

## What our participants and partners say about us...

"When I walk around town, I see so many people I know, it's embedded me into the community."

Participant, North Cotswold

"It's a great way of getting unemployed people back into things, instead of them being made to feel redundant and losing confidence."

Bill Wragge, Cotswold District Council

"My illness no longer defines or limits my life. Fair Shares has changed my life, I can't talk highly enough about it."

Participant, Gloucester

"There is already lots of volunteering going on in the Muslim community. But this is more, it's helping people across the community."

Imran Atcha, Friendship Cafe, Gloucester

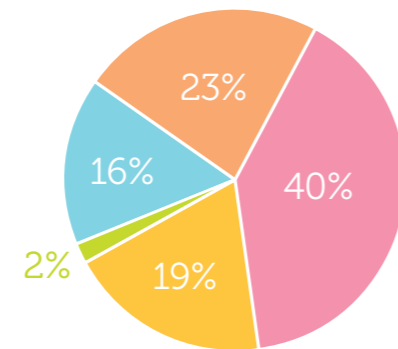
"It's really good that Fair Shares involves older people. So many groups don't, and you feel stuck on the shelf."

Participant, Stonehouse

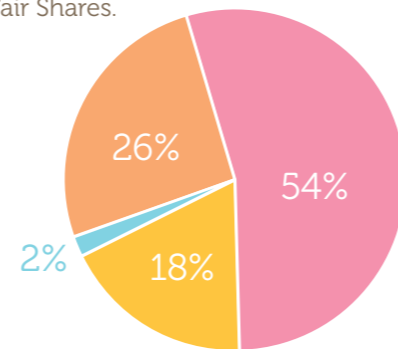
Fair Shares Gloucestershire is a registered charity 1110418

## A recent survey of Fair Shares participants

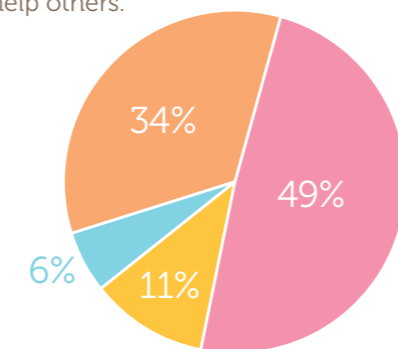
63% feel less isolated since joining Fair Shares.



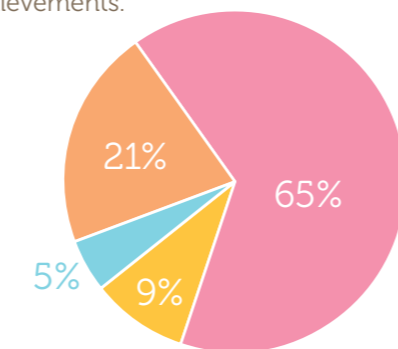
80% feel more involved in their community as a participant of Fair Shares.



83% feel Fair Shares has helped and encouraged them to use their skills to help others.



86% say being involved with Fair Shares has helped them feel good about their achievements.



■ Strongly agree    ■ Agree    ■ N/A  
■ Strongly disagree    ■ Disagree

For more detailed results and information, please email: [time@fairshares.org.uk](mailto:time@fairshares.org.uk)

## Thanks to our funders & partners, including:

- Police and Crimes Commissioner, Martin Surl
- Big Lottery Fund
- Dunhill Medical Trust
- Headley Trust
- Department of Health
- Stroud District Council
- Barnwood Trust
- Lloyds TSB
- Peoples Health Trust
- Zurich
- CHK Charities Limited
- Village Agents

# How time banking is sustaining our communities...

See back page for our impact survey results



Fair Shares Gloucestershire is an independent charity, established in 1998 as the UK's first time bank.



Time banks are community based projects which meet everyday needs, with people helping out in their local community, through sharing time and skills. For every hour you spend helping someone, you are entitled to an hour's help in return – common requests include gardening, shopping, befriending and DIY.



The time bank creates a mutually supportive network of neighbours and encourages new friendships. Everyone can get involved and we work closely with vulnerable people to help them identify the skills and experience that they can share with the community.



We now run seven time banks in Gloucester, Newent & Forest of Dean, North Cotswolds, South Cotswolds, Stroud, Cheltenham and Tewkesbury as well as a charity shop in Stonehouse, Stroud.

