

To establish and develop Leith Timebank with an initial focus on older people and carers

Time Banks link local residents, to exchange time and skills with each other. Members voluntarily carry out work for each other and earn “time credits” in return. These credits can be exchanged for other member services.

The project’s main focus is to work with older people, carers and adults with multi-morbidities; however, this is not exclusive and other demographic groupings are members. The project meets both NHS and Edinburgh Council’s strategic priorities, tackling health inequalities among older people and carers.

Funding & Staff Hours Apr20-Mar 2023

LTB is funded by Edinburgh Integrated Joint Board Grant and GameChanger Transfer Programme, both until March 2023. At present, Mary O Connell works 19 hrs p/w for LTB - EIJB (12 hrs) and GameChanger Transfer Programme (7 hrs)

GameChanger Transfer Programme

In 2019, LTB (LTB) developed a pilot project, in partnership with GameChanger (GC) called GamChanger Transfer Programme. The GC Transfer Programme was inspired by GC wanting to maximise the skills and time offered by their Christmas Day Meal volunteers. GC identified an untapped volunteering capacity: many of the volunteers who help on the day had never volunteered before, while others were unable to volunteer with other GC volunteering opportunities (e.g. due to work commitments) thus the volunteers’ willingness and enthusiasm is lost during the year.

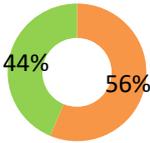
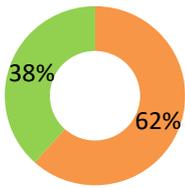
The timebanking concept was identified as a method of tapping into this volunteering capacity by offering a flexible volunteering opportunity to GC volunteers. GC volunteers who would like to become GC Transfer volunteers earn Time credits for their time volunteering with GC and with LTB. They are able to exchange their Time Credits with other GC Transfer Volunteers and LTB members. GC Transfer Volunteers are invited to participate in LTB programme of activities/ training opportunities. LTB will promote GC events/ volunteering opportunities to its membership.

LTB Provision of Activities Apr22-Mar23

During 2022-23, LTB provided a hybrid service, offering a blend of pandemic/ pre-pandemic activities. This was to reflect the changing needs/ wants of the membership and community, Cost of Living Crisis, pandemic recovery/ coming out of lockdowns, etc. Throughout 2022-23, the types of exchanges and social activities have evolved: Telephone befrienders could meet with their Befriender, more in-person 1:1 and group exchanges/ social opportunities could take place, more focus on providing advice/ support re CoL crisis e.g. foodbank collection/ deliveries, etc. As exchanges and activities evolved throughout the year, so too did our membership, roles descriptions, procedures, risk assessments, training programmes, etc. Another key achievement of 2022-23 was the further development of Organisational Membership with local organisation/ agencies, where there are mutual benefits of skills/ knowledge sharing, networking, resource allocation, etc.

Leith Timebank Membership

At the end of Mar23, Leith Time Bank had a total of **217 members (206 individuals and 11 organisations)**. Between Apr22-Mar23, Leith Time Bank recruited **35 new members**, with 15 members leaving the project (passed away, moved to a different location, etc)

