



# THE GLOUCESTER TIME BANK NEWSLETTER

WINTER 2003

BREATHING NEW LIFE INTO THE COMMUNITY

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## THE END OF ONE YEAR: THE START OF THE FUTURE

Warm greetings to all Fair Shares participants, and a big welcome to all those who have recently joined the time bank.

in our last Fair Shares Newsletter we introduced the new Gloucester Time Broker, Reyaz Limalia. Reyaz has become an invaluable member of the team gaining the respect and affections of everyone at the Gloucester offices and many of the participants.

We also said goodbye to Sian Simon, the Fair Shares administrator, who is now living in Japan for a year. Sian is happy and well teaching spoken English.

I would like to thank Reyaz and everyone who helped at the official launch of the Gloucester Time Bank on July 19th. Considering the wide array of festival activities taking place over the summer it wasn't the wisest date to have chosen however, over a hundred people supported the event and the majority stayed for most of the day, enjoying the bouncy castle, music and performance from a Hindi

*"Minutes are worth  
more than money.  
Spend them wisely."*

*-Thomas P. Murphy*

*"Time is the most  
valuable thing a man  
can spend."*

*-Theophrastus  
(300 BC - 287 BC)*

dancer, a stilt walking juggler, Greek entertainer, Morris Dancers and much more.

Our special thanks to the Right Worshipful Mayor of Gloucester and Gym-nation who truly entered into the spirit of the occasion. The symbolic planting of a fabulous palm tree marked the occasion perfectly. The palm, now taking pride of place immediately outside the gym, was purchased by Fair Shares with a generous financial contribution from Gymnation, a firm supporter and active member of Fair Shares. We thank the Gym-nation for kindly collecting the palm from the garden centre, planting it with great care and knowledge here at City Works.

My appreciation also goes to all the helpers serving the refreshments, the representatives from the Three Bridges Neighbourhood Partnership who the kindly provided and erected the marquees, members of the Roshi Womens Centre, the Chinese Women's Guild and Sure Start workers for their fantastic face painting skills. 'Thank You' to every participant, who worked so hard to make the day a success.

Gloucester Time Bank is growing from strength to strength and gaining the support and recognition within the city and beyond. Funded by the Home Office A.C.U Time Limited Fund our inclusive pioneering development work now enters the realms probation and rehabilitation. Our partnership work with HMP Gloucester, Community Service and other organisations working to reduce re-offending and crime recognise the more holistic benefits gained from reciprocity (giving and receiving). This key element to time banking creates good feelings for all connected, and opens up

opportunities traditional monetary values place out of our league.

We have a wide variety of organisations and a good cross section of the community exchanging their services through the time bank. Gloucester Time Bank now has 200 participants and 6000 hours of services have been exchanged to date. The scheme is growing in popularity and new organisations on board include the Olympus Theatre, Al Murad Tile Shop, Academy Hair Salon, Castle Gate Visitors Centre, Gloucestershire Chinese Community Association, Pinoy Oriental Foods, Custom Frames, Gloucester Resource Centre, the Gloucestershire Neighbourhood Network Project and Gloucestershire Lifestyles, the Guildhall plus many others.

Growing support from

businesses in Gloucester now means that we can offer rewards for your participation in your community. Details of the discounts on purchases available for Fair Shares participants can be found at the back of this newsletter. We thank all of the businesses supporting the Gloucester Time Bank and providing these offers. A special thank you to Kika Williamson from Time Banks UK for assisting us with this new service.

We hope that you have all had a fabulous year, and look forward to an even more active Fair Shares Gloucester Time Bank in 2004. Remember what goes around comes around, so keep those requests for services coming in!

