

# **Time2Grow Evaluation 2010 -2011**

The purpose of the report is to evaluate the work of the Time2Grow project, reflecting on how a time bank approach can impact positively on community engagement in the environment and reflect social, health and wellbeing outcomes.

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## **Background Information**

Time Banking Wales in partnership with Creation Development Trust and Valleys Kids received funding from the Countryside Council for Wales to test an Environmental Awareness Toolkit, throughout 2010 to 2011.

Building on the successful foundations laid down in preliminary work undertaken by a regional partnership between Valleys Kids and the Creation Development Trust testing the efficacy of an environmental time banking strategy using green time currency. The aim was to increase awareness of environmental, green, sustainability and biodiversity issues promoting involvement in the environment for recreation and health benefits both for the individual and for community benefit. A successful small-scale pilot project was supported by the Countryside Council for Wales in 2009 to 2010.

Time2Grow was extended for a further year, in order to evaluate and evidence participants' environmental journeys, consolidating environmental time banking principles that were already well established. Culminating in the production of a comprehensive evidenced based report produced by Time Banking Wales, reflecting on how a time bank approach can impact positively on community engagement in the environment and reflect social, health and wellbeing outcomes.

## Time Banking Wales

Time Banking Wales is dedicated to practicing and researching new applications of time banking in communities. It aims to learn from empirical applications of time currencies to develop working methodologies that improve practice and make the benefits available to a wide range of people.

The aims of Time Banking Wales are to:

- Advance knowledge, understanding and appreciation of time banking as an instrument for social change.
- Design and develop new models of time banking.
- Support third sector organisations to adopt and implement time banking as a method to advance active citizenship.
- Research the effectiveness of new models of time banking.
- Disseminate the results, best practice to practitioners and policy makers.
- Function as a force for systematic change and social justice.

Welsh time banks work a little differently to the traditional time bank model in that they are 'hosted' within public and community agencies. Community members are then invited to actively engage and take ownership of public services rather than being passive recipients. The 'host' agency acts as the central bank and acknowledges members for their time with credits. These credits can then be used to access socially inclusive activities such as local events or educational and cultural experiences.

This co-productive conversation changes the culture of the community landscape by re-engaging people's talents in the context of participatory democracy, promotes mutual activity, encourages civil renewal and builds positive social capital.

### **Time banking values**

Time banking is underpinned by four core values, which are necessary for inspiring social change:

1. **People are assets:** All people have the potential to make a positive contribution to the community.
2. **Redefining work:** The work that people are willing to do to help each other and their community is valued and celebrated.
3. **Mutuality:** A two-way relationship with opportunities to both give and receive, building healthy and more equal relationships with professional workers/agencies and each other. People need opportunities to give to their communities, to work in partnership and to be recognised for their contribution.
4. **Social Networks:** Healthy communities have strong social networks. People are supported to become an active and integrated part of their wider community.

Time banking is a social instrument designed to develop a more active dialogue between community organisations and 'people in communities' - the intention being to move the agenda from people being 'passive beneficiaries of community services' to 'active citizens for change'.

## **Valleys Kids**

Valleys Kids is a charity based in the Rhondda Valley with a 34-year track record of working with disadvantaged children and families.

Valleys Kids work is about changing lives for the better. The Valleys now rank in some of the most deprived areas of Europe. Valleys Kids works alongside local people to improve the lives of children and families in these communities, helping people to help themselves.

Valleys Kids strives to understand the needs of those they work with, and to respond imaginatively to them, to promote the healthy development of children, the social inclusion of young people and the empowerment of disadvantaged communities.

Their vision is a celebration of the achievement of individuals, who through trying different activities and having different experiences, broaden their horizons and achieve their potential. This is done through working across all ages from babies to 100+ offering crucial opportunities for disadvantaged children, young people and adults, through play work, youth work, residential experiences, computer training, artworks, outreach community support, family support, time banking and Advocacy.

### **The Need**

11%, that's 12,000, young people in Wales aged between 16 and 18 years are not engaged in education, training or employment.

National Audit of Drug Misuse in Britain showed a sharp increase in use of drugs in under 18's – 40% of boys and girls experimenting of which 50% were current users.

Rhondda Cynon Taff has the worst record in Wales of children between 13 - 16 years regularly drinking – 26% of boys and 13% of girls (12% higher than the UK average).

In the last 10-15 years, Valleys Kids has expanded its provision into another three communities, Penyreglyn, Rhydyfelin and then lastly Dinas. In 1997 The Penyreglyn Community Development Project opened its premises on the Mount Libanus estate in Treherbert in two 'converted' houses. Around 40 % of houses were derelict at the time, knife crime, vandalism, drugs and fires were everyday occurrences.



The project building itself is now warm and welcoming and has full disabled access including a lift. There is an exciting play programme term time and school holidays offer further opportunities to have a great time at play schemes. There are pre-school activities and even experiences for babies. There are midweek as well as weekend youth provision including a homework club. They also run adult classes during the day and some evening classes too, aimed at growing adult's self-esteem and confidence. Residential experiences are also offered in Little Bryn Gwyn, Valleys Kids dedicated cottage on the Gower.

Through many years of community consultation, community development and community engagement, petty crime has been reduced tremendously - there's now a waiting list to get on the estate, people now want to belong to this community.

## Creation Development Trust

Creation is based at the Blaengarw Workmen's Hall and receives an annual payment from the Bridgend Local Authority to manage Blaengarw Workmen's Hall as an arts and community venue for the benefit of local people. Creation Development Trust was set up by local people to address social, environmental and economic needs within the communities of the Garw Valley, communities that are amongst the most deprived in the Bridgend County Borough.

Built in 1894, with money collected from miner's wages, Blaengarw Workmen's Hall is at the heart of the mining community in the valley. The Hall was the centre of the educational and social activity in the area. The two thousand miners and their families working in the Garw Valley used the hall on a regular basis. Since the closure of the last of the six mines in 1985, the area has seen a decline in the number of residents, a large increase in unemployment and poor health, and a slow disappearance of the strong mutualism and collective community identity that centred around the way people interacted.

The Blaengarw Timecentre began in 2004 with a small pilot funded by the WCVA. Since its full launch in 2006 the project has flourished, there is now in excess of 700 members, and 30 groups, 15 new social enterprises have been established and new learning opportunities created. The project has generated over 20,000 new hours of active citizenship. Participants are now contributing in excess of 60,000 hours per year to the civil economy. The Hall has an average attendance of 600 visits per week.

Now, Blaengarw Workmen's Hall comprises a 250-seater auditorium with a stage, childcare room, dance studio, dark room, training suite and general-purpose rooms. Activities currently held include coffee mornings, arts classes, information technology classes, youth club, dance and drama workshops, sugar craft and after-school clubs. Live events and performances are a regular feature of the Hall programme including: community plays, Stars in their Eyes, Battle of the Bands, talent shows, pantomimes and light entertainment.



### Location

Bridgend County Borough covers an area of 28,500 hectares and stretches roughly 20 km west to east, taking in the Llynfi, Garw and Ogmere Valleys. The largest town Bridgend has a population of just under 35,000, the other large settlements are Maesteg (population 21,700 and Porthcawl (population 16,100)



## Economy

The local economy of the Borough has undergone significant structural changes in recent decades with a noticeable shift from primary and manufacturing jobs to service sector employment. This has been particularly notable since the seventies, when coal mining in the valleys and steel production at nearby Port Talbot were significant local employers. The legacy of these structural changes and the associated job losses has contributed to deprivation in some wards within the County Borough.

Employment in Bridgend County Borough is concentrated in five wards in the south east of the borough, with three of them accounting for over half the employment in the area. There were as many women as men employed in the Borough in 1997 with a traditional gender split between a predominance of men in the manufacturing and women in the services sector. The manufacturing sector is fairly diverse but there remains something of a focus on low value added manufacturing such as assembly, metal fabrication, plastics, rubber and furniture. As a result output per head is lower in Bridgend County Borough than the Welsh or UK averages. Studies into the labour market and skills in the area suggest a skills gap between people in the areas and employers needs which will restrict business growth in sectors offering high paid jobs.

## **Aims**

A tri-partite partnership agreement was made between Time Banking Wales, Creation Development Trust and Valleys Kids.

