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Northumberland Park Time Bank

Mental Well-being Impact Assessment (MWIA)

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THE IMPACT OF NORTHUMBERLAND TIME BANK ON MENTAL WELL-BEING

1. EXECUTIVE SUMMARY

Time banks were invented in the mid-1980s in the US as a response to the erosion of social networks and informal neighbourhood support which were perceived as the bedrock of society (Cahn and Rowe, 1998). The idea was brought to the UK in 1996 and the first UK Time Bank was established in 1998 in Gloucester under the name Fair Shares¹.

In 2002 a national survey of Time Bank coordinators across the UK found that there were 36 active Time Banks with an average of 61 participants each (Seyfang and Smith, 2002). Since then, the idea has grown and by 2005 there were 70 active Time Banks across the UK with a further 70 being developed and, an estimated 4000 participants, who have exchanged over 210,000 hours.² Time Bank in the UK is now developed in a range of settings where involvement of residents and service users can have beneficial impacts, for example, health care, regeneration, education and community development. (Burns and Smith, 2004).

In its basic form, a Time Bank rewards local people for helping others. For every hour a person spends helping someone, they get an hour of time in return in the form of a 'time credit'. They can 'spend' this time credit asking for help themselves. The principles being recognising people as assets and that everyone has skills to share; redefining work to include the unpaid 'core economy' of work in the neighbourhood and community; nurturing reciprocity and exchange rather than dependency.

The time Bank fits into the LBH and Primary Care Trust's strategies aimed at supporting and encouraging community engagement, participation, neighbourhood support and general well-being.

The aims of this Mental Well-Being Impact Assessment (MWIA) are to:

- To identify how Northumberland Park Time Bank impacts on the mental health and well-being of its members
- To identify ways in which the project might maximise its positive impacts and minimise its negative impacts
- To develop indicators of mental well-being that can be used to measure, evaluate and improve the mental well being of the Time Bank members.

Northumberland Park Time Bank

Northumberland Park Time Bank is open to all members of the community, irrespective of their age, gender, religion, mental or physical disabilities and other circumstances. It hopes to make a difference in this community by generating community spirit; offering practical support

¹ Gill Seyfang. Time Banks and the Social Economy: Exploring the UK Policy Context. Centre for Social and Economic Research on the Global Environment, School Environmental Sciences, University of East Anglia, Norwich, UK 2006.

² Source: Time Banks UK, 2005.



to residents; promoting healthy lifestyles; reducing anti social behaviour; increasing the skills and confidence of local people by promoting self worth; offering support to local community and voluntary groups; improving intergenerational relationships and; enhancing social network.

At present, Haringey borough has only one Time Bank located in Northumberland Park. In its present form, the Northumberland Park Time Bank is being managed by one part time member of staff employed 18 ½ hours per week. Support is given by line manager from Groundwork who are delivering and funding the project and an advisor who is employed for one day per month. The Time Bank received funding of £30,000 for the financial year 2008/09 to cover the salary and National Insurance of the part -time Time Broker, plus support from line manager and advisor. It is also to provide for events, room bookings, volunteer expenses, equipment and so on. This funding is available for only 3 years.

It currently has 71 individual members and 9 organisational members. There have been over 2000 hours exchanged so far in 2008 for activities such as caring, IT lessons, befriending, gardening, dog walking, hospital visiting, shopping and reflexology. Requests for help from Time Bank are increasing and members are increasingly asking for help in transport for hospital appointments, shopping, gardening, DIY and simple decorating, home simple hairdressing, basic knowledge of domestic electrical equipment, IT skills, dance and exercise classes and massage and relaxation. Other projects are also increasingly referring clients to Time Bank as the volunteering opportunities offered are 'soft option' which is attractive to people who may be coping with effects of long term mental health issues such as depression and anxiety or have drug related issues.

There are over 40 people on the waiting list who we have not yet been able to match with a volunteer partly because delay in return of CRB checks and shortage of volunteers with the requisite skills.

Method

This MWIA was conducted by organising a workshop for members and broker of the Northumberland Park Time Bank and, using the Well London MWIA toolkit, which together a tried and tested Health Impact Assessment methodology with the evidence around what promotes and protects mental well-being. The toolkit enables people to consider the potential impacts of a policy, service or programme on mental health and well-being and can lead to the development of stakeholder indicators. It captures the DOH 'Making it Happen Guidance' for mental health promotion (2001) identifies four key areas that promote and protect mental well-being namely:

- Enhancing Control
- Increasing Resilience and Community Assets
- Facilitating Participation
- Promoting Inclusion

Hence, the toolkit helps participants identify things about a policy, programme or service that impact on feelings of control, resilience, participation and inclusion and therefore their mental health and well-being.



Results

The participants believed that the Time Bank had most impact on the older and younger population in the community as well as the disabled.

Enhancing control- participants reported that the Time Bank has improved their skills and attributes as well as opportunities for self- help. They identified lack of transportation for member as having a negative impact on the gains from the Northumberland Park Time Bank.

Increasing resilience and community assets- participants reported that the Time Bank has positive impacts on their sense of belonging; it decreases isolation and increase communication. They also believed that it builds networks and trust in the community; increase relaxation and enables inter- generations of cultures. They expressed concerns around trust been broken. The Time Bank has already addressed this concern by conducting a CRB check on all potential members. They believed that funding for the time-bank is inadequate and unsecured; there is also lack of provision of a building for the project and, this might have negative impacts and discourage members.

Participation- participants reported that the Time Bank increased their feeling of involvement, more people are wanting to participate and there is demand for it. However, they expressed their concern regarding funding for the project and, that people from other borough might find access difficult because the service is only available in Northumberland Park. There were concerns about potential loss of workers if their expectation cannot be met.

Inclusion- with regard to inclusion, participants reported the Time Bank having a positive impact on trust between members and the community (allowing neighbours to come into your homes and being allowed to go into people's homes). Time Bank also increased their confidence and is inspirational; they feel safer at home; and their isolation and anxiety reduced.

Recommendations

The users and project workers of Time Bank valued the work Northumberland Park Time bank does. People from outside the area also wanted to access the Time Bank and were willing to pay to get there. People felt they could be creative again and ideas could start to be planned quickly as Time Bank is about skills and not about money.

The following recommendations are therefore made:

- There is need for the Time Bank to have a full- time coordinator and low cost accessible premises for the project where members can meet regularly and arrange skill swaps. Funding streams should be identified and the Lottery Funds could be one of the options.
- Insurance for Time Bank members helping with transportation should be looked into to improve access for members.
- Staff from the council, PCT, MH staff to become more involved in the working of the Time Bank.
- Time Bank coordinator should link up with other successful Time Bank groups London wide to share ideas and support each other. Links to Age Concern and Mental Health bridging the gap should also be made.



