



## West Wight Timebank January 2022 Newsletter

Happy New Year to you all 😊



Our Timebank tree as part of the Celebration of Christmas Trees at All Saints Church

THANKYOU TO ALL MEMBERS and all who contribute to our Timebank.

Let's celebrate our achievements and hope that 2022 is more settled for everyone:

Our Timebank has over 100 individual members, our youngest is in her 20's and oldest their 90's. We have 16 organisational members and together we have exchanged 12,347 hours since we started 6 years ago. We have shared a wide -range of individual and group exchanges and Sally is thrilled that we have been able to work all through lockdown to support our fellow residents of the West Wight.



We do receive funding from the Big Lottery for salary and running costs>  
In addition we receive donations and local grants that allow us to do all our marvellous schemes.

Since October 2021 we are delighted and thankful to have received:

£500 from Wight Aid for our allotment to be used for compost

£500 for the Buddy Scheme from Timebank UK

£100 from Shalfleet Parish Council

£500 pledged from Freshwater Parish Council

£150 from Shalfleet volunteer and lunch club for 3 hardship funds and food for struggling families

£200 donation from Green Meadows

£500 a nominated grant from Wight Aid which will be used for the management of Sally's laptop (workstation backups and storage)

In addition we have raised:

£340 from the Waterfront quiz

£135 from the Strikey Jumper and book sales

£310 from the 3 table top sales (Pitter patter, Green Meadows and Freshwater Methodist Church)

£118 from Parish Hall sale of goods made by members

The Timebank has also donated £190 to The Real Junk Food project IW since October 2021 and will continue to donate money for the food that we make up into food parcels for local families.



Sally has just applied for a small grant from the IW council to help with the food parcel donations as we hope to make up 10 per week for local nominated families.



We have sold about 16 sets of stripey jumpers and books, which is fantastic, and I have had some lovely messages back from very happy customers. One said, 'I love my colourful cosy jumper and the story is great'.

We still have plenty left, ages 1 year to 12 years old, so if you can help spread the word that we are selling these, it would really help. They are always available on a Friday at the Parish Hall or I can drop off a set (or a jumper or book if preferred) to anywhere island wide.



We will be starting the Community Market again on Friday 7th January 2022 from 1 to 3pm so hope you can pop in to see us there. The Eco refill and Real Junk Food Project van will be there too.

A big Thank You to the PCC for allowing us to use the Parish Hall 😊

Please could you bring any small jam jars for our jam/pickle making, and wool for Penny's soft toy.

We will continue to make up our well-being boxes for carers, as they quietly get on caring for their loved ones, often in very difficult circumstances. Receiving a box from the Timebank they feel remembered and cared for. One carer who received a Christmas box said, 'Thank you all very much for the delivery of the lovely box of goodies. It's so very kind of you and bought tears and a lump to my throat! It was such a surprise. I believe in all the things you stand for. Thank you once again.'



## Crisp Packets and Recycling News

Since we started collecting crisp packets in Spring this year we have saved many many bags from going into landfill 😊. Gina and Angie have been taking the bags to Newport to Lorraine, at Master of Disguise, who sends them to TerraCycle for recycling.

We have also been collecting all types of pens for recycling and ink cartridges.

A new addition to the collection list is pill blister packs which a really kind member is taking to a pharmacy on the mainland to recycle as we can't recycle them on the Island.

Please don't forget to bring your used stamps as we collect those too!

In the New Year we will be thinking about collecting cheese wrappers, just ask me about that on any Friday.

Every little bit helps! 😊

We will also continue to make up food parcels for local families who are struggling and, when the weather improves, our growing boxes made from pallets.



## Timebank Workshops

### Safeguarding training

Sally is now running 1-1 sessions using the safeguarding materials, so if you would like to do this and haven't already said please let her know.

# CHAIR YOGA & MINDFULNESS

A well-being workshop for members of TimeBank

*Come to stretch, breathe and relax!*

- **Monday 31st January**  
from 10:30 am to 11:45am
- **The Country Garden**  
Church Hill  
Totland Bay PO39 0ET
- **5 time credits**  
Booking essential
- **Contact & booking**  
0787 2304294 [info@wwtb.org](mailto:info@wwtb.org)





## Food Workshop

Led by Avril at Green Meadows, this potato workshop will be held on Tuesday 22<sup>nd</sup> February from 10am to 12 noon with samples to try, recipe ideas to share and a coffee.