### **Communal Land was utilised by both delivery organisations.**

1. Valleys Kids – Forestry
2. Creation Development Trust – Land Management and Protecting Natural Habitats

Both organisations developed awareness through the issuance of Green Currency (underwritten with time banking).

### **Required Targets (combined)**

- 100 Children/Young People actively engaged in environmental activities
- 20 Adults actively engaged in environmental activities
- 16 sessions of community involvement in litter picks, environmental clean-ups (beach/river/forest/community green spaces)
- 80 sessions of children & young people involved as Eco-Warriors (tree planting, erecting bat boxes, den-building climbing, biking, walking, natural adventure trails)
- 10 environmentally focussed training/information sessions (specific to the Toolkit)
- 4,000 active citizenship hours spent on environmental activity

### **Awards:**

A mixture of time bank awards were offered ranging from training courses to trips and environmentally themed group activities: climbing, gorge walking, residential experiences, surfing, Trips into National Parks, SSSI etc

## Environmental Awareness Toolkit – six stage step time bank approach

- Participants were welcomed and invited to become members of the Time2Grow projects. Members were asked by the project staff to tell them about themselves. They started with the question "What do you like doing?". They mapped the things that people could do and asked them how they thought these interests could be put to use for the environmental benefit and social good of the community. They tied these in with the work that they are currently undertaking to build social capital/inclusion within communities
  - Members then complete the Time2Grow Member Registration Forms

Time2Grow Member Registration Form							
This form is part of the 'Time2Grow' scheme currently being launched at ..... It is to help us understand the interests, skills and needs of the community. There is no obligation to take part and if you would not like to receive information and discount offers from us please tick this box <input type="checkbox"/>							
<b>Details</b>			<b>Employment Status</b>			<b>Age Group</b>	
Forename: <input type="text"/>			Fulltime parent at home <input type="checkbox"/>			Under 16 <input type="checkbox"/>	
Surname: <input type="text"/>			Fulltime paid employment <input type="checkbox"/>			16 - 25 <input type="checkbox"/>	
Address: <input type="text"/>			Part time paid employment <input type="checkbox"/>			25 - 60 <input type="checkbox"/>	
Postcode: <input type="text"/>			Not in paid employment <input type="checkbox"/>			60+ <input type="checkbox"/>	
Phone: <input type="text"/>							
<b>Training Opportunities</b>				<b>(Please Tick)</b>			
		Have done	Would like to do			Have done	Would like to do
Wooland Flora & Fauna Identification		<input type="checkbox"/>	<input type="checkbox"/>	Woodland Habitats & Wildlife		<input type="checkbox"/>	<input type="checkbox"/>
Woodlands, Trees and the Law		<input type="checkbox"/>	<input type="checkbox"/>	Pathways And Recreation		<input type="checkbox"/>	<input type="checkbox"/>
Safety, Equipment and Organisation		<input type="checkbox"/>	<input type="checkbox"/>	Bushcraft		<input type="checkbox"/>	<input type="checkbox"/>
Woodland Management		<input type="checkbox"/>	<input type="checkbox"/>	Mountain Biking		<input type="checkbox"/>	<input type="checkbox"/>
Planting and Early Care		<input type="checkbox"/>	<input type="checkbox"/>	Drystone Walling		<input type="checkbox"/>	<input type="checkbox"/>
Young Woodlands		<input type="checkbox"/>	<input type="checkbox"/>	Grass Cutting		<input type="checkbox"/>	<input type="checkbox"/>
Felling, Clearing and Extraction		<input type="checkbox"/>	<input type="checkbox"/>	Tractor Driving		<input type="checkbox"/>	<input type="checkbox"/>
Coppicing		<input type="checkbox"/>	<input type="checkbox"/>	Tractor Operation		<input type="checkbox"/>	<input type="checkbox"/>
Green Woodworking		<input type="checkbox"/>	<input type="checkbox"/>	Cider making		<input type="checkbox"/>	<input type="checkbox"/>
Firewood and Charcoal		<input type="checkbox"/>	<input type="checkbox"/>	Foraged Foods Cuisine		<input type="checkbox"/>	<input type="checkbox"/>
If there are anyother interests you may have please state them in the box below							
<input type="text"/>							

2. Members were asked to share their skills/interests that they have learnt and their interests that they would like to learn in the future. It is not advised that members themselves complete the questionnaire, this is a shared joint experience.
3. Members are then time accredited for attending this session thanking them for their participation. Staff will attempt to achieve an outcome whereby no one leaves without ensuring that there is an opportunity for them to actively contribute a few hours a week to the Time2Grow project.
4. All participants were also invited to complete an environmental engagement and awareness questionnaire, of which Valleys Kids developed in partnership with Time Banking Wales. Data is then captured onto time bank software providing baseline statistics.

**Countryside Council for Wales : Time2Grow Project Questionnaire**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date: \_\_\_\_\_

These questions ask for your views about your environmental awareness and engagement. This information will help keep track of how you relate to the environment and how actively involved you are in environmental activities.  
For each of the following questions, please tick the one box that best describes your answer .

1. In general, would you say your awareness of environmental issues is ...

Excellent      Very Good      Good      Fair      Poor

2. How would you rate your level of activity in environmentally focussed activities (eg litter picking, bush craft workshop, river clean ups) per week? Tick one only.

Never      Occasionally      1 – 2 hours      3 – 4 hours      5 – 6 hours      More (Please specify)

3. I am always keen to learn and do new things relating to the environment

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

4. Through environmental engagement I feel a sense of accomplishment

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

5. Through environmental engagement I now feel more connected with my community.

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

6. I feel committed to improving the local environment and a sense of achievement for being actively involved

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

7. People in my area take pride in their local environment and help to sustain and enjoy it

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

8. I enjoy the countryside and take advantage of opportunities to be out and about in it regularly ( eg walking, fishing, cycling, kite flying, bird watching)

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

9. The VK Time Credit is important to me and helps to motivate me to commit my time as an environmental volunteer

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

10. I am always keen to meet new people

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

11. I enjoy going to new places

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

12. I would welcome future opportunities to be involved in environmental projects.

Strongly agree    Agree      Not sure      Disagree      Strongly Disagree

**Thank you very much for your help**

5. For each hour a member actively contributes time to environmentally focussed activities they are then awarded with green time credits. In Valleys Kids these were pooled for community benefit and in Creation Development Trust they were used within the wider Time Centre.
6. For monitoring and evaluation purposes attendance registers record all the necessary information required. They provide a record of:
  - profile of members by age, gender, address, etc;
  - the type of activities / learning / volunteering being undertaken by each member; and
  - the date and time of each session attended.

Sample

Time 2 Grow - .....		11			Number of Active Hours
<b>ISSUED</b>					
Number of Active Hours (Time Credits)	Membership No	Member	Date	Activity	
2	1	Joseph Cartwright	01/08/2010	Litter picking	
4	2	Melanie Cole	24/08/2010	Bridel Ways	
3	3	Alex White	01/09/2010	Community Clean up	
2	4	Theresa Smith	13/10/2010	Planting	

Time 2 Grow - .....		11			Number of Active Hours
<b>RECEIVED</b>					
Number of Active Hours (Time Credits)	Date		Activity		
4	01/11/2010		Trip to Botanic Gardens		
3	26/11/2010		Community Event		
4	01/12/2010		Sea Shore study trip		

Time 2 Grow - .....		11					Number of Active Hours	ISSUED
		11					Number of Active Hours	RECEIVED
22		Total Number of Active Hours					ISSUED AND RECEIVED	
Monthly entry required								
		AUG 2010	SEPT 2010	OCT 2010	NOV 2010	DEC 2010		
ISSUED	6	3	2					
RECEIVED				7	4			
<b>TOTAL</b>	<b>6</b>	<b>3</b>	<b>2</b>	<b>7</b>	<b>4</b>			
		JAN 2011	FEB 2011	MAR 2011				
ISSUED								
RECEIVED								
<b>TOTAL</b>	<b>0</b>	<b>0</b>	<b>0</b>					

## Monitoring and Evaluation

A framework was constructed by Time Banking Wales to assess the value of environmental interventions, focussing on green social energy as a major outcome. The framework acknowledges the work of the New Economics Foundation, Social Energy produced by Investment in Public Services and work undertaken with Groundwork Trust.

Outcomes - Green Social Energy: Measuring positive attitudinal and behavioural change.

