

Regents Park Time Bank

Strength in Sharing Unity in Diversity



IMPACT REPORT 2025

April 2026



Our Neighbourhood — Facing Major Upheaval

The lives of residents on the Regents Park Estate have been significantly disrupted by High Speed 2 (HS2) construction and road diversion works with around 400 households being displaced.

Camden can be among the loneliest places especially if on low income and struggling to bring up children in high rise and overcrowded housing.

Public health data indicate some of the highest obesity rates among primary school age children. Long term health conditions include 11% with depression 9% with hypertension and significantly higher prevalence of asthma, diabetes and serious mental illness, More than 2 in 5 children are in low-income households. The Ward has the 2nd lowest household incomes with parts within the 10% poorest neighbourhoods in England.

The Regents Park Time Bank's (RPTB) view is that the most effective solutions in overcoming barriers faced by residents are found in community engagement and in bringing neighbours together in trusting relationships and friendships, harnessing their energies, diversity and life experiences. *Strength in Sharing Unity in Diversity*



Our Vision

Strength in Sharing Unity in Diversity



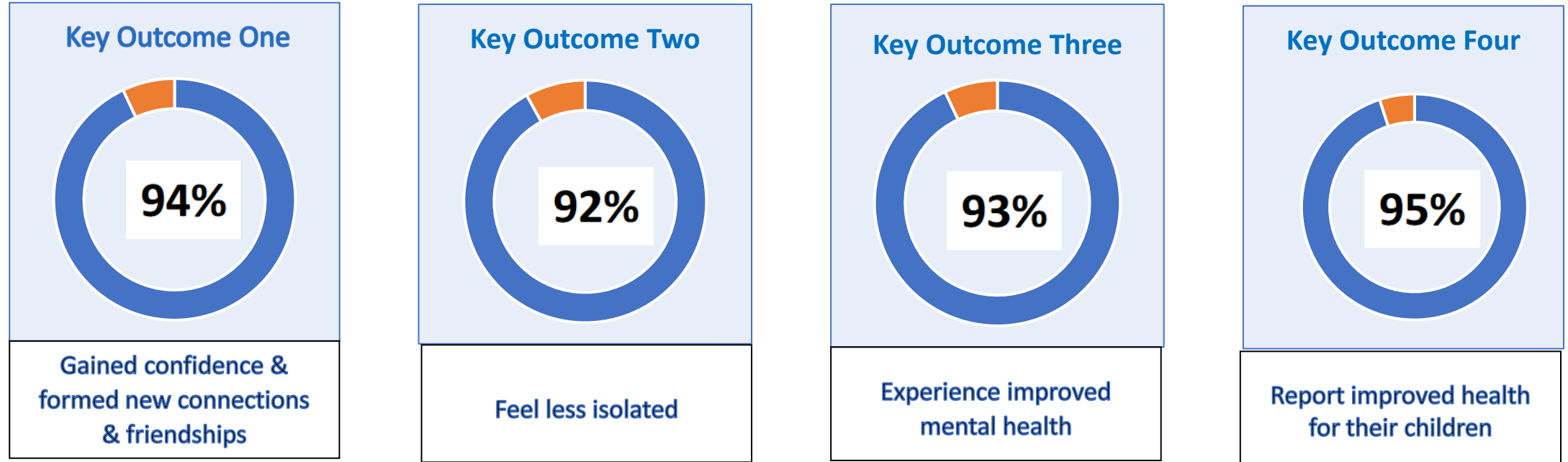
Our mission is simple yet powerful: to bring people together to create a stronger, more inclusive community. Through volunteering, skill-sharing, and community programmes, we aim to empower individuals and build a neighbourhood where everyone feels valued and respected.



- Working together to tackle social isolation;
 - supporting neighbours to build connections and friendships
 - Supporting partnership working
- Supporting one another to feel part of the community and a sense of belonging,
- sharing information about local support, networks and services when needed.