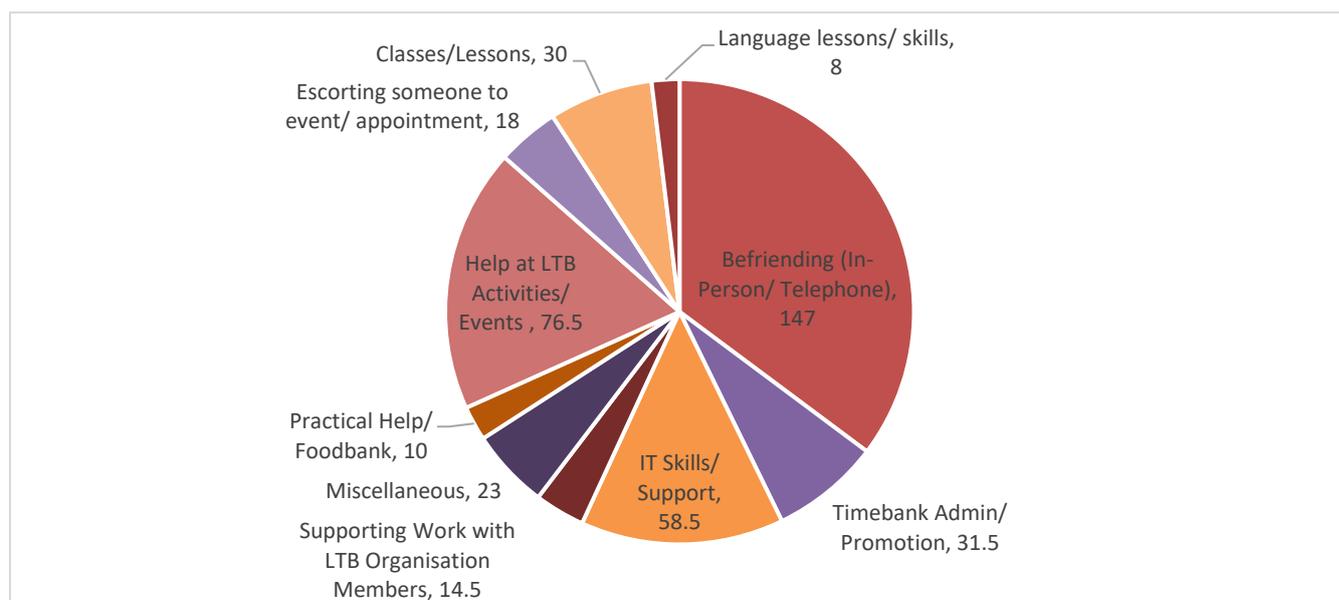
Leith Timebank Individual Membership Stats (206 individual members)									
<p>Age</p> <p>■ Under 60 ■ 60+</p> 	<p>LIVING STATUS</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Alone</td> <td style="text-align: right;">116</td> </tr> <tr> <td style="text-align: left;">Live with family/ Partner</td> <td style="text-align: right;">66</td> </tr> <tr> <td style="text-align: left;">Live with carer/cared for</td> <td style="text-align: right;">24</td> </tr> </table>		Alone	116	Live with family/ Partner	66	Live with carer/cared for	24	<p>Gender</p>  <p>■ Female ■ Male</p>
Alone	116								
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Live with carer/cared for	24								
<p>121/206 LTB have multi-morbidities</p>	 <p>10 LTB members have disclosed that they are LGBTQ</p>	 <p>LTB members supported 11 carers.</p>	<p>22/206 LTB member – English is not their first language</p>						
Leith Timebank Organisation Membership Examples (11 Organisations in total)									
<p>Ageing Well - <i>The Ageing Well Project run by Edinburgh Leisure in partnership with NHS Lothian, delivers a range of city-wide activities which support people to become, and remain, active in later life.</i> PDP worked in partnership with Ageing Well (Edinburgh Leisure/NHS Lothian) and LTB to pilot and develop “Coming out of Lockdown Activity” Programmes targeted at socially isolated, inactive older people on low incomes in Leith and NE Edinburgh, who have been adversely affected by the pandemic and largely home bound as a result.</p>									
<p>Feniks - <i>Feniks is a grass-roots charitable organisation set up in 2007 to support the Central Eastern European community in Edinburgh and Scotland.</i> Following on from successful 2019-22 multicultural workshop programmes with Feniks and Elrec, we continue the workshops in 2022-23 to build on the strong links and connections created. In 2022-23 we offer a varied programme of multicultural activities, include Art Workshops, Multicultural Cook-Along/ Community Meals and Reminiscence Sessions.</p>									
<p>Heart of Newhaven Community (HoNC) - <i>HoNC is a local charity that is developing the former Victoria Primary School, Newhaven, as an intergenerational community hub.</i> PDP worked in partnership with HoNC and LTB to support the development of a local community hub in the Newhaven area. In 2022-23, we have delivered 2 intergenerational programmes, 12 Newhaven Friendship groups, joint volunteer training, etc.</p>									
<p>Hibernian Community Foundation (HCF) - <i>HCF is the charitable arm of Hibernian Football Club using the power of sport to improve people's lives.</i> LTB and HCF built on the strong links developed with the GC Transfer Programme to offer additional activity to combat social isolation for local community members during Winter 2022/23, through the provision of digital skills for local older people in a warm/ welcoming meeting space.</p>									

Leith Timebank Output

	Target Apr22-Mar23	Total
Social Activities	120	137 sessions with over 1,060 in attendance (200 individuals)
New individual members	25	35 New Individual Members Total Individual Members = 206
New organisation members	1-2	1 New Organisation Members Total Organisation Members = 11
Hours exchanged	N/A	Total = 1,922 hours exchanged
No of exchanges	100	Total = 1,061 exchanges
	15 1:1 digital lessons	21 1:1 Digital Lessons (46 participants) 8 Group Digital Lessons (18 Participants)
Signposting	28	42
Community Pot	50-10 older people use community pot	45 older people/ carers use community pot

Exchanges

Leith Timebank members have exchanged their skills, knowledge and time with other members, PDP service users and the wider community, to address their (sometime urgent) needs and wants. The exchanges have taken place in both group and 1:1 setting. **1,061 exchanges (1,922 hrs)** took place between Apr22-Mar23.



