



Fair Shares

community time banks

Annual Report
1st April 2019 - 31st March 2020
www.fairshares.org.uk



@fair_shares



@fairshares

Registered Charity Number. 1110418

Fair Shares Annual Report 2019 - 2020

The Trustees present their report and accounts of the charity for the year ended 31 March 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charitable company's governing document, the Companies Act 2006 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

Trustees



Alison Cathles
Co Chair

Pat Gifford

Rebecca Boseley
(Appointed 26 June 2019)

Mark Hayman
(Retired 25 June (2019))



Julie Cigman
Co Chair

Heather Goddard
(Appointed 24 June 2019)

Sue Oppenheimer
(Retired 29 April 2019)

Luke Clarkson
(Retired 08 August 2019)

If you are interesting in joining our board of trustees, contact us at our office - 01452 415900.

Patrons



Martin Simon



Sir Jonathon Porritt CBE



David, a regular at our wood workshop, washing apples to make into juice during our October 2019 visit to Rococo Gardens.

Our Vision

Fair Shares **brings people together** through the sharing of time, skills and acts of kindness. Our time banks recognise that **everyone has something to contribute**. We connect people to share their experience and knowledge to **support each other, building friendships and changing lives**.

We believe everyone has something to offer, and through the **giving and receiving of time**, we can build a place where we all **help each other, create friendships and learn new skills**. Everyone feels **connected and valued**, sharing what they can to **build stronger communities**.

WE'VE BANKED
35,000
HOURS THIS YEAR...

THAT'S 21 FULL
TIME COMMUNITY
WORKERS!

Our Key Objectives

1. Arranging and managing the exchange of individual services and skills between Time Bank participants and organisations.
2. Encouraging participants to exchange more time through Time Banks by means of newsletter articles and individual conversations.
3. Promoting Time Banking to individuals and organisations.
4. Working to ensure the sustainability of Fair Shares Gloucestershire.
5. Development of a social enterprise to support the financial sustainability of Fair Shares.



We took 15 participants on a day trip to Kew Gardens.

Time banking activities, both one to one and in group situations continue to be the bedrock of our two time banks in **Gloucester** and **Stroud**.

This includes exchanges of help such as decorating, gardening, shopping, giving lifts, helping with household chores, light DIY, reading, going to the cinema.

The careful arrangements and 'matching' by time brokers often means that **friendships develop** and **exchanges continue independently of Fair Shares**.

Fair Shares benefits from the contributions of over

250

regular participants, who share their time, skills and knowledge to build local cohesive communities of interest and place.



Participants on our Spring 2019 Gloucester trip to Rococo Gardens.

Gloucester Time Bank

Based at The Friendship Café, our Gloucester Time Bank is the central hub of Fair Shares.

Located close to the city centre and with a bus stop right outside, it provides a **convenient and friendly drop in point** to anyone interested in Fair Shares and what we do.

It's also near **three key areas** - Barton & Tredworth, Matson & Robinswood, and Coney Hill - all of which have parts which are in the 10 to 20% **most deprived neighbourhoods in Gloucestershire** according to Indices of Multiple Deprivation.

Gloucester participates in one to one time banking involving individuals undertaking simple everyday tasks for each other and it also has a **strong focus on group activities** which you can see throughout the report.

FRIENDSHIPS AND BONDS ARE
FORMED BETWEEN PEOPLE,
HELPING TO BUILD A SENSE OF
COMMUNITY AND LEAVING
INDIVIDUALS FEELING VALUED
AND THAT THEY HAVE
SOMETHING IMPORTANT TO
CONTRIBUTE.

Woodwork

Our workshop aims to provide opportunities for people to **learn or develop their woodwork skills** and to undertake projects that **benefit the community**. It was recently refurbished, with the work being led by the participants themselves, and then **reopened in March 2019**.

From collecting wood **donated by Highnam Court** to making small items such as birdboxes - participants get involved in all aspects. We've even undertaken much larger projects such as making and erecting a **large bee at Gloucester Services**, which was commissioned by the **Gloucestershire Gateway Trust**. This was a complex and physically demanding project but the bee can now be seen standing on the hillside outside the **Northbound Service Station**.

