



TIME BANK

*Local People sharing time and skills
To build happier, healthier communities*

Annual Review April 2008 – March 2009



**The
Sustainable
City
Awards**



Vision

Our vision is to achieve a cohesive community in the Rushey Green area, where neighbours know neighbours and can rely on each other for help and support. Where people of different ages, cultures, backgrounds and abilities interact with each other on an equal footing and with mutual respect and understanding.

Mission

To empower the residents of Catford (including but not exclusively the patients of Rushey Green Group Practice) to improve their own health and sense of well being, and thus improve the health of the Catford community as a whole.

Time Banking

Time Banking is a community development tool and works by facilitating the exchange of skills and experience within a community. It aims to build the 'core economy' of family and community by valuing and rewarding the work done in it. Time banking values everyone's time as equal, 1 hour equals 1 hour, or 1 credit. For every hour you spend helping someone in your community you are entitled to an hour of help in return. All manner of skills are recognized from walking with someone to baking a cake.

CORE VALUES

Time banking has four core values, which are:

Assets

Every human being has the capacity to be a builder and contributor.

Redefining Work

Work must be redefined to include whatever it takes to rear healthy children, make neighbourhoods safe and vibrant, and care for the frail and vulnerable.

Reciprocity

The impulse to give back is universal. Wherever possible, we must replace one-way acts of generosity in whatever form with two-way transactions. "You need me" becomes "We need each other."

Social Capital

Social Networks require ongoing investments of social capital generated by trust, reciprocity and civic engagement.

Everyone has something of value they can offer, and everyone is both a giver and a receiver of help. All tasks are of equal value. A large percentage of our work is recorded as 'Time Credits' on the Time Online software. We thus have a regular and ongoing measurement and evaluation of the work that we carry out.

MESSAGE FROM THE CHAIR



This last year has been a great year for Rushey Green Time Bank, funding was secured for both the development post and the broker post; we were winners of two awards, one from the London Health Commission and the other from the City of London Sustainable City Award. Our membership has grown and so have the activities we do; all in all a very good year for Rushey Green Time Bank. On behalf of the board I would like to say a very big thank you to Philippe for his tireless work in gaining funding and the positive recognition Rushey Green has gained through the awards Philippe had the foresight to enter us for. Also a thank you to Maria; although she has now left the broker post, she played her part in what has been achieved.

Welcome to Charmaine who was appointed as the broker in May 2009 and of course a very big thank you to all members as you are the heart of the time bank and the people that make it the wonderful community it is.

Mandy Grierson – Chair, Board of Trustees



Thoughts on 2008/9 - Celebration and sustainability

2008/9 will be remembered as an incredible year of ongoing celebrations. It was only a couple weeks after a memorable AGM and 8th birthday celebration that in July 2008 Rushey Green Time Bank won the London Health Commission award for '*Outstanding achievements in partnership with the NHS - activities that bring communities together to work with NHS staff to improve health and well-being*'. This was in recognition of our work in partnership with the Rushey green Group Practice. The impact of this award has been phenomenal in that it further energized the time bank and helped us secure some core funding until March 2011. This award also led to the production of a professional video sponsored by the London Health Commission. The film beautifully captures the heart and vision of our time bank and its impact in our lives. Then, in February 2009, we won the City of London Sustainable City Award for "*Access to goods and services for disadvantaged communities*", a prestigious award granted by the City of London - at Mansion House! This is so encouraging and we can cherish our accomplishments with great pride.

Paradoxically, 2008 was also a year of great tension as we continuously seek to remain sustainable. The time bank is thriving, it is a key community group in Lewisham, it is a model of social inclusion and co-production that features in various publications, more people want to join us, and yet funding to keep going is becoming extremely difficult to secure. But, we did it and we can truly celebrate this achievement too. We are most grateful for the generosity of our funders.

