



West Wight Timebank February 2021 Newsletter



We are pleased to announce the details for our Lockdown photographic competition for Timebank members

The rules for the competition:

1. Photographs must have been taken between February 1st and March 30th 2021 and be entirely the Timebank members own work.
2. A maximum of three entries per person.
3. Entries may be either monochromatic or colour.
4. Images may be captured on any type of photographic equipment that uses either film or digital technology.
5. Competition entries can be submitted in either digital format or in printed form to info@wwtb.org or Lavender cottage, Main Road, Newbridge, PO41 0TX by March 31st. Printed entries must be a minimum size of 7 x 5 inches
6. Any subject is permissible but the photograph must have been taken either inside or within your garden.
7. Any photograph that contains an image of a person, may only be submitted with the subject's, or their guardians, consent.



8. The subject may be illuminated with flash, studio lighting or natural daylight.
9. Post photographic digital manipulation is not permitted with the exception of cropping, exposure and contrast.
10. Lens filters may be used when the image is captured.

Judging

The winning entry will be judged by Peter and Geoff who are both experienced photographers and Timebank members who will be looking at:

technical excellence, composition and the creativity of the photography

There will be a £50 cash prize for the winning entry which will be announced on 12th April 2021

Here is the final part of the story from The Red-haired Rapunzel

THE WAY IT HAD TO BE

The sound of gulls is so evocative, don't you think? It takes you back to childhood holidays at the seaside, when all that mattered was the size of the sandcastles, the gritty sandwiches and how long it would be to the next ice cream. Later, of course, groups of us taking children to the beach for the day, sharing anecdotes and keeping each other sane. The crying of gulls always conjures up happy memories, or maybe it's just the mind playing tricks. Do you remember when we got thrown out of that café in Sydney for feeding chips to the gulls? We never found out what sort they were. Oh dear - being thrown out of a café. Surely that's one for the scrapbook.

The heady fragrance of night-scented stock, honeysuckle and mignonette are all blended together and swirling round my head like a motile, aromatic blanket, cushioning me against reality. Exhaustion is so deep, there's no hope of sleeping.

Maybe I should have been a perfumier. Whoever manages to capture that particular cocktail will make the world a better place. The birds were out in force again along the riverbank today. There was a bearded tit where the drove road crosses the path; and the larva of a greater silver diving beetle by the lake. We spent an age trying to find out what it was, when we first saw one in Greylake.



We were told it was a rare caterpillar by one person! Still, they are, indeed, rare, so it's a wonder we found out at all. I wish I knew more about wild flowers. There are only about half a dozen I'm able to identify with any degree of confidence, even after all this time. They're struggling in the heat and dry, as well. I wonder how the birds have coped with their broods? It must be tough finding food and water when you can't just pop down to the shop. What a life, eh?

The service was beautiful. Joanna even played at your request. I wonder how she kept it all together? Treated it like another job, I guess. Do you remember when you played the Mozart Flute and Harp together? Of course you do. Or Flat and Sharp, as you and your friends always call it. I wonder why? It seems like a really silly in-joke. But then, most in-jokes are.

Sitting in the churchyard afterwards, the scent of the honeysuckle seeped right into me, like an extension to my soul. Naff, I agree, but there we are. And we were walking beside the Thames again, gently squabbling about nothing that mattered very much, holding hands and laughing at our own folly. And frantically scabbling in the morning, because we'd spent far too much of the night doing what comes naturally and had to get ready at breakneck speed, you for another day's recording, me for a long haul from Heathrow. We never did get back to Munich. I shan't go alone.

Seeing your wife was heart breaking. So dignified and contained. She only had you for a couple of years. And you, after all those years single, you were only together for a matter of months, if you take into account the time you were off touring. It was good of her to invite me. I'd have been happy to stay at home with the grandchildren, but Jo and Adam wanted us all there, so it was grandparent duty at the church. The look in her eyes when she gave me your flute won't be easily forgotten. You left everything else to her and the two girls, which is the way it should be. But the flute. That was something different and she and I both knew it.

