



Fair Shares

community time banks

Annual Report
1st April 2021 - 31st March 2022
www.fairshares.org.uk



@fair_shares



@fairshares

Registered Charity Number. 1110418

Fair Shares Annual Report 2021 - 2022

The Trustees present their report and accounts of the charity for the year ended 31 March 2022.

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



Julie Cigman
Co Chair

Jim Lewis

Maureen Smith

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

Patrons



Martin Simon



Sir Jonathon Porritt CBE

A photo from our allotment showing a young boy holding the bee painting he made after finishing our Bee Trail.



Introduction

At Fair Shares we use time banking to encourage participants to share their time, knowledge and skills to build stronger communities. This can be on a one-to-one basis, as part of a group, or individually. By bringing people together we hope to help overcome loneliness, social isolation, and build confidence.

By April 2021 COVID-19 was beginning to have less of an impact on our activities. Most of our groups were able to operate with some additional safeguarding protocols in place, such as distancing and an initial requirement to be vaccinated unless meeting outdoors.

Our ability to undertake one to one activities inside homes remained a significant barrier throughout most of the year. This meant we were unable to offer help such as light DIY or home visits. By the end of February 2022 we were able to resume all activities in full due to the lifting of restrictions.

However some participants still remained hesitant to get involved in activities due to self-isolating or wanting to be cautious due to health conditions.

We will be looking to build on the achievements of the last 2 years and do more; engage with more people, more activities at the allotment and wood workshop, grow our lunch group, run more trips, help more people from different communities and develop new opportunities.

It's always exciting to have things to look forward to and that applies to us as an organisation as well as individuals. We hope you will join with us to get involved, as much or as little as is right for you.



Participants on one of our walks at Saul Junction.



Our **Gloucester** and **Stroud** time banks remain the cornerstones of our work.

Gloucester, based at The Friendship Café, is the central hub. It has a **wood workshop** and is in close proximity to our **allotment**. It's where our **van** and **minibus** are housed.

Stroud is focused primarily in Stroud Town and Stonehouse. It's smaller, and has **developed a focus** on working with people with physical and mental health conditions such as **dementia** and **memory impairment**.

This year Fair Shares and our participants have supported over

1600

people through our various activities.



Gloucester Time Bank



Woodwork

Our workshop remained active throughout most of the pandemic and by April 2021 was opened to all regular participants who were fully vaccinated while also welcoming any new people.

By early 2022 our workshop returned to normal activity and once again provided the opportunity for people to come and make items for their own purposes - like tables, clocks, mirrors, planters and more.

Our group also got involved in wider community activities such as tree planting at Gloucester Services growing space and making benches for both our allotment and another local community allotment.



AROUND 33 PEOPLE CAME TO OUR WORKSHOP THIS YEAR
- ACROSS ALL AGES AND SKILL LEVELS.

Lunch Group

During COVID-19, in partnership with The Friendship Café, we **provided over 25,000 cooked meals** to the community. After Covid we restarted the weekly Monday Lunch Club in November 2021. Our lunch club provides an opportunity for people to share a meal and find out about other activities we're doing.

Two regular participants take the lead in preparing the lunch, while other participants help set the tables, serve, and clean up after.

One participant uses their car to pick up two or three regulars who would otherwise be unable to attend the lunch club.

We're grateful to **Mudwalls Farms**, a local grower, who regularly give fruit and vegetables which we use in our lunches and hand give out to the local community.



"THE FOOD WAS REALLY LOVELY & YUMMY, THANK YOU"
- FACEBOOK COMMENT

Youth Project

We work with young people both individually and as parts of larger groups. Through interacting with others as part of the activities they do with us they **gain confidence, skills, and a greater appreciation for their local community.**

While young people were able to return to activities by April 2021 our Youth Project Worker was unable to return due to ill health. As a result we had limited staff capacity meaning we were unable to provide one to one activities. However, this didn't bring the project to a complete halt.

Three young people who were home schooled began to attend our workshop every Wednesday. They started off by working on individual projects such as a desk & stool, chopping board and bench. Once they'd gained confidence they started to get involved in more **community-based activities** - such as helping repair and rebuild allotment beds.