Snapshot - Jan23 – Mar23 hours per exchanges (417 hours)

Types of exchanges included:

- **Befriending** – LTB members provided telephone and/ or in-person befriending to local older people, to address social isolation and loneliness which was further exasperated by the pandemic. We were delighted when restrictions allowed for Telephone Befrienders and Befriendees to meet. LTB put in place all the appropriate health and safety measures (e.g. procedures, volunteer kit, risk assessments, etc) to ensure everyone’s safety.
- **Digital Lessons** – Many older people with whom PDP/ LTB work with have neither knowledge nor access to computers or smart phones, which severely impacted their ability to maintain contact with others or access help and support. PDP/LTB got a supply of laptop, tablets, wifi, headsets (for those of hard of hearing), etc which we were able to distribute to local people. LTB recruited, trained and supported members to provide 1:1 and Group Digital lessons not only to LTB members, but also to PDP service users and the wider community.
We also delivered an 8-week course on “Basic Introduction to Computers” to 19 LTB and Community Members at the Hibernian Community Foundation
- **Food Delivery and Shopping** - As restrictions eased and supply of emergency food parcels decreased, we saw an increase demand for foodbank services. PDP is a registered agency with Edinburgh North East Foodbank. Many of people requesting foodbank vouchers from PDP/ LTB were unable to go to the foodbank themselves (due to mobility issues, long term conditions, single parents who can't physically carry items along with taking child/ children, etc). To address this, we have a number of LTB members who are trained to collect and deliver foodbank supplies.
LTB members have also offering shopping services to local older people unable to get out themselves, with no family/ friends who can support them.
- **Accommodating older people to medical appointments/ activities** - LTB members supported older people to attend their hospital/ GP appointments and Covid booster appointments. Again as many of the older people don’t have family/ friends nearby, LTB members offer emotional and practical support (e.g. driving, getting taxi/ bus together) for older people to attend their medical appointments.
LTB Members supported older people to re-engage in LTB/ PDP/ community activities by encouraging and chumming people to these activities e.g. Hibernian Community Meals, Newhaven Friendship Group, PDP Women’s’ & Men’s Group, etc. Many of the older people were not been out for over 2 years and needed extra help to overcome various barriers they currently face.
- **Supporting the work of Leith Timebank and LTB Organisation Members**
 - Membership of LTB Advisory Group
 - Promotion and Awareness Raising of LTB project
 - Sharing their skills and knowledge at group activities e.g. 8-week digital course, Multicultural Cook-Along sessions, Intergenerational Sessions, etc
 - LTB members contributed to and help assembling PDP bi-monthly newsletter which is posted to over 250 local older people.
- **Practical tasks** – Such as Pharmacy Prescription Collection, Sewing, Gardeningand practical help with many more tasks

Social Activities

During the reporting period, LTB offered **137** social activities, with **over 1,060** attendees, both online and in person. This included:

- Multicultural Workshops in partnership with Feniks and Elrec. Please see details below.
- Edinburgh Community Food Multicultural Cook-Along/ Community Meals – Please see details below.
- PDP/Ageing Well/Leith Timebank Pilot Project Report Coming out of Lockdown Activity Programme for Older People living in Leith, in which LTB members supported older people to engage with the project.
- Monthly virtual and in-person coffee & chat sessions and games afternoons, for LTB members and potential members to come along and chat.

Multicultural Workshops with Feniks & Elrec

The aim of the Multicultural Workshops was to build on the connections and relationships built in 2019-22. We offered a range of activities (Art Workshops, Multicultural Cook-Along/ Community Meals and Reminisce Sessions) to bring different ethnic communities together to share their culture/ traditions, reduce social isolation and provide an opportunity to learn/ share skills e.g. English Language.

In Feb & Mar23, we delivered a 6-week programme of cook-along sessions in partnership with Edinburgh Community Food, with talks on healthy eating (ECF) and energy advice (Changeworks, Elrec and Home Energy Scotland).

