



Tempo



WESTMINSTER TIME CREDITS



I feel it is an amazing way of valuing people who give time to help their community. It also gives me opportunities to do things with my family that before I couldn't afford. For me it's a win win situation!"



City of Westminster

wearetempo.org

 [timecredits](https://www.facebook.com/timecredits)

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hello@wearetempo.org

timecredits.com

ABOUT TEMPO

Our Time Credits currency helps more people give time to their community and be recognised for it.

We co-design and deliver Time Credits networks in partnership with local authorities, health, social care and housing providers, schools, businesses and voluntary sector organisations, inspiring people of all ages and backgrounds to get involved.

80%

report improved
quality of life



"You learn new things which
builds your confidence and
makes you feel valued
again as person"



TIME CREDITS:

- Support volunteer recruitment
- Grow cross-sector networks
- Develop more co-produced services
- Increase individual wellbeing
- Build community capacity



It is the recognition of the time I have given volunteering and it makes me feel appreciated and valued. I am looking forward to using Time Credits to experience new things and activities. I want to use them for a Thames Boat Trip or Yoga."

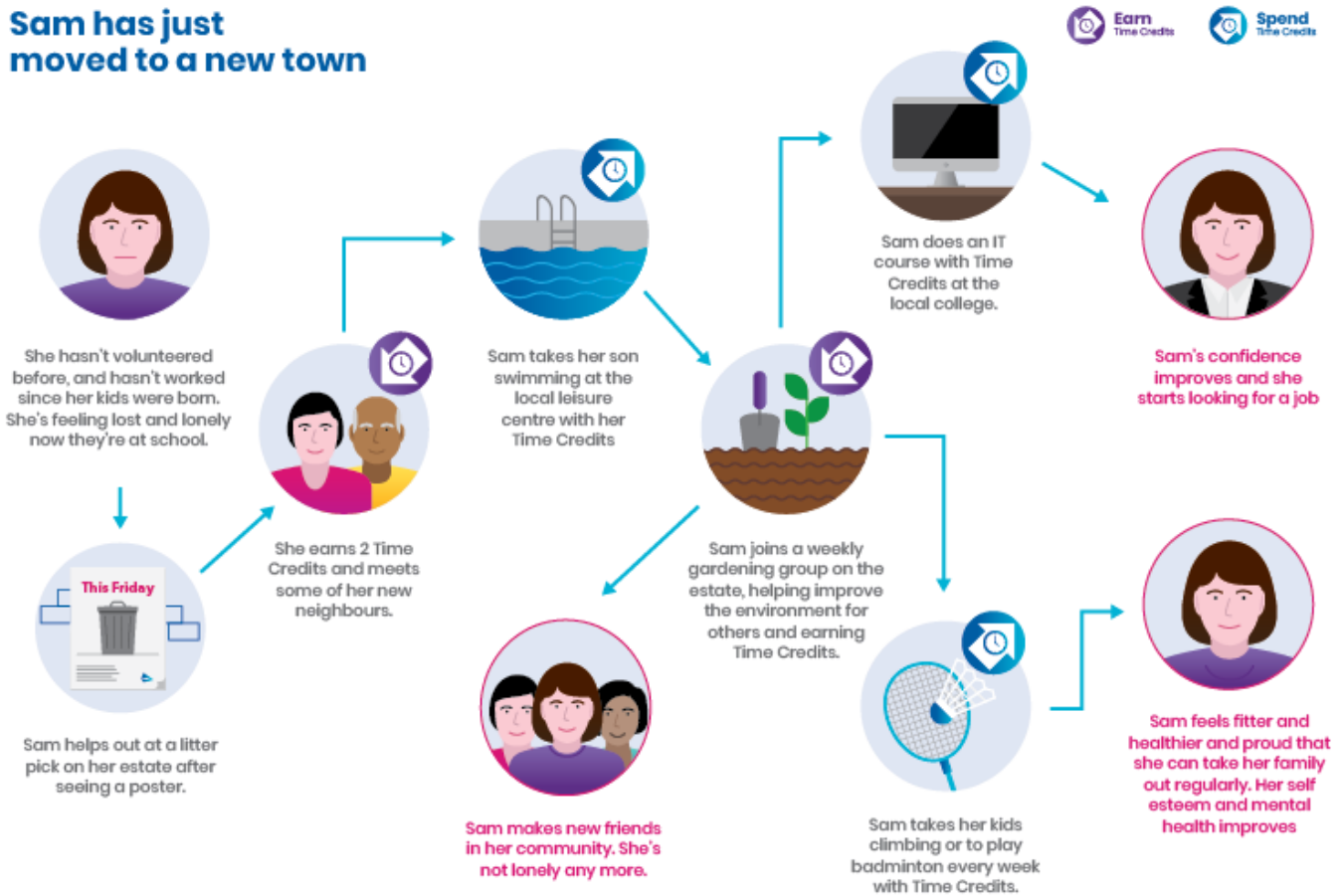
Sam Curran
Continental Landscapes Ltd



TIME CREDITS

THE JOURNEY

Sam has just moved to a new town



THE 2019 IMPACT



ABOUT WESTMINSTER TIME CREDITS

2012

Westminster Time Credits was set up as a small-scale project in North Westminster. Funded by City Bridge Trust through Tempo's work in the City of London, it was one of our first projects in England following the success of projects in Wales. The project ran successfully for 3 years and was embedded in the local community, particularly with the Community Champions.

2016

Tempo was awarded a small commission by Westminster City Council to develop a pilot for Silver Time Credits aimed at people aged 60+, alongside that year's Silver Sunday campaign. The project aimed to demonstrate how Tempo networks can be developed thematically and the impact they can have in specific contexts.

