

Tempo

TEMPO TIME CREDITS
**Lancashire
County
Council
2023**

Tempo Time Credits & Lancashire County Council

Tempo Time Credits is a charity that was set up in 2008.

We work with people, communities, services (like Local Authorities, Health Trusts and recovery organisations) and businesses.

We work across the UK, engaging, encouraging and enabling volunteers. We provide the thread that connects local voluntary partnerships and community-based solutions.

In Lancashire, our programme is commissioned by Lancashire County Council to increase community participation and volunteering from LCC residents in activities that support resilience and build capacity for better health and wellbeing.

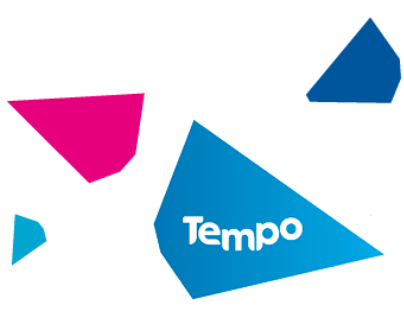
We now work with over 50 community groups in Lancashire and have over 600 registered volunteers earning over 6000 time credits per year.

We currently have a range of established businesses supporting time credits including Preston North End FC, The Flower Bowl and Lancashire Museums.





Fun **Enabling**
Positivity **Thread**
Giving back Health and wellbeing
 Local **Community** **Happy**
Time Credits **Volunteers**
 Life-changing **Resilient**
Partnerships **Empowered** **Inclusivity**
Family **Opportunities** **Skills**
Experiences **New friends**
Connecting



Tempo

Our Lancashire survey told us...

82%

of respondents have earned Tempo Time Credits

35%

of respondents had never or only occasionally given time before receiving Time Credits

32%

of respondents volunteer for more than 5 hours per week

9%

of respondents started or volunteered more due to Tempo Time Credits

65%

of respondents volunteer their time more than once a week

45%

of respondents stated that earning and using Time Credits has improved their quality of life

56%

reported improved mental health

49%

feel healthier overall

43%

reported improved physical health



Our Lancashire survey told us...

35%

have less need to see the GP

53%

visit or see other people more often

56%

are more physically active

52%

are more able to manage their health and wellbeing

51%

feel more positive about their future

55%

feel more confident

37%

can afford to do more things

67%

have learned new skills

16%

have got a job



Our Lancashire survey told us...

73%

have shared their skills with others

19%

have less need to use social care services

73%

feel more able to contribute to the community and other people

67%

I know more about community-based services and the support available to them

52%

I have helped to shape the health and care services in my community

45%

I have helped others with the same condition or who face similar challenges to me



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“It’s great to go the games with the family. Being a single dad with two jobs sometimes it’s hard to do things and plan things...even more so with the cost of living going up, using time credits for family match days is a great day out”

Barry, Livingwaters Storehouse and proud fan of Preston North End FC

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