

Tempo

TEMPO TIME CREDITS
**Chorley
Council
2023**

Tempo Time Credits & Chorley Council

Tempo is this year celebrating the 10th anniversary of its partnership with Chorley Council.

Over that time, the programme has grown to the point whereby over 17,000 Time Credits are earned by local volunteers on an annual basis.

The Chorley programme seeks to provide the following outcomes within the local community:

- Increased activity levels and reduce social isolation for vulnerable individuals.
- new opportunities for people to be part of their community and establish new networks.
- Support to vulnerable people to establish a role in their local community and gain new skills.
- Improved physical and emotional wellbeing and enable independence.
- Increase awareness and take up of volunteering opportunities in Chorley.

We now work with over 50 community groups in Chorley and have over 1000 registered volunteers.



Tempo



Fun **Enabling**
Positivity **Thread**

Giving back Health and wellbeing

Local **Community** **Happy**

Time Credits **Volunteers**

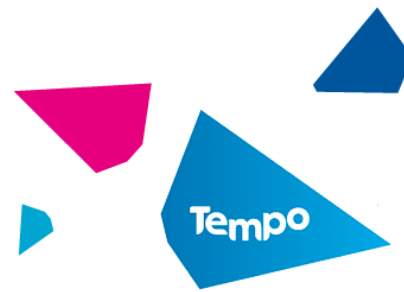
Life-changing **Resilient**

Partnerships **Empowered** **Inclusivity**

Family **Opportunities** **Skills**

Experiences **New friends**

Connecting



Our Chorley survey told us...

90%

of respondents have earned Tempo Time Credits

41%

of respondents had never or only occasionally given time before receiving Time Credits

16%

of respondents volunteer for more than 5 hours per week

5%

of respondents started or volunteered more due to Tempo Time Credits

53%

of respondents volunteer their time more than once a week

70%

of respondents stated that earning and using Time Credits has improved their quality of life

63%

reported improved mental health

60%

feel healthier overall

53%

reported improved physical health



Our Chorley survey told us...

23%

have less need to see the GP

61%

visit or see other people more often

67%

are more physically active

60%

are more able to manage their health and wellbeing

51%

feel more positive about their future

54%

feel more confident

28%

can afford to do more things

60%

have learned new skills

11%

have got a job



Our Chorley survey told us...

70%

have shared their skills with others

9%

have less need to use social care services

79%

feel more able to contribute to the community and other people

68%

I know more about community-based services and the support available to them

47%

I have helped to shape the health and care services in my community

37%

I have helped others with the same condition or who face similar challenges to me



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“It’s great to go the games with the family. Being a single dad with two jobs sometimes it’s hard to do things and plan things...even more so with the cost of living going up, using time credits for family match days is a great day out”

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Barry, Livingwaters Storehouse and proud fan of Preston North End FC



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