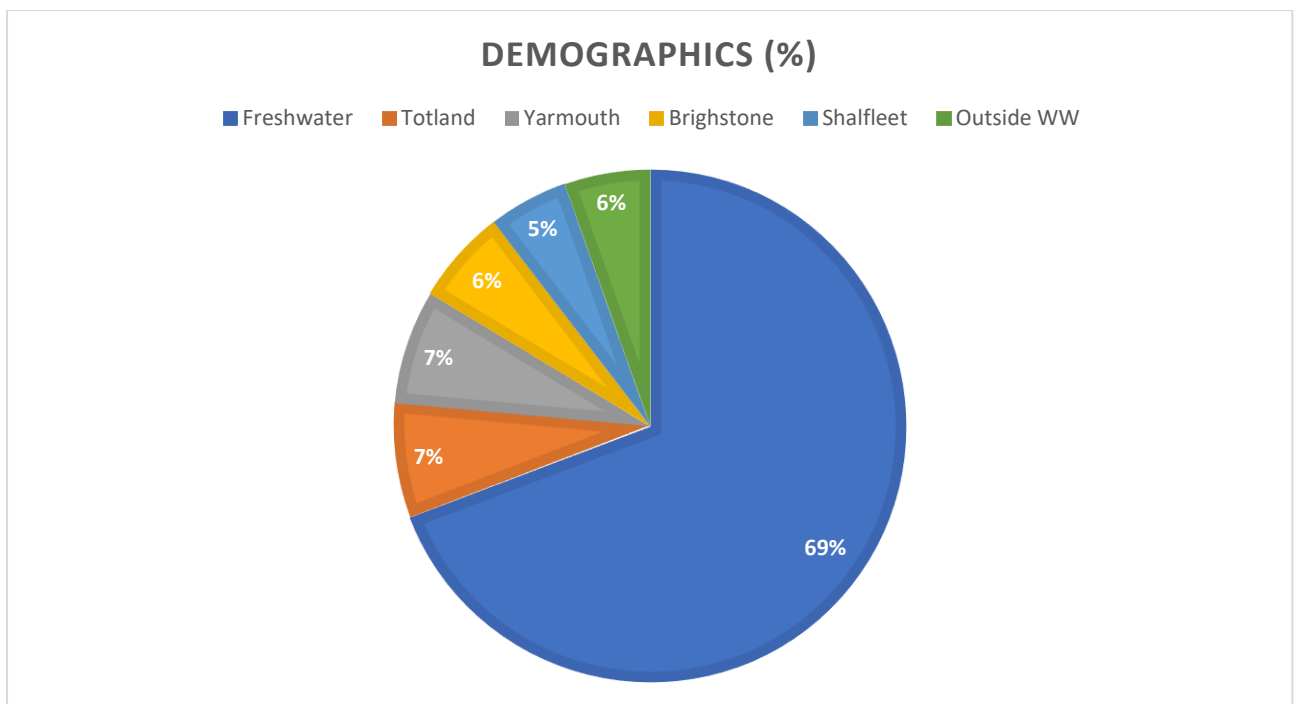
Totland 8

Yarmouth 8

Brighstone 6

Shalfleet 6

Outside WW but have substantial connection 6



The percentage for Freshwater members has increased from 55% last year to 69% percent.