- A meeting should be held with Director of Public Health to discuss the findings from the MWIA. The report should also be feed back to the Well-being Partnership Board.
- Membership of the steering group should be reviewed to include Well-being Partnership Board/Public Health representation. Regular support should be given to the Time Bank by the steering group.
- Risk management training should be made available to the co-ordinator and members.
- Regular social events to support the members, helping to break down barriers in the neighbourhood, isolation and support co production/Time Banking.
- The Time Bank should be linked into local area agreements (LAAs).
- The Time Bank should encouragement more young people to become involved in Time Bank exchange of their skills.
- There is need to show case the benefits of the Time Bank to the authorities, political leaders and so on.
- More activities and learning for members should be made available within the Time Bank. Increased input from other agencies either by providing volunteers to regularly lead workshops or to provide training should be sought.



2. INTRODUCTION

Time banks were invented in the mid-1980s by US civil rights lawyer Edgar Cahn as a response to the erosion of social networks and informal neighbourhood support which Cahn perceives as the bedrock of society (Cahn and Rowe, 1998).

A Time Bank in its basic form, rewards local people for helping others. For every hour a person spends helping someone, they get an hour of time in return in the form of a 'time credit'. They can 'spend' this time credit asking for help themselves. The principles of Time Banking are: recognising people as assets and that everyone has skills to share; redefining work to include the unpaid 'core economy' of work in the neighbourhood and community; nurturing reciprocity and exchange rather than dependency

The idea was brought to the UK in 1996 and the first UK Time Bank was established in 1998 in Gloucester under the name Fair Shares³. In 2002 a national survey of Time Bank coordinators across the UK found that there were 36 active Time Banks with an average of 61 participants each (Seyfang and Smith, 2002). Since then, the idea has grown and by 2005 there were 70 active Time Banks across the UK with a further 70 being developed and, an estimated 4000 participants, who have exchanged over 210,000 hours.⁴ Time Bank in the UK now developed in a range of settings where involvement of residents and service users can have beneficial impacts – e.g. health care, regeneration, education and community development - and this user-based delivery of public services is termed 'co-production' (Cahn, 2000; Burns and Smith, 2004).

Time banking is a practical example of co-production in action that is producing exciting new initiatives on the ground, including developing new ways of service commissioning – by linking people so they can exchange services and skills with each other. Three successful time banking projects are King's Cross Time Bank (KCTB) where a consortium of three locally based organisations, including one with a co-production and Time Bank coordinator successfully bid for a £2 million tender to provide day-care services to people with mental health problems; A Community Volunteers Time Bank that tackles social isolation among older people; and Rushey Green Time Bank that provides patient-centred holistic care for 7000 patients in Catford.

Co-production relates to key local authority objectives including personalisation, place shaping, the duty to engage and health and well-being

Northumberland Park Time Bank is open to all members of the community, irrespective of their age, gender, religion, mental or physical disabilities. It hopes to make a difference in this community by generating community spirit; offering practical support to residents; promoting healthy lifestyles; reducing anti social behaviour; increasing the skills and confidence of local people by promoting self worth; offering support to local community and voluntary groups; improving intergenerational relationships and; enhancing social network

³ Gill Seyfang. Time Banks and the Social Economy: Exploring the UK Policy Context. Centre for Social and Economic Research on the Global Environment, School Environmental Sciences, University of East Anglia, Norwich, UK 2006.

⁴ Source: Time Banks UK, 2005.



The aims of the Mental Well-Being Impact Assessment are to:

- To identify how Northumberland Park Time Bank impacts on the mental health and well-being of its members
- To identify ways in which the project might maximise its positive impacts and minimise its negative impacts
- To develop indicators of mental well-being that can be used to measure, evaluate and improve the mental well being of the Time Bank members.

3. NORTHUMBERLAND PARK TIME BANK

Northumberland Park Time Bank is designed to involve all members of the community, regardless of age, gender, religion, mental or physical disabilities. It hopes to make a difference in this community by:

- * Generating community spirit
- * Offering practical support to residents
- * Promoting healthy lifestyles
- * Reducing anti social behaviour
- * Increasing the skills and confidence of local people by promoting self worth
- * Offering support to local community and voluntary groups
- * Improving intergenerational relationships
- * Enhancing social network

Staffing- There is one part time member of staff employed 18 ½ hours per week. Support is given by a line manager from Groundwork who are delivering the project. There is also support from an advisor who is employed for one day per month.

Funding- Time Bank received funding of £30,000 for the financial year April 08 – March 09. This is to cover the salary and National Insurance of the part -time Time Broker, plus support from line manager and advisor. It is also to provide for events, room bookings, volunteer expenses, equipment and so on.

Membership- Time Bank currently has 71 individual members and 9 organisational members. There have been over 2000 hours exchanged so far in 2008 for:

- Caring
- IT lessons
- Befriending
- Gardening
- Dog walking
- Hospital visiting
- Shopping
- Reflexology



There are over 40 people on the Time Bank waiting list who have not yet been able to be matched with a volunteer for a number of reasons including:

- Shortage of volunteers with the requisite skills – i.e. DIY
- Although the Time Bank was initially set up to operate in the Northumberland Park (N17) area, people have joined through other organisations from all over the borough – N4, N8, N15, N10. Many of these members are elderly and require help with basic skills such as gardening, simple decorating and DIY – there is a need to recruit volunteers local to these areas who can provide the necessary skills.
- Waiting for CRB checks to be completed is also an issue causing delays for potential volunteers.

Trend- Requests for help from Time Bank are increasing –members are increasingly asking for help in the following areas:

- Occasional transport for hospital appointments, shopping etc
- Gardening
- DIY and simple decorating
- At home hairdressing (simple)
- Basic knowledge of domestic electrical equipment
- IT skills
- Dance and exercise classes
- Massage and relaxation

Other projects are also increasingly referring clients to Time Bank as the volunteering opportunities offered are 'soft option' which is attractive to people who may be coping with effects of long term mental health issues such as depression and anxiety or have drug related issues.

3. AIMS OF THE MWIA ASSESSMENT

- To identify how Northumberland Park Time Bank impacts on the mental health and well-being of its members
- To identify ways in which the project might maximise its positive impacts and minimise its negative impacts
- To develop indicators of mental well-being that can be used to measure, evaluate and improve the mental well being of the Time Bank members.



4. WHAT DO WE MEAN BY MENTAL HEALTH AND WELL-BEING?

For the purpose of this impact assessment project we define mental health and well-being as:

“ ..The emotional and spiritual resilience which enables us to survive pain, disappointment and sadness. It is a fundamental belief in one’s own and others dignity and worth” (Health Education Authority, 1997)

Put simply our mental well-being is about how we think and feel.

6. METHODOLOGY

The Mental Well-being Impact Assessment (MWIA) is a two part screening toolkit that enables people to consider the potential impacts of a policy, service or programme on mental health and well-being and can lead to the development of stakeholder indicators. The toolkit brings together a tried and tested Health Impact Assessment methodology with the evidence around what promotes and protects mental well-being.

