Spice and Cambridgeshire Time Credits

Yannick Auckland, Spice Time Credits
We make a living by what we get. We make a life by what we give.
Winston Churchill
**EARN TIME CREDITS:**
- Litter-picking in the park
- Driving the mini-bus for the local day centre
- Helping out at your local youth club
- Attending or setting up a peer support group.

**GET 1 TIME CREDIT WORTH 1 HOUR**

**GIVE 1 HOUR TO HELP YOUR COMMUNITY**

**SPEND TIME CREDITS:**
- At the place where you earned them
- On other local activities and opportunities
- Give them to someone as a thank you
- Somewhere across our UK network.
1,790 People
92 Organisations
33,557 Hours
57 Spend Venues
Saffy: from ill health and isolation to employment

Saffy had a busy job as a receptionist, but with a 13 year break to look after four children she found herself suffering with depression and ill health. Becoming a volunteer meant she did not have the commitment of a paid role and helped her learn what she could and couldn’t cope with before getting a paid job.

“We don’t have much money and activities such as swimming and the cinema are too expensive. My youngest who was 5 had never been swimming before! The family spend more time together now engaging in activities and find it easy to exchange Time Credits for tickets. It’s great that they don’t affect your benefits.”
Time Credits in the East of England

- 48% have never or rarely volunteered before earning Time Credits
- 80% feel more able to contribute to the community and peers
- 47% have developed new friends and acquaintances
- 64% feel more confident
- 68% can afford to do more things
- 81% report improved quality of life
- 14% report improved mental health
- 60% feel more positive about their future
- 36% have learned new skills
- 56% feel less isolated and lonely
Chorley Borough Council

78% made new friends

72% less isolated

51% more likely to get their needs met in the community