### Qualitative Analysis

What ?	How ?	How Often ?
Initial green audit of engagement	Range of audit tools	Immediate
Attitudinal changes in members	Focus Groups	After each activity
Marketing materials & Media	Collection of all brochures, flyers etc	Ongoing
Photographs	Collection of all events, activities.	Ongoing
Environmental questionnaire (collective sense of ownership)	50-100 members of the time bank	Every 6 months

### Quantitative Analysis

What ?	How ?	How Often ?
Number of members of the environmental network	Members Database	Quarterly
Number of green hours generated	Database	Quarterly
Number of environmental classes	Database	Quarterly
Number of environmental projects	Database	Quarterly
Growth of environmental network	Time audits and Database	Quarterly
No. of events	Database	Quarterly
Environmental Impact (positive and negative)	Visual audit (Photographs)	Quarterly

## Time2Grow Project

### Valleys Kids – Forestry

Penyrenghlyn is at the top of the Rhondda Fawr and the Valleys Kids project building is at the foot of a wooded mountain. Valleys Kids have formalised a ten year management plan with the Forestry Commission Wales, in relation to 60 acres of forest in Penyrenghlyn. The Forestry Commission in partnership with the project and Valleys Kids environmental groups are improving and promoting the use of the forest by the local communities. The Forestry Commission value the communities input - we know how valuable their work is. Valleys Kids continue to use the forest to engage with young people from the age of 5 to 25 during afterschool, play schemes and youth sessions. A wonderful playground for children and young people, they spend endless hours in the forest playing and learning about their environment. The project has a barbecue area which is well used by the community as well as centre users, encouraging responsible use of the forest and the facilities.

The Valleys Kids project has a dedicated youth worker which has a positive effect on young people's lives. The Time 2 Grow Project involves groups from: After School Club, Junior and Senior Youth Clubs the Feeling Good Group of adults and casual adult volunteers from the community. Valleys Kids young people also take responsibility for keeping the forest clean and litter free by doing clean ups when needed, although this has become less of a problem due to people becoming more responsible in the way they use the area. This has led to the young people becoming involved in efforts to adopt local green spaces and clear them of rubbish, creating a better environment for all.

Valleys Kids also use the forest to support BTCV in training and engaging adults as part of their Job Club. To date they have cleared the watercourses, built a new fire pit and after receiving their brush cutter training they have helped to cut the grass and clear the brambles. One of the young adults has recently found employment with Groundwork Merthyr and R.C.T due to his experience and training on this project. While others continue to develop skills that will hopefully lead to employment.

There is an adult support group that when the weather is good like to use the forest for picnics and barbecues. Many of these group members have varying physical and mental health issues that make this a very therapeutic activity.

Valleys Kids undertook a range of outdoor activities, which included:

- Afterschool Club  
Play sessions were held in the Forest activities included den building (camouflage with natural materials) , camp fires, barbecues and games Anti- arson campaign
- Middle Club  
Junior youth sessions were run in the forest, activities included forest walks, camp fires, hide and seek and torch touch.



Before the summer began a small group of children visited the Llangore Multi-activity Centre for a day of rock climbing and 'Dingle Scramble', which is a type of gorge walking.

- Youth Club  
Plenty of outdoor activities, especially rounders. Youth sessions were run in the forest – young people sat and talked around the stone fire pits, they also took their hammocks up the forest too. Older youth members supported the Afterschool and Middle Club as volunteers



- Environmental Week  
In partnership with Keep Wales Tidy, BTCV, the Forestry Commission, the Fire Service and the Police a week of environmental activities were delivered. During the week volunteers and BTCV staff built a garden planter and some benches using timber from the forest project. Vegetables will be planted throughout the summer period. The Fire Service Education team discussed the dangers of forest fires with the children and their parents, showing them videos and providing information leaflets. The Police discussed the legal issues of arson and some of the children took a trip in the riot van. The week was beneficial for both the environment and the project. 130 people attended and had a great day.



- Forest School  
Activities were delivered by the Forest Ranger. Children explored the woods and learnt about native animals and their habitats. 16 children were involved in 2 sessions



- Community Clean Up  
Keep Wales Tidy helped organise a community clean up. 12 children and 6 adults helped to clear rubbish from some of the green spaces on the housing estate. The Tidy Towns team took a lorry full of bags to the tip after the clean-up.

Other activities have included;

- Wild flower planting
- Vegetable planting in the community garden
- River clean ups
- Circuit training, healthy eating and exercise
- Free play – climbing trees

## Awards

- Themed Easter community event to thank everyone for all their hard work, hog roast and bouncy castle.

## **Time2Grow Project**

### **Creation Development Trust – Land Management and Protecting Natural Habitats**

#### Growing Spaces in Blaengarw:-

These areas are intended to encourage and empower the community to get out and improve their health and wellbeing, reduce their carbon footprint by growing local produce, improve sustainability and increase biodiversity to the area. These areas are open to all throughout the borough and further afield to gain experience and knowledge.

#### Darren Bungalows Blaengarw

Growing spaces at Darren Bungalows are being used by the residents of the bungalows, their children and their grandchildren on a regular basis. The residents and their families have taken on the task of looking after this extension to their gardens by maintaining the area and looking after the fruit and herb plants that were planted last year. This area has been built mainly with recycled materials from the local area and with the aid of the Bridgend County Borough Council Tidy Towns organisation. Through consultation with the residents of the bungalows they have requested additional raised beds and fruit trees for the families to look after and have offered to purchase plants to improve the area. This area is still being improved, not just by the residents but also the help of local adult and youth organisations, local schools (Education for Sustainable Development and Global Citizenship (ESDGC)) and local and borough volunteers. This area has also been used as a local foraging and identification workshop area with participants coming as far away as Cardiff. The growing spaces have also supplied fresh produce for the Blaengarw Café.

#### Railway Terrace Blaengarw

New growing space at Railway Terrace is a lot larger than Darren Bungalows with the majority of the residents of Railway Terrace up for the challenge of this area. The residents have already volunteered quite a bit of their time on the initial consultation, not just on the open evening but via community liaisons during the past weeks with a number donating plants and seed for the project and other ideas for the area. The local school will be involved from the beginning as part of the ESDGC curriculum as there will be bed construction, soil management, insect habitats, vegetable and fruit cultivation with ornamental and wildflower in a grassland meadow to increase the biodiversity of this area. This area will be enclosed and gated with raised beds for herbs, fruit, vegetables and ornamental flowers on the circumference will be a fruit tree cordon and climbing plants. Here there is scope not just for the local residents of Railway Terrace but various organisations and schools to use this area on a regular basis and for regular rural workshops; all of which will allow the local community to participate in this area.

All initiatives carried out by the Rural Timecentre Blaengarw are in accordance with the 'Upper Garw Valley Reclamation Scheme: Management Plan and Habitat Creation (Hyder Consulting January 2006 – Report No: NE02560-NER-01)' and 'Bridgend County Borough Council Local Biodiversity Action Plan'.

1. The following tasks were carried out since August 2010:

- Field rotation system (grass and wild meadows) set up and introduction at Cwm Nant Hir Blaengarw
- Re-instating and planting new hedgerows at Cwm Nat Hir, Blaengarw community woodland, Bettws and Moelgilay. Activities included coppicing, bridgways, and planting native species of Welsh origin.



*Active citizen's woodland management, coppicing, hedge laying*

- New community orchard and woodland Blaengarw
- Dry stone walling Blaengarw
- Removal of invasive and non-native species (buddleia, rhododendron, Himalayan balsam, bramble), Garw Valley river course, Garw Valley woodlands
- Water courses, river and lake management. Activities included pond dipping, river clean-ups and habitat creations.





*Garw Valley bridleways – reinstating existing Garw bridleways*

2. Over 200 children participating in environmental improvement and biodiversity projects

There have been various biodiversity projects involving young people from throughout the borough.