The DOH ‘Making it Happen Guidance’ for mental health promotion (2001) identifies four key areas that promote and protect mental well-being:

- Enhancing Control
- Increasing Resilience and Community Assets
- Facilitating Participation
- Promoting Inclusion

The MWIA is based on these four key areas and helps participants identify things about a policy, programme or service that impact on feelings of control, resilience, participation and inclusion and therefore their mental health and well-being. In this way the toolkit enables a link to be made between policies, programmes or service and mental well-being that can be measured.

“How people feel is not an elusive or abstract concept, but a significant public health indicator; as significant as rates of smoking, obesity and physical activity” (Department of Health 2001).

The MWIA Workshop

The purpose of the workshop is to work with stakeholders to identify from their perspective the key potential impacts that Northumberland Park Time Bank has on the mental well-being of the participants. It will also identify actions to maximise positive impacts and minimise potential negative impacts on mental well-being.



Table 1: Workshop participants

Role	No.	%
Time Bank Participants	11	84.6
Time Bank	1	7.7
Other project workers	1	7.7
Total	13	100.0%

6. RESULTS

What does mental well-being mean to the stakeholders in the project?

The participants were asked to come up with words that they associate with mental well-being. They were then asked to group them and link the words to come up with a definition of mental well-being. They were also asked to appraise different definitions of mental well-being by notable individuals and organisations such as the World Health Organisation (WHO).

After this exercise, the participants preferred the following definitions:

'Mental well-being is ... about being emotionally healthy, feeling able to cope with normal stresses, and living a fulfilled life. It can be affected by things like worries about money, work, your home, the people around you and the environment you live in. Your well-being is also affected by whether or not you feel in control of your life, feeling involved with people and communities, and feelings of anxiety and isolation'. (Coggins & Cooke, 2004).

Populations most Likely to be Affected by the Northumberland Park Time Bank

Public mental health aims to promote and protect the mental health of the whole population, while recognising that (as is the case for physical health) levels of vulnerability to poor mental health will vary among different population groups.

A profile of the community/ies that are living in the area that this Time Bank is targeting suggests the following characteristics and needs:

- Northumberland Park is one of the most deprived wards in Haringey; located in the north eastern part of the borough. It is one of the most deprived 5th of areas in the country.
- It is one of the two most populous wards in Haringey. The population of Northumberland Park is growing - it is expected to increase from an estimated 13,239 residents in 2008 to 14,005 in 2011. The ward has the highest concentration of children under the age of 5 of 10.5% in 2008. The borough also has the highest birth rates of nearly 80 births per 1000 females aged 15- 44 years between 2003-05. Residents that aged 65 and over form about 8% of the population.
- The majority of residents are females representing 51.8% of the population in 2008.



- Northumberland Park is one of the most ethnically diverse wards in the country with majority of its residents belonging to the Black and Ethnic Minority (BME) group.
- According to the last census, 17.8% of its residents are living with a long-term illness a figure higher than average for the borough and England and Wales. Lower proportion of residents than Haringey as a whole and England and Wales also reported their health as being 'good'
- The Quality and Outcomes Framework (QOF) in March 2008 data suggests that north east Haringey, where Northumberland Park is situated, has a relatively higher proportion of mental health conditions in the practices when compared with Haringey average.

In order to identify those in Northumberland Park community that the local stakeholders consider to be affected by the Time Bank a discussion was facilitated. The findings are presented in table 2.

Table 2

Priority population group affected or targeted by your proposal
<ul style="list-style-type: none"> - Older people - Young people - People with disability

WHAT ARE THE KEY IMPACTS OF NORTHUMBERLAND PARK TIME BANK ON MENTAL HEALTH AND WELL-BEING?

The MWIA toolkit suggests a four-factor framework for identifying and assessing protective factors for mental well-being, adapted from Making it Happen (Department of Health 2001) and incorporates the social determinants that affect mental well-being into four factors that evidence suggests promote and protect mental well-being:

- *Enhancing control*
- *Increasing resilience and community assets*
- *Facilitating participation*
- *Promoting inclusion.*

Participants were introduced to the factors and asked to think about the Time Bank and rate how important it was to the participants and the potential impact that the service could have on it.



The Potential Impact of the Time Bank on Feelings of Control

Enhancing control - the evidence

A sense of agency (the setting and pursuit of goals), mastery (ability to shape circumstances/ the environment to meet personal needs), autonomy (self-determination/individuality) or self-efficacy (belief in one's own capabilities) are key elements of positive mental health that are related to a *sense of control* (Mauthner and Platt 1998; Stewart-Brown et al in press).

Enhancing control is fundamental to health promotion theory and practice, and is identified in the Ottawa Charter as a key correlate of health improvement:

“Health promotion is the process of enabling people to increase control over and to improve their health”. (Ottawa Charter for Health Promotion. WHO, Geneva, 1986.)

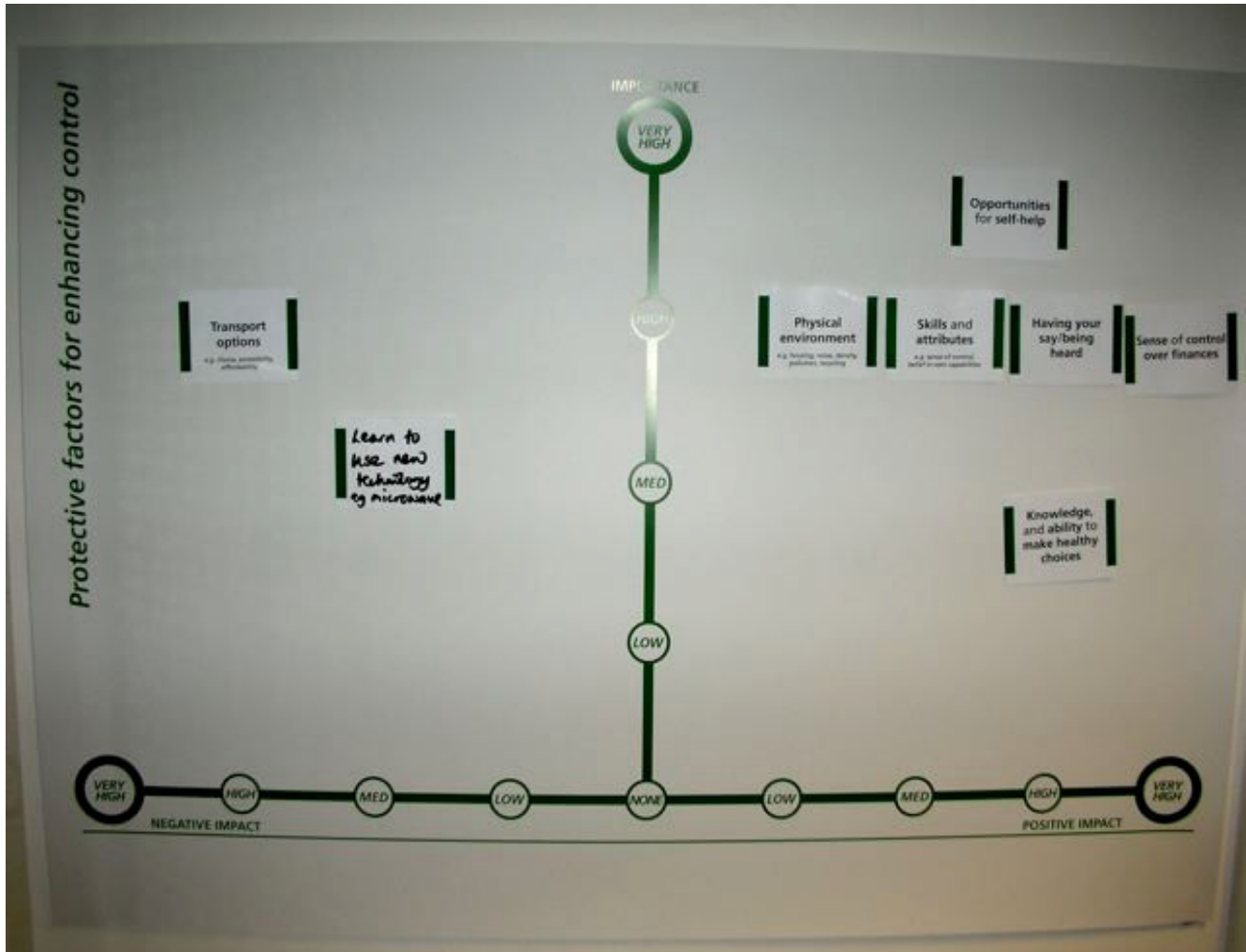
Lack of control and lack of influence (believing you cannot influence the decisions that affect your life) are independent risk factors for stress (Rainsford et al 2000). People who feel in control of their everyday lives are more likely to take control of their health (McCulloch 2003). Job control is a significant protective factor in the workplace, and this is enhanced if combined with social support (Marmot et al 2006).

