

Meeting: Well-Being Strategic Partnership Board

Date: 10 June 2010

Report Title: Timebank

Report of: Susan Oti, Acting Joint Director of Public health

Purpose

To provide more detail in relation to implementation and commissioning a Timebank programme for Haringey and the implications for the Council and NHS Haringey.

Summary

A Mental Well-being Impact Assessment Haringey Timebank report was presented to the WBSP Board in May 2009. There was general support for the Timebank scheme and it was noted by Board members that it provided a good model for community empowerment. The Local Ward Member noted there were particular challenges in Northumberland Park and that it was a measure of the schemes value that it had been so successfully implemented there.

It was noted that there had been other successful examples of these in London and they provided opportunities for building on the engagement with the local community and developing the role of the Voluntary and Community Sector further. Board members supported in principle the expansion of the Time Bank Scheme, subject to a further report being submitted to the Board to providing more detail in relation to implementation, commissioning and the implications for the Council and NHS Haringey.

The further report was originally on the agenda for December 2009 however, as advised by Councillor Dogus, it was postponed due to budgetary issues that were not going to be resolved until April 2010.

Legal/Financial Implications

There will be financial implications next year once the short term funding ends.

Recommendations

Board members to acknowledge the challenging financial climate and be assured that the Council and PCT are working together to place Timebank in a more stable position.

For more information contact:

Susan Oti
Acting Joint Director of Public Health
Tel: 020 8442 6070
Email address: susan.otiti@haringey.nhs.uk

1. Background

What is a Timebank? - A Timebank is a way for people to come together and help each other through mutual volunteering. Every person receives this as a reward. 1 time credit is given for 1 hour of volunteering. People can spend the time credits, swap them or save the. Participants 'deposit' their time in the bank by giving practical help and support to others and are able to 'withdraw' their time when they need something done themselves. People help each other in various ways; for example companionship, shopping, walking the dog, gardening, DIY anything that might help another person or group.

Groundwork was commissioned in 2007 to set up a Timebank in Haringey. The Timebank works with the following organisations in order to deliver and achieve its aims and objectives:

- Somerford Adventure Playground, Northumberland Park community School;
- LBH Neighbourhood Management Team. Safer Neighbourhood Team, Local Councillors;
- HAVCO, Adult Learning Centre, Job Centre Plus, Clarendon Centre, Six 8 Four Centre, Therapeutic Network, The Vale, Women's and Children's Centre, Richmond Fellowship (Pathways to Work for those with mental health issues), College of North East London;
- Support and incentives are given by The Odeon Cinema and Bernie Grant Arts Centre.

2. Implementation

HAVCO's Volunteering Project Workers says: "Timebank is particularly relevant to promote volunteering among people who suffer from mental health issues as there is no commitment linked to Timebank volunteering however, with the Timebank people can volunteer at their pace, build up experience, skills and confidence which they can then use to help them find employment".

The partnership that HAVCO and Timebank has developed has proved to be a valuable source to set up volunteering for people with mental health issues or people who want to do more informal volunteering. The partnership is also an opportunity for HAVCO to support volunteering at a neighbourhood level.

For the past three years Groundwork has received funding via the Council's Community for Health programme¹.

2.1. In 2007/08 Groundwork received £30,332 funding and agreed the following targets and objectives.

To develop a time banking network in Haringey in partnership with local referral agencies, relevant community groups, Sports and Leisure services; Neighbourhoods and regeneration within LBH, HTPCT, MIND, Mental Health Carers Support Association, HAVCO, Mental Health Commissioning, BEHMHT, REC and so on. The Timebank with specifically target deprived communities and those people with mental health problems. The following objectives were set:

- Engage at least 50 local people in the Timebank initiative in Haringey who will be either from disadvantaged communities or people with mental health issues (by February 2008 we have signed up 40 people and anticipate to meet our target of 50 Timebank members by April 2008);
- Hold a launch event to publicise the Timebank (this was successfully held in December 2007);
- Undertake an evaluation of the first year and produced an evaluation report with suggestions of the long term sustainability of the project (will be completed in April 2008).