Seasons greetings to one and all from **Julie Baxter, Gloucester Time Bank Manager**



**Some of the Year 10 pupils from Beaufort Community School, performing Fair Shares community work as part of their vocational curriculum and active citizenship**

## **COMMUNITY SERVICE MAKE THE REAL DIFFERENCE**

Gloucester Time Bank approached the Community Service Unit of the Probation Service back in March 2003, suggesting the benefits of enhanced sentences through their participation on Fair Shares. In August the right opportunity presented itself and the first community service assignment took place on Fair Shares.

In the last Fair Shares newsletter I asked if anyone needed help with the clearance of an over grown garden, which would be beyond the capabilities of our gardeners on Fair Shares. Ann Smith - an extremely active participant having earned hundreds of credits as a volunteer with the

Podsmead Neighbourhood Project (also an organisational participant) presented us with a challenge.

Alan Thompson, the Community Service Projects Manager, carried out a careful risk assessment of the location and the suitability of our service receiver. Following a successful overview of the situation a team of four suitable offenders were sent to tackle the mammoth task of removing the high and extremely dense brambles in the garden extending over 100 feet. 153 hours later the challenge had been met and all concerned were very pleased with the outcome.

What's even better, the team

performing the service were able to donate the credits earned to the causes of their choice. They collectively elected for their Fair Shares to be given to the Wheatstone Day Hospice and the Gloucester branch of the Royal British Legion.

We thank Alan Thompson for initiating this Fair Shares partnership with the Community Service Unit of the Probation Service, and look forward to future assignments and requests from Gloucester participants.

Do you have a gardening challenge that we could present to Community Service? If you do, please contact us at the office.

### ***New Challenges and Experiences for Beaufort Pupils on Fair Shares***

Beaufort Community School joined Fair Shares in May this year gaining access to an ever increasing network of statutory and non- statutory agencies, organisations and groups with whom they can perform community work. Participation with the Gloucester Time Bank is a small but very exciting part of the vocational curriculum experiences offered to a group of year 10 pupils.

The Golden Years Luncheon Club provided the first opportunities for a small group back in June. The black elders support, compassion and patience provided a life changing experience for one pupil especially. His confidence has blossomed; his school work has improved and he now enjoys regular attendance at school.

On November 5th the Probation and Resettlement staff at HMP Gloucester opened the doors of Castle Gate Visitor and Family Centre to 10 pupils and staff to find out all about life at the prison and the wider social issues associated with imprisonment. The induction video shown to inmates was watched by the pupils so that they could see the grim reality of incarceration. The visit held the attention of every pupil, inspiring an excellent discussion with lots of questions, superbly answered by Derek Farr, the Resettlement Officer and Jacqui Baker, the Visitor and Family Centre Manager who hosted the visit.

Their venue and time spent delivering this invaluable service on Fair Shares earned the prison 26 credits. These credits will be exchanged by the visitors centre for assistance with the serving of refreshments to families visiting relatives on remand, and reception work. In the New Year Fair Shares Gloucester Time Bank will be offering alternative therapies to visitors of the centre. By joining Fair Shares families can gain support from the community to help ease the equally damaging sentence they injure emotionally and practically this side of the prison walls.

With the help of the Inside Out Charity and the donation of bicycles from Centerparcs prisoners will soon have the chance to put their time to good use on Fair Shares. An area of the prisons new workshop will be used to refurbish bikes for third world countries. Credits and qualifications can be achieved for when prisoners finish their remand or sentence. Alternatively they could donate Fair Shares to their families, victims of crime or charities in Gloucestershire.

## NEWS ON FAIR SHARES IN OTHER AREAS

### STONEHOUSE FAIR SHARES

During the last few weeks, some energetic participants in Stonehouse have been working together to put the organisation on to a more secure footing. A small action group has been formed to tell members about current developments and to determine what tasks need to be undertaken by volunteers to enable us to 'take ownership' of this valuable community resource. That then leaves Fair Shares free to move onto another project in another district. The basic organisation will still be from City Works, but the day to day running will belong in Stonehouse. There are other neighbourhood projects in the area and we look forward to working closely with them in order to achieve the very best in community spirit for our town. Not only does Fair Shares help it's members to get jobs done, it creates new friendships and an openness of spirit which in turn give a community warmth and vibrancy. This then benefits the town. When people are seen to be working together, crime rates fall, businesses are attracted to the area and people walk with a spring in their step and a smile on their face.