Employment protects mental health; both unemployment and job loss increase risk of poor mental health: financial strain, stress, health damaging behaviour and increased exposure to adverse life events are key factors associated with job loss that impact on mental health (Bartley et al 2006). Job insecurity, low pay and adverse workplace conditions may be more damaging than unemployment, notably in areas of high unemployment (Marmot and Wilkinson 2006)

Participants were then invited to work between themselves to identify which of the factors that contribute to a sense of control that they felt Time Bank had the potential to have either a positive or negative impact and the degree of importance of that impact. The results are presented in figure 1.



Figure 1 Prioritisation Grid - Increasing control



Having identified these participants were invited to work through their top three priorities to identify in more detail the potential impacts and any recommendations that emerged.

The results are presented in table 3.



Table 3

Top priorities	Impacts of the Time Bank on control		Comments and Actions	Measure
	(+) Positive Impact	(-) Negative Impact		
Lack of transport		High	<p>Make existing transport choices work better (co-ordinator to consider feeding this back)</p> <p>Private car hire and pay for petrol etc</p>	
Opportunities for self- help	High		<p>Dancing classes, salsa + all sorts (help socially to meet others and, Exercise, Relaxation, Massages and alternative therapies, Osteopathy.</p>	
Skills and attributes	High	Lack of skills e.g. with new technology	Get more young people involved	



The Potential Impact of Time Bank on Resilience

Increasing resilience and community assets – the evidence

Emotional resilience is widely considered to be a key element of positive mental health, and is usually defined as the extent to which a person can adapt to and/or recover in the face of adversity (Seligman; Stewart Brown etc). Resilience may be an individual attribute, strongly influenced by parenting (Siegel 1999), or a characteristic of communities (of place or identity) (Adger 2000). In either case, it is also influenced by social support, financial resources and educational opportunities. It has been argued that focusing on ‘emotional resilience’ (and ‘life skills’) may imply that people should learn to cope with deprivation and disadvantage (Secker 1998). WHO states that interventions to maximise and take advantage of health assets can counter negative social and economic determinants of health, especially among vulnerable groups. The result is improved health outcomes. (www.euro.who.int/socialdeterminants/assets/20050628_1)

Good physical health protects and promotes mental health. Physical activity, diet, tobacco, alcohol consumption and the use of cannabis and other psychotropic substances all have an established influence on mental well-being. Capacity, capability and motivation to adopt healthy lifestyles are strongly influenced by mental health and vice versa. There is growing evidence of the link between good nutrition, the development of the brain, emotional health and cognitive function, notably in children, which in turn influences behaviour. (Mental Health Foundation 2006; Sustain 2006). Regular exercise can prevent some mental health problems (anxiety and depression), ameliorate symptoms (notably anxiety) improve quality of life for people with long term mental health problems and improve mood and levels of subjective well-being (Grant 2000; Mutrie 2000; Department of Health 2004). Both heavy drinking and alcohol dependence are strongly associated with mental health problems. Substance misuse may be a catalyst for mental disorder. (Alcohol Concern; Mental Health Foundation 2006; Royal College of Psychiatrists 2006)

Although the evidence is limited, spiritual engagement (often, but not necessarily expressed through participation in organised religion) is associated with positive mental health. Explanations for this include social inclusion and participation involving social support; promotion of a more positive lifestyle; sense of purpose and meaning; provision of a framework to cope with and reduce the stress of difficult life situations (Friedli, 2004; Aukst-Margetic & Margeti, 2005) (Idler *et al*, 2003); Mental Health Foundation 2006.

Low educational attainment is a risk factor for poor mental health; participation in adult education is associated with improved health choices, life satisfaction, confidence, self-efficacy and race tolerance. (Feinstein *et al* 2003; James 2001)

Communities with high levels of social capital, for example trust, reciprocity, participation and cohesion have important benefits for mental health (Campbell and McLean 2002; Morgan and Swann 2004). Social relationships and social engagement, in the broadest sense, are very significant factors in explaining differences in life satisfaction, both for individuals and communities.