Distribution of organisational members

Freshwater- 9

Brighstone 2

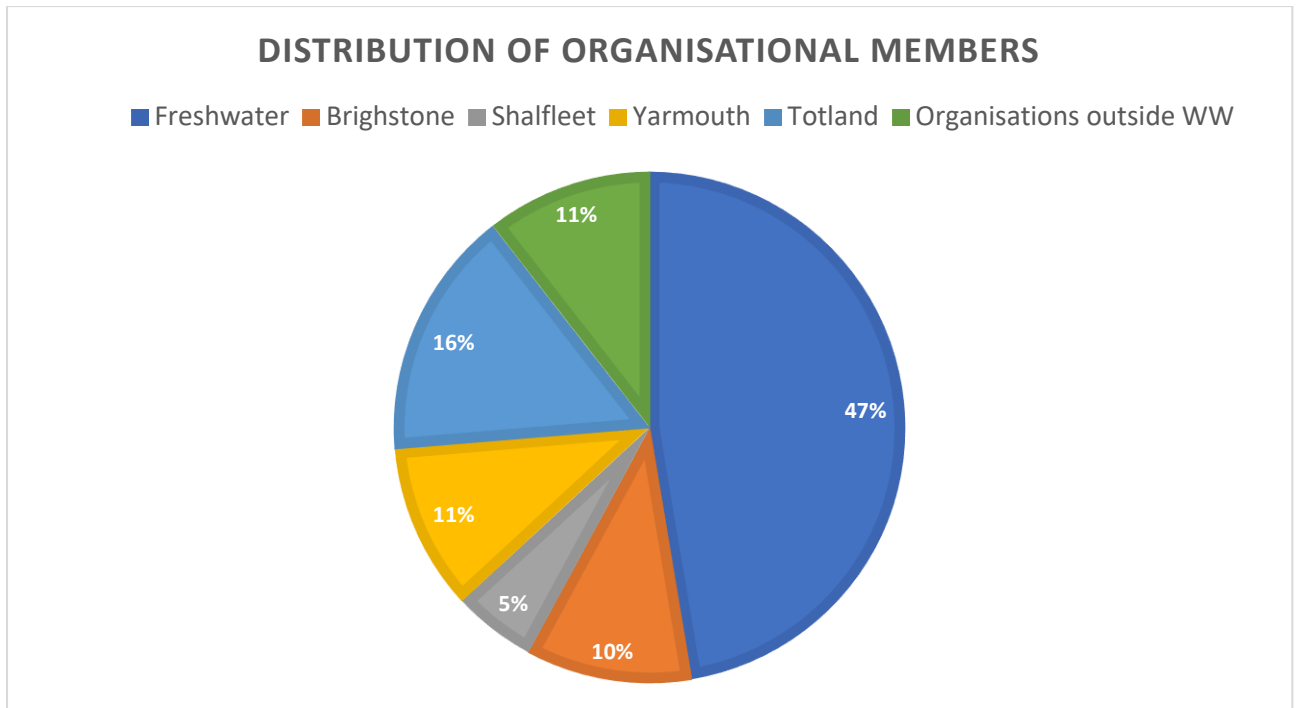
Shalfleet 1



Yarmouth 2

Totland 3

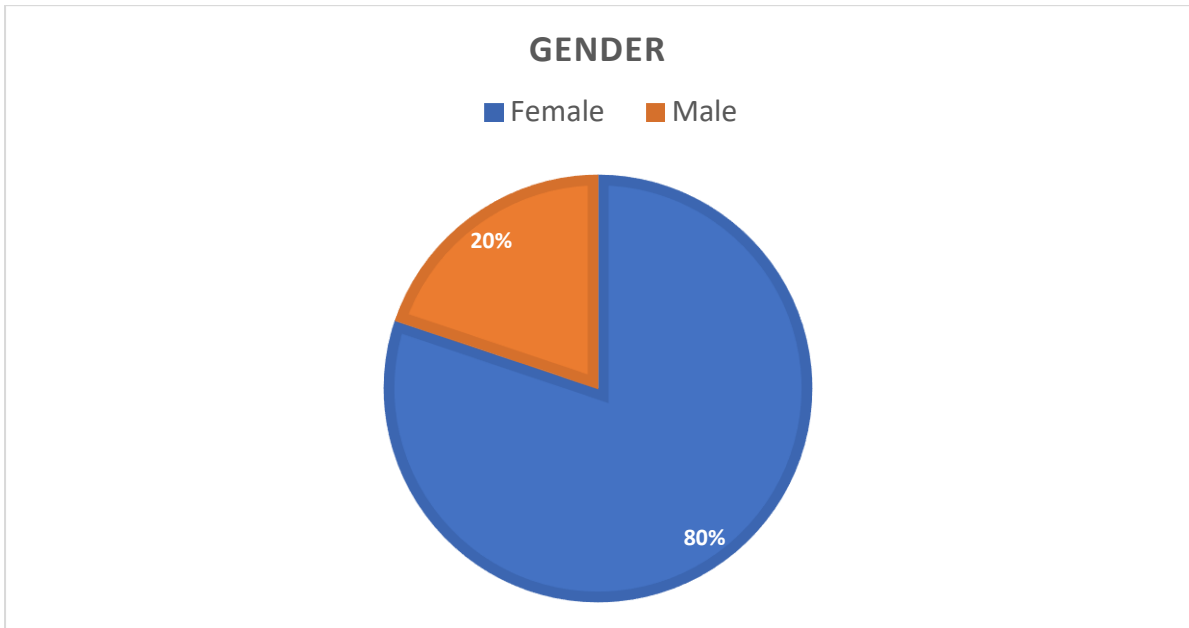
Organisations outside 2



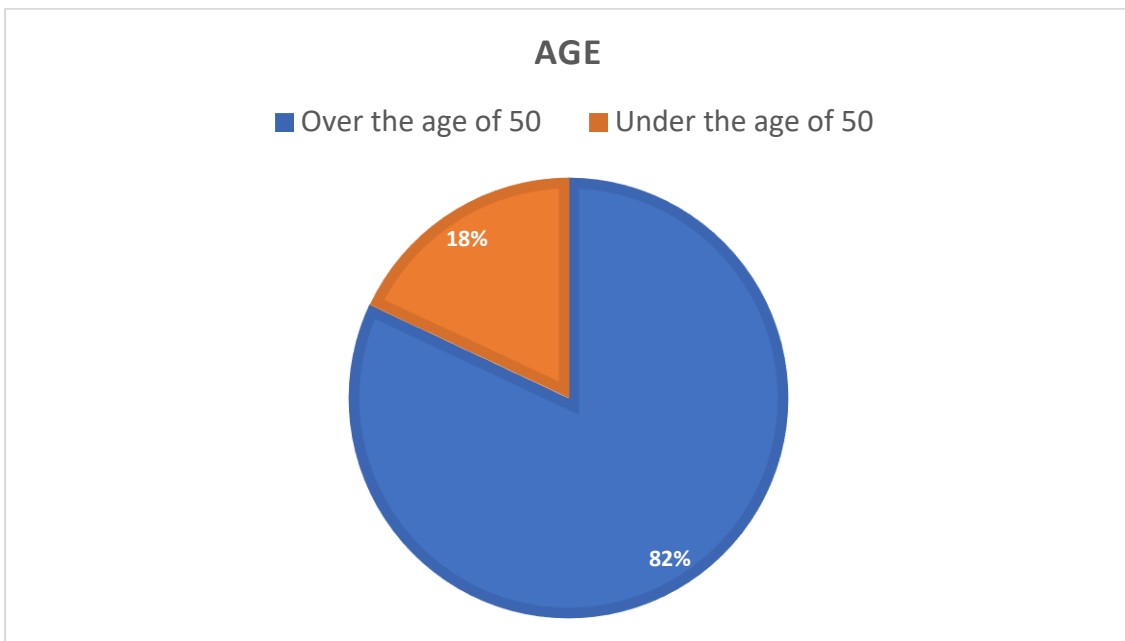
Gender of members

87 female

24 male



This is the same number as last year but reflects different members as some male members have left with new males joining.



