



West Wight Timebank July 2022 Newsletter

Food Redistribution

There is a growing need for us all to support each other in these difficult times, and the West Wight Timebank's philosophy of sharing skills and kindness will certainly be supportive of the various schemes that help distribute food in the West Wight.

Faith will be at the Parish Hall with her food van at 2pm as usual throughout July, so please do spread the word as it is available to all on a 'pay as you feel basis'. It is also of huge importance for us all to help save food waste, so Sally and Alison have increased their pick ups from Sainsbury's local from 5 to 7 days a week, to meet increased demand.

The West Wight Timebank is now registered with Neighbourly, a not for profit organisation founded in 2014 to help businesses deliver meaningful and sustainable community investment. They manage the food good to eat that Sainsburys have left over each day, and now manage the distribution of the food.

This means for us, that they send a message to say if there is food to collect every day, which Sally can either accept or decline. If declined, it will go to the next collecting organisation on their list.



Debbie and Joseph with the food at Freshwater Methodist Church



The produce Alison and Sally collect has also widened to include lots of fruit and vegetables with the bread.

This redistributed food goes out to:

Oasis in Freshwater on a Monday

Our Place in Freshwater on Tuesdays

Brighstone primary School on Wednesdays

Green Meadows extra care on Thursdays

St Saviours Primary school and West Wight Nursery school on Fridays

Saturdays at present to Green Meadows, but if any members would like to nominate a local group who meet and could use the food, please let Sally know.

Sundays Freshwater Methodist Church

Food Pantry

We are so pleased that Natalie Thomas, a local councillor and Freshwater Parish Council are working hard to set up a food pantry in the West Wight, which would provide roughly £15 of food purchased for £5 and be open to all who join the scheme, which is supported financially at present by the IOW council.

Food poverty is not going to go away, so the Timebank is asking all members to support Natalie in her quest. Currently she is in the process of securing a community venue for the pantry, so more details will be shared as this develops

Food parcels



The Timebank made up 259 food parcels at the Parish Hall and delivered to local families from January to June 2022, which is wonderful. Grants from IOW council were secured for this.

Sally will now be starting to spend the £1000 grant from Tesco's for further parcels (12 a week) to see the families through the summer.

Heather, the family liaison officer and Sally will then consider if any of the families still need deliveries, or if they can (hopefully) go to the food pantry. If there is still a need for deliveries, Sally will then apply for a small grant to be able to continue to donate £5 per parcel for Faith's food.

Fabric Friday started on July 1st





Gina and Davina use donated fabrics to make bags for the wellbeing boxes, aprons to sell, and hand-made dresses to order.

Fern, is trying to recruit more repairers to join the Repair Café, so if you would like to do this, please let Sally know as it would be good to have more members involved in this to help mend items.

Drop and Swap table

As we haven't a lot of storage space at the hall (in the cupboard of plenty!), Chris and Sally have decided that any items on the table that are not taken within a month, will be taken by Lee to a car boot sale, and any money made will be put towards Timebank funds.

Please support this brilliant scheme by bringing items on a Friday, and/or taking items you would like.

After the summer holidays we are delighted that Alma will be starting a second Drop and Swap table at 'Our Place' in Freshwater at WWSCC on a Tuesday morning

Well-being boxes

Thank you to Margaret for the lovely hand made cards that go into the boxes, and for all the items members continue to donate to cheer recipients up 😊

Alison will be offering a 'creative writing' workshop, so members' story contributions can be added to the boxes.

This will be starting in September. There will be 4 sessions of 1.5 hours, dates to be confirmed. They will be held at a member's home.



Please let Sally know if you would like to join the 4 members already signed up for this.

Plastic Refill Scheme

NEW PRODUCT



We are pleased to announce that we now stock a range of sustainable, plastic-free, organic, eco-friendly natural deodorants for women, men and teens. They are made here on the Island by Earth Conscious. Scented or unscented – the choice is yours...

100% Natural Ingredients

Plastic Free

No Aluminium Parabens or Carcinogens

Biodegradable Recyclable Packaging

Vegan Friendly

Cruelty Free

While they retail for £7 in Holland & Barrett, we are selling them for £5 at our plastic refill stall at the Friday afternoon market at the Parish Hall – come along between 1-3pm and refill some bottles at the same time.



Request

Our collection of pill blister packs for recycling has been a great success. If you are travelling to the mainland in a car and would be happy to deliver some of the pill blister packs to a Superdrug, please let Sally know.

The Big Plastic Count

Do you want to help uncover the truth about how much plastic passes through our homes and what happens to it? We'll gather new game-changing evidence that will push the government to tackle the plastic crisis.