“

Both I and J enjoyed their days at the wood workshop. They have **grown in confidence** and the basic woodworking skills and the right use of measurement, hand tools and finishing materials when dealing with wood.

Both enjoyed talking to **different people with different experiences.** Both Jon's teaching, advice and oversight on their projects and also the advice of others attending gives the workshop a **community feel.** It has given the boys a taster of the skill set needed for this type of work. J plans to continue attending after his exams are finished and it has confirmed his interest in pursuing a practical career, possibly as a carpenter.

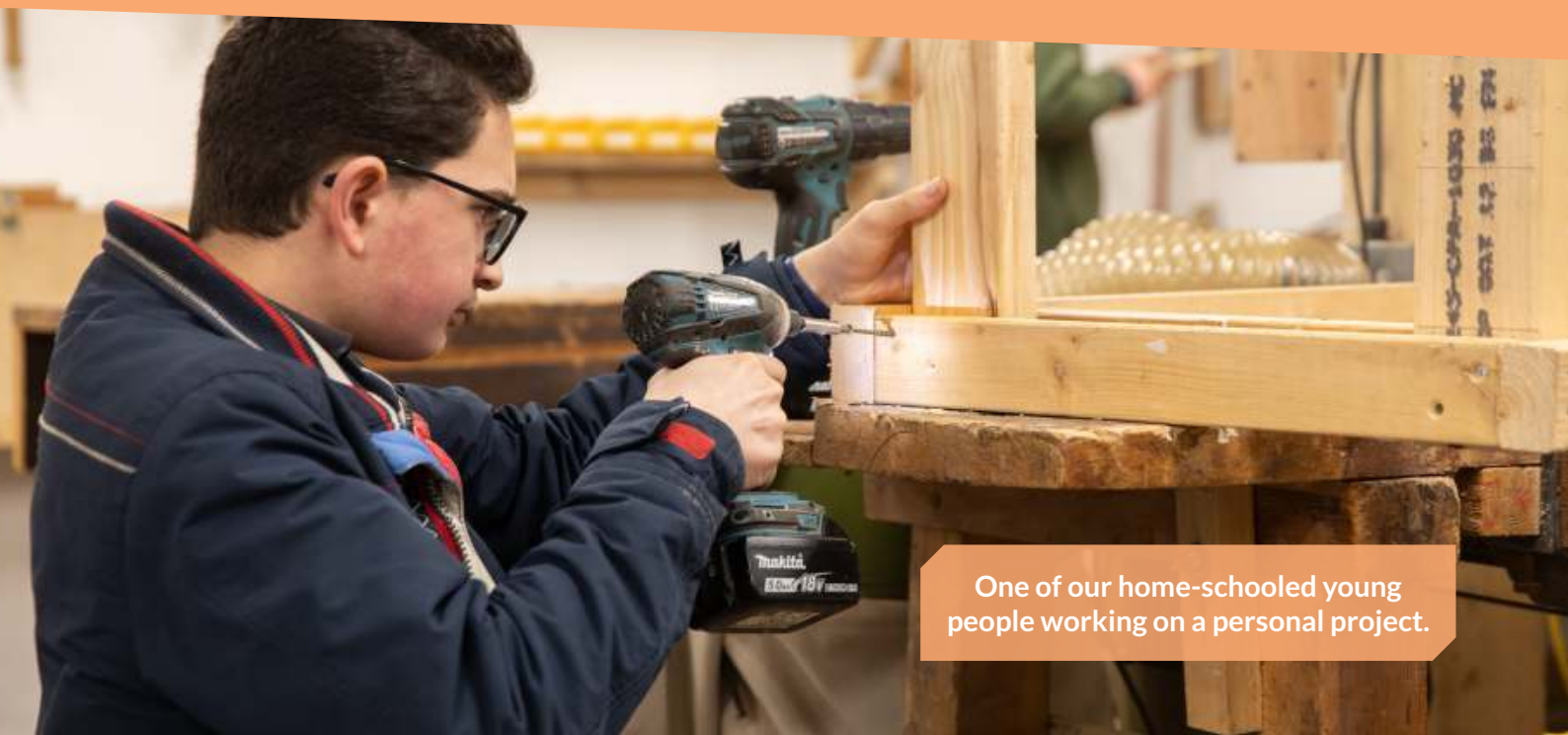
The community projects they have been involved in, the community allotment varied the activities they experienced and got them meeting some other people in the community as well.