Every member, whatever their contribution to the organisation, has the satisfaction of knowing that they have played a part in this.

Lastly we must give heartfelt thanks to everyone at City Works for their vision of what could be done and the hard work that they have put in to achieve it. Thank you.

**Marianne Willis**

### NORTH COTSWOLDS COMMUNITY TIME BANK



Time Broker Kate Newman has had a beautiful baby girl. Born on September 14th, Indigo Rose has been enthusiastically cuddled by her two older sisters, Daisy and Holly. Mother and baby (and of course Dad!) are doing extremely well.

If providing life was one of the Fair Shares services, then Kate would be owed 6,384 credits for her great work so far!!!

### Leicester North West Time Bank/Time for Childcare project

Since march 2002 when the Time Bank started operating there has been steady progress in its development, the office move in February 2003 made a big difference to our accessibility to the community and has certainly placed us on the map. This coupled with our partnering with local organisations has strengthened the Time Bank to our existing position of engaging with 75 participants and a total of 9566 trading hours. (figures from September 2003)

The Time for Childcare project has provided support to 36 individuals, (figures from September 2003), some of who are undertaking extra qualifications to set up their own enterprising businesses. Six of our Time for Childcare participants were chosen to provide feed back to the Phoenix Fund (our funders) on their experience of the project, although this information was confidential, the participants were happy to say to us that their involvement in the project had made a huge difference to their lives.

Much progress has been made at Leicester, most of it is documented in our scrapbook, so if any one is interested in looking at it, just give us a call and we will accommodate!

**Leicester North West Time Bank  
SRB5 Project Office  
16 Bewcastle Grove  
Mowmacre Hill  
Leicester  
LE4 2JU  
Office phone no: 0116 2102403**

## THE FAIR SHARES LEICESTER CONNECTION

Connection is a charity established to help children overcome any emotional difficulties that they have encountered. Children who have been abused, bullied or have had their family go through a painful divorce very often carry with them one form of emotional distress and this distress can manifest itself through a range of changes in the child's behaviour. The aim of Connection is to offer emotional support and to give back to the children a sense of self worth and build their self confidence. Connection has a very high ratio of volunteers to children. If a child becomes upset, we can offer support to that child without interrupting the flow of the group as a whole. Volunteers are therefore the key to our success.

Connection's merger with Fair Shares in Leicester in June will have several positive effects and the merger will act on several levels. The first is that Connection volunteers will become participants and will benefit from being involved in a Timebank. Time for childcare participants can use

Connection to get real life experience of looking after children and Connection can depend on the support of regular and dependable participants.

The second level is that the families of Connection children can become more involved in their local community and start to overcome whatever experiences that have led to their child joining Connection. By becoming a participant, they can start at a level that they feel comfortable with and then they can do more community work or even aim for a recognised qualification as their confidence grows. The third level is that once the Timebank for children is established, Connection children can earn time credits by attending Connection. Children will also have access to other services provided by their Timebank and they can trade time in doing other enjoyable community based activities.

Overall, I feel that the merger has only positive outcomes for involving more local people and children to build a better community for themselves.

## ALTERNATIVE THERAPIES AND TREATMENTS ON FAIR SHARES

Gloucester Time Bank can offer participants a wonderful selection of relaxing alternative therapies in the privacy of their own or at the therapists home. Services now available include: Reflexology, Reiki, Massage, Indian Head Massage, Henna Hand Painting and Spiritual Healing.

If any of these interest you, and you would like to have a session, or even if you'd just like more information, give Reyaz a call at the office, and hopefully he'll be able to help you out.

