

# Sobrante Park Time Banking Progress Report February 2011 Update



## Intro

In 2005, staff from the City County Neighborhood Initiative (CCNI) worked with people living in Sobrante Park to create the **Sobrante Park Time Bank (SPTB)**. The purpose of this time bank is to help neighbors get to know each other, build trust and strengthen the neighborhood. Housed at Community Reformed Church, the SPTB is sponsored by the Alameda County Public Health Dept (ACPHD) with support from the City of Oakland. The Sobrante Park Time Bank currently has 174 active members.

The SPTB joins people so that they can help each other and exchange services. Any person or group who lives, works or worships in Sobrante Park can join. Members earn and spend time dollars by helping neighbors with tasks like yard work or child care, or by giving support to local groups with projects and programs that help the neighborhood.

Getting involved in the SPTB has many rewards. As the SPTB brochure explains, "Time Banking teaches us that we all have something to share and we all need support." By working in the SPTB, members "become part of a 'family' of fun, caring people right in their own neighborhood."

Just as it builds local relationships, SPTB is forming a nationally-known model of Time Banking as a bridge between cultures and age groups. The SPTB has members of diverse ethnicities, languages and ages who all make the neighborhood active and vibrant. Read on to learn more about how the SPTB works, what we have done and our plans for the future

## Our Partners

- ◆ City of Oakland
- ◆ Alameda County  
Public Health Department  
Board of Supervisors  
Health Care Services  
Agency
- ◆ SP Home Improvement Assn
- ◆ Community Reformed Church
- ◆ Brookfield/SP Neighborhood  
Crime Prevention Council
- ◆ Local Businesses

## Our Funders

- ◆ Alameda County Measure A
- ◆ AC Public Health Department

## *SP Time Banking in Action*

Since joining the Time Bank Ms. Yvonne Pugh has taken many community members to all sorts of appointments, such as medical and school appointments. She says, "I'm available to give you a ride. Just give me a call". Guess what? She will even wait for you. How about that? What will it cost you? Time Banking hours. What's in it for her? She earns Time Banking hours to spend on what she needs and she gets to meet her neighbors. (from "The SPark", the bimonthly SPTB Newsletter)



## Sobrante Park Time Banking Milestones: 2005-2008

### 2005

- ◆ The Alameda County Public Health Department (ACPHD), City of Oakland and people living in Sobrante Park create SPTB and secure funding.

### 2006

- ◆ Leaders from TimeBanks USA provide a 2-day Time Banking workshop for staff from the ACPHD, City of Oakland and residents.



*Pictured in Photo: Sobrante Park residents, Sobrante SPTB administrators and staff, ACPHD staff, Edgar Cahn (seated second from the left, and Chris Cahn, standing to his right).*

- ◆ SPTB Office is set up at Community Reformed Church.
- ◆ SPTB hires two program leaders, one English-speaking and the other Spanish-speaking.
- ◆ SPTB hosts a Grand Opening Event at Community Reformed Church. 70 residents attend, and Edgar Cahn, the founder of the International Time Banking movement, gives the keynote address.

### 2007

- ◆ SPTB forms a multi-ethnic and multi-generational advisory board, which meets monthly.
- ◆ SPTB staff present workshops and posters about the Sobrante Park Time Banking model at the International Time Banking Conference in Madison, Wisconsin.
- ◆ SPTB hosts a fashion show and gathering to bring together SPTB members, and recruit new ones.
- ◆ SPTB members assist It's On Y.O.U.!, a youth group in Sobrante Park, with Keepin' It Real II, a gathering that attracts over 150 local youth for entertainment, violence prevention

### 2008

- ◆ SPTB holds 1 or 2-day trainings in English and Spanish for residents to learn the Time Banking Model, and how to earn and receive Time Dollars.
- ◆ SPTB organizes swimming lessons for members and their families to come together and exercise. 70 residents participate.
- ◆ SPTB staff and members host 100 participants from the National *Place Matters* conference, and present about their novel program.



*Part of an SPTB Poster Board presented at the 2007 International Time Banking Conference*

## Sobrante Park Time Banking Milestones: 2008-2010

### 2008 (cont.)

- ◆ ACPHD staff train 30 SPTB members in community engagement and planning events. They begin planning SPTB health fair.
- ◆ SPTB holds its First Annual Sobrante Park Time Banking Health Fair with 37 programs and vendors, food and entertainment. More than 300 community members attend.



*SPTB Members Planning the First Annual Sobrante Park Time Banking Health Fair*

### 2009



*Youth earning time dollars during the 2009 Martin Luther King Day of Service*

- ◆ SPTB is featured in a news story: *Sweat Equity. In this East Oakland community, time really is money.*
- ◆ SPTB members assist It's On Y.O.U. in Keepin' It Real III
- ◆ SPTB plans and hosts its Second Annual Sobrante Park Time banking Health Fair. Members lead the event, and fund nearly all of it through donations they have procured. 27 groups or programs help out, and more than 300 people attend.
- ◆ Sobrante Park Time Banking receives a Community Partner Recognition award at the ACPHD All-Staff Meeting
- ◆ SPTB staff present about their work at TimeBanks USA meeting. At this meeting, TimeBanks USA values the work of the SPTB with an Achievement award.