Jon and Reyaz have been **friendly and helpful.** I'm thankful that my boys have had this experience and **gained valuable skills** which will always be useful.

Thank you for the opportunity you have given them.

”

- PARENT OF 2 YOUNG PEOPLE



One of our home-schooled young people working on a personal project.



One of the SWAT groups helping plant trees at Gloucester Services Growing Space.

“

The impact it has on the students is amazing both academically and personally for them all, the list is literally endless with all the positives that this brings to each individual student.

It also has an impact when we are back in the classroom setting with the students as the volunteering helps build a better working relationship between the teaching staff and students

”

- LIZ WARD, SWAT TRAINER

In **April** and **November 2021** we worked with two groups of young people who were a part of the ‘Serious about Work and Training’ group with **Betaris Training**. The students, who aged between 16 - 18 had struggled with mainstream education, attended one weekly session over the course of 15 weeks.

Our goal was to **provide opportunities** to be involved with the community and understand the **benefits of making a positive contribution** to their neighbourhood. As we were limited in the activities we could offer in the wider community, our attention was mainly focused on our workshop, allotment and The Friendship Café.

We work on **real projects** that will make a difference and through that work find **time to talk** with the young people about their thoughts and feelings. During our time with the group they helped build a shelter at the allotment, a rain garden at The Friendship Café, collected logs from Highnam Court and prepared them to be made into benches.



Community Allotment

Throughout the year our allotment was open three days a week, **Monday, Wednesday and Thursday**, to all in the **local community**. We welcomed a whole range of people through our doors; people of all ages including some in their 80s, individuals and groups, those with English as a second language, and more.

Over 700 adults and 350 children have visited our allotment, coming to look around and enjoy the space, see what's growing, or simply to **meet and socialise**. We have continued to improve accessibility by **making some raised beds, widening paths** for pushchairs and wheelchairs, **creating signs** to signpost people, and also having a portaloos placed on site.

Two local primary schools join us for some sessions - **Tredworth Infants** and **Al-Ashraf Primary School**. Each session lasted around an hour and children were given opportunities to learn about **growing plants** and the **insects / wildlife** on site as well as allowed to engage in activities such as sowing seeds, tending plants, and general **nature-based craft**.

We also hosted some sessions **supporting children** from Al-Ashraf and St James based around **anxiety and emotional-wellbeing**.





We regularly held events and workshops for local families and residents to pop into and enjoy. These include: a Spring Trail, Pop-up Plant Swap, Bulb Planting Workshop, Pumpkin Carving, Bird Feeder Workshop and a Soup & Sparklers event amongst others. In total we held **13 events**, with at least **250 children** attending over all of them.

Our allotment provides opportunities for other organisations and their clients to get involved. We provided a placement for the **Gloucestershire Probation Service**, held sessions for The Friendship Cafe's youth group, and hosted a team away day for local employer **Spirax Sarco**. The team from Spirax Sarco used their muscle to help build a fire pit at the allotment as well as some other minor repairs.

A project worker from **The Prince's Trust, Young Gloucestershire**, bought along a group of 10 young adults for four days to help out as well. The project worker had previously been a part of our Young Peoples Project and had wanted to give-back.

**IN TOTAL 23 SCHOOL
SESSIONS WERE HELD,
SUPPORTING 207
CHILDREN!**



Trips

Recognising that a lot of our participants had been **unable to leave their local environment** over the previous 18 months due to health conditions and restrictions, we slowly started easing people back into attending our trips.

We visited the **Forest of Dean** and had a walk around Mallard's Pike; **Batsford Arboretum**; **Stratford Park**, and **Saul Junction**; **Pittville Park**; **Gloucester Services Growing Space**; **Dundry Nurseries**; and a trip to a local **Garden Centre** in Cheltenham.



