

The logo consists of the word "SPICE" in a bold, red, sans-serif font, slanted slightly to the right. It is contained within a white circle that has a thin red border. The background of the entire slide is a solid red color.

SPICE

Spice and Cambridgeshire Time Credits

Yannick Auckland, Spice Time Credits

1 CAMBRIDGESHIRE TIME CREDIT



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.



SPEND TIME CREDITS:

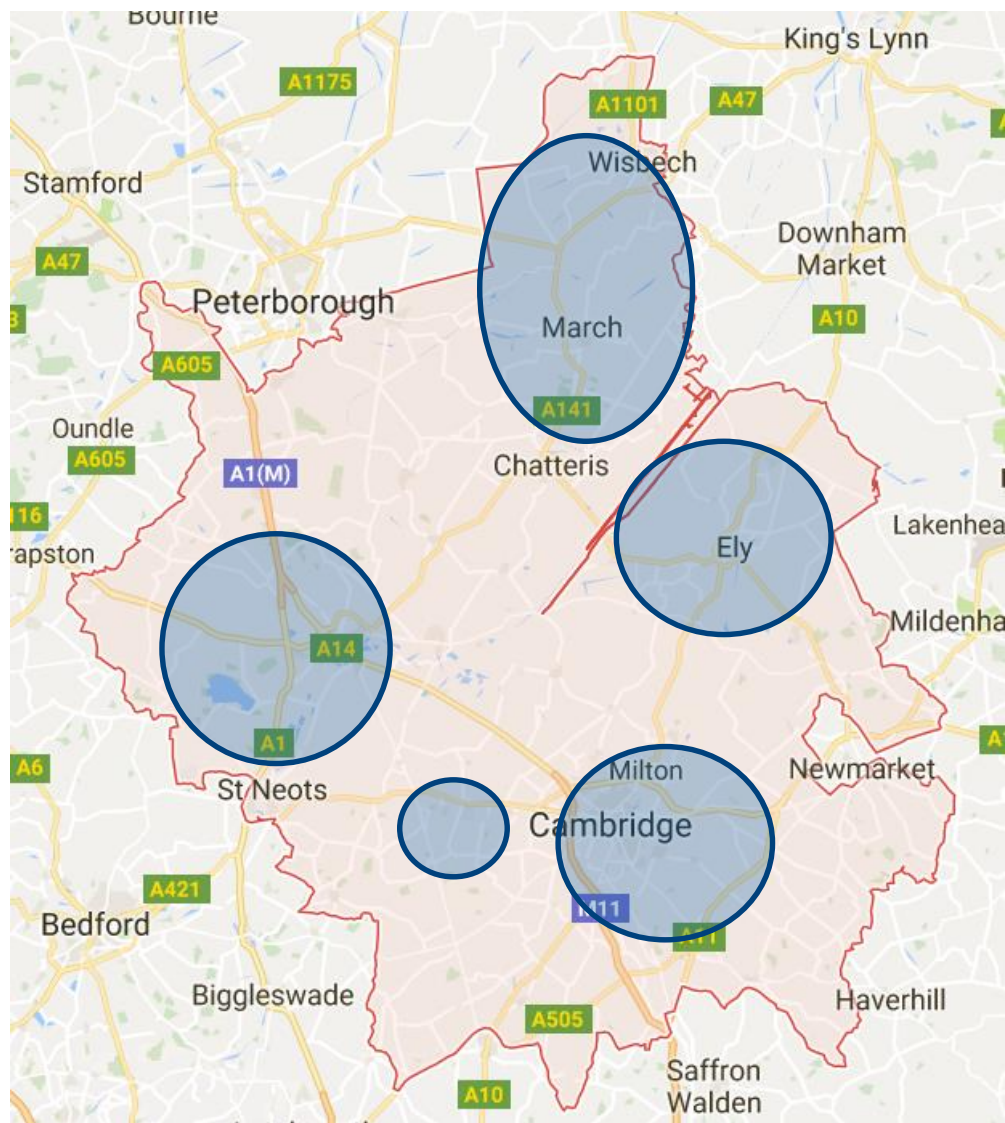
- At the place where you earned them
- On other local activities and opportunities
- Give them to someone as a thank you
- Somewhere across our UK network.

People

Organisations

Hours

Spend Venues



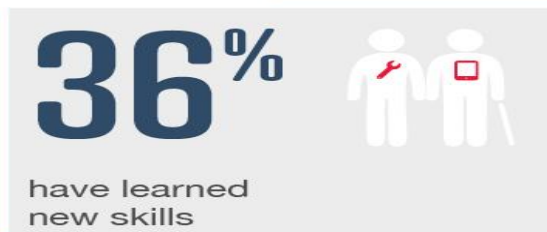
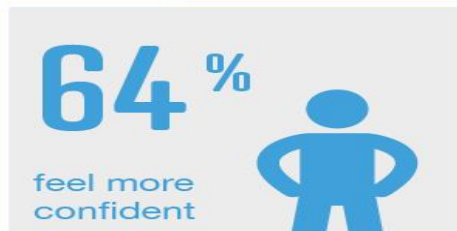
Saffy: from ill health and isolation to employment

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





Working with
individuals to
realise their
assets



Enabling
community
and sharing
power

Chorley Borough Council

SP!CE

78% made new friends

72% less isolated

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

AND TAKE HOME
YOUR VERY OWN
MASTERPIECE

* MAKE A MATH * PERSONALISED GIFTS
* CRAFT WORKSHOPS * REFRESHMENTS
* CHILDREN & ADULT PARTIES * DECOPATCH

Crafty Workshops

OR VISIT OUR
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