Haringey Time Credits

Haringey Time Credits aim to help Haringey communities improve their mental and physical health and wellbeing, gain new skills and confidence, and grow social connections and community participation that keeps people well. The Time Credits network is supported by Haringey Council and St Mungo’s and launched in October 2014. The Haringey Time Credits scheme has two themes:

**Mental Health & Prevention:** working with community organisations and services to engage people at risk of mental ill health, particularly socially isolated people, and those accessing mental health services, to participate in community activity that supports mental wellbeing.

**Substance Use & Recovery:** enhancing substance misuse services with a focus on supporting recovery and successful completion of treatment programmes, by enabling service users to get more involved in their services and local communities and access more local activities and opportunities to support their recovery.

How Time Credits work: everyone has something to offer

A Time Credit is ‘earned’ for an hour of time given in a local service or organisation, and can then be ‘spent’ on an hour of something that person enjoys. Time Credits Spend brochures include a wide range of activities, from local film nights, coffee mornings and gym use to higher profile opportunities such as St Paul’s Cathedral and the Tower of London. Time Credits can also be given to others, or used to take someone along to an experience. Everyone has something to offer their community and Time Credits are a great way to tap into resources and assets within the community.

How can I get involved?

Local organisations that support our target audiences can sign up to the Haringey Time Credits network and use Time Credits as a tool to encourage participation and volunteering, as well as to thank existing volunteers and offer them access to new opportunities through spending. Time Credits are proven to support wellbeing, encourage more new people to get involved in giving their time to their community and enable organisations to expand and enhance their services.

Local people – residents and people working in Haringey – can earn and spend Time Credits by getting involved in local organisations that are signed up to the network.

About Spice

Spice is a social enterprise that helps organisations to develop Time Credit systems. We began our work in 2003 as The Wales Institute for Community Currencies, and in 2009 extended our work from South East Wales into England. Time Credits support organisations and community groups across England and Wales to develop new approaches to engagement, participation and coproduction, where people are more connected to local institutions and each other.
Over 20,000 people have earned Time Credits across projects in England and Wales, and in Haringey we have seen over 5000 hours of time given to the community by Time Credit members in just our first year. 2015 impact evaluation highlighted the huge impact that Time Credits have had on individuals’ lives, improving quality of life and health and wellbeing, and building stronger communities.

"I wanted to be involved in the recovery service anyway but Time Credits helped me go the extra mile.”
Jackie, Time Credit Member, speaking at Parliament

"I would consider doing something like this again because I surprised myself with what I managed to accomplish today.”
Keith, Time Credit Member on Adventure Learning Foundation Trip

"[Time Credits] are a really powerful tool in helping people feel part of their community again. It ties into our vision for a fair and equal borough.”
Susan Otiti, Haringey Council

Impact

Over 20,000 people have earned Time Credits across projects in England and Wales, and in Haringey we have seen over 5000 hours of time given to the community by Time Credit members in just our first year. 2015 impact evaluation highlighted the huge impact that Time Credits have had on individuals’ lives, improving quality of life and health and wellbeing, and building stronger communities.

81% said Time Credits have had a positive impact on their quality of life

63% know more about the services and support available to them

58% ‘feel healthier’ since earning and spending Time Credits

23% report having less need to go to the doctor

Find out more

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