Craft Group

In April our craft group were able to start meeting in person again at our allotment. This allowed them to be outdoors and maintain a safe distance. The group provides a meaningful, creative activity that helps **build new skills and relationships**. Our projects have focused on traditional crafts such as embossed metal birds, learning a range of stitches, sewn bookmarks, needle felting, and a range of individual projects like lavender bags and twine coasters.



Nourishing Gloucester

We were approached by Gloucester City Council to help reach families and vulnerable individuals as part of their Household Support programme. Working with organisations that are linked directly to families, such as schools and family support groups, The Nelson Trust, local community groups, we helped people with their utility bills, essential 'white' goods, and supermarket vouchers. Through our wider work as Fair Shares we were also able to help in other ways, such as helping a mother with a newborn move into more suitable accommodation.

WE HELPED A TOTAL
OF 991 PEOPLE
THROUGH OUR WORK
WITH NOURISHING
GLOUCESTER.

GEM

The GEM Project aims to engage with and support individuals within Gloucestershire who are dealing with circumstances which may act as a **barrier towards work**. We employ a Navigator Developer whose role it is to **support people** on their journey toward finding employment. Our previous Navigator Developer left in September 2021. Tim Richardson was appointed Fair Shares Navigator Developer based in Gloucester in 2021.

Fatima was a Fair Shares participant who found new employment with the help of the GEM project.

Fatima had a successful career in the pharmaceutical and food industries for over 20 years but left her last role to have a break and consider other challenges and ways of working. The initial break of 6 months extended to almost 3 years due to Covid. As time went on Fatima felt unsure as to how she could re-engage with work and what type of work she would like to do.

During the pandemic she started helping at Fair Shares, cooking meals each week for the community, which led to her being introduced to Tim, the GEM Navigator Developer at Fair Shares. Together they explored what she enjoyed about work and what she didn't like about her previous job roles and considered what her ideal job might look like, what she needed from a future career and eventually identified self-employment as a food safety consultant and trainer. They planned a way forward and Tim signposted her to business start-up resources such as the Women Returners website and local growth hubs and shared his own experience of running a business as a sole trader, which helped her to believe she could start her own business as a food safety trainer.

Fatima needed to update her qualifications and through the GEM Extra Mile Funding was able to pay the fees and successfully complete the training. She has now secured a contract with a local training company and will be providing training and auditing in food safety for several different organisations including the Commonwealth Games; Twickenham Rugby; Cafes and local businesses.

HAF

The **Holiday Activity and Food (HAF)** government funded programme is managed locally by **Gloucestershire County Council**. It's aimed at families with children between 3 - 16 who receive benefits-related free school meals. Gloucestershire County Council provided additional funding which enabled the offer to be extended to all struggling families. Fair Shares was one of many organisations which **provided activities and food** over the summer and Christmas breaks.

During summer we ran a series of activity days at our allotment. Children could make planters, follow our summer trail and share a meal together. Food hampers could also be collected from our base at The Friendship Cafe with accompanying recipes every Wednesday and Thursday throughout August. At Christmas we hosted a **Christmas Party** at The Friendship Cafe for 75 children, featuring music, arts and crafts and a hot meal.



Stroud Time Bank

Stroud time bank focusses on **sharing information and resources**, engaging people in the community who are **lonely or isolated** and supporting them to **become more active and engaged**. Many Stroud participants are older and have long term health conditions which meant they continued to isolate following the end of COVID-19 restrictions.

We worked with **Stroud Town Council** and local residents at the Top of Stroud to set up an under 5s Tots Group. We helped with fund raising and received several generous donations of resources and materials from Fair Shares participants. We helped secure a large shed to use for safe storage of resources and equipment, which will help the long-term success of the group.

Together with **All Pulling Together (APT)** we supported tenants facing difficulties over housing transfers, debt issues, mental health issues and more. A participant also organised a 'Story Den' during the summer holidays to **support the reading skills** of children from **disadvantaged areas** of Stonehouse. This included delivering books and helping with reading sessions at a local community cafe.

Fair Shares members have supported Syrian refugees, helping them to feel welcome and **settle into the community**.

Following a Fair Shares event, a few of our participants with life-long debilitating conditions started **supporting one another** to take part in weekly swimming sessions.