Some Statistics- Measuring Our Impact



4 key outcomes measured through conducting a service user survey (33% response rate)

94% gained confidence and formed new connections and friendships

92% reported they felt less socially isolated as a result of taking part.

93% of parents/carers stated they experienced improved mental health

95% reported improved health and wellbeing for their children taking part

Some More Statistics- Measuring Our Impact



Community Meal

2437 meals



46 Trips



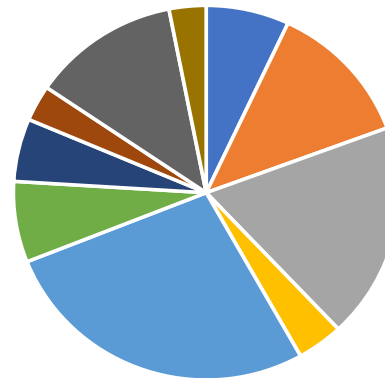
164 Sessions



41 Sessions

RPTB MEMBERSHIP MARCH 2026			
Ethnicity of Member	%	number	
1 white british	7	9	
2 other white	12	16	
3 african	19	24	
4 caribbean	4	5	
5 bangladeshi	27	35	
6 indian sub	7	9	
7 chinese/Other Asian	5	7	
8 mixed race	3	4	
9 middle east	12	16	
10 South American	3	4	
Total	100	129	

RPTB Membership March 2026



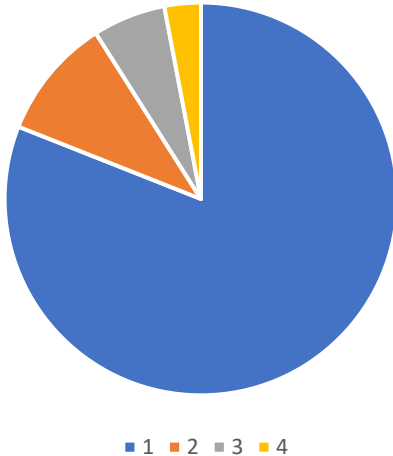
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56 Sessions

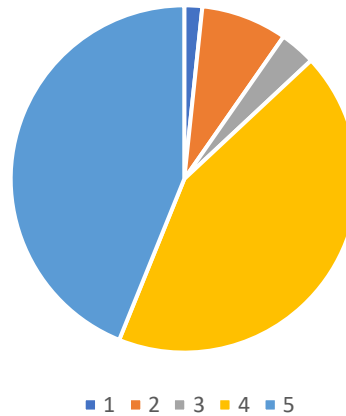
Some More Statistics- Measuring Our Impact

Where RPTB Families Live



Where RPTB Members live	percent	numbers
Regents Park Ward	81	104
Somers Town	10	13
Elsewhere in borough	6	8
Westminster	3	4
Total	100	129

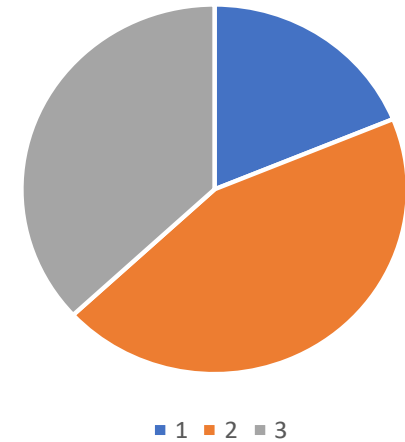
RPTB Volunteering Hours



Regents Park Time Bank		April 2025 to March 2026		
Hours of Service	service hours	unit hours	volunteers	hours
drop-in sessions	100	2.5	1	100
Community Meals	60	5	8	480
Little Fingers	50	5	4	200
Trips	322	7	8	2576
Sessions school holiday	328	2	8	2624
Total	860	volunteering hours		3788

RPTB members and beneficiaries mainly live within the Regents Park Ward and immediate surrounding area within the London Borough of Camden. Members are encouraged and supported in taking on a range of volunteering roles in the delivery of our activities and services as identified through local consultations.