Please join:

https://thebigplasticcount.com/sign-up?source=WA&subsource=OCPOPSOAWA01L4&utm_source=Whatsapp&utm_medium=Thank+you+page+share&utm_campaign=BPC+-+Household+sign+up++OA+20220221&utm_term=

Gina and Angie are following up with the Tesco's in Freshwater, to find out what happens to the plastic they collect for recycling...the deputising manager assured Gina that Tesco have a policy to reuse any plastics they can, by making green items. We will let you have more information on this as we receive it.

Terracycle scheme

Please bring:

All types of pens

Ink cartridges,

Pill blister packs





We are no longer collecting crisp packets, so please take them to Tesco along with all your soft plastic as they have a scheme there.

Used postage stamps

Every little will help and it will have a positive effect on our environment. 😊



Please could you save the cellophane wrappers from greetings cards and bring them along on a Friday or give them to Sally? A TB member can recycle them. Many thanks.

Request

If any members would like to help set the Parish hall up on a Friday morning (and earn time credits) it would be greatly appreciated, just let Sally know 😊

Three More Timebanks on the island

Sally is so pleased to tell you that we now have 3 new Timebanks on the island who are just getting started:

Tricia who will be based in the Ryde area said,

'I have had two incredibly inspiring days led by Sally, learning about the West Wight Timebank and how it has evolved. You have so many great things going on, and so many active members. What a brilliant community to be a part of.

It seems particularly relevant at this time, to feel part of a thriving community and a Timebank seems a win-win organisation for all involved. I would love to set one up in Ryde.'

Sally also very kindly gave us all a well-being box which sums up your caring, sharing ethos. Many thanks.



Sally and Davina are planning a visit sometime in September to an arts café in Ryde, where Tricia hopes to get some time transactions going. If you would like to come along for a coffee and meet Tricia, it would be great. Just let Sally know as lifts can be shared.

Jane at 'Community Spirited' said,

Dear Sally, what an absolute pleasure it was to be trained by you. I am very excited about taking this model forward and introducing it to our East Cowes community. It was great to be with the other people too.

Many thanks for all you do for your community. See you soon love Jane at Community Spirited.

Jane, set up the first food pantry on the island, which is a remarkable achievement, and Sally is so looking forward to sharing ideas with Jane about schemes that make communities grow in strength.

Monique will be running her Timebank from Oakfield Primary School where she also runs a food pantry. She thanked Sally for her time and knowledge when training.

Sally notes that in other countries she knows of Timebanks that run just within a school, and ask each child to say 2 things they are good at, and 1 they need help with. The coordinator then matches them up, so that for some of a 1 lunchtime, once a week they can share their skills together.

This seems a fab way to promote sharing, kindness, empathy and respect in our younger people 😊

Thanks to Aspire who commissioned Sally to run this training, and who are paying for all 3 to have a years membership with TBUK, so that they can access further training, particularly the software package that we all use to store members credits safely.



Sally adds, that for her, the training was an amazing bench -mark, as she has been trying to encourage other island Timebanks for 5 years now, having got part way to set up one in Newport, on two separate occasions.

So well worth celebrating, and we can of course link up , when Jane, Tricia and Monique get going.

This month we have exchanged a lot of time credits between us! 326, which added to our running total gives us almost 14, 000 hours since we started the Timebank. Thankyou to all members who continue to put requests in , and spend their credits too.

Our Timebank Workshops and Community Vouchers are a great way to spend your credits, so please do put your name down for one or two.

Flower arranging now FULL

Led by Sue at the Parish Hall on Friday 8th July from 9.30 to 12.30. Come and have some fun with flowers and make your own arrangements. Small material cost of £1 per person



Avril will be making a picnic lunch for all on the flower arranging course (for donations 😊)



Avril's Food workshops are amazing, do try one....remember its 5 credits per hour you attend, and if you have only just joined and don't yet have 5 credits, don't worry you will still be welcome.



Food workshop, using vegetables at Green Meadows from 10 to 12, led by Avril on September 13th

Art workshops

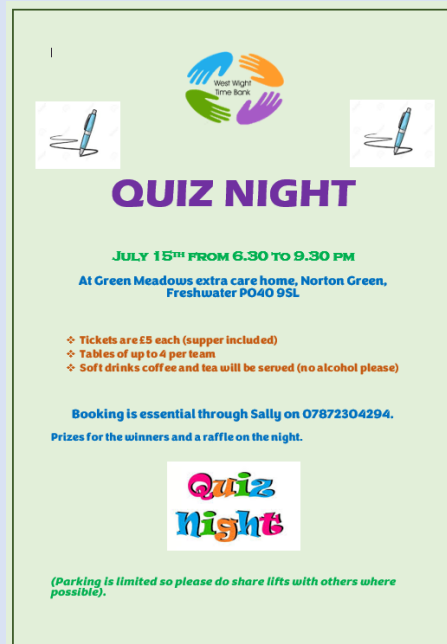


If you have had some experience of drawing or painting and would like to join this group, led by Muriel a talented professional, we will be meeting at Green Meadows on July 5th from 2.30 to 4.30 pm. Please let Sally know if you would like to come as you would be most welcome.