Sustainability was also marked by the fact that the time bank is responding to climate change. We started a new initiative to grow vegetables and inspire each other to be more responsible about material goods and our energy consumption. This is most important: our local community may be bonded by friendships and mutual support but its long term sustainability also depends on sharing more, being environmentally focused, and working together to use local resources.

As we move towards our 10th anniversary in 2010, we ponder on what is in store for us? Well, we are growing in numbers, more service exchanges and hours are being exchanged, we play a greater role in Lewisham, and the time bank is stronger. I believe that our impact in the local area and further will increase, more people will participate, and the range of skills we can share and exchange will also expand. It is thrilling to be at the forefront of a movement that transforms our world and generates dynamic communities such as is Rushey Green Time Bank!

Philippe Granger - Development Manager

BACKGROUND INFORMATION

History

Rushey Green Time Bank was the first time bank in the UK to be based in a health-care setting, and it has established a reputation for pioneering work in this field. It is located in a general practice health centre in Lewisham, South East London. Lewisham is one of the most deprived parts of the country, being the 29th most employment-deprived district, and the 31st most economically deprived district, out of 354 in England and Wales (Department of Environment, Transport & the Regions, 2000).

The time bank seeks to alleviate isolation and raise wellbeing in an area of social and health need, where life expectancy is currently 74.5 years, which is lower than the London average and where premature mortality is higher than the national average with cardiovascular disease being prevalent. Over 11%¹ of the population of Rushey Green Ward is over 65 years of age, an age where isolation and subsequent depression is more prevalent. The time Bank operates in a specific catchment area defined by the Rushey Green Ward boundaries, in Catford, Lewisham with a population² of 13,215.

Dr Richard Byng at the Rushey Green Group Practice instigated the idea of a Time Bank in 1999 in partnership with the New Economics Foundation. The Time Bank was piloted as an innovative way to promote wellbeing, health, social inclusion and social capital locally. Dr Byng was convinced that increasing their contact with other people could help many of his patients who presented themselves with symptoms of depression and isolation. He also hoped to find a framework in which they could feel useful to society and needed by others. In April 2003, the 3-year pilot project, where the Rushey Green Time Bank had been funded and managed by the New Economics Foundation, came to an end. Management of the project was handed over to the Staff, and a Steering Group consisting of time bank members and the Rushey Green Group Practice was formed. In 2004, Rushey Green Time Bank became a registered charity and the Steering Group, a Board of Trustees. The Time Bank continues to be supported by the Rushey Green Group Practice, which provides patient-centered holistic care for almost 9000 patients in Catford. Through joint projects between Rushey Green Time Bank and the Rushey Green Group Practice time bank members can be actively involved in their own health care, and in the promotion of good health.

Due to its popularity, word of mouth and referrals, individual membership has consistently grown to 200 members by March 2009, with 44% from black and minority ethnic communities, which is a fair reflection of the local community. People can be referred to the time bank by their doctors, nurses or other healthcare workers or by other service providers or they can join directly themselves. 45 per cent of referrals come from the Rushey Green Group Practice; 33% of the time bank members have some sort of disability, including mental health. The time bank is made of 76% women and 24% men. In recent months, younger adults have joined the time bank. Members have traded over 32,000 hours of exchanges since the time bank started 9 years ago.

Staff and day-to-day running of the time bank

Paid staff at the time bank includes the Development Manager and the Broker. However, members play an essential role in the running of the time bank. For example: recruiting new members; talking to external organisations about time banking; organising projects; organising social events and group activities; helping produce the newsletter, helping run the time bank office, as well as providing services for each other.

Management

¹ Census 2001: Office of National Statistics

² 2001 Census: Office of National Statistics Website

A Board of Trustees that is made up of time bank members, a doctor from the Rushey Green Group Practice, a previous time bank staff member, and other local residents, oversees the time bank. The Board meets every six weeks to monitor the work of the time bank and to make recommendations on planning and strategy.

