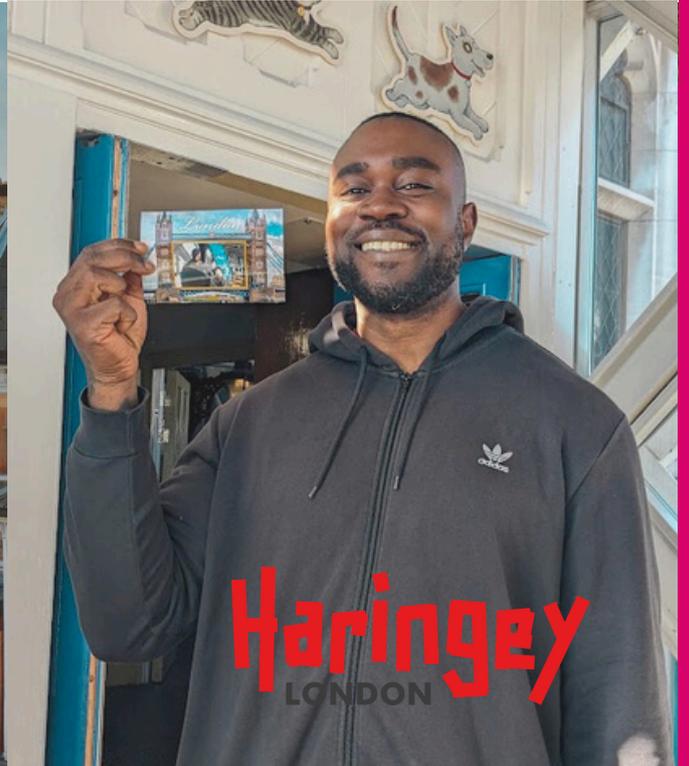




POWERED BY COMMUNITIES IN HARINGEY

Tempo Time Credits



Time Credits
Earned
12,749

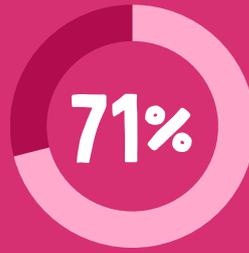
Time Credits
Gifted
602

Volunteers
477

Business
Partners
59

Feel less isolated
and lonely

83%



Feel their
mental health
has improved

81%



Have learned new skills

83%

feel more able to
contribute to the
community



80%

Feel healthier
overall

76%

Feel more
positive about
the future



71%

Feel Time Credits
improve their
quality of life

69%

Said they
can afford to
do more



POWERED BY

Tempo Time Credits

**Haringey
Programme**

2025

COMMUNITIES



76%

Feel more
confident

60%

Visit or see
other people
more often



Haringey Time Credits Programme Overview



Tempo currently works with **38 active services** and Recognition Partners across Haringey. Our place-based approach ensures the programme remains responsive to the borough's diversity and evolving needs, focusing on communities where Time Credits can add the greatest value. The programme supports 477 volunteers who have earned a total of 12,749 Time Credits by contributing their time and skills to organisations across the borough. These credits can be redeemed with 59 local business venues, offering a wide range of activities that help residents stay active, social and engaged in their neighbourhoods.

Haringey is one of London's most diverse boroughs, with a rich mix of cultures, communities and local high streets. Tempo's Haringey Time Credits programme works closely with local partners and businesses to ensure volunteering feels accessible, rewarding and embedded in everyday life-strengthening community connections while supporting the local economy.

Social Value Generated

At a valuation of £15 per hour, this equates to £191,235 of social value, reflecting the role Time Credits play in encouraging engagement and supporting pathways into volunteering across the borough.



Where are we now?



Tempo has delivered the Haringey Time Credits programme for over **13 years**, establishing a strong and trusted presence across the borough. Over this time, we have built lasting relationships with local services, community groups and Recognition Partners, alongside trusted connections with staff, volunteers and residents. This long-term commitment, combined with a deep understanding of Haringey's diverse communities, enables us to deliver a programme that is relevant, inclusive and firmly rooted in local priorities.

Time Credits are founded on the belief that everyone has something to give. They recognise the skills, assets and interests of individuals and create a fair system of exchange that values time spent helping others. By embedding asset-based approaches into service delivery, the programme supports people to build confidence, develop skills and strengthen their connections to their communities.

The Haringey Time Credits programme creates accessible opportunities for people to participate, contribute and feel part of local life. For individuals in recovery or facing barriers to engagement, Time Credits provide supported pathways into volunteering, social connection and new experiences that may otherwise feel out of reach. The programme helps reduce isolation, encourages positive participation and supports people to re-engage with their communities in meaningful ways.



Empowering Peer Leadership

“Knowing people can do things together in the community that support physical and mental health is even better.”

Empowering Peer Leadership

The Grove, a recovery service working in the borough of Haringey, works towards better mental health, better lives and better communities. Guided by values to be kind, respectful, keep things simple and empower. As a Harm Reduction Peer Experience Practitioner, Ellie Froud plays a key role in bringing these values to life through co-production and peer leadership.