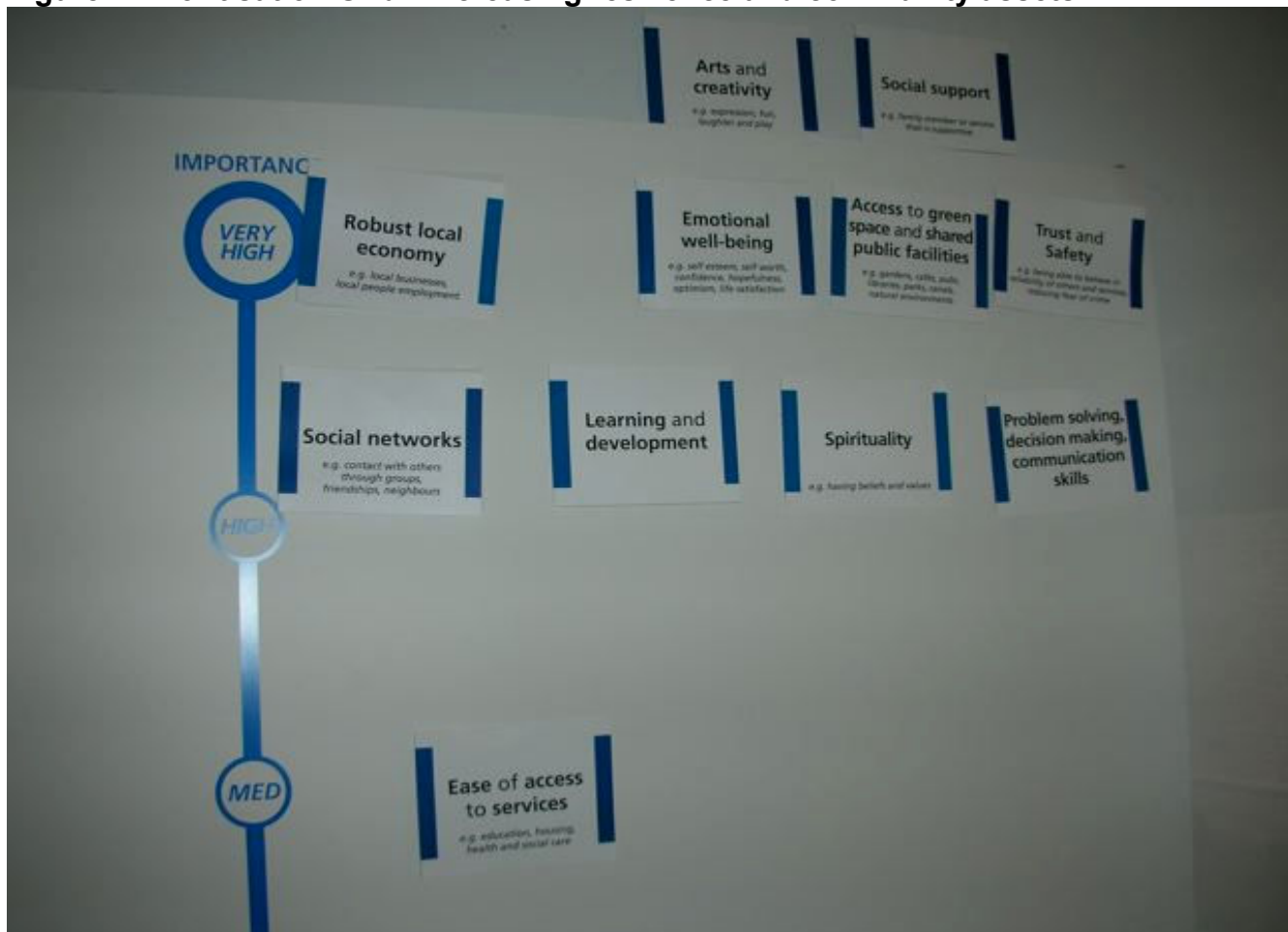


Neighbourhood disorder and fragmentation are associated with higher rates of violence; cohesive social organisation protects against risk, stress and physical illness; (Fitzpatrick and LaGory 2000; McCulloch 2003;

Physical characteristics associated with mental health impact include building quality, access to green, open spaces, existence of valued escape facilities, noise, transport, pollutants and proximity of services (Chu et al 2004; Allardyce et al 2005; Jackson 2002). Housing is also associated with mental health - independent factors for increasing risk of poor mental health (low SF36 scores) are damp, feeling overcrowded and neighbourhood noise (Guite et al 2006; HF Guite, Clark C and Ackrill G (2006). Impact of the physical and urban environment on mental well-being Public Health supplement in press).

Participants were then invited to work between themselves to identify which of the factors that contribute to a sense of resilience that the Time Bank had the potential to have either a positive or negative impact, and the degree of importance of that impact. The results are presented in figure 2.

Figure 2 Prioritisation Grid - Increasing resilience and community assets



Having identified these participants were invited to work through their top three priorities to identify in more detail the potential impacts and any recommendations that emerged.



The results are presented in table 4.

Table 4

Top priorities	Impacts of the Time Bank on resilience and community assets		Comments and Actions	Measure
	(+) Positive Impact	(-) Negative Impact		
Social support	<p>Sense of belonging</p> <p>Decrease social isolation</p> <p>Increase Communication</p>	<p>Forced Values</p> <p>Don't want to break comfort zones</p> <p>Cost of service/ materials</p>	<p>Identify funds</p> <p>Long- term plan: 5-10 years</p> <p>Needs venue focal point</p> <p>Partnership working</p> <p>Strategy</p> <p>Sustainability</p>	<p>Badge of Time Bank</p> <p>Managers</p> <p>Trying something new once a month - volunteer</p>
Trust and Safety	<p>Build network- You can phone support network</p> <p>Trust in the community</p> <p>Walk boundaries</p> <p>Increase relaxation</p> <p>Enabling inter - generation cultures (opportunity)</p>	<p>Time Bank needs to vet people</p> <p>CRB checks may exclude individuals whose skills would be valuable to Time Bank</p> <p>Trust can be broken</p> <p>Building</p> <p>Expectations</p>	<p>Identify funds</p>	
Access to green space and public shared facilities				



The Potential Impact of the Time Bank on participation and Inclusion

Facilitating participation and promoting social inclusion – the evidence

Feeling useful, feeling close to other people and feeling interested in other people are key attributes that contribute to positive mental wellbeing (Stewart Brown et al, Warwick Edinburgh, Measuring Mental Wellbeing Scale forthcoming).

Participation is the extent to which people are involved and engaged in activities outside their immediate household, and includes cultural and leisure activities, as well as volunteering, membership of clubs, groups etc., participation in local decision-making, consultation, voting etc.

Social inclusion is the extent to which people are able to access opportunities, and is often measured in terms of factors that exclude certain groups, e.g. poverty, disability, physical ill-health, unemployment, old age, poor mental health.

Although participation and social inclusion are different constructs, there is some overlap in the literature, and they are therefore considered together here.

Strong social networks, social support and social inclusion play a significant role both in preventing mental health problems and improving outcomes (SEU 2004). Social participation and social support in particular, are associated with reduced risk of common mental health problems and poor self reported health and social isolation is an important risk factor for both deteriorating mental health and suicide (Pevalin and Rose 2003). Similarly for recovery, social participation increases the likelihood, while low contact with friends and low social support decreases the likelihood of a recovery by up to 25% (Pevalin and Rose).

However, social support and social participation do not mediate the effects of material deprivation, which in itself is a significant cause of social exclusion (Mohan et al 2004; Morgan and Swann 2004; Gordon et al 2000).

Anti discrimination legislation and policies designed to reduce inequalities also strengthen social inclusion (Wilkinson 2006; Rogers and Pilgrim 2003).

There is some evidence that informal social control (willingness to intervene in neighbourhood threatening situations, e.g. children misbehaving, cars speeding, vandalism) and strong social cohesion and trust in neighbourhoods, mitigates the effects of socio-economic deprivation on mental health for children (Drukker et al 2006).