2018

A two-year extension is agreed to the three year commission awarded in 2015

2015

Based on the success of Time Credits in North Westminster, Tempo (then called Spice) was awarded a commission by Westminster City Council, which tasked Tempo with focusing on developing a network in the South predominantly, doing some maintenance of the successful network in the North and to also include organisations in the network which worked across both North and South.

2017

Following the success of the Silver Time Credits pilot Tempo was awarded funding by Nesta through the Second Half Fund, a project supporting the growth of innovations that mobilise the time and talents of people in the second half of their lives to help others, alongside public services. Also in 2017 it was agreed to join up the networks across North and South and carry on developing our networks across the borough as Westminster Time Credits.

SINCE 2015

- **65** Westminster community **groups, organisations and services** engaged
- **3039 people** volunteering their time towards regular and one off activities in Westminster
- **70902** Time Credits **earned** for the time volunteered towards activities
- **16640** Time Credits **spent** to access services, activities and experiences across the national Time Credits spend network

(Figures as of October 2019)

THE IMPACT

PIMLICO TOY LIBRARY

Kate (age, 40)

I tend to earn Time Credits fairly regularly for the volunteering I do for the Toy Library which involves things like admin tasks or preparing newly purchased toys for loan. I like earning Time Credits, I don't feel that it changes my reasons for volunteering or encourages me but it is a nice reward. The best thing about earning Time Credits is feeling rewarded and getting to do some activities for free.

I have spent them on going to the Transport Museum (twice) and to pay for exercise classes at my local sports centre. I loved being able to take my kids to the Transport Museum for free and I wouldn't have done it otherwise because it would have been too costly. I really like being able to go to exercise classes, if it hadn't been free I would have probably prioritised the money for something else and it's been so beneficial.

47%

Can afford to
do more things



"I have been able to treat my family to fun days out and I have been able to exercise for free and get fitter."





MARYLEBONE PROJECT

Resident (age, 24)

"I heard about Time Credits at the Marylebone Project and I first started to earn them when supporting Leyla, our Kitchen Co-ordinator, by volunteering in the Munch kitchen. I was very excited to receive them! To be able to go to the gym, the sauna and steam room and also the museum. I was interested in them because it is something I get for free. It shows that my time is valuable. If I give my service, then I get something back which is great.

I have spent them on the spa, the museum near Queen's Park, a movie at the Lexi Cinema and we took a boat trip as a group to Greenwich. I have liked spending them because they make you feel fresh. You can try new experiences. They make you feel equal because even though I am on benefits I can still enjoy things that wouldn't have the money for before. I give some to my friend, so we can spend them together. Something that I hadn't done before was to go on the boat trip which I really enjoy! But I think my favourite things has been to be able to visit the museum because I want to learn about old English history, so I can tell my friends about where I live now when they come to visit me. It is interesting to find out about the old buildings and why they keep them that way. These are things I didn't know before. It is also good to learn about these things because one day in the future I hope to pass my British citizenship test!"

“Time Credits have made a difference to me personally because they help me to feel confident. I can now afford new things that I couldn't before. I have met many new people through volunteering, especially in the kitchen with Leyla and many new skills too. For example, how to make bread, how to cook different dishes and how to communicate with other people. Time Credits definitely make me want to do more volunteering and also feel involved in the local community because I can visit different things that I wasn't able to before.”

MARYLEBONE PROJECT

Grace Newby – Service User Involvement Officer

"There is a lot of excitement around Time Credits. I regularly have women coming to find out how many they have earnt and being thrilled when the number is high, so they can fit in more sessions in the spa! A lot of the women use their credits together also which helps to create a sense of community.

One lady I spoke to today came to pick up her credits on her way back from a trip to the sauna with two friends. She said that the sauna helps with the pain she gets in her legs because the heat helps relieve pain in the muscles.

Another highlight was the Thame Clippers boat trip that we took at the end of the summer last year. It was such a popular trip that we ended up having to take a second group on another date. Many of the women had never been on a boat like this before and almost all had never experienced London as a tourist.

Just last week I also helped a service user enrol on a short course at Westminster College in Garment Construction. When we received the confirmation, we were both surprised by how much the course would have costed if we weren't using Time Credits. Sewing is this service user passion, so it was so great to see how she can develop this with her Time Credits."

“As the officer, I have found Time Credits a really helpful tool to encourage the women to have a go at something new, to show them that their time is valuable and that everyone has something to offer. Learning about and using the asset-based approach has been a brilliant mechanism that allows the project to see the potential in all our women and to help them achieve their goals.”

FRIENDS OF QUEEN PARK GARDENS & WESTMINSTER RECYCLING CHAMPIONS

Susan (age, 60)

I am not as physically able to garden as I used to be but I still maintain Friends of Queen Park Gardens website and social media on a weekly basis and I also help with the Recycling Champions.

I have earned many Time Credits and they make me feel gratified and valued. **I know I have done things with Time Credits that I would have put off doing, if I hadn't had them.** I like spending them on group activities like the trip to Kew Gardens earlier this year. I have also been to the Guildhall and British Museum. I use them at the Lexi cinema. It's a wonderful place. I have used them to buy Clipper boat tickets that I then donated as a raffle prize to Open Age. I have given some to my sister to spend at the Tower of London.

They have very much so made me more involved with the Friends of Queen Park Gardens and very much more involved in my local community.



FIND OUT MORE WESTMINSTER TIME CREDITS

1 WESTMINSTER TIME CREDIT

We make a living by
what we get. We make
a life by what we give.

Winston Churchill


City of Westminster

Tempo



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