We regularly have around **20 adults attend weekly** who want to either make things for themselves or to work with others to provide for the community, and our workshop often welcomes **younger members such as our youth group**.

Working With Other Groups

Gloucestershire Wildlife Trust commissioned us to make and erect street planters for Barton Street as part of their 'Greening Gloucester' project. Our Young People's Project worked with the wood workshop to make the planters which provided opportunities for them to **learn and practice their woodwork skills**, to **learn project planning, team work** and to **build their 'can-do' confidence**.

The Melting Pot Café in Podsmead commissioned a prow of a ship which they used to share information about the Windrush generation and the Black community for a celebration on Windrush Day. Once more this provided an opportunity for our young people to **develop their practical woodwork and team working skills** as well as a chance to **learn about the history of many members of Gloucester's Black community**.

Network Crafts was a stand-alone charity providing space and opportunity for mainly retired individuals to practice their woodwork skills. Rather than continue to be an independent group paying rent to Fair Shares they decided to integrate with us. They have become an **invaluable source of expertise and knowledge** and created an **inter-generational reciprocal relationship** with some of the younger participants.



Youth Project

Many of the young people we work with feel **marginalised, face self-confidence and self-esteem issues and feel anxious about themselves and their place in the community**. Some have had a troubled time at school or home, many have been bullied or may feel they should live up to tough reputations among their peers.

Our youth project aims to **develop new practical skills, build confidence and aspirations and help young people** to recognise that they do have skills and abilities that they can develop for their future life.

Through the work, young people mix with and talk to **diverse groups** of people from different backgrounds and with different life experiences. They don't just go and do the job and leave, they spend time which allows breathing room for conversations to happen, which are then part of a meaningful discussion with the project officer which supports them to **learn and grow**.


One long term participant had to reduce her involvement in Fair Shares due to deterioration in her mental health. She needed some help with decorating her home.

Our Young People's project offered to help but it was important that they were sensitive to her health conditions. We used this as an opportunity to talk to them about mental health, sensitivity and just a general understanding of the different circumstances people can be in.

"THE LADS WERE REALLY GOOD. THEY WERE SO POLITE, REALLY TIDY AND DID A GREAT JOB. I COULDN'T BELIEVE HOW HELPFUL AND KIND THEY ARE."



Over the course of the year our young people helped individuals and have and got involved in community initiatives. They've helped an elderly, frail couple to move house; helped decorate another young participant's flat; planted trees; made large planters for local communities and mended and painted fences - all of which provide opportunities for conversation as well as real work.



As a reward for their hard work, our youth group took a trip to London to go sightseeing.

Time banking is two way; people need to receive as well as give. We've arranged trips to the Forest of Dean, London and Alton Towers. These trips also provide opportunities to get to know each young person individually, and to engage with them in an informal way.

These sessions can provide a space that allows them to be more open. Many of them have never had such experiences.

"THE MAIN THING THAT KEEPS ME COMING BACK ARE THE PEOPLE AND OPPORTUNITIES TO LEARN AND GROW. THE PEOPLE OF FAIR SHARES ARE WELCOMING AND WILLING TO HELP YOU OUT IF YOU NEED IT."

Betaris Training refers groups of young people who are attending their SWAT (Serious About Work And Training) course. They said:

"This is our 3rd year of volunteering with Fair Shares and we are impressed as always with the way Fair Shares staff understand the needs of our young people who can at times be challenging. All of you constantly remain patient, kind and flexible."

The work you do with our students each year is a valuable part of their learning about helping our local community and working together as part of a team, this is something that they don't always understand at the start of the year but always learn at the end".

IN APRIL 2019 - MARCH 2020,
27 YOUNG PEOPLE WERE
DIRECTLY INVOLVED WITH OUR
YOUNG PEOPLE'S PROJECT.

This project is funded by the Office of the Police and Crime Commissioner.



Community Allotment

We wanted to develop the allotment into an **accessible green space** where people could come together, make new friends, learn and share skills, and enjoy relaxing in a **therapeutic environment**.

In late 2019 we secured grants from **Gloucestershire County Council Thriving Communities** and **Summerfield Charitable Trust** which enabled us to recruit **Rachel**, an Allotment Community Project Officer, to lead the development of the allotment.