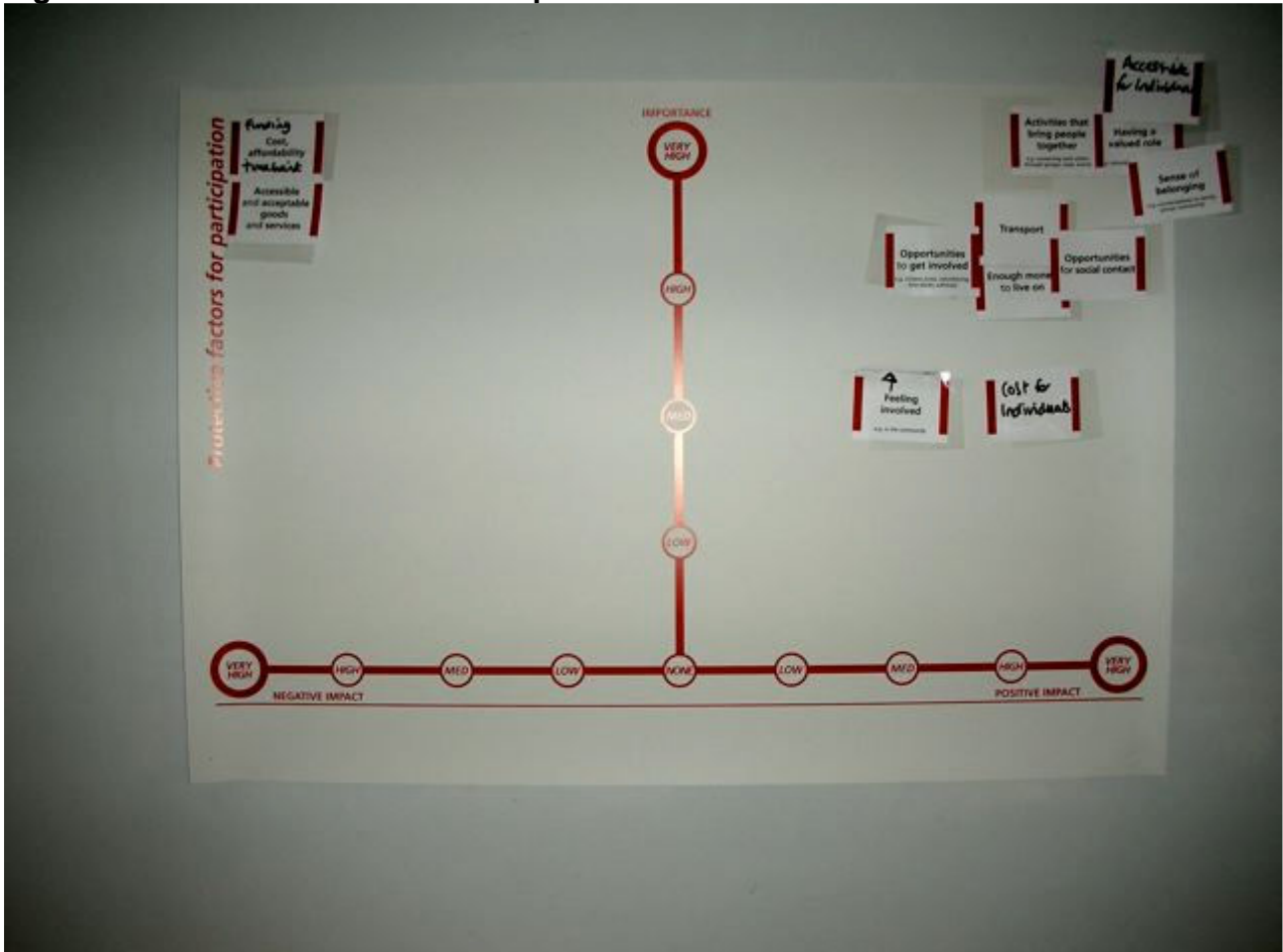
Higher national levels of income inequality are linked to higher prevalence of mental illness (Pickett et al 2006). Mental health problems are more common in areas of deprivation and poor mental health is consistently associated with low income, low standard of living, financial problems, less education, poor housing and/or homelessness. Inequalities are both a cause and consequence of mental health problems (Rogers and Pilgrim 2003; SEU 2004; Melzer et al 2004).

Participants were then invited to work between themselves to identify which of the factors that contribute to facilitating participation and reducing social isolation they felt the Time Bank



had the potential to have either a positive or negative impact, and the degree of importance of that impact. The results are presented in figure 3.

Figure 3 Prioritisation Grid - Participation



Having identified these participants were invited to work through their top three priorities to identify in more detail the potential impacts and any recommendations that emerged.



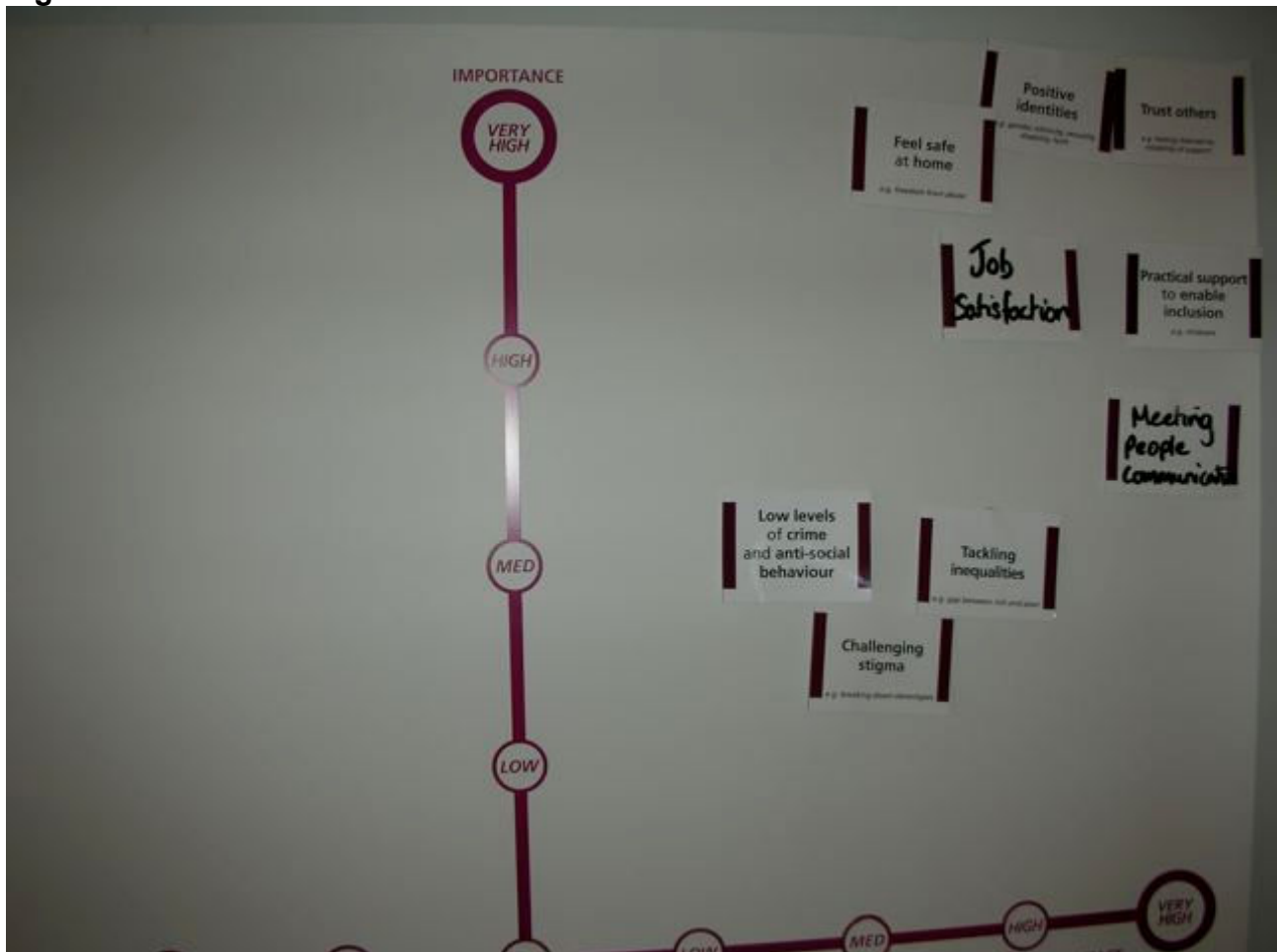
The results are presented in table 5.

