

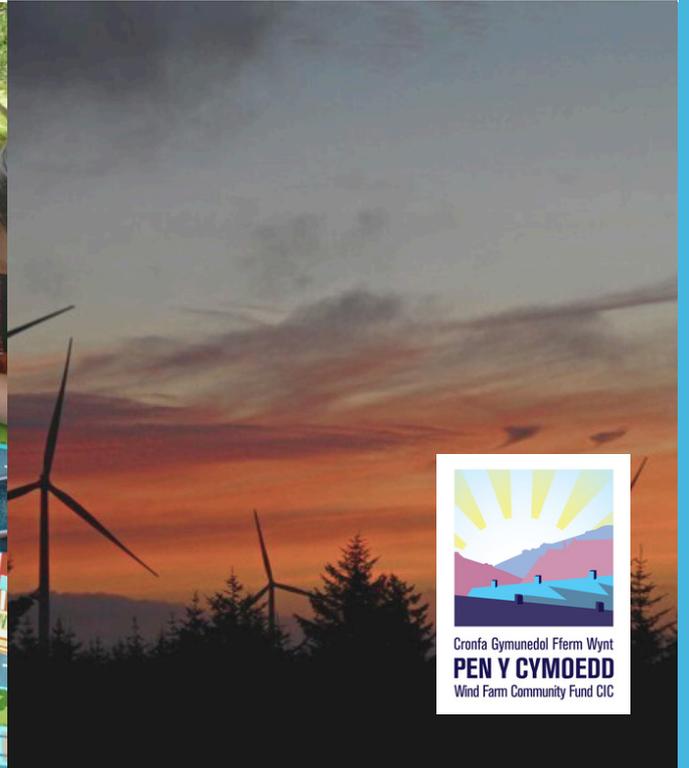


POWERED BY COMMUNITIES IN THE CYNON VALLEY

Tempo Time Credits



Impact Report 2025



Cronfa Gymunedol Fferm Wynt
PEN Y CYMOEDD
Wind Farm Community Fund CIC

Time Credits
Earned
2,079

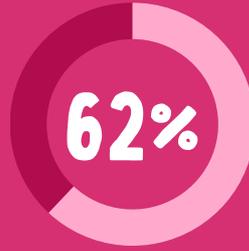
Time Credits
Gifted
25

Volunteers
240

Community
Groups
31

Feel less isolated
and lonely

85%



Feel their
mental health
has improved

69%



Have learned new skills

85%

feel more able to
contribute to the
community



80%

Feel healthier
overall

62%

Feel more
positive about
the future



77%

Feel more valued
because of
Time Credits

57%

Feel more
connected to
their community



POWERED BY

Tempo Time Credits

**Cynon Valley
Programme**

2025

COMMUNITIES



62%

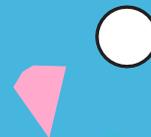
Feel more
confident

60%

Gift their
Time Credits
to family and
friends



Cynon Valley Time Credits Programme Overview



In 2025, we launched our programme in the Cynon Valley, proudly funded by the **Pen Y Cymoedd Community Fund**. We welcomed our dedicated team members, Gayle and Lee, who have been instrumental in driving our work forward. Supported by their efforts, the team has been deeply engaged across Cynon Valley, building strong relationships and weaving Tempo into the very fabric of local networks.

Our milestones so far:

- 240 volunteers signed up
- 31 community groups engaged
- 13 new recognition partners onboarded
- Over 40 live offers available across Rhondda Cynon Taf, including hyper-local options like cafes and craft workshops

We have also actively participated in key events, from schools and Children Looked After forums to job centres and community gatherings—helping partners envision how Time Credits can enhance their volunteer programmes.

"In Cynon Valley, I've seen Time Credits open doors for people who might not have stepped forward otherwise, easing financial barriers, building confidence and helping people feel they belong. Seeing people coming along to help on a litter-pick earning Time Credits for the first time and without even realising they could volunteer is priceless!" – Gayle Harris, Programme and Partnership Manager, Cynon Valley



90%

Of organisations saw a positive difference in their ability to recruit volunteers



240

Total volunteers in our Cynon Valley Programme

2,079



Hours given back to the community

90%

Of organisations say Time Credits have helped them retain volunteers



91%

Saw improvement in the health and wellbeing of volunteers



64%

Say Tempo has helped their organisation recognise volunteers more effectively

Our Work In Cynon Valley



In the Cynon Valley, we bring together local volunteers, especially young people, working-age adults, and families, with fantastic community groups, schools, partners, and a growing number of businesses and charities committed to giving back.

This work is vital because it removes barriers to volunteering, boosts wellbeing and confidence, and helps more people participate in local regeneration. At the same time, it supports community organisations in recruiting and retaining volunteers.

How it works in practice: Volunteers commit time to local projects and earn Time Credits in return. These credits can be spent with local recognition partners on activities such as group trips, community barbecues, sports events, or special recognitions like film nights at youth clubs or craft workshops. The programme is shaped through network events and ongoing conversations with local people to fit what Cynon Valley communities truly want.

Key activities include:

- Local outreach and co-production
- Themed network events
- Embedding Time Credits in schools, youth groups, and other organisations that rely on volunteers
- Linking people to volunteering opportunities, such as litter picks or PTA involvement
- Building peer support and mentoring networks
- Onboarding recognition partners
- Using Tempo's digital platform to track Time Credit earning and spending, helping us learn and improve

A community in *motion*

What began as one man's mission has grown into a community-wide movement. Mike is a local resident of Aberaman and a military veteran whose resilience has become the heartbeat of a grassroots movement. He is driven by a deep sense of pride in his community and a refusal to let his neighbourhood decline.

