



## TIME BANK PLUS ANNUAL REPORT 2019/20

**Writing this as I am, 4 months after the end of the reporting period, it feels strange to recall that 11 months out of the 2019/20 year were perfectly 'normal' and that we only went into lockdown less than a month before the end of the financial year. Lockdown certainly marked a very clear transition in the projects and services we have been able to offer. However I will devote most of this report to the previous 11 months, followed by a brief outline of our response to the Covid-19 situation.**

Pride of place should probably be given to the 'Out to Lunch' project, our community-led Lunch Club which has surpassed all expectations in becoming a truly local community initiative which has been immensely valued by the elderly people who attended. Not only for the superb freshly cooked two-course lunch but also for the range and vision of the activity programme. The team of locally based volunteers cannot be praised highly enough for their commitment and dedication, helping to make this a project which we are determined to find a way of continuing.

'Borrow it', our Library of Things, has continued to be another flagship Time Bank project, providing local people with access to useful equipment and resources and helping to promote a culture of sharing and mutual aid.

Our partnership with the Wellbeing College led us to set up a number of short courses, which proved to be very popular. These included Creative Pottery, Knitting & Crochet and Guitar for Beginners. Participation in creative activities such as these can really help to counteract stress and help participants to feel more positive, purposeful and connected with others.

We were also able to continue to provide longer-term ongoing activities including the Time Bank Art Group, led by a superb, talented volunteer, regular Cookery Workshops, fortnightly Sewing Sessions and a small Photography Group led by another amazing volunteer.

'Feelgood Walks' was a new initiative this year, following on from the Social Prescribing partnership and set up in conjunction with the Bathscape project. Our role has been to lead short health walks in the local area, suitable for people of all fitness levels and helping to enhance health, wellbeing and connection with nature.

Southside Food Co-op has continued to offer people the opportunity to buy fresh, locally grown vegetables at very affordable prices. With the assistance of a small team of committed volunteers, we were able to make up and deliver veggie boxes to peoples' homes in South & West Bath every fortnight.

Volunteers were also the lifeblood of the 'Avondown Shoebox Scheme', where they assisted elderly residents at Extra Care Housing to make simple crafts items to be given to people living in poverty.

The Time Bank Sustainable Gardening Team has continued to provide local people with much-needed gardening assistance. With the help of volunteers, we were also able to keep our allotment going at Bath City Farm, facilitating local people in learning how to grow their own food.

Coronavirus and the subsequent period of lockdown starting in March was quite a challenge to our work programme and we were sadly forced to suspend almost all of our existing activities. The staff team and Management Committee rallied round and Zoom groups became a new way of life for many of us.

Those people without smartphones or internet were most at risk of isolation and this included just about all elderly members of the Lunch Club. We made it a priority to keep in touch with these and other Time Bank members who were particularly vulnerable, some of whom have been supported through regular phone contact with us 3 or more times a week. We also arranged for the delivery of hot meals, other food parcels and activity packs to those in need, and produced a simple newsletter for Lunch Club members with news from other members of the club.

For those able to use the internet, we set up a variety of Zoom groups spanning almost every day of the week, including: a 'Social Café' with chat and quizzes; a Knit & Natter group; a Creative Writing group & writing forum; a Board Games group; a Gardening & Food Growing group and a Guitar group – all facilitated online via Zoom. We also set up a Time Bank WhatsApp group for general chat and support and a Foraging WhatsApp group.

The small size and flexibility of our organisation has proved to be a real strength in these challenging times, enabling us to act very fast to accommodate to new and changing needs and circumstances.

We'd like to say a very big thank you to our wonderful volunteers, who have done so much over the year to make our projects a success. Our Management Committee and Trustees, without whom our small charity would be unable to keep going, have also continued to generously contribute their time, support and expertise.

Our sincere thanks are due to People's Health Trust, Quartet Community Foundation and Bath & West Community Energy, who have kindly funded some of our projects this year. And once again, we are hugely grateful to Brian Roper from Roper Rhodes Bathrooms, who has been generously supporting our work for so many years now.

We were fortunate to receive Coronavirus support funding from Quartet Community Foundation and from B&NES Council; however worryingly, as a result of the Pandemic, some of the other funds for which we'd been planning to apply have been withdrawn or suspended.

These are strange and uncertain times and although some of our projects are beginning to open up, as yet it is too early to say what the future will bring. We can only hope and trust that we will be able to continue to work with and support the local community here in South West Bath in the challenging times to come.



## **Additional Information**

### **Contact details**

Time Bank Plus Ltd  
86 High Street,  
Twerton, Bath,  
BA2 1DE.