Our membership age ranges from 26 to 92 years old

20 are under the age of 50

The under 50s age range has risen by 1%

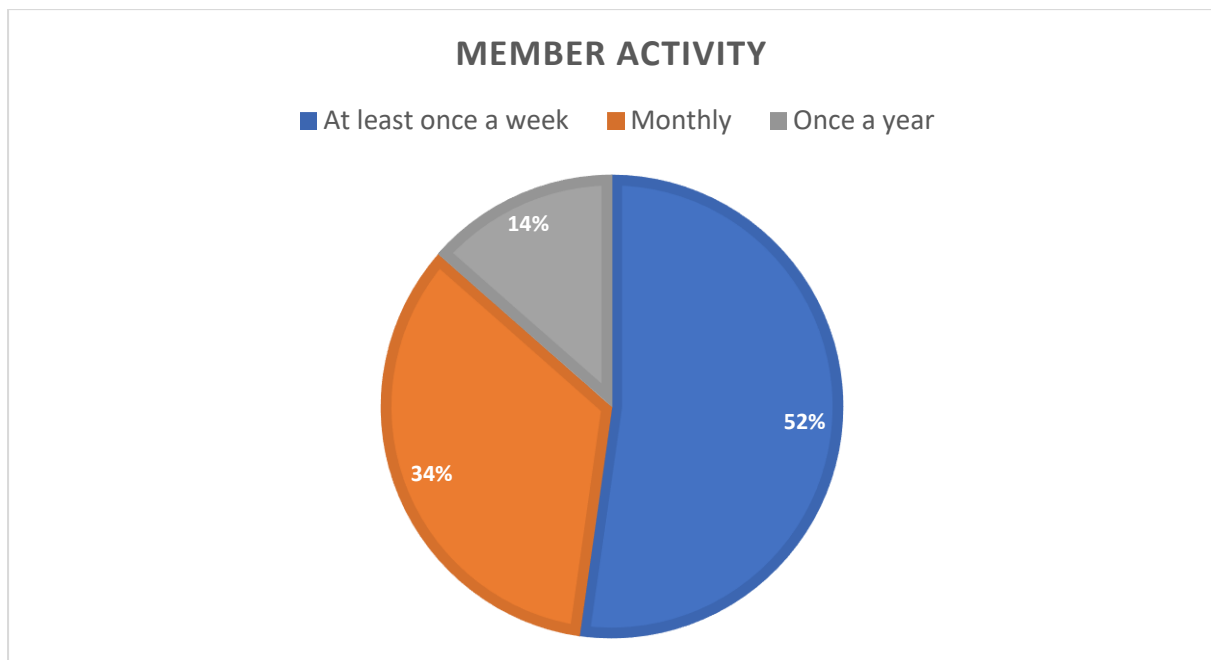


Member Activity

At least once a week-58 of 111

Monthly 38 of 111

Once a year 15 of 111



There has been a large increase in the number of members who are active at least once a week (from 20% last year to 52% this year).