From Frustration to Action

"When my parents didn't even feel safe getting out of the car because of all the fly-tipping and damage, I knew something had to change,"

Mike began with a sense of pride, started doing daily litter-picks and personally hauled countless loads to the recycling centre.

Building a Movement

Mike's solo passion soon became infectious. As he worked, the community began to follow his lead, turning a one-man cleanup into a collective effort to reclaim their shared spaces. The Maes y Deri estate in Aberaman is now noticeably cleaner and more vibrant, burnt-out sheds have been repainted, the woods are maintained regularly and local schools are teaching pupils about wildlife and woodland care.



Fueling the change with Tempo Time Credits

To sustain this passion and turn it into a lasting movement, the project partnered with **Trivallis' Community Team, Tempo Time Credits**, and the **Pen y Cymoedd Wind Farm Community Fund**. This collaboration ensures that the hard work of volunteers is recognised and rewarded.

Local volunteers earn Tempo Time Credits for every activity, including clean-ups, painting and community engagement. The project has also successfully bridged generational gaps. Mike notes, *"It's brilliant seeing children from the local school supporting our project"*.

Mike's military background gave him the resilience to keep going, even when faced with initial scepticism. Now, his efforts have inspired neighbouring areas to take similar action. *"We're seeing more people take pride in where they live,"* he says.

Mike's story shows that people already have the power to create change within them. Sometimes it just takes a moment of frustration, a reason to care deeply and the space to act. With Time Credits helping to recognise effort and sustain momentum, small actions have grown into a movement that continues to leave an impact far beyond one estate.

"Time Credits are helping to recognise and reward those efforts and that's what keeps the **momentum** going".



Time Credits open doors to new cultural adventures



Roger Barrington has always been curious about the world. A former police officer and professional researcher, he has worked in China and Canada and is now writing a book while enjoying gym sessions and cultural outings. *"I didn't do anything I really liked until I became a researcher,"* he reflects, *"and I still love discovering new ideas and stories."*

Roger first heard about Tempo Time Credits through St Elvan's Church in Aberdare, where he volunteers on research projects, helps with the archive and supports events. At first he hesitated to sign up, feeling that volunteering should simply be its own reward. But curiosity won.

"I was reluctant at first," Roger admits. "Then I got my first six credits and booked the theatre. Now I'm really happy I joined, it's such an easy digital platform to use."

Roger has already booked tickets to Chapter Arts Centre cinema and a production at the Sherman Theatre. He's looking at Cadw heritage sites, Glamorgan cricket and might even gift some credits to his brother for a rugby match.

"It's good to know that these experiences are free," he says. **"You can afford to try something different and widen your horizons."**

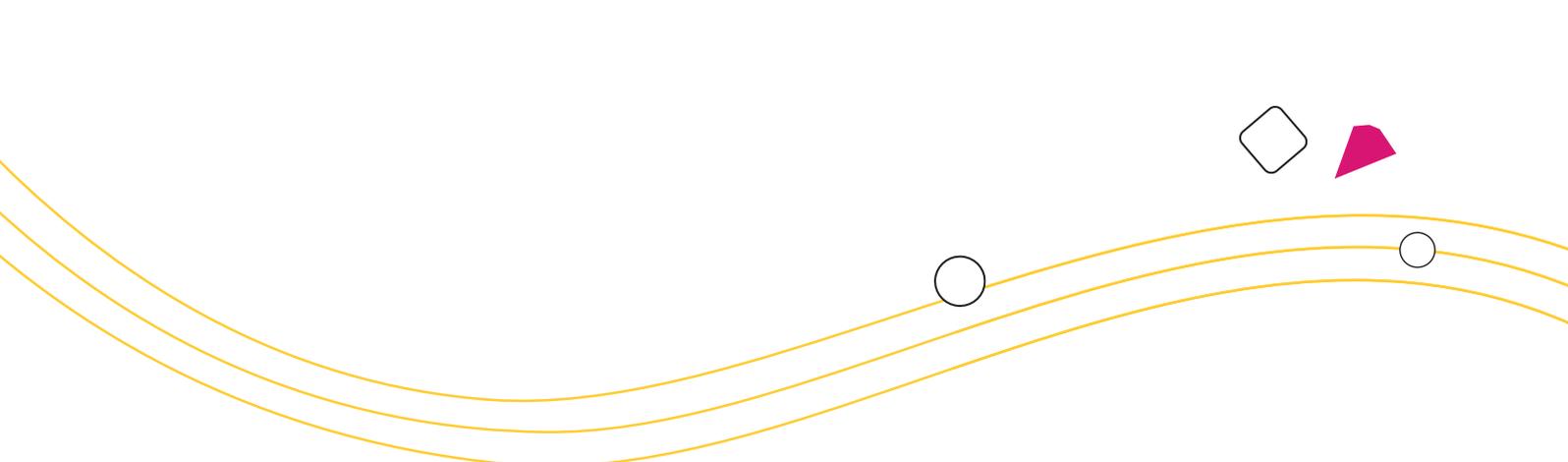


Time Credits have become an extra incentive, one he didn't think he needed, but now values. They help him enjoy more of what he loves and discover new experiences without worrying about cost.

"I think Time Credits are a great thing," Roger explains. ***"They support local venues and help people gain knowledge of the community."***

Roger encourages others to give it a try. "Why not? You've nothing to lose, mention it to others!" he says, adding that he'd like to see Tempo promoted more widely so more people can benefit.

With plans to keep volunteering at St Elvan's, Roger is looking forward to earning and using many more Time Credits. For him, the scheme is about more than rewards, it's about lifelong curiosity, culture and 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.

The Tempo Team

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