Funding

The Big Lottery Fund ended in July 2008. Since then up to March 2009 the time bank has received funding from the Lewisham Primacy Care Trust, Lloyds TSB Foundation, London Catalyst, and The Merchant Taylors Company. The City Bridge Trust is funding the 'Older Person's Project' from October 2007 to September 2010.

Business plan

Local stakeholders from the statutory and voluntary sector were consulted during 2008 to seek their input about the impact and future of Rushey Green Time Bank. The consultation was done in conjunction with meetings with members of the time bank who provided insight as to what works well for them and how they would like to see the time bank in the future. The findings provided the evidence and background for a comprehensive 2009-2012 business plan and a concise strategic plan that will guide the efforts and focus of the time bank for the next 3 years. These documents are available at the office.

Time Banking in Lewisham

Rushey Green Time Bank is part of and supports the Lewisham Time Bank Network of which the Development Manager is a steering group member. There are several time banks and emerging ones in Lewisham, and a Time Bank Development Worker supports time banking in the borough. A 2009-2012 Lewisham Time Bank strategy is due to be released during summer 2009. This will have great significance as regards the sustainability and growth of the time banking movement in Lewisham of which Rushey Green Time Bank is a key stakeholder.

WELLBEING AND BELONGING

"Rushey Green Time Bank has a proven record of improving mental and physical wellbeing amongst our patients by supporting people in their environment." (Dr A Febles, Rushey Green Group Practice). The time bank enables members to give and receive a wide range of neighbourly support. The scheme generates much-needed social support for isolated older people, as well as families, and provides low-level practical help to enable older people to stay in their own homes and remain independent. *"Rushey Green Time Bank has provided me with contacts, friends and a sense of wellbeing and belonging in the community"*.

"I have an illness which leaves me very fatigued much of the time and I can't go out often. What could I do for other people in the community one might think? In fact I've been able, at my own pace, to research information for members on the computer". The time bank now has over 200 members and generated over 33,000 hours of mutual exchanges such as housework, clearance/decluttering, simple DIY, gardening, befriending, escorting to shops, admin and ITC help, shopping, help with CVs, picking up prescriptions, healthy walks, chair based exercises, a poetry group, workshops and general help at the practice .

*“The Time Bank has provided me with contacts, friends and a sense of wellbeing and belonging in the community.”*In the 2008 Foresight report ³ on mental health and wellbeing, the research highlighted individual action, called “the five ways to mental wellbeing”. These actions are “connect, be active, be curious, keep learning and give”. The work of the time bank not only tackles wellbeing in communities, but the aims and activities of the time bank illustrate the suggested actions by the Foresight Research. When asked what the time bank has done for them members say it has provided them with a community, friendships, support, given them more control over their life.

CO-PRODUCING THE RUNNING OF THE TIME BANK

Central to Rushey Green Time Bank’s ethos is that members play an essential role in the running of the time bank. For example: recruiting new members; talking to external organizations about time banking; organizing projects; organizing social events and group activities; helping produce the newsletter, helping run the time bank office, as well as providing services for each other. By using the skills and time of its members as its main resource, the time bank is an empowering and sustainable ‘tool’ for strengthening and rebuilding the community through its members who co-produce it.

PARTNERSHIP WITH THE RUSHEY GREEN GROUP PRACTICE

Located inside The Rushey Green Group Practice, the time bank is uniquely positioned to work alongside health professionals who promote the time bank activities and refer patients to the time bank. *“Rushey Green Time Bank are integral to the practice and are part of the wider team... they are an arm of the practice that provides us help and our patients alternatives to reliance on drugs etc.”* (Dr J Chen, Rushey Green Group Practice).

New professionals and medical students at the practice visit the time bank as part of their induction. The time bank is considered integral to the service that the practice offers to its patients. It is part of the wider team and a senior partner is also one of its trustees. This link facilitates information sharing and provides access to resources to support initiatives, recruit new members; members are involved in the ‘Patients Forum’. *The plurality of such supportive activities, their tight embodiment within the practice’s life and routine, has added and continues to add endless value to the holistic aspirations of the practice. They also contribute to the promotion of the good reputation of the practice, and to the enhancement of its place and role in the local community”* (Dr A Febles).