32 of the 111 members describe themselves as disabled with either a physical disability or a mental health condition.

Timebank schemes:

Members can still earn credits at all of the following schemes-

Dementia First-Carers Friendship Group (meet weekly)

The Timebank helped set up a new group called Dementia First-Carers Friendship Group, who then became an organisational member of the Timebank.



The aim of the group is to support 6 carers and their loved ones, giving them an opportunity to come to the Annexe in Totland, try activities together, share companionship with others, and once a month (on a rota) give one carer the opportunity to have a few hours away from the Annexe giving them a break.

The scheme is supported by regular Timebank members, nominated befrienders, and visiting Timebanker's sharing their skills. We have a varied session plans and enjoy crafts, music of all sorts, games, puzzles, reminiscence - activities and discussions.

Our allotment (regular team of up to 8 members who meet weekly) provided free of charge by Totland Parish Council.

We pledge to give 50% of our crops away to others in the community, but this is often only a small amount!

The Food Redistribution scheme - Food from Coop and Sainsburys local in Freshwater goes out to 20 local organisational recipients a week. Thousands of pounds worth of food has been redistributed this way, with an average day's food collected being worth £100.

Food and Hygiene parcel scheme- funded through the IOW council paying Faith for the food she collects from all over the island, and 'In Kind Direct' for Hygiene products (with up to 80% discount) for 10 referred families who receive food and hygiene parcels delivered to their doorstep. From August 23 to end of September 23, 45 parcels had been delivered to new families, and 10 hygiene parcels were delivered (2 months- worth of goods).

Pet pantry, funded by Wight Aid and Neighbourly- from June 23 to September 23 we had 64 people take free food for their cats and dogs. Angie Shoulders has agreed to become the Timebanks new sessional worker and will run this scheme, and provide cover for Sally at the Parish Hall if she is not able to attend occasionally.

Litter picking

2 Book Groups

Community Market-We now have an average 14 members attend each week earning time credits and getting involved in the variety of scheme we run at the



Parish Hall (given free of charge), for example making up young carers bags. We have on average 50 people as a total, with approximately 10 people coming for Faiths food van for' pay as you feel produce at 2pm.

Monthly garden scheme involving 2-7 Timebanker's helping other members in their own garden. This is popular request for members.

All Timebank hours and credits are recorded on a TBUK database by Sally Gaeta and Amy Duckworth and annually we let members know what is in their 'time account', and encourage all to spend some, as the timebank works if members both give and receive time.

Earned credits are 'capped' at 100, so members are encouraged to spend some or give some away to another member or our 'Community pot'.

Impact Assessments

When a new member joins, they are asked to complete a form asking them to tick why they wish to join the Timebank with the following:

To get practical help

Meet people

Learn something new

Improve your prospects

Do something in the community

Give an indication of current level of happiness.

5 new members this year were chosen to revisit the areas they had ticked as above to 'measure' the impact of the areas they had indicated.

Member 1

1. His opportunities to 'meet new people and make new friends' had increased by 50%
2. His 'opportunity to learn something new and increase knowledge' had risen by 50%



3. 'To be able to be useful to others and feel a part of the West Wight Community' had risen by 50%

Member 2

1. 'Opportunities to get practical help' had risen by 90%
As had 'meeting people making new friends and to be useful to others'

Member 3

Her 'opportunities to get practical help' had improved by 80%
'Meet new people and make new friends by 50%' as had 'learn new skills and improve prospects to work'

Member 4

'Opportunities to meet people and make new friends' had risen by 60% as had 'learn something new and increase knowledge' and 'feeling useful for others and a part of the WW community'
Her level of happiness had risen by 50%

Member 5

Her 'opportunities to meet people and make new friends' had increased by 80%, to be 'useful and feel part of the WW' 90% as her level of happiness.

Qualitative measures were also given to collect person-centred stories of the impact membership has made to an individual's life, one member commented that the 'Timebank has changed my life'.

