



TIME BANK

Rushey Green Time Bank Annual Review 2019/20





A word from the Chair Roy Witter

It has been an exciting year where the charity has adapted and taken on significant new responsibilities as infrastructure support for Lewisham's voluntary sector.

We have received increased funding and resources to achieve our mission of strengthening Lewisham's voluntary sector and promote an asset-based giving philosophy where individuals, organisations and businesses help each other by sharing time, skills, assets, expertise and knowledge to make a positive difference in the community. Facilitating connections, a can-do attitude, and a giving heart are what makes our organisation beat with ideas and projects that happen when people are brought together with a sense of mission and purpose.

Behind it all is a dedicated and aspiring team of staff and trustees, alongside the wonderful members and volunteers who, through what they give and do all year around, represent our heart and vision for the community. As each year rolls into the next one, you reflect on what has been and what will be. The constants are always 'change', 'agility' and 'growth'. With that experience under our belt for over 20 years it gives me great confidence that this review is one step of the journey and that we can look forward to the next one.

CEO Reflections

Philippe Granger

Innovative and with a bold ambition the organisation has continued to move forward. You have to visualise what can happen when you bring together skilled people and a compelling agenda.

Bottom line however is often the profound commitment that underpins it all, and the freedom to take initiative and be creative – that’s how a team and all the people in an organisation can feel their contribution is valued, and feel that they are learning and growing. We are very informal, not casual but making a space of possibilities where ideas are allowed to flow and converge into projects and interventions designed to meet needs and make a difference. The ‘Magic Ingredients’ of the Appreciative Inquiry conducted this year, revealed how incentivising, rewarding and pleasurable it is when a diverse group of people are included, feel useful and appreciated in fun and goal-oriented projects and events. No more so relevant it has also been when entering this pandemic. Not fun but it has yet also brought together a wide range of partners and volunteers that with a smile on their face and a team spirit will do whatever it takes to bring some relief to their neighbours. As an organisation we will continue to be a vessel of connections, giving, inclusion and kindness - the hallmark that we wish it to be under our Lewisham Local branding.

Come with us on this journey!

Appreciative Inquiry

The charity undertook a participatory evaluation using an ‘Appreciative Inquiry’ approach to understand what gets people involved in our organisation. We wanted to understand what has made the difference to inspire people to give or engage with projects. Focusing on strengths and what works well, 16 members and volunteers were trained to collect people’s most memorable experiences of getting involved in our organisation, and the impact that had on

their lives. 47 stories were collected. Story collectors worked together on the Inquiry to identify emerging themes and what involvement looks like at its best. This would provide learning for change and growth opportunities, leading to action to make a difference as we work towards achieving our vision of a borough where local people, organisations and business are connected and inspired to contribute and give to make Lewisham a great place.

This Inquiry led to a list of ‘Magic Ingredients’ that incentivise service users but could also be appropriate at organisational and management level.

The ‘Magic ingredients’

- **Space:** to develop ideas and create
- **Working:** together in a team with a common purpose
- **Time to socialise:** to meet new people in a relaxed environment
- **Building connections:** to feel part of a community and family, belonging, included, safe, making friends
- **Learning and sharing:** knowledge and skills
- **Pride:** making an impact, overcoming challenges
- **Satisfaction:** contributing, feeling needed, progressing, towards a goal
- **Positive impact on self:** health, sense of self-worth, self-confidence, therapeutic
- **Reciprocity:** giving and receiving, inspiring ourselves and others
- **Time together:** sharing food, having fun for free!

The Inquiry highlighted that we get the best and are most effective when we feel valued and involved, enjoy what we do and know we make a difference. Our charity was founded on these principles and we will use these magic ingredients to guide our future projects and programme planning.

The Appreciative Inquiry report is available on request and can also be downloaded from here [Appreciative Inquiry](#).

OUR WORK



FOODCYCLE LEWISHAM

Managed by the charity, FoodCycle Lewisham runs a community meal every Saturday at the Lewisham Irish Community Centre. The project is powered by volunteers, and exists to reduce food poverty, food waste and loneliness. It operates as a franchise of FoodCycle, the national charity that runs over 40 vegetarian community meals throughout the country using surplus food.