We spent the first three months planning and preparing the allotment for Spring. Both participants and local schoolchildren regularly visit our allotment.

Rachel has been able to continue to develop the allotment into a thriving place despite the challenges of COVID-19.



Craft Group

Participants come together to make items for themselves or for the community. It's an opportunity to **socialise, share skills and help one another**. The group were invited to make a wicker Ram which is now part of a 'family' of sheep that graze between Matson and White City.

We introduced a series of new upcycling activities during the year, providing opportunities for people to **learn and practice different upcycling techniques**. Two of the courses were held at **The Phoenix Centre** with a further course being held at our wood workshop.

Lunch Group

Each week we hold a **community lunch**, often prepared by participants, with others helping to prepare the tables, clear away and wash up.

For some, the lunch provides an opportunity to **eat with others, to socialise and to find out what else is happening that week**.

From the lunch group a small group have formed a **pool club** where they meet up both before and after lunch to play a few games.





Trips and Outings

Throughout the year we run **outings and trips for participants**, some of which may be quite local, others are further afield.

We also do a **yearly four day holiday to Bournemouth**, which we first started five years ago.

These holidays and day trips give people something to look forward to and provide a space for people to **get away from day to day stresses, have a new experience, and gain some fresh air and friendships.**

THIS YEAR WE'VE VISITED
BATSFORD ARBORETUM, ST
FAGAN'S MUSEUM, BARRY
ISLAND, KEW GARDENS AND
LOTS MORE!





Kulcha Lee leading his drumming workshop during the 2019 Barton and Tredworth Cultural Fayre.



Barton and Tredworth Cultural Fayre

Working with local partners, Fair Shares makes a significant contribution to the running of the **Barton & Tredworth Cultural Fayre** held annually in August.

Fair Shares provides practical help in the organisation and events on the day as well managing the finances on behalf of the organising group.

The Fayre is an opportunity for local people to come together to **share their skills and talents, to learn and have fun** in a very socially and ethnically diverse part of the City.

OVER 750 PEOPLE
ATTEND THE ANNUAL
CELEBRATION!



Older People Social Prescribing Project

A three year project funded by **The Dunhill Medical Trust** to address two connected issues affecting older people in Gloucester: **ill health and social isolation**, whereby older people seek health advice and support, masking the underlying need relating to their isolation and overall wellbeing.

The project set out to utilise time banking and related social activities to help older people in Gloucester to **build their social networks**, and to **improve their community participation, reduce isolation and improve overall wellbeing**.

The Project was integrated across all Fair Shares activities allowing older people to get involved in whatever way they wished. The Project Evaluation **confirmed** that social contact and meaningful engagement had a **positive impact** on people's wellbeing, **particularly their mental health**.

"WITHOUT FAIR SHARES I
WOULD BE STUCK AT HOME.
I WOULD HAVE NOBODY, ONLY FAMILY
WHICH DON'T BOTHER WITH
ME THAT OFTEN.

IT'S GETTING ME TO SOCIALISE
WITH PEOPLE, INTERACT
WITH OTHERS."

"MY MENTAL HEALTH, IT'S IMPROVED A LOT, 'COS I USED TO SUFFER FROM
DEPRESSIONS AND NOW I GOT CONFIDENCE TO BE 'YEAH, I'M GOING TO DO THAT"

The full Evaluation Report is available on our website: www.fairshares.org.uk

Stroud Time Bank

Our Stroud Time Bank includes the **wider Stroud District** but is mainly focused in **Stroud Town** and **Stonehouse**. Our Stroud Time bank is a smaller operation than Gloucester with one part time member of staff and has developed particular expertise in working with people with physical and mental health conditions including **dementia** and **memory impairment**, their families and carers.

Chance to Chat

Our chance to chat project revolves around a series of postcards which depict images of a bygone time which can help to **bring family and friends together through conversation**. It provides a way to help families and carers to sustain or rebuild relationships by offering topics of conversation which may not have otherwise arisen. This is particularly important for **families and carers of people with dementia**.