Family Size- Summer 2025

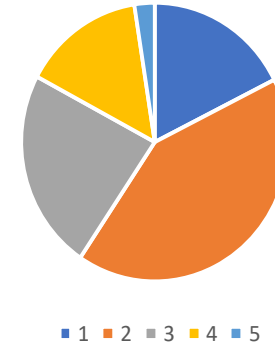


Summer 2025 Programme	
Family Sizes	No
28 families with 1 child	28
33 families with 2 children	66
16 families with 3 or more children	55
77	149

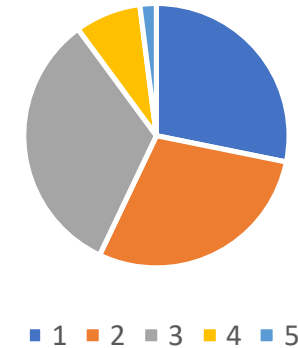
Some More Statistics- Measuring Our Impact

Family Size	RPTB				01 March 2026
	family membership	percent	children	percent	totals
1	43	35	43	18	86
2	51	41	102	42	153
3	19	15	57	23	76
4	9	7	36	15	45
5	1	1	6	2	7
	123	100	244	100	367
6 Individual Members					
families 3 or more children				41 percent	
129 Totals					

Children by Family Size



Age Range of Children

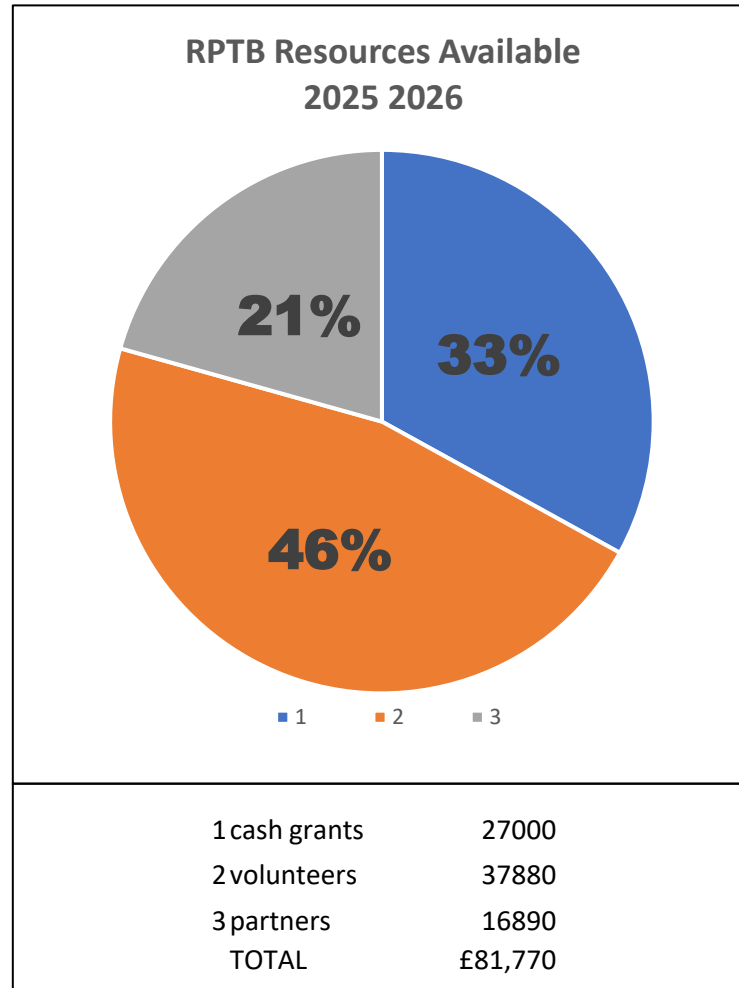


123 families registered **244** children under 12 years with 95% of adult parents being female. A total of **367** adults and children. **54** new families registered with **86** children (44%) over the year from highly diverse ethnic, religious, cultural and linguistic backgrounds. Our International Languages Day Event saw **22** different home languages spoken. We particularly support larger families with three or more children with 41% of children in such families. The largest ethnic groups are Bangladeshi (27%) who are also the largest ethnic group locally), those from the Middle East (Syria, Iran), Black Africans (Somalis and Eritrean) and Other Whites (many Albanian speaking). 57% of children are under 8s with 28% being under 5s.