Members also earn ‘time credits’ by helping the practice in practical ways – mailings, filing, shredding, focus groups, the Patients Forum group, and occasionally asking patients in the waiting room to fill in questionnaires.

³ Foresight Mental Capital and Wellbeing Project (2008)
[www.foresight.gov.uk/Mental%20Capital/mental_capital_&_wellbeing_Exec_Sum.pdf]

HIGHLIGHTS OF CURRENT WORK

Assignments

"Through the Time Bank, I have made many friends. By giving and receiving services to and from fellow members, I have given and received pleasure and invaluable help to and from many people. It has greatly increased my self-worth and made me feel a valued member of society, instead of being just a STATISTIC! "



Arranging one to one exchanges of skills, or 'assignments', between members continues to make up the bulk of work in the time bank. This takes place in the form of providing mutual help within all the membership of the time bank, such as simple housework, clearance/decluttering, shopping, simple DIY, befriending, shopping, picking up prescriptions, cooking, teaching IT skills, typing letters. Members use the facilities of the Time Bank office where word processing and the Internet can be accessed in exchange for Time Credits.

Demand for gardening skill's outstrips supply during the gardening season, and even though we have developed a new DIY project we still need to attract experienced practitioners.

Members earn time credits by helping in the office as well as by planning and running events.

Groups and projects

Aside from one to one exchanges of services between members of the time bank, the members are also involved in a variety of projects and groups.

The 'drop-in'



This social gathering happens on a monthly basis at the M-Eating Place café run by Nexus Services.

This event is a place for one to one and small group chats where informal exchanges are often made over a cup of coffee, with deeper relationships developed and social capital built. It provides an opportunity for new members to be introduced, consult members on the time bank 's performance and developments, and get volunteers to organise up and coming activities. *"The drop-in helps to catch up with other members. It provides companionship and gives me opportunities to share coffee with others. We get to know what is going on, we share ideas and make group decisions"*

The Parents and Babies Group



This group aims to support new parents when the direct involvement and support of health professionals and family begins to fade away. This is normally about 6-8 weeks after the baby is born. At this time, support from other sources is crucial, as many new parents feel extremely tired, very isolated and unsupported. Their partners may have returned to work, family has gone back to their daily routine, and health professionals are around only occasionally to check the baby.

"I'm able to give and get advice. I feel part of a community and not so alone about baby stuff"
(parent)

At this group, parents like the 'informality and safe place to socialize with other parents and their children as well as the group being facilitated. The group has had time bank members and health professionals attending the sessions to provide parenting skills, massage, music and movement workshops, First Aid. Other talks on health related concerns have been on teething, weaning and the like. The group, led by two members of the time bank, has been running for over 3 years. Due to its success it has outgrown its previous venue at the Rushey Green Group Practice and now runs from the Ladywell Early years Childhood Centre in Rushey Mead. This has opened new opportunities for joint work and the group is also open to new parents that are not yet time bank members.

The Poetry Group

What time bank mean to us

**Time to meet, timeto greet
Improving confidence all round
Meeting lots of friends, old and new
Exercise classes in plenty.**

**Before you can ask for it, your needs are met
Anxiety lessening, acquaintances renewed
Nothing TOO BIG, or too small
Keeps away the doctor and the hospital**
By Joy Swaby and Elsa Pascal

Regarded as a key poetry group in Lewisham, the 'Rushey Green Time Bank Poets' meet monthly and publish their individual and group work in newsletters, as well as read poetry at various events. In association with LEMP(Lewisham Ethnic Partnership) the poetry group has performed at the Lewisham Library and at other local events.

"Being part of the poetry group has helped me discover parts of me that I didn't know existed. To learn to be creative gives me an incentive to get out of bed in the morning and meet people. The poetry group lifts me out of the depression and isolation that has affected me".