If you would like a place (and haven't already done so) please let Sally know, as places are limited to 4 Timebank members and 4 residents from Green Meadows. We are taking the community into the home and enjoying each other's company.

## Signing workshops

This will be for 6 sessions of 45 minutes each on January 12/19/26 and February 2/9/18 2022 with tutor Rachael Parsloe at 4pm at Green Meadows.



So, after 6 sessions, providing learners can practise between sessions and retain what they learn, they should be able to:

- finger spell, introduce themselves and ask others their names, as well as ask and answer some basic conversational questions.
- use and understand vocabulary relating to food, health, emotions, the weather, essential phrases for meeting the public.
- use some good ad-hoc tactics for communicating with deaf or language impaired people.



The Timebank is paying for this course and Sally is happy to increase the numbers by 2 more, so if you would like to do this please let Sally know.

Further workshops currently being arranged:

(All require members to spend 5 time credits per hour, but don't worry if you haven't got enough credits as you will still be welcome to attend)

Please let Sally know asap if you would like places on any of the following

Jewellery Making - 4<sup>th</sup> and 11<sup>th</sup> March (maximum 8 people) -to be held at the Parish Hall in Freshwater on a Friday between 1 and 3pm and led by Joy. Come and make your own wire/bead dragonfly pendant. There will be a material cost of £2 each for this workshop.

Plant up your own pallet box - April 29<sup>th</sup> at the Parish Hall on a Friday from 1 to 3pm (maximum 6 people)

Make your own keyring -May at the Parish Hall on a Friday

Flower arranging - TBC

Willow sculpture - TBC

Food workshop using fruits at Green Meadows - date to be confirmed.

Food workshop using vegetables at Green Meadows - date to be confirmed.

If you have an idea for a workshop, please let Sally know as we have several venues for different days and times that we can use.





## Buddy Scheme

The Buddy Scheme at Green meadows will restart in January and run until the middle of March 2022, with residents matched to a Timebank member to share 20 hours of activities of their choice within Green Meadows and around the gardens. It is gratifying that our Timebank can offer this scheme to the residents, in partnership with Timebank UK and Sports England and we have already seen positive relationships developing.

## OUR LITTER PICKS AND WALKS:



January 12<sup>th</sup> 2022 a walk along the nature trail from Freshwater to Yarmouth. Meet at The end of the line café in Freshwater.

19<sup>th</sup> Jan Litter pick meet at Yarmouth Car Park

26<sup>th</sup> Walk along the sea front. Meet at Colwell car park

2<sup>nd</sup> February Litter Pick Meet at Moa Place Car park

All start at 10.30 and finish about 12 noon



## Our Allotment



We are holding a planning meeting at Green Meadows on Friday January 7<sup>th</sup> at 10am with a coffee to discuss the allotment beds this season. Please let Sally know if you would like to come to this as we welcome your input.

## Timebank Book Circle

Over the winter the group meet Margaret's home from 2pm to 4 pm on the second Thursday of the month. There are a couple of places available so do ring Margaret (754929) if you think you would like to join.

Members who attend are asked to let Sally know if they would like to receive their credits for attending, as this is a social activity and therefore eligible for all to earn time credits.

We also have another daytime book group who will be meeting on Monday 31<sup>st</sup> January at 12.30 to 1.30 to discuss 'Woman in Blue' by Ellie Griffiths and 'The night she disappeared' by Lisa Jewell.

Do let Gina or Sally know if you would like to come along. It's a small friendly group who share their lunch together whilst discussing each months chosen book.



As Covid will remain a part of our lives for some time, Sally wanted to point out that...

Risk assessments for Timebanking activities are important and that she always considers how risks can be minimised when undertaking activities and time exchanges.

However, the general rules that always apply for any individual or group time transactions are:

If you are not sure, don't do it

If you don't feel safe, don't do it

Your safety and that of others always comes first. If you would like to undertake your own risk assessment for any time transaction you are considering, please contact Sally who has a form you can complete and she is very happy to help you resolve any issues if she can.

Don't forget, you can also spend some credits by using the TB electric bike or the gazebo for a weekend/week.

Coffee Morning



Our next coffee morning is on Thursday January 27<sup>th</sup> at WWSCC from 11am to 12 noon, so hope to see you there as it is great to be back supporting the centre and enjoying their refreshments.