In addition to this small selection of new members who joined this year this year, a wider impact assessment was sent to all individual members to measure how they felt the Timebank was doing in its efforts to, 'make the West Wight a stronger, kinder, more resilient connected community through exchanging skills and through the schemes we run' as this is one of our primary outcomes.

Of the 111 individual members:



61% gave a response (68 people)

91% (62 people) responded with a 10 (the scale was 1-10 from 'not at all achieved' to 'being achieved very well')

5% (3 people) gave a score of 9

3% (2 people) gave a score of 8

1% (1 person) gave a score of 5

West Wight Timebank's Workshops

To enable members to 'spend' the credits they have accumulated, Sally arranged a series of workshops from September 22-September 23.

These were led mainly by Timebank members, with a few paid professional trainers. Between 1 and 12 members attended each workshop:

A colour analysis workshop

A photography course

Japanese stab binding workshop

Gentle Chair Yoga

Jewellery workshops

Crochet workshops

Christmas wreath making

Christmas decorations,

Summer flower workshops

Art workshops

Sign Language workshops

Willow workshops

Fruit, bread and vegetable workshops,



Hanging basket workshops

An Emergency First Aid course

A Qualification First Aid course

A Safeguarding course

A Food Hygiene course:

Safeguarding

All Timebank members undergo a thorough application process that includes taking up 2 statements of support as well as DBS checks on those who will be working with any other vulnerable members and with children, for example reading in schools.

Members are kept regularly informed of ongoing changes to the Timebank's work in the monthly newsletter, where there is also a reminder of our risk statement i.e. that members need to say no to any transactions they feel are not appropriate for them.

This year 8 members completed a bespoke Safeguarding course organised through Community Action (who also undertake our DBS checks for us)

We have a Safeguarding policy in place, which all new members are directed to when they join, along with our data protection policy.

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. 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 has completed a DBS check (through Community Action in



Newport, paid for by the Timebank). I would also check their MOT, insurance and advise them to contact their insurance company to explain that they volunteering. To date this has not affected any insurance premiums.

In a similar manner if a member is with a child, they would have to have a DBS (which the Timebank pays for).

Funding our projects

We have an annual management report of our finances (Ms Friday's book keeping services) and with a separate bank account (called 'other') we raise money and apply for local funds to give flexibility to resource schemes as needed.

This year we have received the following into the 'other' bank account.

£2000 donated from Shalfleet Village Fete
£25 from talk given to local group
£100 from Parish Hall sales
£316 from Christmas market
£50 private donation
£750 IW council food parcel grant
£500 Wightaid grant for pet pantry
£300 Totland Pc
£562 concert fundraiser
£50 Shalfleet PC
£300 Yarmouth PC
£500 Neighbourly for pet project
£40 donation form a talk
£50 private donation for the Dementia Cares group
£4, 175 IOW grant for food and hygiene parcels
£144 from coffee morning
£58 private donation for pet products and parish hall takings
£250 FPC



£350 Olgas coffee morning

Total £ 10, 538

In addition, the Eco refill had an income of £2,946 and a profit of £690

This year has seen an increase in the cost of all the services we buy in to support the running of the Timebank, including our insurance, book- keeper, accountant and IT costs, and the budget Sally set 2 years ago with the Reaching Communities funders will not be sufficient to cover our on-going costs for Sept 23 to Sept 24.

With the additional uplift grant to employ David from TBUK to apply for ongoing funds it is hoped that this will not become a difficulty. However, if no ongoing grants seem to be forthcoming by April 2024, Sally will begin to reduce activities but will hope to retain the Timebank on a voluntary capacity, but with reduced hours to 10 a week.

The IOW grant from Reaching Communities (which provides the resources to pay for the food and hygiene parcels) is considered by Sally to be too onerous, and time consuming and so she will not be applying again for this fund.

Our aims for the coming year

1.To raise more money through fundraising activities and local grants to resource our schemes.

2.To work with TBUK business manager who has been commissioned with additional funds from Reaching Communities to apply for grants that will enable us to continue the high level of activity our members achieve in the West Wight, in particular to gain grants from October 2024 when we have no more Big Lottery funding.



3.To increase the membership particularly targeting younger people

4.To work with St Saviours school staff to provide the children with 1 of our 6 raised beds to St Saviours School (3 groups of 8 children each week spring 2024). The intention would be to develop intergenerational links with the children and Timebank members.

5.To measure the impact of our work: Members will report feeling empowered, and have 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 schemes, workshops, and social events.

6.To improve the wellbeing of our community members in an intergenerational way and form stronger partnership bodies in the West Wight to deliver meaningful, person centred, relationship-based outcomes

7.To encourage and support fledgling Timebanks over other parts of the island.

Sally Gaeta
October 2023