Sophie read that beautiful peace from the Bible about there being a season for everything. Whether you believe or not, the Bible gets a lot right, don't you think? I never knew until today that you were a devout Catholic. I wonder why you never told me? Maybe because I'm such a devout heathen myself. Sophie's wife's a nice woman. It feels odd to our generation, doesn't it, saying "her wife".



Not to them, though. They've grown up with it. It's a better world in many ways.
But some things never change.

Yep, I'm rambling again. It's becoming a habit. Getting my thoughts in order is going to take a while, I think; and my feelings? My feelings will probably remain forever jumbled. I'm sitting out here with your flute on my lap. The coffee's stone cold, inevitably, and the day will very soon be breaking. Those little telltale sounds that say the night's coming to an end; the change in the quality of the air and the light. Or dark. And again, the scent of the honeysuckle. Schumann's *Frauenliebe und Leben* popped into my mind from nowhere during the readings. I wonder how he'd write it now, in the twenty first century? At the end of the cycle, she sings that now he's lying cold, for the first time he's given her pain. "You are my world", she says. And with that, the music draws to a close. But I have your flute. And the honeysuckle.

Always the honeysuckle.

Food Bags



We are delighted to say that we have been awarded a small grant of £320 from the Isle of Wight Council to provide the contents for 40 Family Food Bags to be delivered by the end of March 21 (This is on top of the 170 already given since May last year). Avril lovingly puts these together with the recipe for 4 with all



the ingredients needed. Sally also adds bread from Sainsbury's and a pot of homemade jam/pickle then delivers them locally. Just this small gift brightens up people's days.

As we are not using the Parish hall in Freshwater until the lock down eases, Sally also meets up with Faith from the Real Junk Food project IW and collects and delivers additional items for families if they wish.

Family Drop and Swap bags

Angie and Sally continue to make the bags up for different families each week, as they contain food and clothing which we consider essential work. We do of course follow the Covid guidelines at all times. The bags are then delivered after 72 hours, (32 to date have been dropped on the doorstep of a West Wight family) and they are finding the toys and games really help boost their children's mood.

Well-being Boxes

Thanks to members for nominating key workers and NHS staff this month. June makes up the boxes from her own home using beautiful hand-made and donated items from other members - our total delivered by Sally to date is 93.

Due to the generous donations from 2 West Wight Community members who heard about our fantastic TB box scheme, we now have given out 2 small funds to help families through these difficult times. One recipient was amazed by this gift, and said she cried when she realised how caring our community is in the West Wight.

REQUESTS

Growing Boxes-We are grateful to Gurit who have now offered to deliver wooden pallets to us, for Tony to cut up for our growing boxes, which we can start to plant up for the spring. Dave, Chris, Kae and Tom have offered to put these together, then give them a coat of cuprinol and line the box. If you would like to plant one up, please let Sally know as she can



deliver it (along with plants) to your doorstep, and collect it again when it is ready. It is a great way to show how we can achieve things together. If we can put pictures of these on our website, we could deliver them to folk island wide (for a donation to cover costs), so please do let your friends know about the work of the Timebank.

Please continue to donate empty shoeboxes, and if you would like to cover one let Sally know.

Please join our telephone support if you would like to chat with another member.

Would you like to make an Eco -brick- According to the IOW council they can't recycle clingfilm, bubble wrap, crisp packets and sweet wrappers, pet food pouches, foil or glittery wrapping paper, pill blister packs so we could use these for our bricks. Just cut them into small pieces and then fill a 2 litre straight sided empty plastic bottle. The finished eco brick needs to weigh 660g. If you can donate any empty bottles, Sally can collect them from your doorstep. We hope to collect enough to make a raised bed!

Paul has kindly planted up most of the 26 bulb boxes (made by David), and in donated flower pots-if you have any over 6 inches wide that he could use, please let Sally know.

We have also delivered 13 flowering baskets from donated plants.

Reduce, Reuse and Recycle

Gina and Sally are looking forward to restarting the plastic refill scheme at the Parish Hall in Freshwater when the lockdown eases, and also planning to put pictures of the products on our website for people to order from us. We have a good collection of empty bottles now except for toilet cleaner bottles. Please save yours to refill or just donate to us.