'A friend on the phone' group

This group provides friendship and support to people who may be recently bereaved, housebound or recently discharged from hospital. The befriendeds have reported that this gives them *"someone who is interested in what I am doing and how I feel"*. It makes them feel safer, less alone and instead cared for - *'I know there is someone there to help and support me'* For someone with no family here it means the person can *"enjoy having a conversation with someone who understands"*

The benefits are mutual, with both the befrienders and befriendeds enjoying the relationship and regular contact. Befrienders find it enriching and good friendships have been formed by befrienders.

Walking group



"At Time Bank we are a happy little band of walkers achieving fun, laughter, increased circulation, a greater vitality with increased self confidence and improving our general health conditions. By giving a sense of wholeness alongside this we have made and gained new friends". The weekly walking group is organised and led by members who have been trained as Walk Leaders as part of the Lewisham Healthy Walks Initiative. Most of the participants are older people and the walks take a break during the winter months when it is too cold, wet or snowy such as it was this year!

Chair-based exercises



This is a new project that is led by a professional facilitator. These exercises are designed for anybody aged 60 and above. The exercises consist of postural checks, gentle mobility work, pulse raising (exercises which increase aerobic capacity), and balance work (standing behind the chair). They are ideal for people who have had a fall and are very unstable or have suffered strokes, have osteoarthritis or any muscle wasting disease. 78% of the attendees have said that they feel fitter and healthier as a result of attending this exercise group. 78% have also said that that they have met more people in the area as a result of coming to this exercise group.



"The Chair Exercise Class gets me out of the house for some much needed exercise, and it gives me the chance to meet some friends"

Aerobic and resistance work - the sessions also regularly include a 'circuit' where members each go around in a circuit to spend a specific amount of individual time working on a muscle group.

'Green fingers'...



'Time to Grow' is a new initiative to encourage members to 'co-produce' their wellbeing through active participation in growing local food, celebrate the cultural diversity of food and create opportunities for learning and developing skills. The 'Credit Crunch' issue is also a reference point to engage our members in thinking and doing more about sustainability, sharing, and living a simpler life. In partnership with Nexus Services, time bank members have turned over a disused garden and grown vegetables. This work is done by members in partnership with Nexus Services members that have learning disabilities.



In the autumn of 2008, the time bank and Nexus Services held two promotional events to inform and inspire others to grow their own. These events were framed around the topical issues of climate change, sustainability and wellbeing, and with an underlying message of health, fun, creativity and working together. Visitors at the M-Eating Place community café run by Nexus Services tasted locally grown vegetables including cakes and juices made from a mix of fruit and vegetables. They had the opportunity to look at a variety of information available on display boards and leaflets from Garden Organic UK on gardening tips i.e. growing vegs in window boxes (which we called 'Think inside the box!'), crop rotation, pest control, composting.

At Holbeach Primary School, which is one of our organisational member, about 300 pupils had the opportunity to study the display boards for two weeks prior to the Harvest Festival. They learnt that fresh produce tastes good and that it is fun to grow your own. They also had the opportunity to take 'grow your own vegetables' diaries, and many of them are involved in growing vegetables on the school grounds.

To make it attainable we emphasise that growing a little is the beginning of making a significant difference collectively. The time bank is currently exploring an opportunity to develop a large piece of unused land into an allotment in partnership with other local groups.

These events, supported by *London Food Link* and a small grant from the *London Development Agency*, aimed to help meet the objectives of the London Food Strategy, creating more sustainable food systems for London.

CIVIC ENGAGEMENT

Ward Assemblies

Local assemblies are a new way of working in which local residents work with the local government to shape the future of their neighbourhood. Our members earn time credits for participating in the Rushey Green Ward Assembly which demonstrates their commitment to the area, and to co-produce its future.