This year's highlights include:

- Hosted 2,245 guests, served 3,223 meals and saved 5,421 kilos of surplus food
- Celebrated 3rd Anniversary in May 2019 with a special performance from the Time Bank Choir and reached a 5,000th meal milestone
- A special Caribbean meal to mark National Windrush Day meal in June with Time Bank members coming to cook, table decorations knitted by members of Tea & Chat, and music playing
- Working with two local secondary schools as part of the Envision Programme where young people raised awareness and funds for the project
- On average guests rate the quality of the meal 4/5 and rate the environment as welcoming and sociable as 5/5. The project is reputed as a unique provision to help reduce isolation and food poverty.

Guests' feedback

'I come because of the company'

'Great atmosphere, very inclusive, very welcoming and delicious food.'

'Good meal to meet people'

There is an online video featuring our FoodCycle project and Jean's moving testimony: [FoodCycle](#)



'Great atmosphere,
very inclusive, very
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delicious food.'



WILD CAT WILDERNESS

A community green space managed by the charity where the local community explore nature, learn new outdoor skills and crafts with other local people of all ages, cultures, faiths and abilities.

The site is also used for Forest Schools by approx 240 children from 2 primary schools and 3 nurseries every week during term times. The project provided over 2,300hrs of volunteering, a new orchard was planted and the food growing area expanded including a greenhouse. We were pleased to work in partnership with the Timebank for the festival of ageing using the plants from our dye garden, running workshops on natural dyeing and making scarves. Our Chilli Festival in September was attended by over 200 people and galvanized volunteers to work towards something across the year from growing the chillies to making chutney. 200 people also attended our sessions during the 'Catford Arts Trail' festival. We have also worked with the Youth Offending Team, The Good Gym, National Citizenship Scheme, Sunday Assembly London, LSE, corporate volunteers and police cadets.

For the first time we were part of the Open Garden Squares weekend and ran bushcraft activities for over 85 people.

Participants said:

'Coming here is like an encyclopaedia for me because of the knowledge of the people here'

'Wild Cat Wilderness is a haven in Catford'

'Has given me a holistic engagement with the world'

'I gained confidence in my own ability to learn new skills and carry out a task'

'It has increased mental health and wellbeing'



'It has unleashed creativity which is inspiring my future projects such as the dye gardens'



**YOU ARE
AMAZING!**



10,317 HOURS GIVEN

The wide range of activities across the charity resulted in 10,317 hours of time banking and volunteering hours.

(April 19 - Mar 20)



TIME BANKING HIGHLIGHTS

Time Banking activities are rooted in engagement and co-production whereby members are encouraged to design activities and events that connect people up to do things together using their skills and time. Wellbeing and a sense of purpose and community are achieved when space is made for members to feel involved. A wide range of co production and space of activity have provided a diverse choice of involvement people can get into such as **Tea & Chat, Walking Group, Glassmill Group Chat, Time Bank Creative Group, Bring & Fix, Gardening & DIY Club, Members Action Group, Time Banking with MacMillan, Bellingham Arts & Crafts, and the Time Bank Choir.**

People expressing an interest in becoming a time bank member are invited to attend a workshop led by the co-ordinator and assisted by existing members. The workshops include the ethos and history of time banking, Rushey Green Time Bank's values and safety elements as well as managing expectations regarding what members can and cannot help with. The sessions also include participative activities to think through what skills and experience people can offer in order to stimulate new member engagement. 107 new people joined this year.

EVENTS

Shows and the hosting of festivals are a key trademark of the organisation where members and staff come together to organise and or participate in e.g. Poetry and creative events, Bring and Fix, the Bellingham festival and Lewisham People's Day. For the second year running we also collaborated with the Catford Community Association at their Food 'N' Fun in the Fields festival in Ladywell.