Table 5

Top priorities	Impacts of the Time Bank on Participation		Comments and Actions	Measure
	(+) Positive Impact	(-) Negative Impact		
Funding for Time Bank (Cost and affordability)	<p>A lot of people want to participate</p> <p>People from outside Northumberland Park are accessing it</p>	<p>Time Bank only funded in Northumberland Park</p> <p>Potential loss of workers because of high expectations, pressure and over-demand.</p> <p>Potential negative effect if it fails</p>	<p>Let people be aware of the impact of the project</p> <p>Sell it to the politicians (MPs, Councillors) by writing, via drama and so on</p> <p>Individual case study outreach</p> <p>Highlight how it networks with other community projects</p>	
Accessible and acceptable goods and services	<p>Demand for Time Bank</p>	<p>Not valuable for children</p> <p>Only in Northumberland Park at the moment</p>	<p>Showcase the benefits</p> <p>Secure funding to widen access</p> <p>Roll out to other neighbourhood</p>	



Figure 4 Prioritisation Grid - Inclusion



Having identified these participants were invited to work through their top three priorities to identify in more detail the potential impacts and any recommendations that emerged.



The results are presented in table 6.

Table 6

Top priorities	Impacts of the Time Bank on Inclusion		Comments and Actions	Measure
	(+) Positive Impact	(-) Negative Impact		
Trust others	Allowing others into your home Motivating people to be involved Increases confidence	Open yourself to be let down	On- going regular vetting of Time Bank users Opportunity to share anxieties about gaining support from Time Bank users	
Feel safe at home	Decreases anxiety Time Bank members are vetted Reduces isolation			
Positive identities	Changes views Trying something new Inspirational	It might reinforce stereotypes		



Summary

The stakeholders identified eleven (11) key determinants of mental well-being that were both of high importance and had a high impact. A focus on these for the Time Bank will help promote the mental well-being of the users.

MWIA Area	Increasing Control	Resilience	Participation	Inclusion
Key Determinants	Lack of transport priority	Social support	Funding for Time Bank (Cost and affordability)	Trust others
	Opportunities for self- help	Trust and Safety	Accessible and acceptable goods and services	Feel safe at home
	Skills and attributes	Access to green space and public shared facilities		Positive identities

7. REVIEWING THE LITERATURE EVIDENCE BASE

The MWIA toolkit assessment criteria for the protective factors (discussed in section 5) are based on a review of the published literature that research suggests are helpful in promoting and protecting mental well-being. In order to build on this evidence base a short additional literature review was undertaken to identify, what if any, published research studies there may be suggesting that the Time Bank may have on mental well-being. This is intended to provide further evidence to substantiate or challenge the findings from the MWIA workshop.

- A research was commissioned in Scotland to investigate the impact of Time Banking on members in terms of their social, physical, economic, cultural and human capital among five Scottish Time Banks. There was also a focus on distance travelled with regard to employment, education and training.

The research found that the level of impact of Time Banking across the five capitals was higher in the more established Time Banks. There was evidence to suggest that some of the indicators of economic capital, e.g. moving into training or employment, were only visible in the more established Time Banks. However, there was also evidence to suggest that the indicators of human and social capital, e.g. achieving something useful and doing more volunteering, were visible across all Time Banks. All interviewed Time Bank members were clear that culture was not considered to be relevant to Time Banking. Time Brokers felt that the local populations were represented to varying degrees, but that Time Banks were very inclusive, and did not view culture as an issue. There is evidence that the Time Broker role is a key component in ensuring positive experiences; by knowing all Time Bank members, they



are able to identify the skills of individual members and to encourage skills development. There was evidence to suggest that the impact of this was greatest when there was a full time, paid Time Broker.⁵

- Time banks have been shown to be successful in attracting participation among the most deprived neighbourhoods, and the participants of Time Banks are among the most socially-excluded groups in society, and those least-likely to be involved in traditional volunteering. It was found that 58% of Time Bank participants have an annual household income of under £10,000 a year, compared to only 16% of traditional volunteers. The benefits of Time Banking demonstrated include increased self-esteem and confidence, gaining skills, growing social networks and building friendships, getting more involved in the community, and meeting needs – overcoming social exclusion and enabling active citizenship.³ These findings agree with the finding from this Mental Well-being Impact Assessment.

9. DEVELOPING INDICATORS OF WELL-BEING

“What gets counted, counts.” Therefore being able to measure progress and impact of the Time Bank on the determinants of mental well-being identified by the stakeholders through the MWIA is an important step. Building on the initial ideas from stakeholder about “how you know” that certain impacts have happened 10 indicators have been developed.

Factor	Determinant	How do you know?	Data collection	Frequency
Increasing Control	Self determination and positive mental wellbeing.	<ul style="list-style-type: none"> • Number of people who feel they can influence decisions in their locality. • A question such as “As a result of the Time Bank are you more able to influence decisions in the local community”? could be added to Time Bank customer satisfaction surveys 	Satisfaction surveys- Time Bank Coordinator	12 monthly

⁵ Christine Reilly and Tam Cassidy, Volunteer Development Scotland (August 2008)



Resilience	Trust, social cohesion and support.	<ul style="list-style-type: none"> • Satisfaction of people receiving the service • Self reported measure of people' overall health and wellbeing 	Satisfaction surveys- Time Bank Coordinator	12 monthly
Participation	Having a valued role	<ul style="list-style-type: none"> • Verbal feedback • Number of Active members in the Time Bank • Ongoing demand for the service • Number of activities taking place 	Monitoring by the Time Bank Coordinator.	3 monthly
Inclusion	Positive Identities	<ul style="list-style-type: none"> • Changing views of each other (Time Bank participants) and the area. • Trying something new – social events to have a theme • Nos. participating in volunteering. • LAA N119 – indicator- self reported measure of people's overall health and wellbeing 	Neighbourhood management data collection? Self reporting to the Time bank	3-6 monthly



10. RECOMMENDATIONS

The users and project workers of Time Bank valued the work Northumberland Park Time bank does. People from outside the area also wanted to access the Time Bank and were willing to pay to get there. People felt they could be creative again and ideas could start to be planned quickly as Time Bank is about skills and not about money.