### 2010

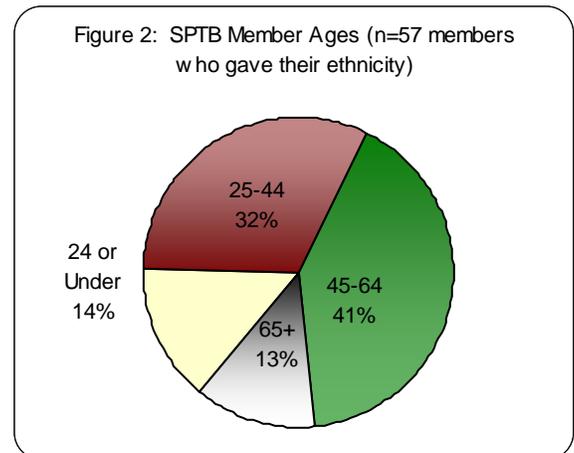
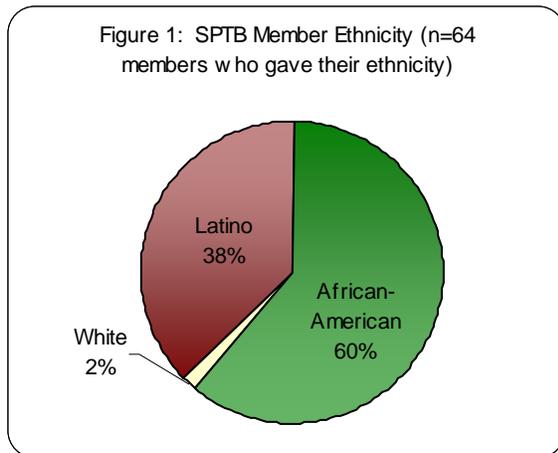
- ◆ The SPTB co-administrator, and 2 members are featured on a radio show with the Pacifica Network titled *Making Contact, How We Survive: The Currency of Giving*. The radio show explores how communities across the U.S. are responding to the economic crisis.
- ◆ SPTB plans and hosts its Third Annual Time Banking Health Fair. An estimated 500 people attend, receiving free health services, health promotion and information about community activities.
- ◆ SPTB sponsors a healthy cooking demonstration and a fashion show to bring together SPTB members, and recruit new ones.



*Community members learning how to stay healthy at the 2010 SPTB Health Fair*

## Diverse SPTB Members

- ◆ Members of SPTB are diverse in language. In 2009, 57% of SPTB members spoke English only, 15% spoke both English and Spanish, and 29% spoke Spanish only.
- ◆ Members of SPTB are also diverse in ethnicity and age, as shown in Figures 1 & 2



## Exchanges

- ◆ Since Time Banking started in 2006, members have exchanged 1,962 services for a total of 6,184 hours of volunteer work (data through Oct 2010).
- ◆ In the past year, between July 2009 and June 2010, members have exchanged 542 services, earning 1,547 time dollars.
- ◆ Members earn and spend Time Dollars in a variety of ways, such as:
  - ◆ Going to see neighbors who are sick
  - ◆ Home help, such as electrical, carpentry and small repairs
  - ◆ Child care and pet care
  - ◆ Helping people at meetings; translating documents into English or Spanish
  - ◆ Set up and clean-up for events
  - ◆ Computer help and website design
- ◆ Since 2007, SPTB members have helped out at yearly community events: Martin Luther King Day of Service, Earth Day, National Night Out, and Walk to School Day.