Being new to distributing Time Credits, Ellie sees its immense value not just as an incentive, but as a genuine form of recognition for those who support service design and attend meetings.

“Now that I have an account and been able to credit, it has been great. I do not feel that peers are supporting and engaging just for Time Credits and it feels good to be able to give them something back for their input, support and engagement.”

Supporting Wellbeing through Time Credits

Ellie awards Time Credits for activities that strengthen recovery, skills and connection, including:

- Art and poetry groups
- Co-production meetings
- Co-facilitating recovery groups
- Community events such as street art workshops and Recovery Pride

Service users have already used Time Credits for canal trips on the Thames and are planning shared experiences like cinema trips and Roller Nation.

Why it matters

For The Grove, Time Credits are a simple, positive way to recognise contribution and live their value of Empowerment, acknowledging people not just as service users, but as active partners in their community.



From Isolation to Engagement

Time Credits as the Key to Community Connection

Empowering Partnership and Personal Growth

Leanne Pettefer, 36, is a dedicated female service user who actively co-produces services with two key partner organisations of Tempo in Haringey: **BUBIC (Bringing Unity Back in the Community)** and **The Grove**. Her input is vital in shaping and improving the services provided by both groups.

Having received Time Credits for her commitment to co-production, Leanne appreciates them as a tangible form of recognition for her time and effort. She feels genuinely valued by both organisations for the consistent contributions she makes.

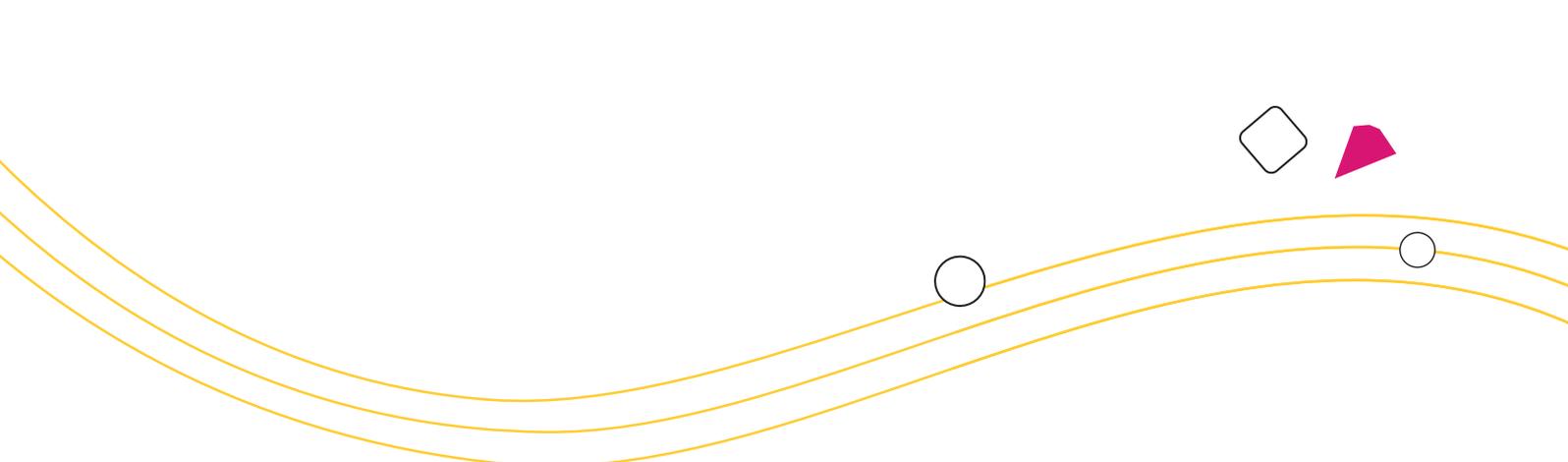
A Path Out of Isolation

Leanne has noted a significant difference in her life since becoming involved. Her connection with other service users has deepened, and the shared recognition opportunities have helped her enjoy meaningful days out in the community. Leanne summarises the immediate benefits: ***"Time Credits are a very good incentive!"***

She credits the combination of co-production with The Grove and BUBIC, along with her use of Time Credits, for pulling her out of the isolation she previously experienced and successfully integrating her back into the community.

Her recent enjoyable experiences include a scenic trip along the London Canal via the London Canal Museum, offering a unique day out. Crucially, Time Credits have also helped her access regular well-being activities like the gym and yoga sessions.

Leanne's experience serves as a powerful testament to the effectiveness of Time Credits in a multi-partner environment. By seamlessly rewarding commitment across different organisations, Time Credits motivate engagement, improve well-being, and provide the crucial push needed for individuals to **"Just do it!"** and re-engage with their community.



Thank you

None of this would be possible without the people and partners who believe in the power of giving time. From volunteers, community organisations and charities, to businesses and funders who choose to back local action, thank you.

Your support helps us recognise volunteering, open up opportunities, and strengthen communities across the Tempo network. We're proud of what we've achieved together and excited to build on this momentum in the year ahead.

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