

Valuing people

Why?

Everyone has something to give. Everyone has skills. Everyone needs a purpose in life. Valued people are happier people.

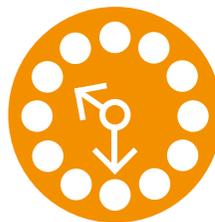
How to

Consider people's assets – stop thinking about what is 'wrong' with someone and consider what is 'right'. What have people got to give? This is assets-based thinking.

View from 'those in the know'

“If there was no Erewash Time Swap we would still have lots of people just sitting at home, no jobs being done, with people looking at the cracks in the walls and the peeling wallpaper... In the Time Swap, they are no longer forgotten or ignored. They are visible and valued. They have something to give, indeed all our members tend to be more concerned with giving than receiving.”

Jo Perkins, leader of Erewash Time Swap



Time banking is an easy way for people to become a valued part of their community as well as giving practical help to those who need it.

Erewash Time Swap has

166 active members

who have swapped **878 hours** to date, supporting each other with skills such as DIY, gardening and cooking.



Wellbeing Erewash

Your Life Your Way

www.wellbeingerewash.org.uk

Top tips

- ★ Think beyond 'traditional' services – the answer is not always a medical prescription
- ★ Think of the 'whole' person
- ★ Look at what networks, support systems or initiatives are already out there – are they working? Could you 'super boost' them?
- ★ Team up with other agencies, other sectors, other sources of support
- ★ Manage people's expectations and perceptions
- ★ Ensure administrative systems are in place to support the new approaches
- ★ Consider the most appropriate geographical area
- ★ Take photos and capture stories

The Erewash experience



Erewash Time

Swap is a 'time bank' allowing people to offer their time and skills - such as home DIY and garden maintenance - and receive time back from other people with different skills in return. Time banking is an easy way for people to become a valued part of their community as well as giving practical help to those who need it. Erewash Time Swap is funded by the vanguard and hosted by Derbyshire County Council.

Brenda's story

Ilkeston resident Brenda Green has developed valued skills, forged friendships, and received a great deal of help in return through Erewash Time Swap.

However, before Brenda was introduced to Time Swap, things were very different. She recounts the times she would frequently visit her GP, sobbing her heart out at her sense of loneliness and isolation in the community. She speaks of her frequent trips to the emergency department, of the pain for which doctors could find no diagnosis, of the sessions spent with the cognitive behavioural therapist, of sleepless nights, of the pills prescribed.

"It's really helped me because before (Erewash Time Swap) I was going to the doctor and saying I had a pain here and a pain there and the doctor was doing blood tests and things but kept saying she couldn't find anything wrong," says Brenda.

"Now I've joined Time Swap I go for my 'MoT' at the doctors and she says I seem to be a bit different. I explain about it all and the doctor says it seems like it has changed me; that



"Erewash Time Swap is brilliant. It's brought me alive, it's made me some friends, there's always someone there I can talk to or ask for help."

Brenda

before I would just sit in her room and I'd sob my socks off.

"I don't really go to the doctor now, I don't go to casualty at the weekend, I've stopped taking some tablets. I did have restless legs and they've calmed down. I think I was on the verge of a breakdown."

Brenda has received support through Time Swap of dog walking and household DIY. In return Brenda has contributed to others through her skills in knitting.