This year the project has expanded to include photographs relevant to people from a range of heritages. In particular **Asian, Caribbean, Hong Kong, Polish** and **Eastern European** versions have been developed through discussions with their communities. Working with the **Forest of Dean District Council** and **local memory groups** we have developed postcards specific to Forest of Dean which will be used by dementia services and groups.

AS PART OF OUR 'TIME TO SHINE' AT GLOUCESTER SERVICES, CHRIS TOOK OUR CHANCE TO CHAT POSTCARDS OVER THERE FOR THE EMPLOYEES TO LOOK AT AND HOPEFULLY SPARK SOME MEMORIES.



Gentle Park Walks

Our walks are for anyone but are particularly accessible for those living with dementia and / or long term conditions and their carers and care staff. They can offer **emotional, physical and social stimulation** and **support**.

We've supported the development of walks in various locations across the Stroud District; in **Stroud, Nailsworth, Stonehouse, Berkeley and Wotton Under Edge**. The planning and organising of such walks is a considerable undertaking usually led by a local participant with others in support, all of whom are **trained by us**.

Lots of factors must be taken into account when planning a walk - **a suitable venue, level ground parking**, and the opportunity for **refreshments** as well as **sufficient people to help along the way**. Some residents from local care homes regularly join the walks, including wheelchair users.

Walks in Stroud continue for nearly the whole year, because the Museum in the Park offers a suitable inside venue; elsewhere they are usually held between **April and October**. We're continuing to support the development of the Gentle Walks offering **training, advice and guidance**.

Participant Meetings

We have **monthly meetings** at a partner organisations' offices, APT in Stonehouse, where we organise our activities and enjoy a coffee together.

A **knitting group** has also been organised by us with invitations to APT's members. **Coffee mornings** are also held at Wynn's café every two weeks organised by a participant. Fair Shares Stroud is part of the **Stonehouse Opportunity Group** which meets regularly to promote work and activities in the town.

Stonehouse Community Allotment

Led by our participants and open **twice a week** in summer. It provides a space for some physical activity and **socialisation** and is of particular value to those living with **mental health issues** and others who are **socially isolated**.

Students from **Shrubberies School** and **Apperley Centre** for those with special needs also regularly attend.

"SOMEONE FED OUR ALPACAS WHILE WE WERE AWAY, AND WHEN I OFFERED HIM PETROL MONEY, HE THOUGHT FOR A MINUTE THEN SAID, NO, HE'D REALLY ENJOYED FEEDING THEM AND HAD BROUGHT HIS DAD UP SEVERAL TIMES TO SEE THE ALPACAS.

SINCE THEN, I'VE KEPT IN TOUCH WITH HIM AND HE'S PRUNED OUR APPLE TREE (FOR MONEY, THAT'S HIS JOB). SO A CONNECTION WELL MADE!"

STROUD PARTICIPANT

Memory Boxes

Developed and maintained by us, memory boxes can take a variety of forms. A small suitcase or even a bread bin - what's important are the items enclosed inside which can **stimulate memories and stories**.

Inside may be found an old turn-dial telephone which can receive incoming calls, a knitting bag with wool and needles that people are encouraged to use, an old swimming costume, Green Shield Stamp book and a bag of stamps, purses containing pre-decimal money and more.

Participants often donate items for the boxes and a local second hand stall helps by selecting and storing objects from house clearances. In order to make the boxes accessible to the wider general public the **Museum in the Park in Stroud** agreed to host and promote the Memory Boxes which **can be borrowed by anyone**.



Prison Project



Over the last four years we have been working in **five prisons** to **support prisoners to improve their maths qualifications** through a project which enables those prisoners who are already confident and have maths qualification to **support other prisoners on a one to one basis**.

We also developed **time banking projects within two prisons** where prisoners **organised and attended different activities** and **helped one another**. One prisoner said "Officers are positive about this activity making a difference, enabling those who engage to give something back to society and making the individual feel valuable, **giving them a sense of purpose**".

"[THE PROJECT] KEEPS ME OCCUPIED, MADE ME HAPPY TO BE ABLE TO HELP PEOPLE THAT WANT TO LEARN AND THAT WANT TO IMPROVE THEIR MATHS"

"OVER THE FOUR YEARS OF THE PROJECT WE HAVE WORKED WITH 419 PRISONERS WITH MANY REPORTING AN INCREASE IN THEIR MATHS AND SELF-CONFIDENCE."