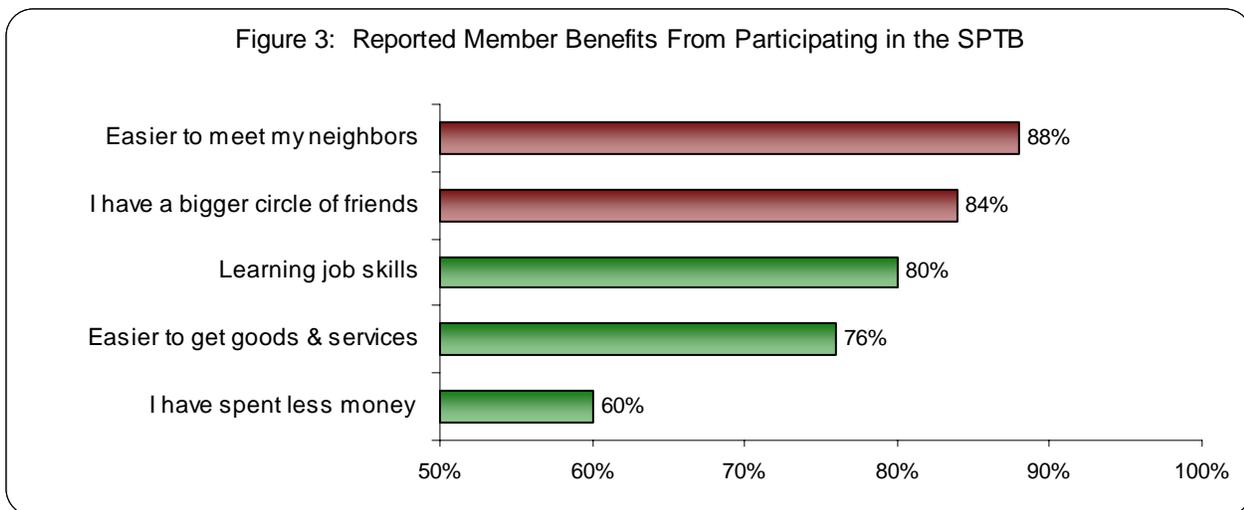


*Special events, like National Night Out, are a great way to bring together diverse groups of SPTB members*

Organizations that get help from SPTB members include: Sobrante Park Elementary, Madison, and Lionel Wilson Preparatory schools, the SP Home Improvement Association, the SP Resident Action Council (RAC), Community Reformed Church and SP It's On Y.O.U. (Youth with One Understanding). These groups earn time dollars by sharing staff time or resources (such as meeting space or equipment).

## Additional Findings

- ◆ The surveys found that members were happy with their role in SPTB. 88% agreed that their hopes for being in the SPTB were being met. Nearly all respondents (96%) agreed that “all races are made to feel welcome” in the SPTB.
- ◆ The main benefits that members described from their work in the SPTB were enhanced relationships with neighbors (in red) and economic gains (in green) as shown in Figure 3.
- ◆ Members’ economic gains include skills that they can use in current and future jobs, such as meeting facilitation and event planning. Through spending time dollars, residents save money that they would have had to spend on goods and services (such as haircuts or childcare).



Another benefit of starting up the SPTB was the chance to detect challenges and ways to triumph over them, which strengthens the SPTB now and in the future. Below are challenges and “lessons learned” that SPTB staff have made to improve and strengthen their time bank, and to pass on to other communities.

### *Challenge*

- ◆ Bridging across diverse cultures, languages and families.

### *Strategies*

- ◆ Have Spanish and English interpreters at SPTB meetings and events.
- ◆ Translate all documents into Spanish and English.
- ◆ Create ways for English-speaking and Spanish-speaking people to get to know each other and have fun outside of SPTB. The 2008 summer swimming lessons were a great way to do this, as were special events like National Night Out

**Notes on the information in this report.** We got this information through surveys, interviews with staff and review of program records. Overall, we feel that the information is accurate. However, we did find a few limits that may affect accuracy. Just 44 of 163 active members filled out surveys. The views of these 44 people may be different from the other members who did not fill out surveys. We were not able to compare survey responses over time. We may have missed some exchanges that took place between members if they did not report them to the SPTB.

### Challenge

- ◆ Getting children and youth involved in Time Banking. Young people have many skills and a lot of energy, which are great assets.

### Strategies

- ◆ Find out what kinds of goods and services appeal to the children and youth in the neighborhood. SPTB staff were able to get these rewards for active SPTB children and youth:
  - ◆ A trip to the Great America amusement park (about 50 tickets)
  - ◆ Tickets to pro sporting events and the Alameda County Fair

### Challenge

- ◆ Outreach and steady contact to people in Sobrante Park. Unlike members of other Time Banks, only about half of people living in Sobrante Park have daily access to the internet.

### Strategies

- ◆ SPTB staff conduct most of their outreach on the phone, and face-to-face. This takes more staff time than just sending e-mails.



Sobrante Park Time Banking Staff

### Into the Future

- ◆ SPTB plans to recruit new members and expand the number and types of aid offered by its members. SPTB will explore reaching out to nearby neighborhoods.
- ◆ SPTB is now working on a plan to raise more funds in order to keep the work going.
- ◆ SPTB will continue to connect with other local groups to work with them on projects.
- ◆ SPTB will continue to keep track of its model in order to share with other groups who may want to start a time bank.

### SP Time Banking in Action

Edel Orantes joined the SPTB in January of 2009, and jumped in right away. She has given many hours of Spanish–English translation and office support for the SPTB during a very busy spring. She worked hard to make the SPTB Health Fair a success. In the spirit of Time Banking, Edel has also received support from a Time Banking member, using Time Dollars for computer help.



For More information about Sobrante Park Time Banking, or how to join, please call (510) 777-9262.

In English: Phebia Richardson  
Phebia@timebanking.org

En Español: Ramona Preciado  
Ramona@sptimebanking.org

467 Capistrano Drive, Oakland, CA 94603



**NEIGHBORS  
HELPING  
NEIGHBORS**