- Woodland flora identification and foraging
- Woodland shelter building and wildlife habitats



*Blaengarw community woodland creation – carbon capture woodland*

- Environmental tidy ups in Blaengarw
- Blaengarw Primary School green day
- Fresh water biodiversity awareness and pond dipping
- Ffaldua Primary School sea shore biodiversity and rock pool survey





*Blaengarw and Garw Valley environmental clean ups – community areas, woodlands, water courses and community routes.*

### 3. Over 50 Adults participating in learning activities

These activities have involved adults from throughout the borough and various organisations:-

- Flora identification and removal of invasive species around Blaengarw
- Environmental tidy ups along the Garw Valley and Borough
- Hedge laying
- Woodland creation and tree identification in Blaengarw and Borough
- Woodland management, coppicing
- Land management, field systems, grasslands and meadows
- Community growing spaces
- Community liaison



*Blaengarw community growing space*

### 10 Information and training sessions held, including;

- Community growing areas, Railway Terrace, Katie Street, Marian Street and David Street
- Guerrilla gardening
- Active citizen information, time banking





*Katie Street, Blaengarw – disused land being prepared for community growing space, dry stone walling and footpath projects.*

At least 35 environmental sessions held

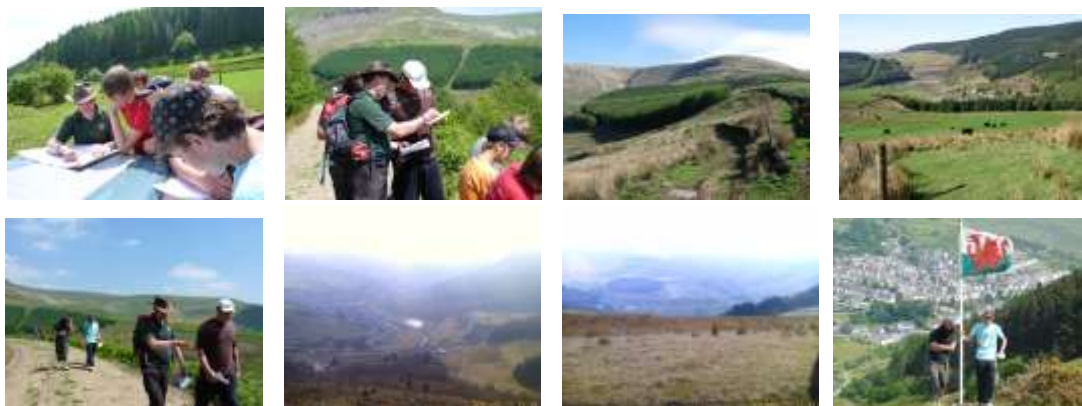
- Community gardens
- Pond dipping
- Sea shore survey
- Woodland management
- Rural workshops, foraging, hanging baskets, seasonal recipes, Halloween lanterns and insect habitats, felt soap and bath bombs, Christmas decorations, Christmas wreaths
- Environmental walks
- Walk way, bridleway clearing



*School sea shore visit*

At least 2000 active citizenship hours spent on environmental activities

- Environmental workers
- Local borough organisations
- Local youth organisations
- Local schools
- Volunteer group Garw and Borough



*Active citizens – environmental walks – orienteering skills - foraging*

## Awards

- Visit to the South East Wales Biodiversity Records Centre (SEWBREC) at Greenmeadow Farm in Cwmbran.
- Individuals were also able to use their green currency within the Time Centre for activities, events or trips.



*Active citizen's workshop and trip to growing spaces*

## Research Methodology

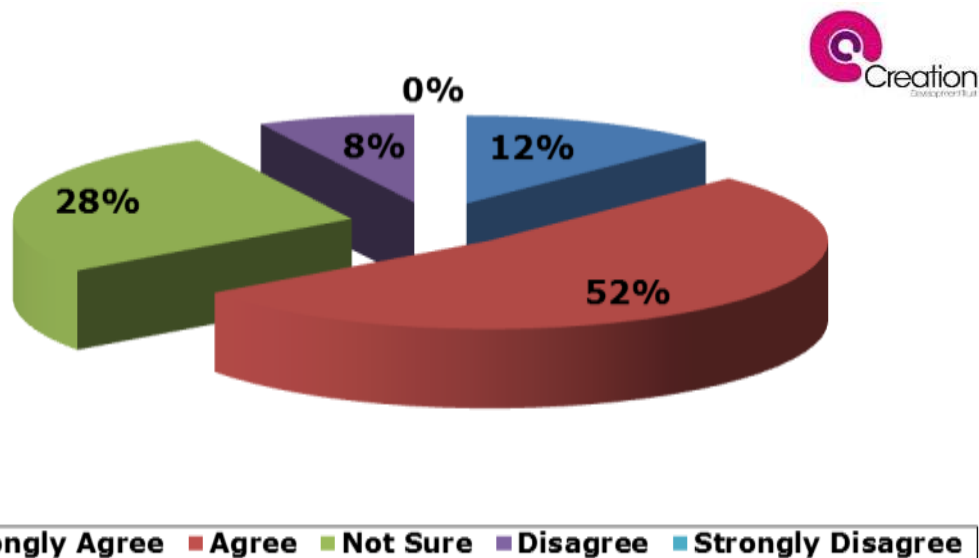
### 1. Focus Group held with Environmental Co-ordinator and Time Bank Workers

- **How do you feel the activities you deliver, contribute to and impact on the environment and community?**

*'We set up a process to inform the local community about local environmental aspects of the village and surrounding areas such as fauna, flora, healthy eating, regular exercise and wellbeing by distributing information sheets via the Street Ambassadors (people looking after their streets) and opening up further community consultation forums on rural awareness. This helped us to gain an understanding about the types of workshops and events that local people would like to be involved in. We instigated a separate time credit within our community currency system and introduced the "Green Time credit". We also differentiated the environmental participants by calling them "Rural Time Centre members"*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

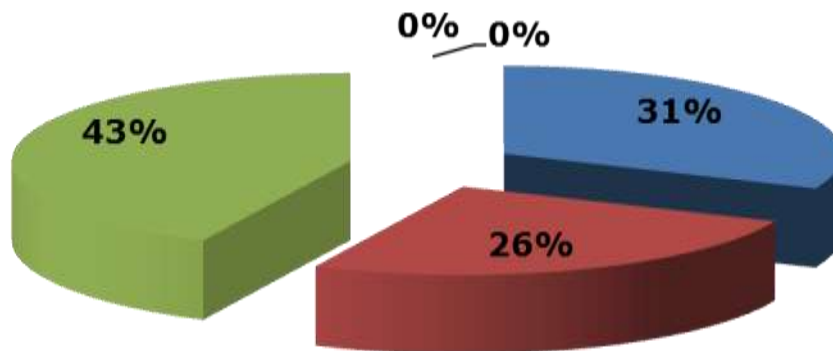
### 9. The CDT Time Credit is important to me and helps to motivate me to commit my time as an environmental volunteer



*'Communities First installed benches, residents didn't want benches outside their doors as all the kids were congregating there - a nuisance (Communities First turn a blind eye when things get damaged). By simply talking to the community they asked us for the benches and where they should be put, and now none have been vandalised'.*

**Ceri Nicholas, Penynglyn Project Manager – Valleys Kids**

**9. The VK Time Credit is important to me and helps to motivate me to commit my time as an environmental volunteer**



■ Strongly Agree ■ Agree ■ Not Sure ■ Disagree ■ Strongly Disagree

- **Can you provide some example of successes and barriers encountered?**

*'After our first workshop it was difficult to encourage the local community to participate even though there was no entrance fee, materials were free and the finished product could be taken home'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

*'The forestry is a great resource for all the community groups – within the Feeling Good Group, people recovering from illness or suffering disability and their carers all use the spaces and woodland – a relaxing place for discussion groups of all kinds'*

**Ceri Nicholas, Penyreglyn Project Manager – Valleys Kids**

*'Our initial experience of getting the community involved in environmental and well-being projects was met with a little negativity and confusion. We soon realised that this was because local people had less knowledge about the environment than first anticipated and as a result, we had been disseminating information at the incorrect level'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

*'Children from other areas - Penygraig, Tylerstown and Gelli kids are getting involved - breaking traditional tribal barriers'*

**Ceri Nicholas, Penyreglyn Project Manager – Valleys Kids**

*'We found that the community was unaware of the issues surrounding sustainability and biodiversity, not just in their community, but globally, and our original projects did not provide incentive to the majority of community members as they felt it was beyond their capabilities. In order to address this, we took steps to change our approach to what the community needs were and carried out a community consultation to check not just their understanding of the environment but their expectations of the projects'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