“Rushey Green Time Bank has worked with the Rushey Green local assembly since it began in July 2008. In many ways time banking mirrors and shares the vision and values of the local assembly. We are both committed to archiving a cohesive community for Rushey Green and empowering local residents. The time bank has been a real advocate for the assembly process and has been extremely supportive and helpful with publicity and engagement. We hope to build on the relationship developed and that we continue to work closely together in the future” (Jason Fleming – Rushey Green Ward Assembly Coordinator)

LINKs (Local Involvement Networks)

Lewisham's LINKs is an inclusive network to enable people and organisations in Lewisham to have a say and influence the planning, commissioning and delivery of health and social care services to improve the health and well being of patients and service users. A member and the Development Manager are on the interim executive group. The time bank is well placed for increasing its involvement in the Lewisham LINK as it operates in a health care setting and members are also involved in the Patients Forum group at the Rushey Green Group Practice.

ORGANISATIONAL MEMBERS

The time bank sees itself as part of a wider community of organisations and has 24 'organisational members.' Below is an example of some of the links it has with other organisations:

Lewisham Toy Library - the library lends out toys to disadvantaged Lewisham residents for a fee. However, it has provided time bank members with toys on time credits in return for a time bank member helping them clean toys and carry out administrative work at the toy library.

Holbeach Primary School- the school is 5 minutes away from the time bank. In 2008, members of the time bank introduced pupils to the art of crochet at the school. In return, the school offered its hall for the time bank's AGM. In June 2009 the time bank will be involved in the school summer fayre, and is exploring partnership work with the school to develop space for an allotment.

Lewisham Nexus Services - the charity provides frontline services and supports people with learning disabilities in South East London. It also runs a not-for-profit community café - the *M-Eating Place* - which is used to hold the members' monthly drop-in event. Nexus have also offered its training room to the time bank, and members of the time bank help with the vegetable garden at the back of Nexus Services.

Action for Refugees in Lewisham (AFRIL) - is an independent charity on Lewisham High Street that provides services for Lewisham's many refugees, asylum seekers and local ethnic minorities. A member runs AFRI and AFRIL are now holding monthly surgeries for refugees visiting the Rushey Green Group practice.

PROMOTION

Logo

A new logo for the time bank was designed and launched in October 2008. This took several months and was done in consultation with our members and with feedback from our stakeholders. It has been well received and is a symbol of a community bound together in Rushey Green.

Video

As part of the award prize, the London Health Commission sponsored the production of a professional video about the time bank which was launched during a public event at City Hall in February 2009. City Hall is home to the Mayor of London and the Greater London Assembly. The launch was followed by an exhibition in the café and foyer area of City Hall.

Publications and radio

- * The Times (3rd Apr 08): '[Why pay when it's smarter to barter?](http://www.timesonline.co.uk/tol/business/money/consumer_affairs/article3676496.ece)'
- * The South London Radio (July 08) <http://www.south.fm/>
- * 'A manifesto for growing the Core Economy', New Economics Foundation (June 08)
- * 'The modernisation of public services by staff and users' by Zoe Gannon and Neal Lawson, produced by compass (June 08)
- * The Guardian (16 July 08) : '*Assets that can't be bought - The consumer model of care turns every service into a transaction. Providers should recognise a valuable resource - their own clients*' <http://www.guardian.co.uk/society/2008/jul/16/longtermcare>
- * P2P foundation (July 08) <http://p2pfoundation.net/Co-production?title=Co-production>
- * *Radical Economics*, New Economics Foundation, Autumn 2008
- * Well London (Oct 08) <http://www.london.gov.uk/welllondon/casestudies/rushGreentimebank.jsp>
- * New Wealth of time (Nov 08)
http://www.neweconomics.org/gen/z_sys_publicationdetail.aspx?pid=269
- * Lewisham Life (Dec 08) : '*Give & take*' -
http://www2.lewisham.gov.uk/lbl/documents/News/LewishamLife/Dec08/LewLife_Dec_Jan09_TimeBank.pdf
- * The Guardian (18 Feb 09) : '*In active pursuit of mental wellbeing*' -
<http://www.guardian.co.uk/society/2009/feb/18/mentalhealth-health>
- * The South London Press (3rd March 09) – '*time Charity banks a win*'

MANAGEMENT AND GOVERNANCE

Paid staff at the Time Bank includes the Development Manager and the Time Bank Broker. The Board of Trustees is made up of time bank members, a doctor from the Rushey Green Group Practice and other local residents. The Board meets every six weeks to monitor the work of the Time Bank and to make recommendations on planning and strategy.