Gina adds that Plastic Refill scheme is still running in lockdown and you can phone Gina on 07790 329859 for details and to arrange a delivery to your door. The products available are hand sanitiser, washing up liquid, laundry liquid, fabric conditioner, toilet cleaner, multipurpose cleaner, bathroom cleaner, handwash, shampoo, conditioner and shower gel. Prices are calculated by volume and are competitive. All products are made in the UK and are environmentally friendly.

Timebank Swopshop



Are you bored in lockdown? Would you like to borrow a book, a jigsaw puzzle, a magazine? Would you like something different to wear? Sally is setting up a swopshop so members can donate books, puzzles, magazines, clothes that they no longer need (but can't take to charity shops at the moment) for others to use. They will be sanitised and left for 72 hours before delivery. Do get in touch if you have something to donate or would like to borrow something and Sally can collect and/or deliver on her travels around the area.

Our Allotment



When the lockdown eases, we will be manuring the beds, so Sally will keep you posted if you fancy helping with the muck spreading!

Zoom Coffee Morning



Penny writes.... ten members took part in our second Zoom Coffee Morning. It was lovely to see familiar faces and to hear how everyone is getting on. We also met some new members. After a time of chatting in which we could choose to take part or just listen to others, Sally introduced us to Kae who has a studio in Jubilee Quay. She showed us her hand (and foot!) operated printing machine which she had lovingly restored and reassembled. We were able to follow the process with her as she had made a photographic record of each stage. She now uses 'Patrick' along with various other hand printing presses to print a wide variety of beautiful invitations and cards.

Many thanks to Kae, Sally and all who took part for a very interesting and enjoyable morning.'



We would love you to join our next zoom coffee morning on Thursday 25th February from 10.30 to 12 noon.

Just email/ txt/ring Sally to say that you would like to attend, and she will send you the login details and passcode.

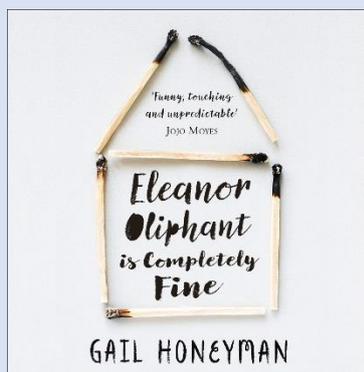
If you have never done a zoom meeting before, please visit The Zoom website itself beforehand, as this has a fairly simple guide on how to use it, then email me to say you would like to come 😊

Here are the zoom guides:

For computers and laptops: <https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

For iPhone and iPad: <https://support.zoom.us/hc/en-us/articles/201362993-Getting-Started-with-iOS>

For Android devices: <https://support.zoom.us/hc/en-us/articles/200942759-Getting-Started-with-Android>



Monthly Zoom Book Group

Would you like to read a book a month (chosen by different members) and then join our zoom meeting to have your say about it?



Please let Sally know so that she can send you the zoom invitation.

Our first book is: *The Dressmaker's Gift* by Fiona Valpy published by Lake Union which we will be discussing on Friday 5th February from 12.30 to 2pm. The idea is that we take it in turns to recommend a book, and we can all get a chance to say a few words about it, and we will give it a score out of 10!

Our next book is *Eleanor Oliphant is completely fine* by Gail Honeyman and we will be discussing this on Friday 5th March 12.30 to 2pm

Quizzes

Here are the answers to the last quiz:



 <p>Narcissus</p>	 <p>bluebell</p>	 <p>allium</p>
 <p>hyacinth</p>	 <p>anemone</p>	 <p>tulip</p>
 <p>iris</p>	 <p>crocus</p>	 <p>snowdrop</p>

Timebank Quiz - Connections

All the answers are connected to a theme - can you work it out?

1 A British mouse with a thick bushy tail is called a

2 Camilla is the _____ of Cornwall.

3 A red playing card worth 12 points

4 An albino buck pet is a _____

5 He was grinning like a _____

6 She is as mad as a _____

7 An infant butterfly is a _____



8 An extinct creature may be said to be as dead as a

9 School's Out was sung in 1972 by _____ Cooper.

10 All the answers relate to _____

FUNDRAISING

These lovely cards, made by Margaret, are for different occasions. You can have a selection for a donation to the Timebank.



Jane is now working on some Easter cards which will be available to purchase soon.