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.

Thank you to Janet, who gave us a wonderful talk entitled 'Helsinki, you must be joking' at Green Meadows. 8 members and 7 residents listened as she shared her stories about being a wardrobe mistress.

Look out for the next talk which will be advertised in the newsletter.



QUIZ NIGHT


JULY 15TH FROM 6.30 TO 9.30 PM

At Green Meadows extra care home, Norton Green, Freshwater PO40 9SL

- ✦ Tickets are £5 each (supper included)
- ✦ Tables of up to 4 per team
- ✦ Soft drinks coffee and tea will be served (no alcohol please)

Booking is essential through Sally on 07872304294.

Prizes for the winners and a raffle on the night.



(Parking is limited so please do share lifts with others where possible).

NOW SOLD OUT

Litter picks and local walks

All starting at 10.30 am

Litter Picks are led by Penny. Please let Sally or Penny know if there is a particular area that you notice needs a clean-up.

Please do let Sally know if you have a favourite walk or two we could do.



July 6th **Accessible Walk**. (suitable for mobility scooters, buggies and people with limited mobility) and of course, for those who don't have these needs. Meet at Green Meadows, Norton Green, Freshwater PO40 9SL. Parking is available.



July 13th Litter Pick, meet at Totland's Turf Walk where there is free parking. Members now hope to follow the 1 hour litter pick with a coffee at a nearby café, so this one hopefully will be at the Waterfront.

July 20th Walk, meeting at the car park opposite Freshwater Bay, walking up the side of Dimbola tea room. It's quite a climb up to Tennyson Monument.

July 27thnd Litter Pick at Colwell Common

August 3rd walk Newtown Creek

In addition, do go along to the organised walks at Newtown Creek if you get a chance



Our Allotment

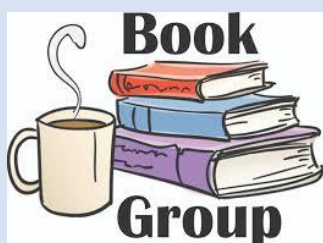
We are now harvesting our crops, replanting and having a lovely cup of coffee and cake every Monday from 10am to 12 pm. Do join us if you can. Meet at St Saviours car park (next to the school in Totland).



Plant a tree for the diamond jubilee

Ruth is going to discuss the tree planting at WW Nursery with Kim next week, and we also hope to support Trish with her desire to plant up her large garden space in Freshwater.

Timebank Book Circle



Meeting at Margaret's home the group now meet the third Tuesday in the month from 7pm to 8.30.

Please contact Margaret (754929) if you would like to join.

Our Second Book Club

The next meeting will be held on Tuesday 9th August at 10am at Gina's house (see Sally for address). We will discuss two books:

Away with the penguins by Hazel Prior

Earthly Joys by Philippa Gregaory

All most welcome...

New Members

Welcome to Graham 😊

Time exchanges:

Our ongoing requests are-

Group Gardening

Would you like to play chess (no prior experience is necessary) as this is a fun club that we would like to set up at Green Meadows once a month?



Can you play the guitar or ukulele? Would you like to join a music group that hope to meet monthly at Green Meadows to share some guitar music?

Would you like to visit a member in his own home for a chat once a fortnight for an hour?

Risk Assessments

Please be assured that Sally will always consider 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.

Forthcoming Events:

Brighstone Show July 16th

Freshwater Lifeboat Day August 13th from 12 to 6pm

Shalfleet Show August bank holiday

Sally will be there with a gazebo, a sample food parcel and well being box, and some Timebanking information to share and encourage others to join us. If you would like to help, she would love to see you.

FRIDAY 19th AUGUST THERE WILL NOT BE A COMMUNITY MARKET AT THE PARISH HALL

Our next coffee morning is on Thursday July 28th at WWSCC from 11am to 12 noon, so hope to see you there as it is great to be back there supporting them and enjoying their refreshments.



Timebanking group activities for July at a glance

Monday		4 Allotment (am)	11 Allotment (am)	18 Allotment (am)	25 Allotment (am)
Tuesday		5 Art group (pm)	12	19 Book group (evening)	26
Wednesday		6 Accessible walk (am)	13 Litter pick (am)	20 Walk (am)	27 Litterpick (am)
Thursday		7	14	21	28 Coffee morning (am)
Friday	1 Community market (pm)	8 Flower arranging wkshop (am) Community Market (pm)	15 Community market (pm) Quiz evening	22 Community Market (pm)	29 Community market (pm)
Saturday	2	9	16 Brighstone show (am and pm)	23	30
Sunday	3	10	17	24	31