Summer 2025 Programme

age ranges	number
0-4 years	42
5-7 years	43
8-11 years	49
12-14 years	12
15 - 16 years	3
	149

Resources 2025 – Two Thirds received as “in kind”



CASH GRANTS- £27,000 (33%)

Small grants were received from John Lyon's Charity, Camden Council, St Pancras Welfare Trust and the Young Camden Foundation.

VOLUNTEERING- £37,880 (46%)

29 key members provided 3,788 hours of volunteering in helping to deliver a varied and wide-ranging programme of family activities, trips and support services.

PARTNERSHIP WORKING- £16,890 (21%)

In kind support provided by a broad network of delivery partners including Royal Parks, London Wildlife Trust, London Zoo, Kew Gardens, London Transport Museum, British Library, Ruislip Lido Railway, The Vue, The Postal Museum, Doorstep Library, Camden Libraries, Old Diorama Arts Centre, Euston Partnership.

67% “in kind” resources

Outreach & Advocacy – a Vital Component

Weekly Drop-in Advice & Signposting sessions

Mondays during term-time at ODAC.. It provides opportunities for trustees, partners, volunteers and new potential members to meet and find out more.

Outreach & Advocacy

Fatema carries out outreach work to link up with new families being referred to us providing one to one initial support. In addition, she makes presentations at coffee mornings, tenant groups to help promote the benefits of membership.



Community Meals - Tackling Food Insecurity



COMMUNITY MEALS

Monthly meals and provision during all school holidays are an important aspect of our work in bringing people to come together to socialise, share and support each other.



Under 5s Activities

34%

of families have one or more children
under 5 years



Families (often single parents) with very young children on low incomes report the highest levels of loneliness and feelings of social isolation lacking confidence (and resources) in accessing services and facilities



Free, inclusive play sessions for children and families, offering safe and welcoming spaces for children and carers.

School Holiday Programmes



- Our Summer Families Programme mainly took place at the newly opened Euston Community Hub
- **77** families with **149** children registered for our **6** weeks Summer Programme that ran from Thursday 24th July to Thursday 28th August 2025. **45** (58%) were new to the Time Bank.



Family Activities Programmes- our unique approach



82 people took part in our Chinese New Year of the Horse celebrations with dance & craft-making sessions.

Group Trips – Exploring London Together



Group Trips off the estate enables families to explore all that London has to offer together and are all volunteer led. Many museums and outdoor places have community access membership schemes that enables us to do this at low cost.



Responding to Climate Change (tackling Cost of Living issues)

MEND & REPAIR Skills-Sharing Workshops

with Marina and Manaha

Gaining popularity with members. Karime states “thank you for helping me repair my grandmother’s dress that is so much loved by our family. These initiatives will increase recycling, reduce landfill & cost effective.



The Story Garden - Family Activities

GLOBAL
GENERATION



Outcome was to raise children's awareness of nature

- Key activities were the Gardening Club, Cookery Club, Crafts Workshops (natural dyes, tile-making) and Music Sessions

This was our most popular and the highest-ranking weekly event with children mentioning enjoying all the key activities despite there being a heatwave with extraordinary temperatures and poor air quality recorded in central London.



36 local families
with **60** children
took part



Partnerships – Exploring Nature



We partnered with Heath Hands for family kite flying day on Hampstead Heath, with the Royal Parks Team who arranged an Exploring Nature Day in Regents Park and Bushcraft sessions at Camley St Nature Park with the London Wild Life Trust.