Hibernian Community Foundation Digital Skills

In Winter 2022/23, LTB provided 8 digital skills sessions for 19 LTB and Community members. The aims were to reduce levels of social isolation and levels of digital exclusion through 1:1/ group learning, offering free access to the devices/ web, etc. Sessions included learning about Google, You Tube, Zoom, Online Shopping, etc. A key element of the sessions was online safety which was covered in all sessions.

Community Pot

LTB members who have spare credits or who have left the project, donate their time credits to the community pot. The community pot is then used to help people who need support when they're not best placed to contribute to the Time Bank themselves. The Community Pot has been vital to LTB's COVID-19 response, as it is a mechanism to give credits to members who have helped the membership/ local community, without the need for the recipient of the service to have a positive Timebank account. During the reporting period, approx **45 older people and carers** benefitted from the community pot.

Signposting/ Information Provision

LTB provided advice and information/ made referrals to **42 local and citywide services** and social/training opportunities e.g. Cost of Living Help & Advice Event, Taxicards, etc.

Leith Timebank Advisory Group

LTB Advisory Group meets approx. every 3 months and helped steer the project, by offering advice and expertise to progress LTB. Members are from a range of organisations across the area, including, the local MP, City of Edinburgh Council (CEC) Libraries, local charities and 3 Timebank members.

We would like to acknowledge Walter Dods' (who sadly passed away in November 2022) contribution to Leith Timebank since the beginning of the project - being both a LTB member and Advisory Group Member. Exchanges which Walter did include: providing entertainment at LTB events e.g. LTB anniversary at McDonald Road Library, knitting group, teaching IT skills/ singing/ guitar and promoting Leith Timebank.

Timebanking Scotland

Previously, the Scottish Network of Timebanks was an informal collaboration of Timebank coordinators currently sharing best practice through quarterly meetings. It is agreed a more formal structure could benefit Scottish Timebanks. The network agreed to become a Ltd company and a SCIO, named Timebanking Scotland. Timebanking Scotland is now a Ltd company and a charity and hosted its first AGM in Feb23.

Timebanking UK

LTB is a registered member of Timebanking UK and pays a membership fee to use Timebanking UK's software (Time Online2) to record members' details and exchanges.



LTB was awarded the Timebanking UK Quality Mark in 2019 - The Timebanking UK Quality Mark™ is awarded to time banks that adhere to the core values of timebanking and operate in such a way that they develop, support and celebrate good timebanking practice as recommended by Timebanking UK.

Monitoring and Evaluation

Monitoring and Evaluation information has been gathered to evidence project outcomes. Monitoring and Evaluation methods we used included:

- No of members recruited
- No and type of exchanges undertaken
- No and type of LTB social and training opportunities taken up
- Feedback from other agencies, staff, other professionals, families, carers and wider community networks
- Questionnaire about multicultural activities
- Case studies, quotes and stories.

Outcomes of the project:

1. Reducing perceptions of isolation

By providing a range of exchanges, social activities and services, and supporting those to engage, LTB members and members of the community have reduced perceptions of isolation and loneliness.

Feedback from questionnaire re Multicultural Cook-Along/ Community Meals:

- All participants strongly agreed/ agreed to the statement... *Since using the project I feel less socially isolated*

“The atmosphere was lovely, I met plenty of very interesting people with good values. It was fantastic, amazing! I learned a lot about different ways of cooking, storing [food] and how to save energy. If workshops like this will happen again, count me in!”

“Very nice, informal atmosphere. Nice company – I have met some lovely people”

“Meeting new people from different ethnic backgrounds. All the different food”

2. Improving mental health and wellbeing

By participating in 1:1/ group exchanges and social activities, LTB offers many health and well-being benefits to its membership and the wider community. The personalised nature of 1:1/ group exchanges promotes meaningful connections, reducing feelings of isolation and addresses the needs/ desires of all taking part.

We have also been able to help members (LTB/ wider Community) in times of crisis, with collection/ delivery of food parcels/ foodbanks and accompanying to essential medical appointment. Members have said they know who to call if they need help or support and that was good for their peace of mind.

The Group exchanges and social activities promotes physical activity (e.g. PDP/ LTB/ Ageing Well “Coming out of Lockdown Activity” Programmes), opportunities for diverse social interactions/ connections (e.g. Multicultural Workshops) to create a broader sense of community belonging.