- In your opinion do you think environmental awareness has increased?**

*'We held a number of taster sessions in the community over a number of weekends to raise awareness and provide learning tasters with sessions such as dry stone walling, woodland management and gate hanging. Although we did not attract the numbers of people that we would have liked, these workshops were important for those that did attend as they provided the first positive experience of environmental work. Following these sessions, we spoke with the participants to see if they wanted to continue with their environmental learning journey. Positive feedback led to rural workshops being organised including willow weaving and foraging local food in the immediate local vicinity'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

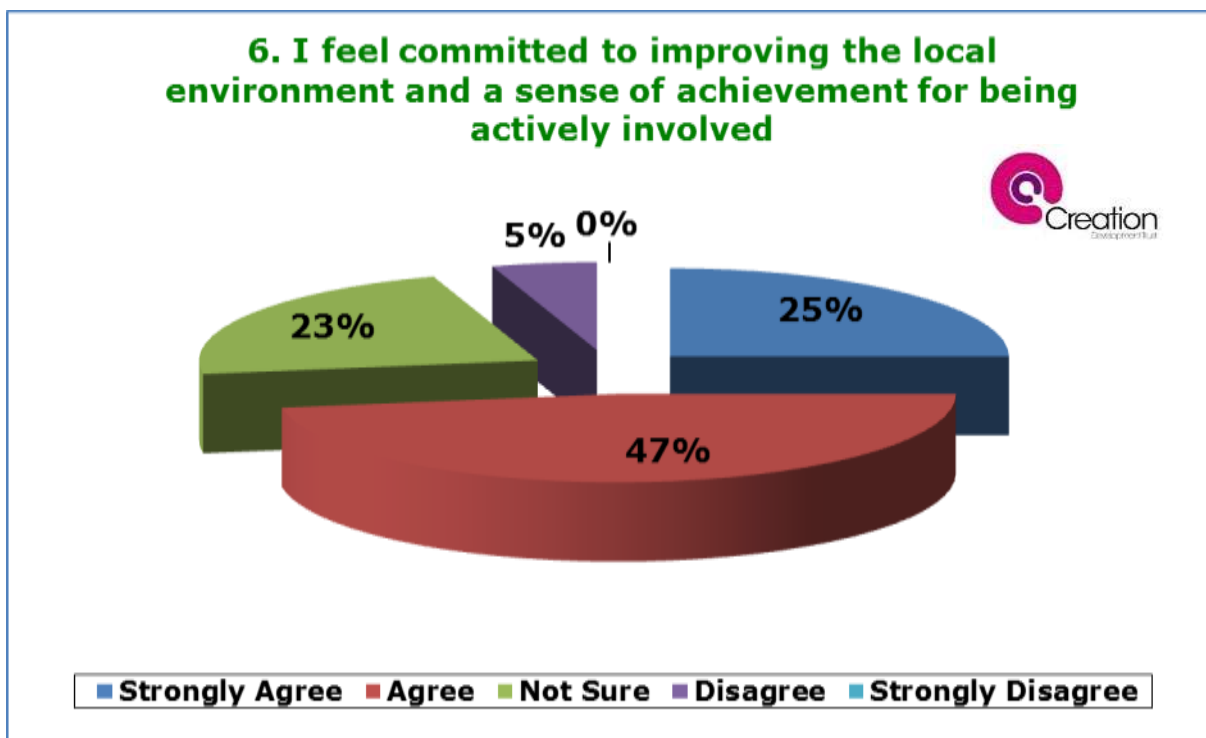
*'We change the attitude to the outdoors - people take it for granted and don't really see it – it's a beautiful area'.*

**Ceri Nicholas, Penyrenglyn Project Manager – Valleys Kids**

- Have you noticed attitudinal change in members toward the environment?**

*'Rural Time Centre members and community participants in the rural workshops have increased to a point now that the community is coming forward with ideas and suggestions for community projects such as community growing areas and footpaths, thus allowing projects to be community run and led'.*

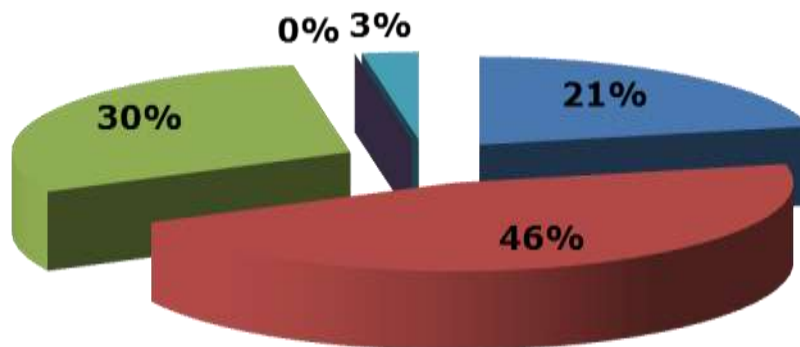
**Chris Jones, Rural Time Centre Manager – Creation Development Trust**



*'Some young people who have never taken part in organised activities are now committed members of the project'.*

**Ceri Nicholas, Penyrenglyn Project Manager – Valleys Kids**

**6. I feel committed to improving the local environment and a sense of achievement for being actively involved**



■ Strongly Agree ■ Agree ■ Not Sure ■ Disagree ■ Strongly Disagree

*'It seems clear that the time credit incentive was a factor in helping to engage participants, but also that having become involved, increased confidence levels, enjoyment and sense of achievement was also a compelling incentive to continue. The Awards model seems to offer a significant means of developing a strong sense of motivation and greater community spirit'.*

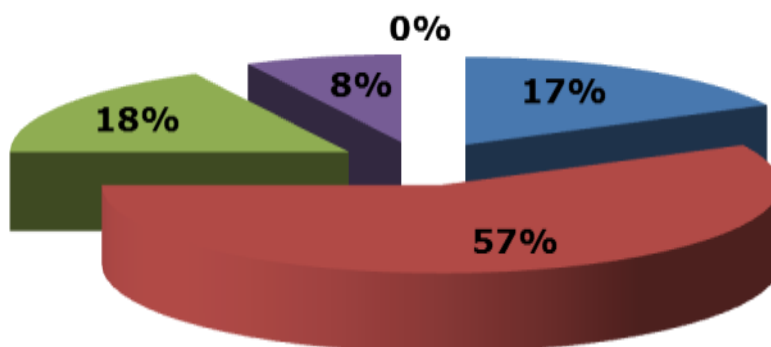
**Denise Lord, Development Co-ordinator – Valleys Kids**

*'Pride and ownership creates a willing work force who want to make changes'.*

**Ceri Nicholas, Penyreglyn Project Manager – Valleys Kids**

- **What has been the environmental impact to the community?**

**5. Through environmental engagement I now feel more connected with my community.**



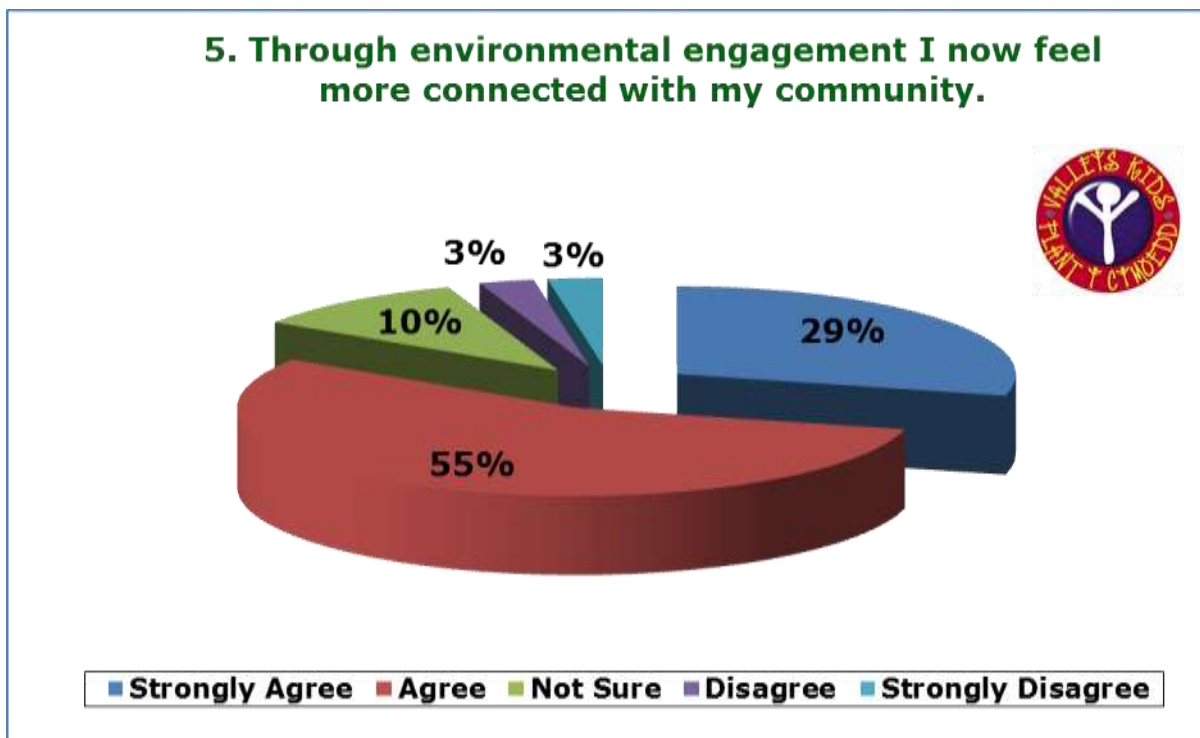
■ Strongly Agree ■ Agree ■ Not Sure ■ Disagree ■ Strongly Disagree