Summer Reading Challenge 2025

Outcome was to motivate children to read more/ improve reading abilities

Key activities during the six weeks programme included famous Authors visiting as Guest readers and volunteer workshop leaders, the opportunity for children to sign up to the Reading Challenge and receiving complimentary books, and a certificate. We were supported by Valeria from Camden Libraries. Several children specifically mentioned Rosemary Clunie's Art & Storytelling and Sheryl Creative Writing workshop. Feedback indicated significant impact on participating children's motivation and reading abilities.

30 local families with 55 children took part.



Families Welcome Day – Thursday 24th July 2025



89 people attended with a whole day of tasters including Chinese Fan-Making, Square Dance sessions & Badminton and of course a lovely community meal. **24** families registered **50** children on the Summer Programme.

Case Studies – a family approach

An example of our whole family approach to engaging children is a Bangladeshi extended family involving three generations, plus carers and even their children.

Here's a list of reasons why RPTB is essential for our community:

- * It's a place where the whole family can come together. Personally, RPTB is the only local centre where I can bring both my toddler and disabled mother, allowing us to enjoy quality time as a family.
- * It unites families from diverse backgrounds, cultures, ethnicities, and religions.
- * The holiday programme is varied, offering local trips and activities, as well as excursions further afield. This provides rare opportunities for those who may be limited by finances or confidence in traveling with children alone.
- * RPTB's activities are educational, resourceful, creative, and fun. World and cultural events are celebrated, allowing families of different ethnicities to share their stories, history, and culture, fostering shared learning.
- * The holiday schedule covers the entire day, with free meals provided. This alleviates logistical stress for parents, enabling them to enjoy their time with their children and other families.
- * Everyone is welcome, and the friendly, caring staff helps build bonds among the attendees.
- * Children's abilities and skills are encouraged, developed, explored, and celebrated.
- * At its core, RPTB embodies community spirit, contribution, involvement, and the shared exchange of experiences and learning.



Case studies



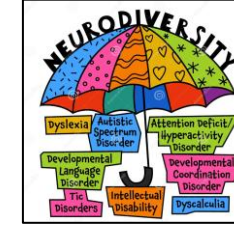
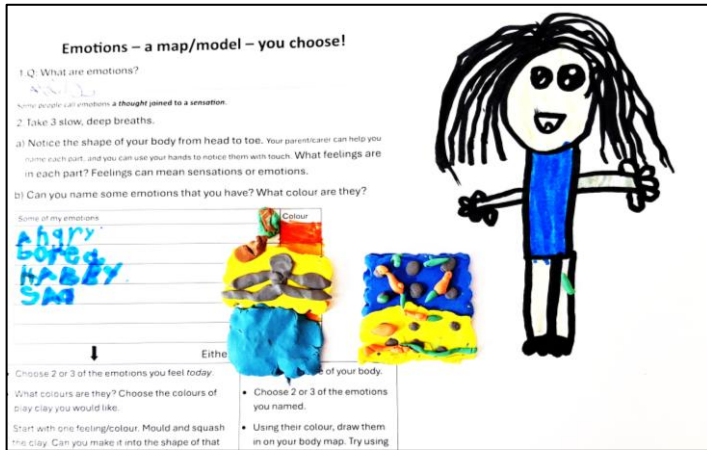
I was a new volunteer leader who took our recently formed Little Fingers under 5s group to the Sobell Centre over Half Term. One of my children is autistic.

RPTB is proud of what it has provided to children at risk of exclusion through a range of effective coping strategies eg. An 8 years old boy was discovered to have considerable knowledge about plants acquired from his Ukrainian grandfather. As a result, we encouraged him to take on a volunteer teaching role to other children at Story Garden sessions.

My son doesn't usually eat vegetables but when he made a vegetable pizza at the Story Garden he ate with relish! My son finds it hard to read. However, he found the atmosphere in the reading sessions very positive and inspirational and he kept his attention for more than 5 minutes for the first time! As a new family we felt very welcome and made us feel loved and at a family centre.



Supporting Families - with Neurodivergence Needs



A member of **Go Live Theatre** accessing discounted tickets for relaxed performances for families with particular needs.