Coming Soon...Gina's quiz walk, details of this will be in the March newsletter.



**Press Release: Looking out from Lockdown
(embargoed until 22nd January 2021)**

Looking Out From Lockdown is an Island-wide project celebrating the creativity of Island people during lockdown, both in 2020, and again now in 2021. In collaboration with Lord Lieutenant of the Isle of Wight, Susie Sheldon, local arts for wellbeing charity Independent Arts is offering people the chance to exhibit their lockdown creations, be it painting, photographs, poetry, music, speech, pottery, writing, crafts, projects, inventions, baking, gardening or anything else creative completed to keep spirits up during lockdown.

Whether it is something that captures the moment of lockdown one, or whether it is right now in lockdown three, everyone is urged to get creative and submit their projects to fill the gallery with their thoughts, visions and reflections in any art form, plus the story behind them. The website will become a "time capsule" for our Island Community to admire and share in years to come when reflecting on our experiences during the pandemic.

The plan is to hold physical exhibitions after restrictions end, so please save those creations that can't be exhibited online. For contributors who are unable to photograph and submit work online to the website, there will eventually be the option to use drop-off points, where creations can be photographed and submitted on your behalf and returned.

Charities, radio, local papers, schools, care homes, businesses, clubs and organisations and events during 2021 are all encouraged to get involved in this project and give people the motivation to get creative. Individual exhibitions of **Looking Out From Lockdown** could be held around the island, once restrictions ease.

***The Lord-Lieutenant of the Isle of Wight, Susie Sheldon** says, "This is an exciting project that should give everyone an incentive to concentrate their talents for a purpose. In these difficult times we all need a purpose to keep us motivated. Everyone has the ability to be creative in different ways and I am really excited at the prospect of seeing all the works, ideas, inventions, thoughts etc that have come out of the time Islanders have spent in Lockdown both in 2020 and again now. Let this be something really good that comes out of the difficult times we are all going through."*

***Lisa Gagliani MBE, Chief Executive of Independent Arts** says, "When we heard about this idea, we knew it was perfect to add to our existing Islesolation Gallery developed in lockdown one – with this new impetus, we hope many more Islanders will find inspiration to have a go and submit something, as we know just how valuable making, doing and displaying one's creativity can be at a time of stress."*

***Jo Dare BEM, CEO of Age UK Isle of Wight** commented: "Lockdown is challenging but to keep positive we know Islanders have been turning to existing talents, or learning new skills, some of which may have included, or been taught by, older residents. Whatever your age, whatever your way of letting time pass whilst keeping safe, and hopeful for the future, we want to see what you've been up to. You may even inspire someone else to have a go as well!"*

***Mayor of Ryde, Cllr Michael Lilley:** "Looking out from Lockdown is a great project idea as it provides a message of hope and an outlet for voices and creativity of all our Island residents from their homes during lockdown. We need our community to stay safe but not silent and this provides an outlet to share our thoughts for the future and the fantastic imaginations within our community".*

To find out how to get involved, head to Independent Arts online

<https://islesolationgallery.com/LookingOutFromLockdown>

Submissions are welcome from any Island resident, of any age, preferably via email attachment to gallery@independentarts.org.uk Please check the Tips & Tricks section for help in providing a good quality image so that your creativity shines. For video or musical submissions, email and attach a YouTube link.



**Press Release: Looking out from Lockdown
(embargoed until 22nd January 2021)**

ends

Editors notes:

For further information about the Lord Lieutenant's office contact: office@isleofwightlieutenancy.org.uk
Tel: 01983 756050

For further information about Independent Arts contact info@independentarts.org.uk or to submit something for the gallery email a good quality photograph and description to gallery@independentarts.org.uk
Tel: 01983 822437

The online gallery will be an expansion of the 'Festival of Islesolation' Independent Arts created during the first lockdown in 2020, which was funded by Arts Council England.

Independent Arts is a registered charity (Registered in England and Wales No. 297474) that has operated on the Isle of Wight since 1987. Its mission is to change lives through arts. Before lockdown it ran workshops in the community and in care homes reaching 1700 people each month. Now many of its services can be accessed online, via zoom and its own YouTube channel. See www.independentarts.org.uk for details.