After piloting a very successful 'upcycling clothes' fashion show in February 2019 members were able to host an 'Ageing in Style' event as part of Lewisham's **'Age against the machine' Festival of Creative Ageing'** In September 2019. The pilot had encouraged members from a range of ages and background to participate in the clothes show and challenge the traditional 'fashion model' profile. The result was a diverse, eclectic and vibrant array of models which reflected Lewisham's audience and our ethos at the time bank that everyone is welcome, and feels valued. An 'Ageing in Style' planning group was set up and workshops were held by experienced designers who also happened to be time bank members or supporters. Participants learnt the basics in dressmaking and upcycled fashion; how to use recycled materials and clothes to make something new on a limited budget.

The workshops provided opportunities to develop their creativity, skills set and confidence in homemade fashion, leaving them with ideas and the skills to continue their projects at home.

The Ageing in Style fashion show was held at the Lewisham Irish Community Centre which was transformed by Louise Cain, one of the project organisers into a catwalk. Over 100 people attended. Members who had attended a 'confidence on the catwalk' workshop showcased clothing and accessories for older people, African Caribbean fashion and plus sizes that are often ignored in the wider fashion industry and mainstream society. The event displayed styles to look good in all the diverse shapes, plus sizes and curves, leaving our audience members feeling good about themselves, their self-image and giving them ideas to put into practice. 100% of the participants agreed that the programme made them: 'Feel more positive and more confident about growing older.' The Ageing in Style project was a highlight of the year, thank you to all those who helped make the project a success. As a result the organisation was invited to present at a GLA Borough of Culture event to share their experiences with others in the fashion industry on co-producing community-based fashion initiatives.

In February 2019 the organisation unknowingly held its last event before lockdown; a **Valentine's Day party** where members came together to celebrate friendship and togetherness, sharing food, music and laughter.

"It has been great working alongside the younger generation" - **Bring and Fix** is all about local people coming together to share their skills and knowledge, and for local residents to bring along damaged clothes, broken bicycles, small electrical/DIY items to be fixed. In 2019/20 we delivered 3 Bring and Fix events, and we had the opportunity to work with a group of young people who were taking part in their National Citizen Service (NCS). The young people were taking part in a community-based team project - they helped us by promoting the event, supporting the menders, taking photographs for social media, and keeping the public entertained while they waited.



LEWISHAM LOCAL

The charity continues to play a pivotal role in the development of the Lewisham Local giving initiative, bringing together the voluntary and public sector, local businesses and communities to inspire people to give towards good causes in Lewisham.



LEWISHAM LOCAL CARDS

475 businesses offering discounts and **1,500+** volunteers with cards to recognise their volunteering and build new volunteering research.

LEWISHAM LAUNCHPAD FUNDING PROGRAMME

Started Feb 2020 with £14,915 distributed! In partnership with Lewisham Council to support local people and groups with innovative community ideas.



LEWISHAM COMMUNITY TOILETS

The scheme is commissioned by Lewisham Council as an alternative to public toilets that have been closed. We have recruited local businesses willing to offer the public free access to use their toilets and there are now **73** Community Toilets available in Lewisham. The scheme continues to grow in public consciousness and appears to be generally well received by the public.



SUPPORTED BY
MAYOR OF LONDON



GET INVOLVED FAIRS

Lewisham Local launched its 'Get Involved Fairs' in November 2019. We invited 30 organisations/ community groups to come along and showcase the great work they do, and offered over 100 individuals access to a wide range of volunteering opportunities to get involved in, and make a difference in the local community. Many thanks to Lewisham Library who were able to give us the venue for free - our fairs continue to have a high level of satisfaction for potential volunteers and organisations.

REFILL LEWISHAM - following our successful work developing a network of community minded business, the Greater London Authority (GLA) approached Lewisham Local to trial a network of local businesses that would offer free water refills to help reduce single-use plastic waste. There are now **174** businesses offering free water refills.

OTHER HIGHLIGHTS

- **Lewisham Mayor's Awards 2019**, in partnership with Lewisham Council to reward and recognise over 100 local individuals, businesses and community groups





LEWISHAM CONNECTIONS

We are a partner of and have hosted a Community Development Worker for Community Connections Lewisham. Led by Age UK Lewisham & Southwark, Community Connections is a preventative programme aimed at supporting vulnerable adults to improve their social integration and wellbeing. In 2019-2020 the Community Connection team supported 879 isolated adults; supported 51 groups through development plans and carried out 379 development visits to community groups.



