

GROW THE BENEFITS OF VOLUNTEERING WITH TIME CREDITS

The benefits of volunteering for individuals are widely recognised and evidenced. Volunteering improves mental health and wellbeing, builds social connections, increases self esteem and develops new skills.

Tempo enables organisations to use Time Credits as a tool to attract new people into volunteering. Organisations are supported to reach more people, become more sustainable and improve their services.



GENERAL EVIDENCE FOR IMPACT OF VOLUNTEERING

According to Time Well Spent, the National Survey of Volunteer Experience 2019:



of volunteers said volunteering had improved their mental health and wellbeing



gained confidence



gained new skills and experience



had improved their physical health

"There is good evidence that volunteering can have a positive impact...on self-esteem, wellbeing and social engagement"
The King's Fund 2012

"Although people tend to volunteer for altruistic reasons, if they do not feel they are 'getting something back', then the positive impact of volunteering on quality of life is limited."
University of Exeter 2013

"Volunteering has a positive impact on an individual's wellbeing...benefits seem to be magnified for marginalised groups who are in most need of the wellbeing and societal benefits of volunteering."
JUMP Projects, 2019



EVIDENCE OF IMPACT FROM PARTICIPATING IN TIME CREDITS

Volunteers

59%

of Time Credits volunteers
have rarely or never
volunteered before

59%

feel more able to contribute
to the community

83%

have improved quality
of life

49%

feel more confident

57%

made new friends
and acquaintances

55%

feel more positive
about the future

Organisations

49%

were able to recruit more
volunteers

58%

were more able to retain
volunteers

83%

said their volunteers felt
more valued

OVERCOMING BARRIERS TO VOLUNTEERING WITH TIME CREDITS

There are many recognised barriers to volunteering. These can include a lack of confidence and self-worth, a feeling that you have nothing worthwhile to offer or never having considered it; “One of the main barriers for those who have never volunteered is that they have never thought about it” (Time Well Spent, 2019).

Time Credits help overcome barriers to volunteering. They offer an incentive, getting people to consider volunteering for the first time and emphasising the individual benefits. Recognising the value of people’s time with Time Credits builds confidence and self-worth, making them feel valued and recognised (83% of organisations say their volunteers feel more valued).

Tempo also help organisations offer more accessible, diverse ways to get involved and give time, particularly to people who may not be their traditional volunteer base. Time Credits offer a tool for an asset-based approach to volunteering development and participation, an approach recommended by NICE (2016), Public Health England (2015) and many others.



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THE DIFFERENCE TIME CREDITS MAKE

New people start volunteering

NCVO's 2019 national volunteering survey showed that 69% of people had volunteered at some point in their lives. Time Credits help reach the missing 31%. Between 2014-2018, annual survey data consistently showed that between 19-27% of respondents had never volunteered before.

Up to 59% had not recently or regularly volunteered. 54% of organisations using Time Credits say service users are now giving time where they weren't before, and 49% were able to recruit new volunteers.

"Time Credits are one of the 'added extras' we can inform volunteers about, when recruiting and supporting."

"I think the most important thing is that when we are engaging the community, we have something to offer for time given."

Volunteers feel valued and volunteer more often

58% of organisations using Time Credits say they are more able to retain volunteers and 83% say their volunteers feel more valued. 59% of people earning Time Credits told us they feel more able to contribute to the community. 76% of Time Credits members feel more able to contribute and give time more than once a month, compared to 67% of volunteers nationally.

"Using Time Credits has really benefited us as a small charity organization, helped us to give a little back to our volunteers and to help them feel valued"

"I feel valued in the community and I've gained self-worth because of it"

Different people get involved

Unemployed people and those not working are least likely to have ever volunteered, while people from well-educated backgrounds, higher socio-economic groups and over-65s are more likely to volunteer (Time Well Spent, 2019). Time Credits help reach people who are less likely to volunteer:

74%

of Time Credits survey respondents had a household income of under £30k, 58% under £20k and 10% under £10k.

30%

of people earning Time Credits are unemployed or not working due to disability or illness

35-44

Time Credits volunteers are from a broad range of ages, with 35-44 the most represented age group

FURTHER BENEFITS TO ORGANISATIONS FROM USING TIME CREDITS

Organisations that use Time Credits with their volunteers and service users report a range of positive impacts as a result of increased volunteering and participation, including:

53%

providing more opportunities for people to volunteer



70%

promoting what they do to more people



73%

**increased opportunities
for service user
involvement in design and
delivery of services**

70%

**improved health
and wellbeing for their
beneficiaries**

43%

**reaching more
people who need their
services**

72%

**saving the organisation
money**

WHAT ORGANISATIONS SAY:

"Since Time Credits we have seen more resident led action in the community - new groups and projects have been set up and people turn up to get involved in things more"

"We are able to offer a wider range of activities due to having more volunteers available to help run the sessions."

"Often our clients' self-worth is very low when entering the service. To be able to ask what a specific client's skills/interests are, we can set up a time credit earning activity tailored around the specific client. This empowers them instantly."

"Time Credits demonstrates that there are alternatives to the classic way of doing and supporting volunteering and the emphasis is on collaboration and sustainability rather than what funding is available."



HOW TIME CREDITS WORK

EARN TIME CREDITS

through giving time to your community

SPEND TIME CREDITS

on hundreds of activities across our national Spend Network

One Time Credit equals access to 1 hour of activity

People earn Time Credits when they give their time with organisations and spend them on a wide range of activities they choose. These activities are provided by our national network of partner organisations and include leisure, arts, local and national attractions and learning and skills.

For the full list of activities visit: www.timecredits.com

Get Involved

Contact us about accessing Time Credits for your volunteers:

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