The GL1 Health Spa, Swimming pool, and the GymNation gym use are still available on an hourly Fair Shares basis. If you've saved up some credits and would like to spend them, call our office for a voucher.



## DRIVING NEW LIFE INTO THE COMMUNITY?

We'd like to remind you that the Fair Shares people carrier is available to our participants to hire on Credits (One hours use for one credit)

Apart from everyday use which it gets from many of our participants, the people carrier has also been helpful in a few other more exciting ways.

Only recently has it returned from an incredible journey, all the way to Scotland and back. It was used by a participant from the North Cotswold Community Time Bank to help him move his belongings to his new house!

Gymnation have also used the people carrier a few months ago to take a group of Gloucester youngsters for a residential activity weekend in Wales.

If you would like to have use of it, please contact Reyaz and check to see if it's available when you need it. You will need to sign a few insurance forms, and provide copies of your driving documents for our records.



# LOCAL BUSINESSES JOIN FAIR SHARES

Gloucester Time Bank is delighted to announce the support of many local businesses and organisations who are offering generous discounts to time bank participants in recognition of the hard work, energy and commitment shown by you all in rebuilding community. So thank you to everyone who has participated and we look forward to working with you to build the skills and exchanges within Gloucester City.

All you need to do to take up these offers is choose a promotion that suits you from the list below - a new haircut perhaps at 'Academy Hair' or what about seeing a film or live event at The Guildhall? You will need to show your Fair Shares I-D card when you are buying your tickets or goods so if you've lost yours then call the Gloucester Time Bank office now!

We are aiming to offer further promotions throughout the year and would welcome your help in contacting local organisations and businesses so please let us know if you would like to be part of this initiative.



**ACADEMY HAIR**

**30% DISCOUNT ON WEDNESDAYS**

Academy Hair, 165 Barton Street are offering Gloucester Time Bank participants the chance to get a bargain hair cut – 30% off your hair do on Wednesdays between 5th Jan and 5th February 2004. All you need to do is drop in or phone up on 01452 522941 and let them know when you book that you are a Gloucester Time Bank member eligible for the discount. Don't forget to show your ID card when booking and paying.

**GUILDHALL**  
arts•centre

A Gloucester City Council Service

**BUY TWO TICKETS – GET ONE FREE**  
at the Gloucester Guildhall, 23 Eastgate Street, Gloucester

Buy two tickets for films or live events at the Guildhall and get the third absolutely free! Drop into the venue, call the box office on 01452 505089 or visit [www.gloucester.gov.uk](http://www.gloucester.gov.uk) to find out what's on between now and February. This offer runs from January 5th to February 29th 2004.

Offer subject to availability. Advance booking is advised. Some events are excluded from this offer (check with the box office for details). Offer expires February 29th 2004. Tickets must be purchased over the counter and proof of Time bank membership must be shown.

## **PINOY ORIENTAL FOODS**

**10% DISCOUNT OFF ALL  
FOOD PRODUCTS :  
15th Dec – 15th Jan 04**

The Manager of Pinoy Foods has kindly offered Gloucester Time Bank members a discount off all food products bought from her shop on 110 Barton Street.

So now you can stock up on your mangos, yams, lemongrass and lots of other tasty foods at a bargain price! Pinoy Oriental Foods is also planning to open a café from the end of December so you can spend the money you save on a nice cup of coffee or tea.

**Don't forget to show your ID card when you pay.**

## **CUSTOM FRAMES**



### **10% DISCOUNT OFF ALL PICTURE FRAMING**

Rod Tandy, the owner of Custom Frames, 178 Barton Street, has kindly agreed to offer a 10% discount to Gloucester Time Bank members running from Jan 5th for a whole year. So if you've got any special photos, pictures of even sporting memorabilia that you've been meaning to frame, Custom Frames is the place to go.

