



**51%**

never or rarely gave time before earning Time Credits



**84%**

report improved quality of life



**31%**

report improved physical health



**52%**

feel less isolated and lonely



**62%**

feel more able to contribute to the community and other people



**42%**

can afford to do more things



**35%**

know more about community based services and support available to them



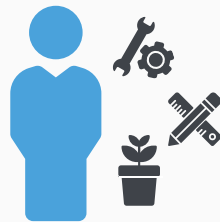
**23%**

have helped others with the same condition or that face similar challenges



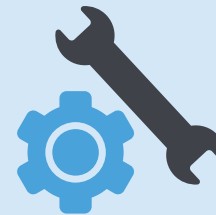
**15%**

established a new community group or project



**40%**

have learned new skills



**18%**

have gained work experience



**29%**

report improved mental health