

WE ARE TEMPO

Tempo Time Credits Cymru

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🐦 [@tempo_tweets](https://twitter.com/tempo_tweets) 📺 [timecredits](https://www.facebook.com/timecredits)

Tempo

ABOUT TEMPO:



We co-design and deliver Tempo Time Credits networks in partnership with local authorities, health, social care and housing providers, schools, businesses and voluntary sector organisations, inspiring people of all ages and backgrounds to get involved.



YNGHLŶN Â TEMPO:



Ryda ni'n cyd-ddylunio a chreu rhwydweithiau Credydau Amser Tempo mewn partneriaethau gydag awdurdodau lleol, darparwyr llês, iechyd, gofal cymdeithasol a chartrefi, ysgolion, busnesau a'r sector wirfoddoli wrth ysbrydoli pobol o bob oedran i ddod at ei gilydd ac i gydweithio yn eu cymuned



TEMPO TIME CREDITS CYMRU:

Funded by the Welsh Government, Tempo Time Credits will work in 22 LA areas over the next 3 years.



The outcomes of this programme will include:

- increased community capacity and engagement
- new volunteers
- increased access to opportunities for people
- increased sustainability and reach of the voluntary sector
- improved health and wellbeing for individuals using Time Credits



TEMPO TIME CREDITS MODEL



OUR IMPACT



report improved quality of life



never or rarely gave time before earning Time Credits



feel more able to contribute to the community and other people



can afford to do more things



have developed new friends and acquaintances



shared their skills with others



feel less isolated and lonely



report improved mental health



established a new community group or project



know more about community based services and support available to them



feel more confident



feel more positive about their future



HOW TO EARN TEMPO TIME CREDITS



Tempo Time Credits can be earned in any group, service or organisation that has joined the network, for any activity where the person is voluntarily giving their time to support other people or their local community.

Examples of giving time include:

- helping to set up a session at a local youth group
- getting involved in gardening on an estate
- participating in the running of an event
- running activities in a service or community
- supporting peers
- participating in consultation sessions
- and many more



HOW TO USE TEMPO TIME CREDITS



Tempo Time Credits can be exchanged for an activity or use of a resource at the place where the credits were earned, at participating local venues or in the national network of Tempo Time Credit Recognition Partners.

Types of activities include:

- Arts, theatre and music
- Culture and history
- Learning and skills
- Play and recreation
- Health and wellbeing
- Leisure and sport
- Trips and events



HOW TO USE TEMPO TIME CREDITS DURING LOCKDOWN

- Shopping vouchers **Tesco, Asda, Aldi & Morrisons**
- Netflix** access and **Disney+** annual subscription
- Food vouchers for delivery and takeaway at **Gregg's, Costa Coffee, Pizza Hut & Just Eat**
- Mobile phone top-ups with **EE, O2, Vodafone, Three UK & Giffgaff**
- Online cookery class with **Sally Cupcake**
- Food Delivery boxes in Cardiff
- Online Welsh conversation sessions-**Coffi a Chlonc**
- Mindfulness course
- Apple AURA mindfulness app
- More offers being added weekly...



How can Tempo Time Credits support you in the work you do?



Sut fedrwch chi elwa drwy dderbyn cefnogaeth gan Credydau Amser Tempo Cymru?



JOIN US...YMUNWCH Â NI RHWYDWAITH TEMPO TIME CREDITS CYMRU NETWORK

Email: carwendavies@wearetempo.org