*'Workshops are based on rural activities and creating an awareness of the environment, the impact of our everyday lives on the environment, how the community can counteract and improve their environment from increasing the biodiversity either through the development of community gardens for food production and ornamental spaces to increasing native flora to encourage the wildlife'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

*'Our volunteers collected 30 bags of fly-tipped rubbish – we leafleted the streets saying support your kids to keep the area clean - litter drastically reduced. Educate the parents through the kids'*

**Ceri Nicholas, Penynglyn Project Manager – Valleys Kids**



*'We needed people to stop taking the environment for granted - not noticing it - it's an area of natural beauty but people don't see it'.*

**Ceri Nicholas, Penynglyn Project Manager – Valleys Kids**

- Have you consulted/engaged with external organisations on environmental projects?**

Valleys Kids in partnership with the Tidy Towns Team, Keep Wales Tidy and BCTV cleared a communal area; it was landscaped, made accessible and attractive for local community use. Planting and growing projects have been linked to this. It was a successful initiative in bringing adults and children together working towards a common aim with wider community benefits.

The Time2Grow project has consolidated a number of key partnerships for Valleys Kids and helped to instigate new ones, collaborators include: the Forestry Commission, Rhondda Housing Association, Age Concern, Keep Wales Tidy, the Fire Service, Tidy Towns, the Police, BCTV, Connaught, the RAF and the Wales University Royal Naval Unit in Sully.

*'We have a great relationship with other organisations, they help us and they also benefit from our relationship with the community, if they want an in with the community they get better and quicker results going through us'.*

**Ceri Nicholas, Penyrenglyn Project Manager – Valleys Kids**

At Creation Development Trust, Rural Time Centre members also volunteer with other organisations such as Bridgend County Borough Council (BCBC) Countryside Manager, British Trust for Conservation Volunteers (BTCV) and Keep Wales Tidy on various tasks from litter picking to hedge laying.

*'We have found that since the project started community members will discuss a wide range of community issues, whether it is while we are on task and community members engage or while we are on surveys for new projects. In conjunction with BTCV, we offer members Open College Network (OCN) certificates for various activities such as dry stone walling'.*

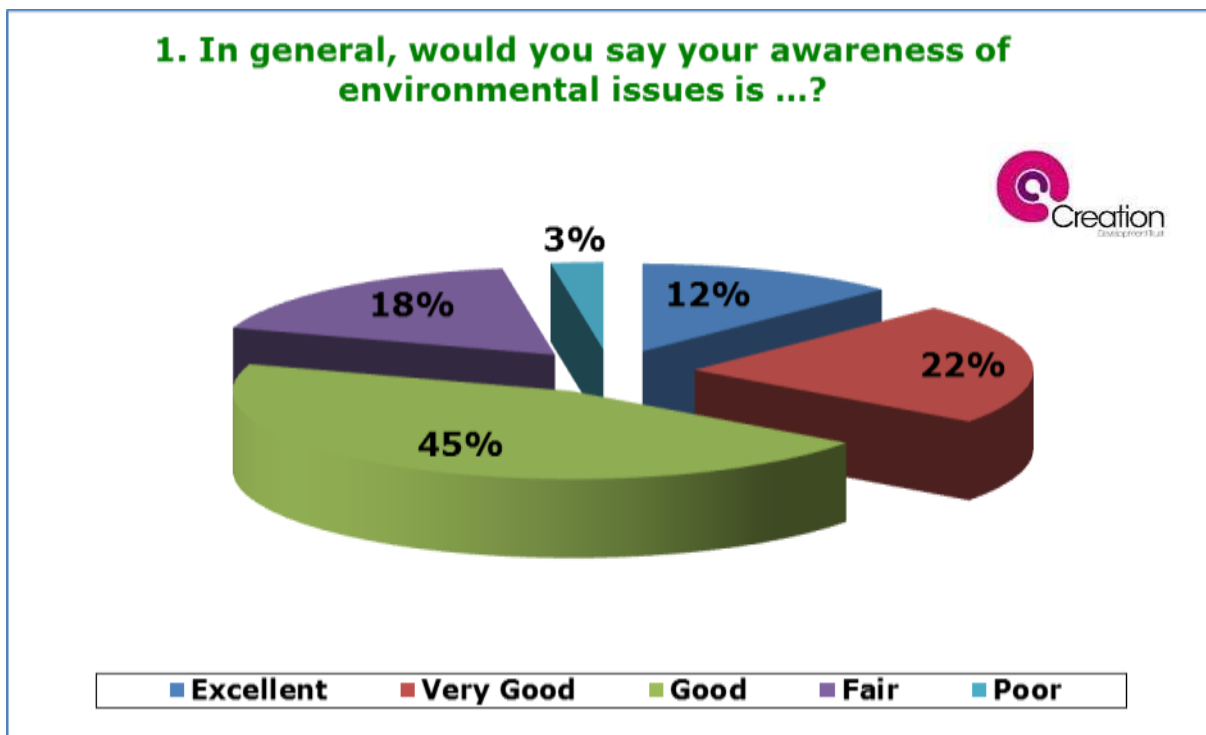
**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

2. Group Interviews (mixture of informal and formal) – members

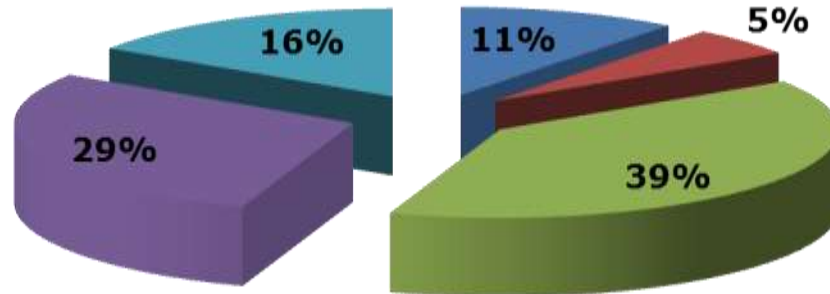
- **In your own opinion before you engaged with Time2Grow – was the environment important to you?**

*'Creation gave us information leaflets and posters explaining the benefits of broadening our skills but not just as individuals but the community and the environment as well. We were encouraged to take part in as many of these activities as we felt comfortable with and could progress through the project as we built our self-esteem and confidence'.*