VOLUNTARY SECTOR INFRASTRUCTURE SUPPORT

In late 2019 the charity took on the infrastructure support responsibility for Lewisham's Voluntary Sector to engage and connect residents and voluntary sector communities, develop Lewisham Local and maximise local assets to increase community resilience. The goal is to strengthen the voluntary sector and help organisations work together strategically to tackle local issues as well as increase awareness of the good causes and needs in the community. This is to be achieved by encouraging an asset-based giving philosophy where individuals, organisations and businesses from all sectors help each other by sharing time, skills, assets, training expertise and knowledge.

- 600 individuals and organisations attending 30 training and workshop sessions
- Supporting 43 organisations
- Developing the website with new online resources and a governance audit diagnostic tool, leading to 50,000 unique website users
- A new Directory of 200 local voluntary organisations
- Instigating new networks & events: Food Network, Community Development Working Group, Volunteer Managers Network, VCS monthly Breakfast Networking sessions, Get Involved Fairs

This infrastructure development provided the relationships and strong basis to instigate the Covid-19 Community Response Hub for the mobilisation and asset-sharing of VCS partners that would spring into action during the subsequent pandemic.



THE FUTURE

The charity will likely expand its work through its Voluntary Sector infrastructure support role and explore new avenues to address poverty and address inequalities. Ongoing austerity has a deep impact on the whole voluntary sector and we anticipate this will continue in future years, meaning our work for small organisations to build resilience and work together will be vital.

We will continue to develop projects and build on the strength of the Lewisham Local programme to be a positive force to help local people and organisations to connect, collaborate and give to address local issues in Lewisham and make a difference.

CHARITABLE OBJECTS AMENDED

This was undertaken to reflect our expanding role and new strategic position as lead infrastructure organisation for Lewisham's voluntary and community sector.

The new objects are:

To promote any charitable purpose for the benefit of the public and particularly, but not limited to, the public who live and work in the London Borough of Lewisham and surrounding boroughs, including: a) to promote volunteering, time banking, the giving of time and skills to engage and support local residents including those considered to be suffering from the disadvantage of social exclusion; b) to promote philanthropy to relieve poverty distress and sickness in the interests of social welfare with the aim of improving the conditions of life of the public; c) to promote and broker partnership working, and training within the voluntary and charitable sector, statutory and private sectors, in the interests of the furtherance of and achievements of the above purposes.

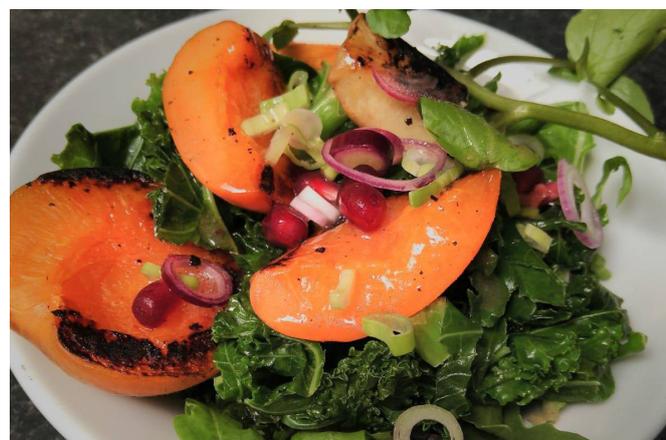
FINANCE

Our trading figures for 2019/20 show an income of £334,079 and an expenditure of £318,052. Net assets at 31/03/20 were £136,766 made up of £29,977 restricted funds and £106,789 unrestricted funds.

Full accounts are included in our Annual Report, submitted to Companies House and the Charity Commission. They are also posted on our website and copies are available on request.

Principal funding sources

The Trustees, staff and members of Rushey Green Time Bank are grateful for the financial support funders have kindly provided, without whom the charity would not be as successful. Our principal funders are: The London Borough of Lewisham, The City Bridge Trust, The Merchant Taylors Company, the Greater London Authority, AGE UK Lewisham and Southwark. Smaller funding streams come from the Rushey Green Ward Assembly, The Prudential and The Co-operative Community Fund.





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