"ON RELEASE I WOULD BE ABLE TO PROVE THAT I WORKED IN PRISON, NOT JUST SERVED MY TIME AND POTENTIAL EMPLOYERS CAN SEE THIS AS A POSITIVE THING AND GIVE ME A CHANCE OF EMPLOYMENT"

This project has been supported by
The National Lottery.



Local Partnerships



THE FRIENDSHIP CAFE

thefriendshipcafe.com



BARNWOOD TRUST

barnwoodtrust.org



GLOUCESTERSHIRE
GATEWAY TRUST

gloucestershiregatewaytrust.org.uk



GLOUCESTERSHIRE WILDLIFE TRUST

gloucestershirewildlifetrust.co.uk



GLOUCESTER CITY HOMES

gch.co.uk



GEM

glosgem.org



OFFICE OF THE POLICE AND CRIME COMMISSIONER FOR GLOUCESTERSHIRE

gloucestershire-pcc.gov.uk

APT Stonehouse, Betaris Training, GL Communities,
Gloucester City Council, Gloucestershire County Council,
Museum in the Park Stroud, and Stroud District Council.

Finances

WE WOULD LIKE TO THANK ALL OF OUR
FUNDERS AND SUPPORTERS:

Grant Funders

Allen Lane Foundation

Asda Foundation

Barton & Tredworth
Neighbourhood
Partnership

Barnwood Trust

Dunhill Medical Trust

Gloucester City
Council

Gloucester City
Homes

Gloucestershire
Community
Foundation

Gloucestershire
County Council

Gloucestershire
Gateway Trust

HDH Wills 1965
Charitable Trust

Henry Robert Bull
Charitable Trust

Henry Smith
Charity

Hilden Charitable
Fund

National Lottery
Community Fund

Noel Buxton Trust

Office of the Police
and Crime
Commissioner
Gloucestershire

Persula foundation

Postcode
Community Trust

Saintbury Trust

Sobell Foundation

Souter Charitable
Trust

Stroud District
Council

Summerfield Trust

Swire Charitable
Trust

Sydney Black
Charitable Trust

Zurich Community
Trust

Other Funders

Gloucester Services

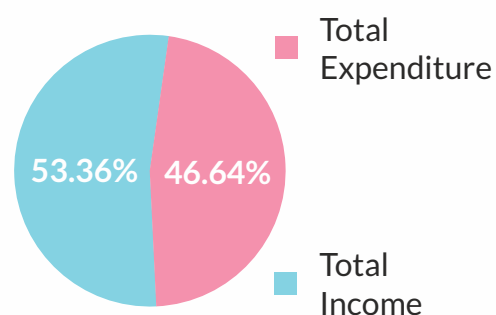
Gloucestershire
Wildlife Trust

AND OUR MANY PARTICIPANTS AND VOLUNTEERS
WHO HAVE GIVEN SO MUCH OF THEIR TIME.

Income and Expenditure

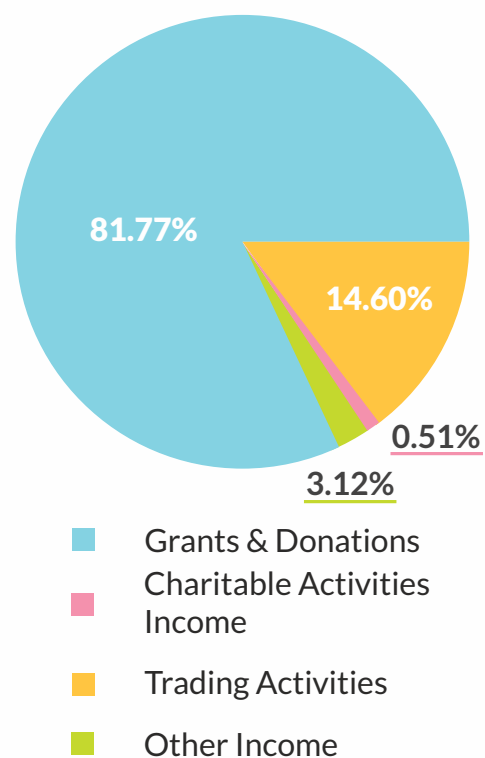
1st April 2019 - 31st March 2020

	Unrestricted Funds	Restricted Funds	2019 - 2020
Total Income	£ 14,445	£ 227,011	£ 241,456
Total Expenditure	£ 51,437	£ 159,498	£ 210,935