**Make sure you show your ID card to Rod when you are discussing the framing.**

## **AL MURAD DIY STORE**

**M o h a m m a d &  
Rasheeda have very  
kindly offered a  
10% discount to  
all Gloucester Time  
Bank members  
throughout January  
2004.**

They have also joined Al Murad as an organisational member to the scheme and will be promoting the time bank whenever possible.

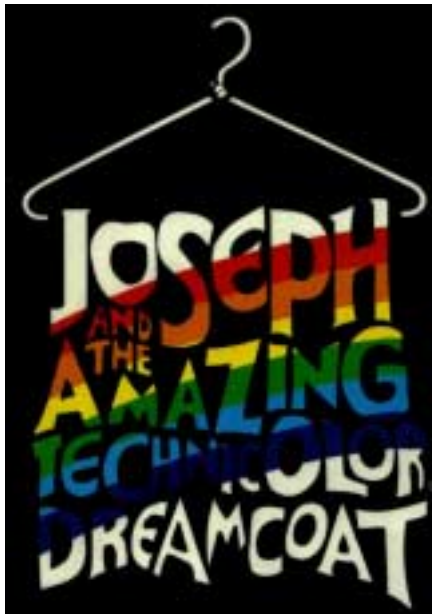
### **AL MURAD DIY STORE VOUCHER FOR:**

**The Gloucester  
Time Bank**



**This Voucher entitles the participant to a  
10% discount to any purchase during Janu-  
ary 2004.**

**The Fair Shares ID badge must be presented with this  
voucher, and only one discount is available to each participant.**



We are considering a trip to the Everyman Theatre in January 2004 to see Tim Rice and Andrew Lloyd Webber's Joseph and the Amazing Technicolor Dreamcoat

'This fantastic new production is specially remoulded boasting sparkling new settings, costumes, orchestras and lighting.'

This magical musical retells the biblical story of Joseph, his eleven brothers and the coat of many colours...full of unforgettable songs including Any Dream Will Do, Close Every Door To Me and One More Angel.

If you are interested please contact us by January 5th 2003. The number of people interested will determine cost and transport options. Discount and Fair Shares exchanges are being considered.

**Speak to Reyaz or Julie, or leave a message with details.**

## NEW YEARS SHOPPING

Early in the new year we are thinking about arranging some shopping trips to take advantage of the new year's sales. We've already had some requests for a trip to IKEA, with our people carrier being a great way to transport some bargains home.

If you'd like to take part in the IKEA trip, or if you're interested in going somewhere else, and think others may too, please contact us. Space is limited, so the earlier you call, the more chance there is that we can accommodate your needs.

## A QUICK RECAP ON FAIR SHARES AND TIME BANKING

**Time Banking uses time as a currency. One hour equals one FAIR SHARES credit.**

**A time bank rewards all activities equally: an hour of cleaning is valued the same as an hour of legal advice for example.**

**Both individuals and organisations can join.**

**People offer their time and skills, and spend their earned credits on the time of those who have skills that they lack—or simply to save themselves chores that they don't enjoy. 'Skills' can range from buying a pint of milk to delivering leaflets, financial advice to telephone support.**

**A paid Time Broker co-ordinates the system and links people up to make exchanges.**

**It is a mutual form of volunteering. Giving and receiving are equally valued, and are both needed for a time bank to work. As such it reduces one-way dependence and stimulates interdependence.**

**It is a social development tool for expanding social capital because it rewards and encourages participation.**

If you are new to Fair Shares and you have questions or would like more information, please call us at the office, and we'll try to help in any way we can.

If you're one of our existing participants, remember that we are always here to take your assignment requests. We may not always be able to find someone to help you, but we'll always try as hard as we can.

We're constantly steadily increasing our members, and the more people we get in the system, the easier it all becomes.

**Contact Julie or Reyaz:**

**Gloucester Time Bank  
City Works  
Alfred Street  
Gloucester  
GL1 4DF**

**01452 415900  
glostimebank@aol.com**