



Annual Report 2017-2018

*Improving local life by bringing people
together to share skills*



Can you believe we've been running for 18 years? This is amazing particularly at a time when funding is getting so much harder to secure. We have been focusing much of our time over the year trying to secure further funding for the organisation, so far some of these applications have been successful. As one of the UK's longest serving time banks we hope to be here for another 18 years!

Time Exchange office has been an essential community resource throughout the year, providing both members and residents access to a range of skills and services. The additional funding has enabled us to maintain the 5 day/week time bank and drop-in service with 3 part time staff posts. This has been a great year of exchanges between members with a 50% increase on last year's totals suggesting that more people than ever are needing help, and that more people than ever are recognising that helping other people is a great thing to do.

We would like to thank all the members for their hard work, support and commitment to the Time Exchange and for making all of our achievements possible.

Theresa Ball - Project Manager

**3935 member
exchanges**

**1497 hours of
support
provided by
the Time
Exchange
office**

**155 Time
Exchange
members**

Most Popular Types of Exchanges

**Gardening,
Environmental Work &
Litter picks**

**Cooking & Food
Preparation, Vegetables
& Salad bags**

**Newsletter production
and delivery**

**Help at Home, DIY,
Decorating, Window
Cleaning**

Shopping & Errands

Newsletter, Facebook & Website

We produce the monthly newsletter letting people know what's going on in the area as well as giving members the opportunity to put forward their own articles.

As well as the Time Exchange's website, which features regular news and information about offers and requests, the Time Exchange uses Facebook, posting events, information, offers and requests, and pictures of member exchanges.

One-to-one support

Alongside the core business of setting up member exchanges, the staff team have had a busy year providing almost 1500 hours of one-to-one support to members and local residents. This support comes in many forms, from providing a listening ear, to signposting to local organisations for more specialist help, to more in-depth support with things like changes to benefits and job hunting. This support is particularly needed at a time when we're seeing increasing cuts and confusing changes in benefits systems, and our members often have nowhere else to go for support.

We've supported a number of members on their individual journeys, navigating benefits systems and difficult changes in their lives, and are pleased to have seen some positive results. We were thrilled when John, long-term Time Exchange member and our 3rd top time banker this year, was successful in securing a job this September, and we wish him good luck and continued success.

Environmental Work



The gardening team have been running regular gardening sessions throughout the year. We have been able to run an ongoing programme of activities including Food Growing and Garden Maintenance in the Bike Garden as well as Children's gardening sessions. The Time Exchange secured additional funds from Grow Wild to create a wildflower corridor through a series of pop-up events. There have also been a number of seasonal events including the recent Apple Day. Thank you to Kerryanne, Una, Helen for organising and running all of the sessions in the garden.

The Time Exchange is working in partnership with the Greening Wingrove CIC and POW (Proud of the West End) to deliver environmental improvements in the area. Volunteers are supported to carry out simple garden maintenance to the brick street planters and litter picking. The Time Exchange has been working with local residents to improve street planters near their homes.

The Time Exchange gardener has offered gardening advice and assistance, seeds and plants and loan of gardening tools to Time Exchange members. Thank you to Helen and Matt for their continued their work on the street planters in Arthur's Hill.

Partnership Work

The Time Exchange has worked in partnership with the following organisations during the year:

Greening Wingrove CIC - Working together to improve the appearance of the West End of Newcastle.

Keyring - Exchanging skills and providing mutual support.

CHAT Trust – Supporting Reclaim the Lane Events.

Nunsmoor Centre Trust – Information Sharing & Community Events.

Newcastle City Council – Envirocall Reporting and Signposting to Specialist Services.

Oznam House – Cooking for isolated members.

Marks and Spencer / Headliners / Westgate College / Circus Central – Supporting Environmental Volunteer Days.