**Creation Development Trust Member**



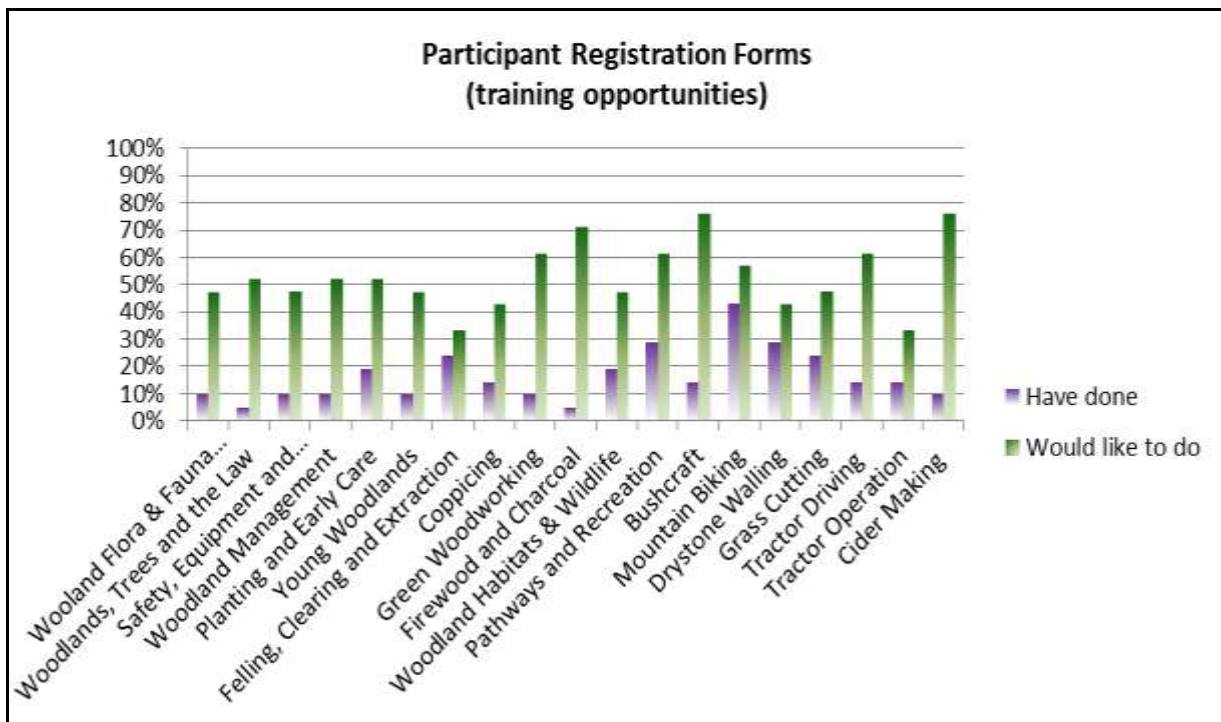
# 1. In general, would you say your awareness of environmental issues is ...?



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

- What activities were you initially interested in and what activities are you now involved with?

Participants engaged in the Time2Grow project were asked to complete registration forms. These registration forms recorded information on the kinds of environmental activities they had previously been engaged with. The forms also recorded what activities they would like to contribute to in the future.

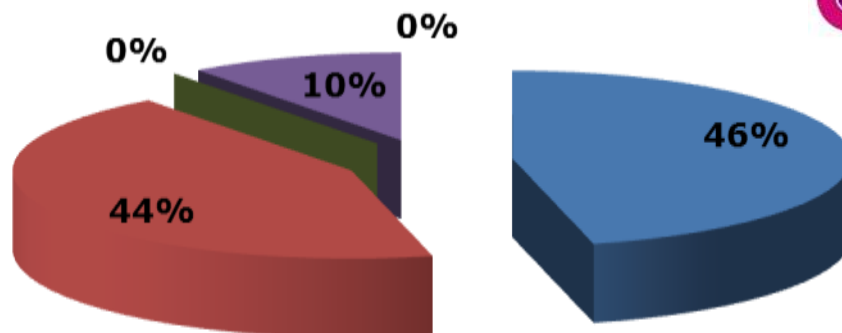


*'We found that there were individuals who had skills and talents that could be utilised in future environmental projects and who were keen to take part in future events and play an active citizenship role in the Rural Timecentre and their community. To gain insight into these skills, talents and capabilities, we carried out surveys about their understanding of environmental issues'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

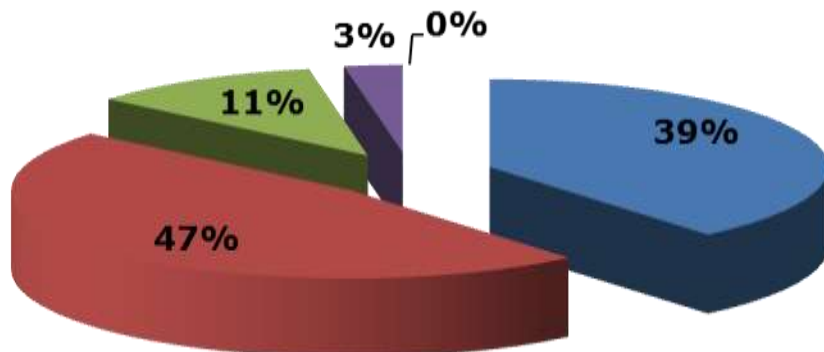
It was quite evident from the information gathered that environmental participation was at a very low level in the community and that personal knowledge was in the majority linked to recreational pass times.

**8. I enjoy the countryside and take advantage of opportunities to be out and about in it regularly ( eg walking, fishing, cycling, kite flying, bird watching)**



■ Strongly Agree ■ Agree ■ Not Sure ■ Disagree ■ Strongly Disagree

**8. I enjoy the countryside and take advantage of opportunities to be out and about in it regularly ( eg walking, fishing, cycling, kite flying, bird watching)**



■ Strongly Agree ■ Agree ■ Not Sure ■ Disagree ■ Strongly Disagree

- **What made you come in the first instance?**

Although there was a varied demographic, a high percentage of participants were unemployed.

*'Our open events were very positive and community members came to Creation to ask when the next workshops and active citizenship events were being held as they were keen to participate and engage with Creation'.*

**Chris Jones, Rural Time Centre Manager – Creation Development Trust**

- **Do you think being involved has improved your knowledge of your local environment and the wider environment in any way? Has it made you healthier/happier? Why and how?**

Young People who were on Job Seekers Allowance benefits attended job club at Valleys Kids. They initially completed trimmer training. Staff then supported these young people by working with them on their CVs and job applications as they had the relevant experience, qualifications and a good attitude. This has resulted in the achievement of four people gaining employment.

By working with the staff at the Valleys Kids, young people's aspirations and prospects have been raised. Life in general has been improved as youth workers provide support for school work emphasising its importance, ensuring young people finish their schooling and don't drop-out at an earlier age which inevitably would be detrimental in their transition to adulthood.

Creation Development Trusts active citizenship programme allows volunteers to participate in various activities. They currently have ten Rural Time Centre members who help out each week with three or four turning up on a regular basis engaging in various areas. The emphasis is to encourage and motivate these volunteers into the wider community and give them the skills to pass on knowledge and experiences within the project. The activities are not always a hands on task but getting out into the wider environment discussing diversity issues and informing the volunteers on current issues. These walkabouts also assist part of the project in aiding health and wellbeing by getting community members out and about.

**3. One to one conversations with organisations in the voluntary and public sector that the project has worked in partnership with.**

*'I would like to take this opportunity to offer our huge thanks to you for being involved in our ESDGC activities. Without the support of organisations such as Creation Development Trust, important educational projects like this would be unable to go ahead'.*

*'The opportunity for our pupils to spend time out in the community will I am sure prove to be of huge benefit to all concerned. We have had vast amounts of positive feedback both from the staff and the pupils involved this year. I think many of the pupils were genuinely shocked that there are so many projects within our local area which base their ethos on sustainability and improving the facilities available to the community'.*

*'We are now looking towards next year and the move to a new school and how the lessons we have learnt through these activities can be put into practice in our new environment. Thanks once again and we look forward to working with you again in the future'.*

**Mr G Evans, Cowbridge Comprehensive School**

## Monitoring Outputs

### Valleys Kids

Activities recorded:-

Members	Group/Activity	Workshop	Hours
16	Afterschool Clubs	Litter Picks (4 hours)	64
144	Afterschool Clubs	9 Play sessions (10 hours)	1440
64	Middle Club	4 Junior Youth Sessions (2 hours)	128
32	Youth Club	2 Youth Sessions (2 hours)	64
130	Environmental Week	5 days @ 6 hours	Average 780
32	Forest Schools	2 sessions (6 hours)	192
12 children 6 adults	Community Clean Up	6 hours	108
TOTAL 336			TOTAL 2776