The following recommendations are therefore made:

- There is need for the Time Bank to have a full- time co- coordinator and low cost accessible premises for the project where members can meet regularly and arrange skill swaps. Funding streams should be identified and the Lottery Funds could be one of the options. Strategies for fund raising should also be developed.
- Insurance for Time Bank members helping with transportation should be looked into to improve access for members.
- Partnership working should be improved. Staff from the council, PCT, MH staff to become more involved in the working of the Time Bank.
- Time Bank coordinator should link up with other successful Time Bank groups London wide to share ideas and support each other. Links to Age Concern and Mental Health bridging the gap should also be made.
- A meeting should be held with Director of Public Health to discuss the findings from the MWIA. The report should also be feed back to the Well-being Partnership Board.
- Membership of the steering group should be reviewed to include Well-being Partnership Board/Public Health representation. Regular support should be given to the Time Bank by the steering group.
- Risk management training should be made available to the co-ordinator and members.
- Regular social events to support the members, helping to break down barriers in the neighbourhood, isolation and support co production/Time Banking.
- The Time Bank should be linked into local area agreements (LAAs).
- The Time Bank should encouragement more young people to become involved in Time Bank exchange of their skills improving intergenerational relationships.
- There is need to show case the benefits of the Time Bank to the authorities, political leaders and so on. The Time Bank should also promote its volunteers.
- More activities and learning for members should be made available within the Time Bank. Increased input from other agencies either by providing volunteers to regularly lead workshops or to provide training should be sought.



11. REFERENCES FOR COMMUNITY PROFILE

- Joint Strategic Needs Assessment August 2008
- Health Survey for England 2003-05
- Health Profile 2008
- Haringey Health Report 2006
- Census 2001 (Office of National Statistics)
- Greater London Authority population projection 2007
- London Health Observatory
- Quality Management and Analysis System (QMAS)

12. APPENDICES



APPENDIX ONE

Evaluation of the Stakeholder MWIA workshop

MWIA Workshop Feedback Forms Analysis

- 13 participants attended the MWIA workshop from a diverse range of ethnicity.

Perception

Overall, the participants found the workshop intense, educative, informative and inspiring. When asked to describe their experience in relation to (Q.1, relevance Q2, addition to understanding and Q3, usefulness) they were challenged, enlightened, enriched and gained thorough understanding of the MW impact of the Time Bank Project to the Users or beneficiaries. Many thought the workshop was an eye-opener thought stimulating. It enabled them to explore avenues for development. Most of them felt the MWIA has contributed in broadening their understanding of their mental well-being.

Relevancy

The majority of the participants (8 out of 13) found the sessions very relevant to the Time Bank (BT) project, and/or to the future Time Bank development initiatives.

Expectations

11 out of 13 participants found the workshop played vital role in the increasing of their understanding of mental well-being.

The participants have commented positively about the workshop using the terms 'useful (10)', 'interesting (11)', 'enjoyable (8)' and 'understandable (6)'.

When participants asked if they would recommend the workshop to others, they replied "YES" vehemently.

Participants Comments

"Better understanding for service users"

"It will contribute in enhancing the well-being"

"Well done, keep up the good work"

They did enjoy the time to interact in between sessions, especially during the lunch time.



APPENDIX TWO

Views from Northumberland Park and MWIA Workshop

Northumberland Park Estate



Park Lane, Northumberland Park



Workshop Participants







APPENDIX THREE

This is what the people say (Interviews with Time Bank members):

Q1 Why did you get involved with the Time Bank Project?

- A. "I have been involved since the beginning in August 2008, it's giving your own talents to those less fortunate. You need to use your own talents or you become miserable and it affects your own health".
"Once you retire from a professional job you need something to stimulate the brain, I am stretched! It keeps me fit and away from the doctor!"

Q2 How has the Time Bank project been of benefit to you?

- A. "I know a few more people that I can call on if I need a bit more help, It's like a tonic if you're on your own. It's nice to be involved with something you can have a say about. To see when you 'swap' with others, someone else benefits from a skill you have!"
"You make new contacts, I have met someone there who has helped me to make contacts with a reflexologist."
"There's a real person at the end of the telephone line someone to help me out!"
"You maintain your individuality, I performed at a workshop bringing my percussion instruments, using my gifts! It was good to see other people using instruments I had made".
"It gets people out of isolation, I moved into the area 2 years ago, Time Bank has helped me, there is an opening for new people to have a say".
"We need a venue, it's important! Like now for Christmas, if we had somewhere we could 'swap' decorations, upgrade! What I'm discarding could be your treasure, or a seasonal 'swap' like plants for our gardens".
"As an older person it's good to know that Time Bank people are checked out and not 'cowboys' as I have had bad experiences in the past, when I've been ripped off".
"Also by getting involved with Time Bank I can forget about my own worries!"
"It was also nice to have interaction with your team, who came to do your presentation at Time Bank, so involvement with other services who come to talk with us".

Interviewer;- Ms Jackie Clark Community Development Worker.

Interviewee;- Ms Ruth Hutchinson, Time Bank member.



The following interview is in response to the questions of

Question:

- “What is your experience of being a member of Time Bank”
- “What do you feel the advantages or disadvantages of this project are”

Response of Dave Earp:

“I think it is a very good scheme, it enables people to get things done, without expensive tradesmen or dealing with the cowboys. For example I put some curtain rails up for someone in my neighbourhood, it gave me job satisfaction. I helped someone who made me feel good and also the person was very pleased with the job.

When I do a job, I do it properly, the council won't put curtain rails up and a private builder would cost a lot of money. I now always say hello to this person when I see them out, it's another way of meeting people. It brings communities together people I haven't met in my life. I didn't have anything in return for this job but I have earned time credits. I have arthritis and you never know in the future what you might need, maybe to have the shopping done if my arthritis gets very bad but at the moment I don't need anything.

I think the Time Bank is a good idea, I liked the event when we brought items from our house and could swap with other people, no money needed. I took a digital camera and took home a VCR. The only negative thing is if people don't bring anything but seem to help themselves with a lot to take home, they are taking advantage, they're out of order.

I fully support this scheme I think it can help a lot of people”

Interviewer: Emma Risheq – Service Manager for the Haringey Therapeutic Network

Interviewee: Mr Dave Earp