“Trustees are unpaid volunteers who undertake to be responsible for overseeing that a charity operates within charity law and the good practice governance requirements of funders, policy makers and service users. I have been a member of the Rushey Green Time Bank [RGTB] board of trustees for just over a year and have found it an interesting and rewarding experience. I am a member representative and have contributed from my experience as a member. The workers and volunteers in RGTB work extraordinarily hard and there's a tremendous amount of goodwill and expertise around. Over the past year the Development Manager has successfully fundraised and has promoted the organization widely, and the Time bank Broker organized a number of successful projects and widened membership. Thanks to both Development Manager and the Broker for their commitment and hard work and to the Chair for pulling together the delivery of an excellent service for the people living and working in Catford and from which I have benefited as a member. I have enjoyed being on the RGTB board and if re-elected I will be making more time to meet with members to hear their views directly” (Noreen Howard – Trustee)

THE FUTURE....

“Rushey Green Time Bank is a flagship project and blazes the Time Banking trail for others to follow” (Martin Simon, Director Time Banking UK)

The work of Rushey Green Time Bank has raised co-production as an effective model and the time bank has provided input to strategic level discussions in the statutory sector and community organization networks. The increased profile of the time bank through media coverage and journal articles both locally, regionally and nationally is a testament to the success of the project. This success means that the time bank is often used as a model of good practice and as a benchmark for other Time Banks. This is good for our reputation and for attracting funding. It is also very good for the time banking movement that is fast growing in the UK and worldwide.

Through the involvement of time bank members in all areas of the work of the time bank, we hope to build sustainability into the operation of the organization. In addition to grant funding we are also considering alternative ways of raising income such as building relationships with individual supporters and donors, develop corporate relationships and some income generation activities of our own.

We expect the time bank to forge new relationships and to be a resource to other groups wishing to set up a time bank.

Our challenge will continue to raise funding in uncertain economic times, and fast running out of office space.....

ACKNOWLEDGMENTS

Rushey Time Bank would like to express its gratitude to the following organisations that have provided us with funding or support and insight, and opportunities to develop and enhance our activities.

The City Bridge Trust
Lloyds TSB Foundation
The Merchant Taylors Company
London Catalyst
The Lewisham Primary care Trust
The Big Lottery
The Rushey Green Group Practice
The London Health Commission
Well London
The South London & Maudsley Trust
Time Banking UK
The London Development Agency
The London Foodlink
Holbeach Primary School
Voluntary Action Lewisham
The Lewisham Volunteer Centre
The Lewisham Community Sector Unit
The Lewisham Time Bank Network
Carers Lewisham
The Volunteer Care Centre
The Ladywell Early Years Childhood Centre
Age Concern Lewisham
Action for Real Change
The Lewisham Befriending Network

London | *Catalyst*

Lewisham **NHS**
Primary Care Trust

 Lloyds TSB | Foundation for England and Wales

Supported by



The Rushey Green
Group Practice



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Maria Meska – Broker (resigned Jan 09)
Charmaine Jacobs – new broker
(appointed at the time of print of this review)

Management Committee

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Mandy Grierson
Marie Tatum
Petra Smith
Noreen Howard
Robert Turkentine (resigned Jan 09)
Shelley McKowen

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Rushey Green Time Bank is a registered Charity No 1101616 and a company limited by guarantee, registered in England and Wales, Company registration No 4681564

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