All of this is possible due to our time broker **regularly sharing the wants, needs, and opportunities** to our Fair Shares participants through email, social media, and being out and about in the local community where he is well known and recognised.



Some of our Stroud participants taking a walk through the walled garden at the Museum in the Park.



Gentle Park Walks

Based at **The Museum in the Park** and run **fortnightly** from April to October, our walks are suitable for anyone with **mobility issues**. During Winter people were reluctant to come outdoors due to health conditions, so we offered **individual walking buddies** instead. Small groups began to attend from May, gradually adapting the arrangement as the Covid situation changed.

We worked with support workers from the **Independence Trust**, who work with vulnerable and isolated people in the community. They referred people who would benefit from a walk and those who would benefit from volunteering with the walk. One vulnerable woman recovering from an abusive relationship was supported to become a walk volunteer - she said "it really helped my self-worth to be able to offer something back to those who needed it".

We've provided support to the **Stonehouse Walking Festival**, working with APT, identifying volunteers to help accompany people. We provided walk training to **Nailsworth Dementia Action Alliance** to help them support volunteers for their walks.

Chance to Chat

Fair Shares '**Chance to Chat**' postcards are made to **stimulate new conversations** with family and friends. Originally aimed toward those with dementia, but now more widely used as a resource to **promote inter-generational conversations**. We've worked with a variety of organisations to share packs of postcards, and provided training in how to use them and general dementia awareness. Our film, 'These People We love', was shown at **Nailsworth Accessible Arts Festival**.

"THANK YOU FOR THE POSTCARDS, THEY'RE PERFECT. THEY WILL PROMPT MANY MEMORIES FOR MY HUSBAND: CARS, STEAM TRAINS. HE'LL CHAT WITH OUR 18 YEAR OLD SON TOO AND WE'LL AIM TO KEEP IN TOUCH WITH FRIENDS AND RELATIVES."

- RECIPIENT OF CHANCE TO CHAT POSTCARDS

Coffee Mornings

In **February 2022** we restarted our **Stonehouse coffee mornings** and started a similar one at a supermarket café in Stroud. These mornings provide social interaction and are a **source of information** and sharing ideas. They're small, which allows those attending to speak and get to know each other well. Many people have been cautious to interact socially so these have become **important meeting points**.

We also worked alongside a town councillor to run a reminiscence session using our **Chance to Chat** material, and supported their events.

Stonehouse Community Allotment

Our Stonehouse Allotment is **led by participants** and offers weekly sessions. Most who attend regularly have physical or learning disabilities, or are **older and isolated**. When lockdown restrictions were eased, students from **The Apperley Centre** attended the allotment with their carers. One participant, who attends every week, said it was an essential part of **maintaining her mental health and avoiding isolation**.

Key Partnerships

THE FRIENDSHIP CAFÉ

APT STONEHOUSE

GLOUCESTERSHIRE
GATEWAY TRUST

GLOUCESTER CITY COUNCIL

BARNWOOD TRUST

GLOUCESTER SERVICES

GLOUCESTERSHIRE WILDLIFE
TRUST

GLOUCESTERSHIRE MENTAL
HEALTH TEAM

GLOUCESTERSHIRE COUNTY
COUNCIL

MUDWALLS FARMS LTD

MUSEUM IN THE PARK

NAILSWORTH DEMENTIA
ACTION ALLIANCE

STROUD DISTRICT COUNCIL

NHS DEMENTIA TRAINING
AND EDUCATION TEAM

STROUD TOWN COUNCIL

THE APPERLEY CENTRE

WHITEHILL AND RUSCOMBE
COMMUNITY HUB

THE VENTURE: WHITE CITY

WYNNS CAFÉ, STONEHOUSE

TOP OF TOWN COMMUNITY
GROUP

YOUNG GLOUCESTERSHIRE

Tina cutting up a tray bake which will be delivered as part of our Feeding Gloucester covid work.