Time Exchange Funders

We gratefully acknowledge the financial support of our funders. Our work would not be possible without them. Their kind support of The Time Exchange has enabled us to achieve another record year of activity. We would like to thank:



the
Tudortrust

**home
group**

Henry Smith Charity

Fogo Fund

Linden Family Fund

Allen Lane

LEAF

Greggs Foundation

Archer Trust

Grow Wild

The Barbour Foundation

Newcastle Building Society

Ninevah Trust

Police Mutual Fund

The Time Exchange has generated additional income through fundraising activities from:

Newcastle Evening Chronicle

WISH Campaign

Easyfundraising

Hutchinson's Fruit &

Vegetables

Wellbeing Walks



This year we have teamed up with several different groups to facilitate a number of walks. Organisational members Keyring are a supported living network, with whom we share a couple of members. Through doing the walks, we have recruited a new member from amongst their ranks, who has joined our gardening team and been of great help throughout the growing season. We've also joined up with a group of women, initially including one Time Exchange member, and again we've gained a few new members as a result.

We've been experimenting with travelling a bit further afield, hiring a minibus to go to locations such as Plessey Woods, Housesteads Roman Fort, Amble and Bolam Lake. The walks have been a big success, allowing some who don't usually get out and about to leave the city and experience open countryside, fresh air and get some good exercise.

The walks have been led by Sunnie and Rachael, both of whom have completed Walk Leader Training, and have been supported by Time Exchange members – thank you to Tyrone and Sarah for their help.

Having gained experience of walking in a number of different locations, we hope to extend our walk activities next year to include more Time Exchange members, as well as continuing to work with these groups.

Events & Activities

The Time Exchange has organised and facilitated various different events, activities and exchanges over the year giving members the opportunity to both spend and earn additional credits and meet up with many other members.

Events have included our annual festive card making, crafts and cooking at the Time Exchange.

We hosted a number of jewellery upcycling workshops delivered by Time Exchange member Tina, teaching others how to make their own jewellery.

Essential exchanges have included cooking meals for some of our more vulnerable members as well as organising regular hospital escorts and help at home.

It's these everyday exchanges that demonstrate how well time banking can bring together a local community.

Time Exchange Ltd Company Information

Directors:

Dominic Robinson
Tamara Syeda Begum
Ann Atkinson
Marc Barber
Shamaila Riaz
Clare Philbrick

Staff Team:

Project Manager
Theresa Ball

Timebank Assistants
Sunnie Mann
Saima Arshad Mahmood
Rachael Hales

Environmental
Helen Dawe
Matthew Kelliher
Una Bradley
Kerryanne Higgens

Time Exchange Accounts 2017 - 2018

STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 APRIL 2018

	Note	Restricted funds 2018 £	Unrestricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
INCOME FROM:					
Donations and legacies	2	11,253	60,194	71,447	60,166
Investments	3	-	21	21	12
Other income	4	-	862	862	1,984
TOTAL INCOME		11,253	61,077	72,330	62,162
EXPENDITURE ON:					
Charitable activities		31,012	37,595	68,607	55,432
TOTAL EXPENDITURE	7	31,012	37,595	68,607	55,432
NET INCOME / (EXPENDITURE) BEFORE TRANSFERS		(19,759)	23,482	3,723	6,730
Transfers between Funds	13	191	(191)	-	-
NET INCOME / (EXPENDITURE) BEFORE OTHER RECOGNISED GAINS AND LOSSES		(19,568)	23,291	3,723	6,730
NET MOVEMENT IN FUNDS		(19,568)	23,291	3,723	6,730
RECONCILIATION OF FUNDS:					
Total funds brought forward		24,014	25,272	49,286	42,556
TOTAL FUNDS CARRIED FORWARD		4,446	48,563	53,009	49,286

Aims and Objectives

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning future activities. The aims and objectives of the Time Exchange are to advance the benefit of the residents of the socially and economically deprived area of the West End of Newcastle upon Tyne by:

- Operating a time bank as a means of relieving poverty, advancing education, relieving unemployment and promoting vocational training for the benefit of the public in the area.
- Developing the capacity and skills of the members of the community in such a way that they are better able to identify and meet their needs and to enable them to participate more fully in society.
- Advancing the education of the public by the provision of information and advice with reference to welfare rights and health related issues.

These are the core values of the Time Exchange:

"We are all equally important and so is our time.

Building home, neighbourhood and community is real work.

Helping is best when we both give and receive.

Being together means being stronger."