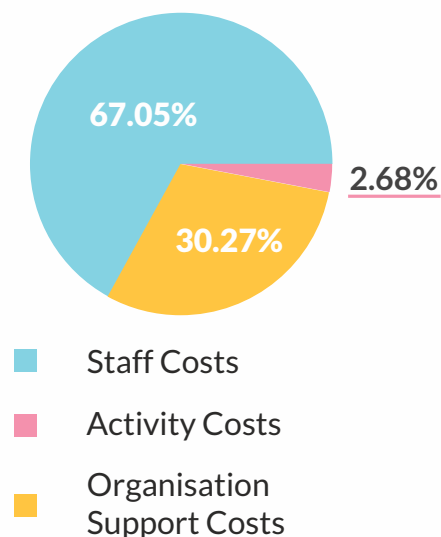
Income

	Unrestricted Funds	Restricted Funds	2019 - 2020
Grants & Donations	£ 2,682	£ 194,750	£ 197,432
Charitable Activities Income	£ -	£ 1,223	£ 1,223
Trading Activities	£ 11,273	£ 23,974	£ 35,250
Other Income	£ 487	£ 7,064	£ 7,551
Total Income	£ 14,445	£ 227,011	£ 241,456



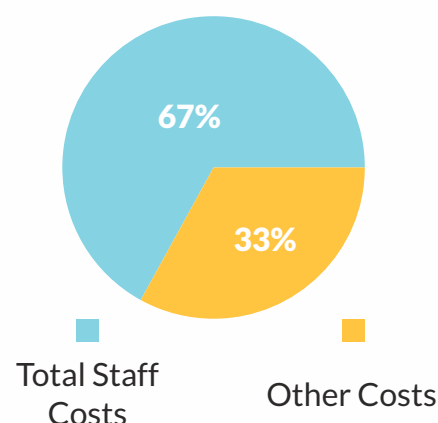
Expenditure

	Expenditure
Staff Costs	£ 141,428
Organisation Support Costs	£ 63,860
Activity Costs	£ 5,647
Total Expenditure	£ 210, 935



Employment Costs % of Expenditure

Employment Costs		Staff Costs % Expenditure
Total Staff Costs	£ 141,428	67%
Total Expenditure	£ 210,935	



Looking Forward to 2020 - 2021

“ As we came to the end of the 2019-20 financial year it was clear that 2020 would be very different. As the Covid-19 pandemic unfolded and lock down commenced people have been required to stay home. Fair Shares with **22 years' experience of working with the local community** is well placed to **identify and support our local people**, especially the **most vulnerable and isolated**. It soon became clear that the single biggest challenge for those people is **access to food**. Our Monday lunch group is unable to run so we have adapted and embarked upon what was becoming the majority of our work in 2020; **cooking and delivering hot freshly cooked meals, shopping for food and collecting prescriptions and essential items for people, and keeping in touch with people through regular telephone calls.**

The **Art and Craft group moved online**, the **wood workshop and allotment** were unable to receive participants, but **both reopened as soon as permitted**.

In **Stroud** the walks ceased and the focus changed to **supporting people experiencing isolation and loneliness**.

As an organisation which **seeks to support our local communities**, Fair Shares remained operational throughout the pandemic emergency with staff working and **maintaining the necessary safe practices**.

Fair Shares has had **tremendous support from the local community** with over **50 new people volunteering to help**, especially **cooking and delivering meals**, participants **giving their time to help others**, working together to **support the local community**.

We cannot foresee when the Covid-19 pandemic will be over but we hope that late in 2020/21 we will be able to **start to resume our activities which have had to be curtailed**. ”

Sue Martin,
CEO



Installing one of the wings onto the finished Bee at Northbound Gloucester Services.



www.fairshares.org.uk

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[@fairshares](https://www.facebook.com/fairshares)

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