[www.timebankplus.co.uk](http://www.timebankplus.co.uk)  
[timebankplus@googlemail.co.uk](mailto:timebankplus@googlemail.co.uk)

01225 442813

Charity no. 1147665  
Company no. 6716502

### **Trustees**

Steve Woodcock  
Simon Horsman  
Liz Budd  
Nathan Gale

Company Secretary  
Treasurer

### **Other Management Committee members**

June Wentland (Chair)  
Jo Salisbury  
Krystal Osmond  
Rachel Garven  
Rachel Willis  
Duncan McGibbon  
Wendy Elliot

### **Structure & Management**

The management committee, consisting of the trustees and several other elected or co-opted members, meets approx 6 times per year (and no less than 4 times) to receive operational and financial reports, review progress and do future planning. The management committee are elected each year at the AGM, which is open to all Time Bank members. Up to three other people with relevant skills and experience may be co-opted onto the committee.

### **Aims & objectives**

The overall aim of Time Bank Plus is:

*To enhance community involvement and improve health and wellbeing in Bath & NE Somerset*

Working particularly with more disadvantaged groups and communities, our specific aims are:

- *to stimulate volunteering within the local community*
- *to enable local people to gain and develop skills and confidence*
- *to enable local people to make healthy & sustainable lifestyle choices*
- *to enhance social involvement and promote understanding between different groups within the local community*
- *to stimulate the provision of volunteer services which help promote independence and improve quality of life*
- *to increase the capacity of people in B&NES to engage in their local community*

We do this by:

- providing a brokered timebanking service, which enables local people to exchange services and skills on the basis of time
- co-ordinating groups and activities which help build community involvement
- providing learning opportunities which enable local people to develop existing skills or gain new ones
- co-ordinating projects which help support healthy lifestyle choices and environmental sustainability
- supporting activities which help to foster understanding between different groups in the local community
- working in creative partnership with other agencies to develop and support community initiatives

### **Reserves Policy**

We aim to keep reserves totalling at least 3 months' total expenditure plus 9 months' rental cost

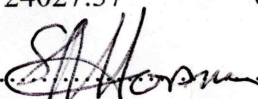
# TIME BANK PLUS

## Income & Expenditure Account for Year ended 31<sup>st</sup> March 2020 (£)

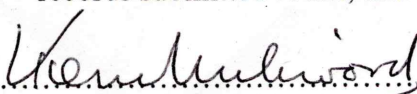
2018/19		2019/20
	<b><u>Income</u></b>	
12000.00	Roper Rhodes	12000.00
4000.00	Chrysalis	-
11726.00	Peoples Health Trust	2132.00
-	Wellbeing College	2580.00
5040.00	Other project funding	10023.00
1139.70	Food Co-op & Lunch Club (net takings)	1684.06
10058.77	Donations	959.00
111.48	Other income	12.46
<u>44075.95</u>	<b>Total income</b>	<u>29390.52</u>
	<b><u>Expenditure</u></b>	
37950.76	Staffing costs	33559.55
658.11	Volunteer expenses	743.46
974.00	Services	1012.50
709.98	Insurance	716.09
1009.28	Postage, IT & phone	825.45
2510.47	Non-staff project costs	1859.42
539.77	Office supplies & equipment	386.43
249.37	Payroll costs	228.58
663.75	Other expenditure	668.25
<u>45265.49</u>	<b>Total expenditure</b>	<u>39999.73</u>
<u>(1189.54)</u>	<b>Surplus/(Deficit) for the year</b>	<u>(10609.21)</u>

## Balance Sheet at 31<sup>st</sup> March 2020

2018/19		2019/20
59413.91	Total funds at beginning of year	58224.37
<u>(1189.54)</u>	Surplus/(Deficit) for year	<u>(10609.21)</u>
<u>58224.37</u>	<b>Total funds at end of year</b>	<u>47615.16</u>
	<b>Represented by:</b>	
58341.63	Cash at Bank	47874.62
<u>(3.96)</u>	Cash in Hand	<u>(4.21)</u>
58337.67		47870.41
<u>(113.30)</u>	<b>Less: Sundry creditors</b>	<u>(267.70)</u>
-	<b>Plus: Sundry debtors</b>	<u>12.45</u>
<u>58224.37</u>		<u>47615.16</u>
24297.00	Restricted funds	14400.16
9900.00	Designated Funds	9900.00
24027.37	Unrestricted funds	23315.00

.....  ..... Board of Management date 28/10/2020.....  
S J L HORSMAN TREASURER

I have examined the above accounts, which are in accordance with the books and records submitted to me, and in my opinion they are correct.

.....  ..... Independent Examiner date 22/7/20.....

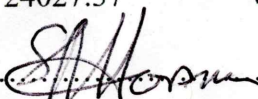
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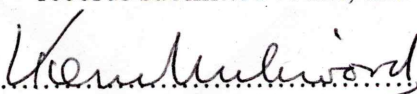
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