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**WHAT OUR
VOLUNTEERS
SAY**

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Tempo Time Credits

www.wearetempo.org

Tempo

WHAT OUR VOLUNTEERS SAY

"Swimming really helps my disabilities, but I've not been able to afford it for quite some time. Time Credits really help, as I'm able to go a few times a week!"

Tempo Volunteer, Wrexham

"Volunteering is a great way of making friends & very good for retired people who often get lonely & isolated causing depression. They are a nice way of giving people a reward for giving their time."

Jacque, Cornwall

"It is so amazing to see classes we can attend through Tempo that are focused on wellness and taking time to care for ourselves, which as Survivors we don't often do!"

Survivor, Women's Aid

"I love earning [Tempo Time Credits] and they keep me eager to find more ways to help out with my community further."

Ish, Cambridgeshire

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"Time Credits offer something to engage people across generations. To share these experiences with my children and grandchildren."

Patsy, London

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"The volunteer photography opportunities afforded to me helped immensely with my confidence. I'm now excited at the prospect of doing something I truly love for a living, being my own boss, having time to give back to those who have helped me along the way."

Ian, Sherman Theatre Member

"Delighted to spend my first Time Credits to take out my son and my friend's child to travel along the river on Thames Clippers. I was proud to see their faces light up, the children had never done anything like this before, they'd not even been on a boat."

Harshita, London

"I've never expected anything back as the work already benefits me by getting me out of the house - but when I found out about Time Credits, I thought it was a really amazing idea. And now we've had the opportunity to earn and spend credits - well, wow. What an experience!"

Karin, Flintshire

"As I am on a low income, Time Credits make a big difference to me in that I use them to do things like going to the cinema and theatre and treating my family to wonderful treats up in London."

Camilla, Cardiff





"It gives you a sense of getting something without it being a handout, a sense of achievement."

Dorothy, Chorley

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