

Melbourn Timebank Report – November 2021



Membership growth to November 2021

	As at 19 October	As at 19 November	Conversion	Pipeline
Individual Members	82	85	3	2
Organisational Members	16	16		2

Total exchanges to date: 4316 hours (of which MCCR = 1680.5 hours)

Non MCCR: 2635.5 hours

Timebank activities



Dog Café - sunny Tuesdays

Puppy Love @Dog Café

Wimpole tour

- 23 Oct Memory Café at Elysium supported by Timebank volunteers
 - 25 Oct Boosting Biodiversity in your garden, tour at Wimpole
 - 25 Oct Games Night at The Black Horse
 - 27 Oct Wednesday Walk
 - 31 Oct Solo Sunday lunch at the Chequers
 - 03 Nov Arts & Crafts group at the Dolphin
 - 06 Nov Clothes Sales at Meldreth Village Hall in aid of CS4D supported by Timebank
 - 07 Nov Litter Pick alongside A10
 - 08 Nov Meeting with Sawston coordinator
 - 10 Nov Wednesday Walk meet Rowena Bland Social Navigator
 - 11 Nov Katie Ixer Community Connector and Cam Sight attend Coffee morning
 - 11 Nov Timebank quiz team x 2 entered local competition
 - 17 Nov Arts & Crafts Group
 - 20 Nov Memory Café at Elysium with a Magician supported by Timebank volunteers
 - 21 Nov Solo Sunday lunch at The Chequers
 - 22 Nov Games Night
 - 24 Nov Wednesday Walk, ST to accompany vulnerable resident
- 1:1 exchanges, grass cutting, befriending, knitting of fidget mats, help with lifts and reintegration into community of isolated members, all on-going

Dog Café weekly on Tuesdays 10-12 Coffee morning every Thursday 10-12 both at The Dolphin

Forthcoming Events and Administrative tasks:

- Exploring TBUK Timebanking Together project to engage disabled people in activities funding opportunity
 - MENTAL health group under discussion
 - Walking Group to be introduced
- Facebook statistics for last 28 days
- Max reach 1476
 - Followers 361
 - Post engagement 504
 - ***Proposed expenditure for approval – None***

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Highlights 2021

- Total hours exchanged since Timebank started in 2018, **4316, a third (1610)** since February 2021
- Individual Membership has **grown by a third (85)**
- Organisation membership has **doubled to (16)** since February 2021

Activities introduced to respond to member demand for events to combat loneliness and social isolation;

- Coffee mornings
- Arts & Crafts Group
- Solo lunches
- Dog Café
- Games night
- Quiz team

Individual exchanges happening organically, lifts offered, help with mobile phone use, shopping, and friendships developed

- Mission to continue to work to 'join the dots'
- Respond to member needs
- Maintain good links with Social prescriber
- Engage with Youth organisations to offer DofE volunteering opportunities
- Extend appeal to families and younger demographic
- MENTal Health group under discussion
- Walking Group to be introduced

What members say about Melbourn Timebank:

'Having been part of Timebank since its inception it has been interesting to see how it has grown and developed in bringing people together, Coffee mornings are better attended than ever, fulfilling needs for people of varied backgrounds and attracting new members, long may it continue, Jane M



'Community Support for Dementia, became a member of the Melbourn Timebank in March 2021. Since joining, we have received many hours of help from Timebank volunteers at our Memory Cafes and other events. Carers within our group have connected with these volunteers/Timebank members and many are now taking part in Timebank events: - coffee mornings, dog cafes, health walks, solo lunches etc. The connection of our two community initiatives is invaluable. We are delighted to have joined and praise Stephanie for all of her hard work in 'joining the dots'

Davina Biswell – Community Support for Dementia

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“Timebank is a wonderful thing for a wide range of people in the community with growing number of activities on offer. I think the challenge is to reach all of the people who could benefit and encourage them to reap the rewards. This will surely grow with persistence”

Nicky D member since Dec 2018.

‘Steph really has become a lifeline for so many people in Melbourn and surrounding villages who would otherwise be isolated. think everyone looks forward to coffee mornings, walks, Sunday lunches, Dog Café and other things she is always organising. The word is spreading as every week we welcome more people – Wish there was more people like Steph...’ **Joan P member since Jan 2020**



‘The Melbourn Timebank came at a perfect time for **Cam Sight**. Our local services in Melbourn have been suspended due to the Pandemic. Creating links with the Timebank meant that we could have a continued local presence and meet our service users’ needs. Through the Timebank, we have been able to recruit new and dedicated volunteers to help us re-launch our local peer support group. We have also been able to make connections with other local services we can refer our service users to. The Timebank staff are incredibly helpful and are fantastic at connecting the dots in local services. They provide many social opportunities that local Cam Sight members benefit from, which we are very appreciative of.’

Khadija Raza (She/her) Outreach Worker for Cam Sight, South Cambridgeshire

‘Timebank has enabled many people from the village and surrounding areas to meet socially in safe environments, to make friends and enjoy a chat over a coffee’. I think the Dog Café is very therapeutic for people who cannot keep animals in their homes. The community has really benefited from the Timebank coming to Melbourn. People have been able to form friendships more easily and look out for each other, especially during lockdown and beyond.

Les W member since Jan 2019

‘What a great scheme it is for bringing people together, particularly those that have been rather lonely during lockdown’

Hazel and Jack O, joined September 2021