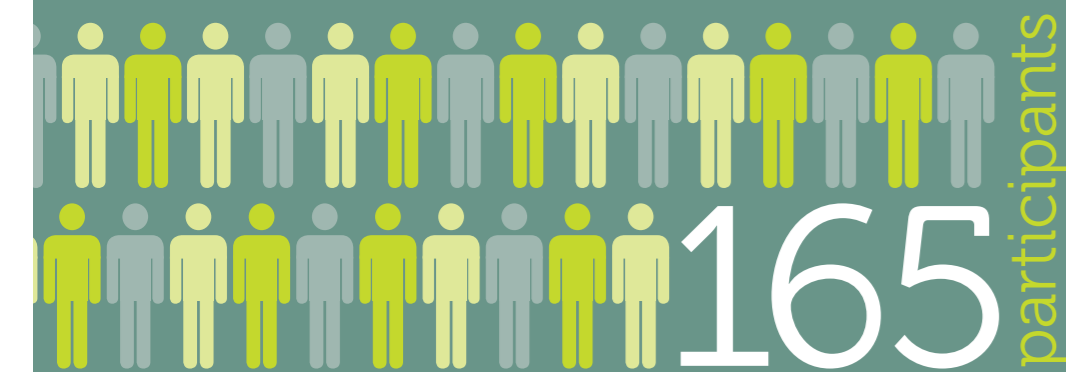


We work closely with other local organisations such as Independence Trust and National Star College. The Police also refer people to us for much needed support. We aim to involve the whole community and all who live and work there.

**Fair Shares**  
community time banks

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## A typical week in numbers...



# We support and connect people from all sectors of the community...



## DIY Skills Workshops

Richard Leach is a Project Worker with Fair Shares. His role is to teach DIY skills to young people who are not in education, employment, or training – engaging them through practical work. The participants then ‘pay back’ into the time bank by using their new skills to support others in the community.

One of our elderly participants received some help clearing her garden of brambles and repairing a broken fence. When the job was finished they helped her out into the garden, supporting her on her walker. Seeing the work they had done, she burst into tears and told them that she hadn’t been in her garden for over two years due to her mobility problems.

“The look of happiness on her face when she saw the garden made it all worthwhile - I feel really good about doing this now.”

Participant



## Supporting Mental Health

K is a 25 year old woman who experienced challenging problems in her teens and was homeless for a while. She eventually found a council flat and was working in a charity shop, but suffered a relapse when she had a panic attack. She felt unable to leave her home for some time, isolating herself from the local community.

Three years ago she got involved with Fair Shares, helping several of our elderly participants with shopping, computer skills and day to day errands. Feeling needed and useful gradually restored her confidence.

K is now a self-assured and confident woman who volunteers on a weekly basis, dealing with the public at the Town Council information desk.

“Time banking helped me a lot with my confidence. Somebody was relying on me. I thought, I can do this! I was then able to go shopping and out in general.”

K



## Times 2 Maths Mentoring

Fair Shares began working with the Criminal Justice System in 2005. We discovered that 50% of the local prison population have little, if any, understanding of maths, with 90% of them rejecting any involvement in formal prison education.

We proposed a peer-to-peer maths mentoring scheme, where inmates with good numeracy skills teach and support those who need help. The project has reached 67 learners so far and has engaged 19 mentors.

Between July 2013 and December 2014 over 700 hrs were generated by the mentors and learners. All of the hours were donated to the Good Will Pot and are being used to benefit more vulnerable community members.

“I trust my mentor and talk to him about other stuff.”

Times 2 Learner

“Being a mentor has given me a lot of confidence, pride and enjoyment.”

Times 2 Mentor



## The Good Will Pot At Work

The Good Will Pot is an ‘account’ where our volunteers can choose to deposit their time credits, if they don’t want to claim them for themselves. Many of our participants, at HM Leyhill prison, for example, choose to donate their hours this way.

Now in his 90s, Derek is one of our longest standing members. Over the last 10 years, his niece has contributed all of her hours to the Good Will Pot. He now uses those hours to have a Fair Shares participant help with a variety of tasks, such as shopping, trips in the car, cleaning and cooking.

Derek still managed to give something back by playing his harmonica for everyone at our Christmas party.

“The good will pot has kept me in touch with people.”

Derek, Good Will Pot recipient

“I like the idea of helping others indirectly.”

Good Will Pot donator



## Dementia Friendly Walks

A joint venture with Museum in the Park, Stroud Valleys Project and Dementia Adventure – we were very keen to be involved in this national pilot, exploring the benefits of nature walks for people living with dementia.

Sixteen volunteers (eight from Fair Shares) were trained in first aid and dementia awareness, to become walk leaders. A series of walks was organised in Stratford Park, with two walks per session – one wheelchair friendly and the other for people wanting a slightly longer walk.

The project has been extremely moving for all involved, with very positive feedback from participants.

“Nature is a great healer, I won’t remember the place, I’ll remember smells and sounds and that will trigger those nice feelings and I’ll smile and remember what a great time I had.”

Participant



## IT Support Sessions

The Internet can offer a whole world of possibilities, but for many people, getting started can be daunting. Working in partnership with People’s Health Trust, we recently ran a series of free IT support sessions

Open to all in the St Pauls and Wymans Brook areas of Cheltenham, the sessions aimed to improve peoples’ skills and confidence online. With tips on everything from online shopping and paying the bills, to job searching and staying in touch via email, Skype and Facebook.

We ran a local campaign encouraging people with good IT skills to come and share them with others – bringing together all sectors of the community.

“The sessions have been very friendly and helpful. My mentor was very supportive and patient. I’m beginning to feel more confident.”

Participant