The evaluation would highlight outcome indicators such as how the Timebank has started to develop resident's skills (including employability), improve confidence and feeling of self worth and improved well being. Timebank would also look at social isolation and how the Timebank had brought people together. Timebank stressed that evaluation of this will be ongoing, as these outcomes take longer to capture.

In 2007/08 Timebank achieved the following outcomes;

- 50 local people signed up to the time bank and home visit carried out.
- Dedicated time broker in post.
- Timebanking infrastructure developed.
- Stakeholder and community launch events held.
- Steering group set up, including Haringey Council, HAVCO, Carers Centre, Safer Neighbourhoods Team, ward councillor, PCT, etc.
- Two newsletters produced.
- Over 10 local organisations signed up as organisational members and supporters, including the Odeon Cinema, HAVCO, Carers Centre, Vale Resource Base, Age Concern, etc.
- At least monthly meetings with mental health service users and service providers attended.

¹ Funding received from the Department of Health

2.2. In 2008/09 Groundwork received £31,175 funding and agreed the following additional targets and objectives.

Timebank would provide bench marking at the time that members signed up. This would examine and identify the reasons the person joined the Timebank, their attitude and state of mental health. After 9 months, each member would be assessed and measured alongside these benchmarks, providing an accurate evaluation of the impact the Timebank has made on their mental health.

Timebank expressed a desire to grow into other areas in Haringey and set the following objectives:

- 80 active Timebank members signed up by March 2009;
- 450 hours exchanged;
- 20 carers, including young carers supported and respite time provided;
- 10 people referred to HAVCO for formal work placements;
- 3 projects to be developed with people with mental health issues;
- 70% of Timebank members with mental health issues to report significant improvements in their outlook within a year of joining the time bank;

In 2008/09 Timebank achieved the following outcomes:

- 79 members signed up including 15 carers;
- 10 volunteers from Age Concern Haringey joined Timebank;
- Social event held in August 2008 that gave members the opportunity to meet one another and to generate community spirit. Several exchanges of skills were arranged between the members themselves;
- First Give and Take day held in September 2008, extremely popular and attended by approximately 150 local residents;
- Second Give and Take day held February 2009 enjoyed increased success as more local residents gave items;
- Timebank committee formed – constitution agreed and adopted. A bank account was opened. Committee members have taken part in capacity building for roles and responsibilities of committee members and chairing skills;
- 2000 hours exchanged;
- 15 carers supported, despite little demand from carers for respite care
- Timebank did not referred any members to HAVCO due to capacity issues at HAVCO;
- Book swap established at the Women and Children Centre and Neighbourhood Resource Centre;
- Regularly running art and craft sessions
- Timebank members continue to be involved with the allotment project arm of *Living Under One Sun*² (LUOS).

² *Living Under One Sun* is a community cohesion initiative allotment project which is based on the East Hale Allotment Site, adjoining Tottenham Marshes. The project is inspiring local residents to grow and cook their own produce, while building friendships, skills and communities.

2.3. In 2009/10 Groundwork was awarded £28,500 continuation funding until the end of April 2010 and agreed the following aims and objectives:

- 100 active Timebank members signed up by April 2010;
- 1,000 hours exchanged;
- 30 carers, including young carers supported and respite time provided;
- 15 people referred to HAVCO/other employment advisors for formal work placements;
- 3 funding bids for time bank activities/programmes submitted;
- 3 new projects developed with people with mental health issues;
- 70% of Timebank members with mental health issues to report significant improvements in their outlook within a year of joining the Timebank;
- 20 people referred to the Health Trainers and Mental Health Community Development.

In addition Timebank agreed to work with the Steering Group to create an action plan to turn the time bank into a stand alone, commissioned service.

3. Current position

The financial climate for all partners is challenging. Haringey Council has agreed further short term funding for Timebank (1.5.10 to 31.3.11) from the Area Based Grant.

NHS Haringey Commissioning Manager, Learning Disabilities and Mental Health has completed a mental health voluntary sector review. The review assessed service users and carers' needs and the direction of the *New Horizons* national strategy.

The Head of Commissioning in Adults, Culture and Community Services in the council will work with the PCT Commissioning Manager to pull together the different funding streams to aim for integrated commissioning in the next financial year.