We found that some newly registered families had children who were experiencing a wide range of behavioural and learning issues requiring extra resources, time and training. Devising appropriate management strategies continues to be a priority.

RPTB staff and volunteers have attended specialist courses to increase skills and raise awareness of Autism and ADHD that will help us in devising effective coping strategies. We will be working with the Children's Centre in organising bespoke and locally accessible workshops that will address current knowledge and skills gaps.

Neurodivergent children are more likely to be socially disadvantaged, experiencing poverty & social exclusion.

Additional barriers include accessing services. Food insecurity is also a concern being 5 times greater.

Volunteering- members delivering activities together

Fekir is a local resident with two children who we recruited to become one of our new Trustees. Fekir, with her husband & two sons have volunteered in a variety of roles including running a Santa's Grotto, showing children how to play one of the oldest board games in the world- Mancala from Ethiopia & at monthly meals/socials



A Story of Change - a case study

Personal Profile A local Bangladeshi mother of two children who joined in July 2024 and became our Early Years work experience volunteer in January 2026 when we launched our new under 5s play group.

Personal Family Needs Struggling with the rising cost of living; Behavioural issues of youngest daughter, children were home schooled so didn't meet any people in the neighbourhood and my brother is wheelchair bound- who needed to be with us

Before I heard about the project/activity/resources? I felt like I didn't have a community. The local community centres my children went to weren't interesting, regular, no events and I didn't feel a sense of belonging

How I heard about the Project? My sister Nashima

What made me want to get involved? Children together, whole family doing things together. Loved that everyone was welcoming, friendly, caring

The activities/resources accessed? Accessed free sessions and trips. My brother was made especially welcome in the family activities

The changes that I have experienced as a result of participating? My children have formed new friendships, enjoyed themselves, learnt new things; We have integrated with the community from different backgrounds. My daughter has become more confident and independent, emotionally regulated. My brother has really enjoyed himself especially the dance classes and the science workshops. As for myself, I am still building my confidence in leading trips. Overall, RPTB has helped improve my general health and wellbeing and has got us out of the house.

The Changes we have experienced as a result of RPTB support Taking on a new volunteering role in the under 5s play group sessions; Feeling a part of a community and feel a sense of belonging. My children have made new friends outside of school and with people who they normally wouldn't have got to know otherwise.



Some Key Regents Park Time Bank Events (2005 – 2025)			
2005	Camden Volunteering Organisation of the Year Registered as an independent charity	2016	Major 3 years Community Physical Activities Programme engages 800 residents of all ages
2006	Launch of “Stories for Change” film at the Camden Mela	2017	International Languages Day Event biggest ever
2007	Start of our Family Activities Programmes (still going strong)	2018	Re-branded as the Regents Park Time Bank to better reflect local opinion
2008	Spectacular International Women’s Day performances at Dick Collins Hall	2019	Under 5’s Little Fingers group expanded with buggy walks in the park
2009	A Case Study in 800 th City Bridge Trust’s review Launch of new community cafe	2020	Set up an Emergency Community Covid Response Hub supporting 500 households
2010	Sponsorship from Santander Bank for expanded After School Clubs	2021	Memories of Play digital intergenerational project connecting the generations via zoom
2011	Sponsorship from Wellcome Trust with first Midsummer Picnic largest ever community Event	2022	Coming out of Covid focus on children’s emotional wellbeing programmes
2012	Our Big Dance UK Event nominated as best in London	2023	Dr Marten’s sponsors our Summer Activities Programme
2013	Through Our Eyes film by local children shortlisted at My Street Film Festival “Banking on Each Other” issue of the Camden Magazine	2024	Kids in the Kitchen skilling up local families to create healthy budget meals Regents Park Together community lunches
2014	Launch of ESOL English Clubs “Time to Grow” huge food growing initiative	2025	Launch of new web site Recruit new Trustees
2015	Our MAAW Show at the New Diorama Theatre New Science Projects with Wellcome Trust	2026	Our 21st Year!

Funders and Supporters