## Monitoring Outputs

### Creation Development Trust

Rural time credits awarded:-

Members	Date	Workshop	Hours
5	28 <sup>th</sup> July 2010	Garw Mini Hurdles and Felt Soap	15
10	11 <sup>th</sup> August 2010	Environmental Awareness – Nettle Cordage	43
5	18 <sup>th</sup> August 2010	Environmental Awareness – Nettle Cordage	21.5
1	25 <sup>th</sup> August 2010	Environmental Awareness – Nettle Cordage	4.5
4	08 <sup>th</sup> September 2010	Garw Walk number 1	20
3	11 <sup>th</sup> September 2010	Rural Workshop – Garw Foraging and Baking	12
1	13 <sup>th</sup> September 2010	Garw Foraging	6
4	14 <sup>th</sup> September 2010	Environmental Awareness – Garw Foraging and Baking	10
30	18 <sup>th</sup> September 2010	Beach clean – Newton burrows	70
1	20 <sup>th</sup> September 2010	Foraging	4
19	21 <sup>st</sup> September 2010	Environmental Awareness – Nettle Cordage	44.5
5	22 <sup>nd</sup> September 2010	Community Consultation	15
1	27 <sup>th</sup> September 2010	Community Orchard	6
9	29 <sup>th</sup> September 2010	Rural Workshop – Garw Autumn Baskets	18
2	04 <sup>th</sup> October 2010	Environmental Tidy Up	10
1	08 <sup>th</sup> October 2010	Community Garden	4
4	09 <sup>th</sup> October 2010	Garw Walk Number 2	24
1	11 <sup>th</sup> October 2010	Community Garden	4
6	16 <sup>th</sup> October 2010	Rural Workshop – Garw Autumn Foraging	24
2	20 <sup>th</sup> October 2010	Public Consultation – Katie Street	6
1	23 <sup>rd</sup> & 24 <sup>th</sup> October 2010	Coppicing Ty Tanglwyst Farm	8
4	27 <sup>th</sup> October 2010	Rural Workshop – Garw Halloween Crafts	8
2	01 <sup>st</sup> November 2010	Community Gardens	8
1	06 <sup>th</sup> November 2010	Coppicing West Park School Porthcawl	4
2	08 <sup>th</sup> November 2010	Bridleway	8
2	09 <sup>th</sup> November 2010	Bridleway	4
5	11 <sup>th</sup> November 2010	Environmental Tidy Up	20
1	12 <sup>th</sup> November 2010	Coppicing	4
7	13 <sup>th</sup> November 2010	Rural Workshop – Garw Felt Decorations	28
2	16 <sup>th</sup> November 2010	Environmental Clean Up	4
1	19 <sup>th</sup> November 2010	Bridleway	2
2	22 <sup>nd</sup> November 2010	Coppicing	12
2	23 <sup>rd</sup> November 2010	Coppicing	4
1	25 <sup>th</sup> November 2010	Coppicing	6
2	29 <sup>th</sup> November 2010	Coppicing	12
2	30 <sup>th</sup> November 2010	Coppicing	4
15	6 <sup>th</sup> December 2010	Environmental Awareness – Orchards and Biodiversity	30
2	16 <sup>th</sup> December 2010	Coppicing	12
5	15 <sup>th</sup> January 2011	Willow Weaving	30
2	18 <sup>th</sup> January 2011	Coppicing – ARC group	4
4	22 <sup>nd</sup> January 2011	Recycled Plant Pots	24
1	24 <sup>th</sup> January 2011	Planting Trees	6
8	24 <sup>th</sup> /28 <sup>th</sup> January 2011	Hedge laying	40

1	29 <sup>th</sup> January 2011	FCFCG Cwmbran	7
1	31 <sup>st</sup> January 2011	Tree Planting	3
1	04 <sup>th</sup> February 2011	Environmental Tidy Up	3
6	05 <sup>th</sup> February 2011	Herb Remedies	36
7	07 <sup>th</sup> /08 <sup>th</sup> February 2011	Coracles	35
3	12 <sup>th</sup> February 2011	Hanging Baskets	18
5	19 <sup>th</sup> February 2011	Foraging	30
4	28 <sup>th</sup> February 2011	Riverside Management	16
3	07 <sup>th</sup> March 2011	Environmental Walk	9
2	08 <sup>th</sup> March 2011	Hedge laying	4
1	12 <sup>th</sup> March 2011	Environmental Tidy Up	4
2	15 <sup>th</sup> March 2011	Hedge laying – ARC group	4
1	15 <sup>th</sup> March 2011	Hedge laying	3
5	22 <sup>nd</sup> March 2011	Environmental Tidy Up	25
2	22 <sup>nd</sup> March 2011	Growing Space – ARC group	4
5	24 <sup>th</sup> March 2011	Environmental Tidy Up	25
5	29 <sup>th</sup> March 2011	Environmental Tidy Up	25
2	29 <sup>th</sup> March 2011	Growing Space – ARC group	4
5	31 <sup>st</sup> March 2011	Environmental Tidy Up	25
2	05 <sup>th</sup> April 2011	Growing Space	4
1	07 <sup>th</sup> April 2011	Garw Walk No 4	6
2	12 <sup>th</sup> April 2011	Growing Space – ARC group	4
1	12 <sup>th</sup> 13 <sup>th</sup> and 14 <sup>th</sup> April 2011	Community Growing Space	6
1	15 <sup>th</sup> April 2011	Garw Walk No 4	4
1	16 <sup>th</sup> April 2011	Tracks and Trails Bedford Park	2
2	03 <sup>rd</sup> May 2011	Growing Space	4
1	05 <sup>th</sup> May 2011	Phytophthora Survey	3
7	09 <sup>th</sup> May 2011	Partnership Working Garw Fechan	24.5
35	14 <sup>th</sup> May 2011	Valleys Rural Market Environmental Awareness	245
1	16 <sup>th</sup> May 2011	Community Growing Space – Darren Bungalows	4
2	17 <sup>th</sup> May 2011	Community Growing Space – Station Cafe	3
8	21 <sup>st</sup> May 2011	Locks Common – Bird Watching	16
3	24 <sup>th</sup> May 2011	Bettws Bridleway	10
1	27 <sup>th</sup> May 2011	Community Growing Space	2
1	02 <sup>nd</sup> June 2011	Community Growing Space	2
2	03 <sup>rd</sup> June 2011	Environmental Activity	1
TOTAL 320			TOTAL 1264

### Environmental Monthly Working Parties

Sep-10		Number Of People	Number Of T/Credits	Number Of Hours
Environmental Clean Up	GAS			
	Creation	16	128	100

Oct-10		Number Of People	Number Of T/Credits	Number Of Hours
Environmental Clean Up	GAS	16	128	10

Nov-10		Number Of People	Number Of T/Credits	Number Of Hours
Environmental Clean Up	GAS			

	Creation	16	43	100
Tree Planting		16	43	100
Bridge Ways		8	43	12

Dec-10		Number Of People	Number Of T/Credits	Number Of Hours
Getting Rid Of Budlea		16	43	50
	Creation	16	43	7
Tree Planting		16	43	100

Jan-11		Number Of People	Number Of T/Credits	Number Of Hours
Environmental Clean Up	GAS	16	64	5
	Creation	8	64	4

Feb-11		Number Of People	Number Of T/Credits	Number Of Hours
Environmental Clean Up	GAS	16	26	4
	Creation	8	26	3
Hedge Laying		10	26	100
Fencing		4	26	100
Pathways		4	26	100

Mar-11		Number Of People	Number Of T/Credits	Number Of Hours
Environmental Clean Up	GAS	18	32	16
	Creation			
Hedge Laying		10	32	100
Fencing		4	32	100
Pathways		4	32	100

Total		222	900	1111
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Total Hours

1264  
1111 +  
**2375 hours**

**Project Outcomes:**

- Continuation of Time2Grow projects actively exchanging green currency
- Environmental community activity increased through time banking
- The application of time banking quantifies environment activity
- Positively increasing individuals awareness of their local and natural environment
- The construction of an Environmental Awareness Toolkit that will evaluate and evidence participant's environmental journeys
- A toolkit with the ability to measure environmental awareness that can be shared regionally and nationally

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<http://www.ccw.gov.uk> The Countryside Council for Wales is sponsored by the Welsh Assembly Government.

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