Feedback from Review Questionnaire:

- 100% feel more connected to their community,
- 95% feel confident to seek support and help when needed

Informal feedback indicated 100% satisfaction with 1:1 skills exchanges, feelings of increased resilience, being supported & improved wellbeing

“Thank you so much for all your help this year – it’s been a lifeline for me”

3. Improving self-esteem and confidence

LTB members said they have felt “useful” and value the opportunities to volunteer and be able to make a positive contribution to their local community. They have identified an increase in their sense of themselves as worthwhile members of society, with the knowledge they have something to offer during such a challenging period.

Feedback from Digital Course:

- All respondents agreed with the statement - *“I have learned new skills”*
- All respondents found all individual digital sessions either *“a lot”* or *“a little”* *“useful”*

“Lessons are made interesting and fun - Very informative and well presented”

“Very enjoyable company and relaxing lessons about computers”

“Enjoyed meeting new people and finding new ways of communicating. Working as part of a team was great”

4. Enhancing volunteering

LTB members have been given opportunities to learn/ teach new skills through the different volunteer training programmes, group activities and digital lessons. We developed new volunteers roles and training programmes, and offered increased support and supervision sessions for our volunteers so they feel confident in their volunteering roles.

“The staff/ volunteers always goes over and beyond. Helping us and taken on any comments”

5. Address the COL crisis by offering opportunities for older people to maximise their income e.g. community meals, energy efficiencies, reducing food waste, batch cooking, etc

We offered a range of services/ support to help address the CoL crisis. For example:

- Access to skills/ services which they do not have to pay for in the traditional sense e.g. sewing, driving older people to medical appointment
- Offering collection/ delivery of food parcels/ foodbank
- Free access to social/ group activities in a warm space with healthy refreshments/ cooked meal (Multicultural Cook-Along/ Community Meals)
- Signposting and offering advice on support available e.g. CoL event held at Local Community Centre, Changeworks, Social Security Scotland, etc
- Access to digital devices (e.g. laptops/ mobile data, etc) and free digital 1:1/ group lessons

Feedback from Multicultural Cook-Along/ Community Meals:

- All participants strongly agreed/ agreed to the statement... *I now know how to reduce my food waste*
- All participants strongly agreed/ agreed to the statement... *I now know how to be more energy efficient*

“Really enjoyed the people who did the energy efficiency talks”

“Also having talks from projects regarding food waste and energy efficiency - was well presented and interesting”

6. Increasing community capacity

Increased networks among local health and community organisations. The work we have done would not be possible without the development of existing and building of new relationships with local health and community organisations. Examples include: Hibernian Community Foundation, Feniks, Elrec, Edinburgh Community Food, Home Energy Scotland, and so many more.

We are also increasing digital literacy capacity in the community through our digital inclusion project – distributing devices, teaching IT skills and continued support to participants.

Feedback from questionnaire re Multicultural Cook-Along/ Community Meals:

- All participants strongly agreed/ agreed to the statement... *The multicultural aspect of the workshops was important for me?*
- All participants strongly agreed/ agreed to the statement... *I would like to take part in similar workshops together with people from different ethnic communities in the future*

“Useful information on nutrition, energy and food”

“I'd enjoyed getting to know how to cook Polish food and thinking of different Scottish food”

“I'm so happy to have been a part of the workshops, they really made an impact on so many people involved!”

Key Developments for 2023-24:

- Continue to recruit, train and support LTB members
- Develop and promote LTB activities and opportunities to our membership and wider community.
- Further matches between LTB members to exchange their skills, knowledge and experiences.
- Further development and growth of organisations as members of LTB
- Continue development of the Digital Inclusion strand to increase digital capacity in the Leith area.
- Continue support for the creation and development of Timebanking Scotland.
- Continued awareness raising and promotion of LTB with local health and community organisations.

Conclusion:

The last few years has had many challenges, but we were able to build on the existing infrastructure and strong relationships, to adapt quickly and develop services which addressed the needs and wants of our membership/ wider community post-pandemic/ CoL crisis.

LTB is offering an exciting way for LTB members to come together to increase levels of positive interaction and mutual support among members, developing relationships by sharing commitments, resources, time, and building community capacity. This asset-based approach has obvious benefits to the health and wellbeing of LTB members, as well as enhancing volunteering and community capacity in local community.



Leith Timebank Afternoon Tea



Leith Timebank Advisory Group



Energy Efficiency Advisory at Cook-Along Group



Digital Skills – Learning how to “zoom”



Living Well in Later Life Health Talk



Multicultural Art Wokshop



Multicultural CookAlong/ Community Meals