Finances

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

Grant Funders

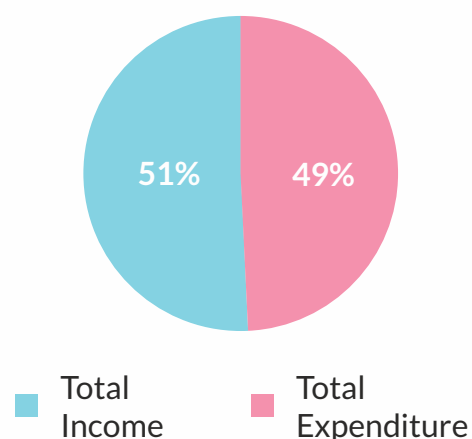
Active Gloucestershire	Garfield Weston Foundation	National Lottery Community Fund
Allen Lane Foundation	Gloucester City Council	Noel Buxton Trust
Anonymous	Gloucester City Homes	Office of the Police and Crime Commissioner Gloucestershire
Asda Foundation	Gloucestershire Community Foundation	Persula Foundation
Barnwood Trust	Gloucestershire County Council	Postcode Local Trust
Charities Aid Foundation	Gloucestershire Gateway Trust	Stroud District Council
Gloucestershire Community Foundation (DCMS)	Henry Smith Charity	Swire Charitable Trust
National Lottery Community Fund (DCMS)	HMRC Job Retention Scheme	Tesco - Groundwork UK
Charities Aid Foundation (DCMS)	Langtree Trust	Thirty Percy Foundation
Edward Gosling Foundation	Leigh Trust	Verdon-Smith Family Charitable Trust
Frognal Trust		

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

Income and Expenditure

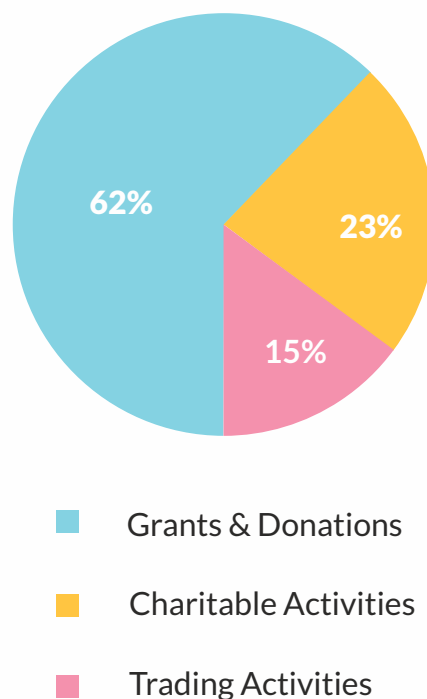
1st April 2021- 31st March 2022

	Unrestricted Funds	Restricted Funds	2021 - 2022
Total Income	£ 21,552	£ 209,238	£ 230,790
Total Expenditure	£ 3,746	£ 219,768	£ 223,514



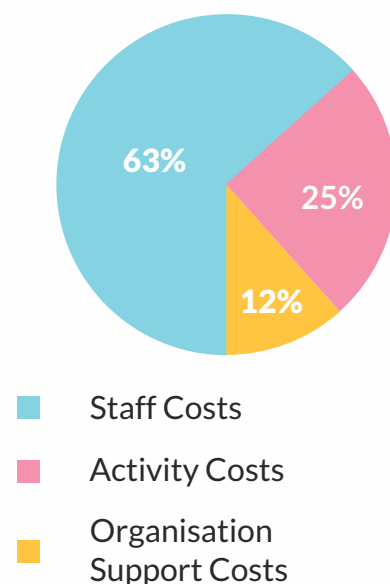
Income

	Unrestricted Funds	Restricted Funds	2021 - 2022
Grants & Donations	£ 11,581	£ 131,830	£ 143,411
Charitable Activities	£ 319	£ 52,898	£ 53,217
Trading Activities	£ 9,652	£ 24,510	£ 34,162
Total Income	£ 21,552	£ 209,238	£ 230,790



Expenditure

	Expenditure
Staff Costs	£ 141,466
Project Activities	£ 56,085
Organisational Support	£25,963
Total Expenditure	£ 223,514





One of our walks to the Forest of Dean, visiting the sculpture trail.



www.fairshares.org.uk

[@fair_shares](https://twitter.com/fair_shares)

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

Fair Shares
Chequers Bridge
Community Centre,
Painswick Road,
GL4 6PR
Tel: 01452 415900
time@fairshares.org.uk