



## West Wight Timebank October 2023



Thank you to all those who supported the Timebank's fundraising coffee morning on the 9th September at Freshwater Methodist Church.

Members were made very welcome by Doreen when we arrived carrying many delicious homemade cakes.



Joseph shared how to ask for tea and coffee and cake using sign language to promote an inclusive society. We had a lovely morning chatting and raised £ 144.72.



As well as this, Olga had a wonderful coffee morning in her home and raised £350 for the Dementia First Carers Friendship Group.



### Parish Hall Feedback and fundraising events

Robin has kindly sent the following information about the Parish Hall, which of course we rely on using every Friday for our market.

“In June we sent out a questionnaire to all Parish Hall users asking for their views about the state of the Hall. The questionnaire asked users to grade the various facilities from 1 to 5 with 1 being Unsatisfactory and 5 being Excellent, we also asked for specific comments on the facilities and suggested improvements and fund raising suggestions.

74 completed forms were received, the main hall was the only facility to receive any 'Excellents' but that was still only 3% of the responders.

The worst 3 facilities graded 'Unsatisfactory' were the kitchen flooring (66%), disabled access (58%) and heating (56%). Many very



useful comments and recommendations on the facilities were also received which will be passed on to the Project Team.

On 12 September, an open evening was held at the Hall to launch the fundraising project and we were delighted that over 60 people attended and generated many very useful suggestions and recommendations.

We also asked for help with the project from people who had specific skills or experience in such things as fund raising, marketing/advertising, IT/social media etc. People were also asked to leave their contact details and as a result we have set up a database to keep all concerned informed of the progress being made.

All this feedback is currently being collated and will be discussed at the next meeting of the project team on 17 October when a plan for the 'way forward' will be discussed and disseminated. While this has been happening, some urgent work has been undertaken on the Hall including repairs to the thatched roof, new entrance doors and repairing and painting the exterior kitchen windows.



The Hall continues to be fully utilised and attracts a variety of users which includes dance and choir groups, fitness and martial arts, drama and dog training, plus children's parties. A number of charities also use the Hall at no cost which is part of the church's commitment to the local community. (Sally adds that the Timebank uses the hall at no cost).

Fund raising for the Parish Hall has already commenced, a Quiz Night was held in the Hall on Saturday 8<sup>th</sup> July, which raised £300 split between the Hall and the Flower Festival. From 30 Sep to 3 Oct a Flower Festival is being held in All Saints Church and the proceeds will



be split between the Hall and Food Bank. On Sat 14 Oct a Table Top Sale is being held in the Hall and the following Sat 21 Oct a Rock & Roll evening, the proceeds from both these events will go to the Hall. Further events are being planned.”

Robin Evans

Booking Secretary & Project Member

### Request

So, in response to Robin's comments, Sally has pledged the Timebank's support with any painting and decorating members can do if needed to freshen the premises up.



We are actively planning our Fashion Show next year to help raise all important renovation funds for the hall (and have some for the Timebank too).

We have our first workshop planned to tie-dye T shirts supplied by T mill using allotment produce.

We have been offered larger venues by our local community.

Gioia Minghella, our patron, will be present.

Models, and clothing are being sourced 😊

If you would like to help with this event, please let Sally know.

### Soup



At the moment, Avril is not able to help on Fridays, and we will miss her and thank her for the delicious soup she has made for all to enjoy at the hall.

Gina and Angie have kindly offered to make soup through the winter months, starting in November which will be served by Rae and Margaret.

### Pet Food Pantry



We have received £30 donated money to purchase more pet food, and several people regularly bring donated items for this scheme - thank you.

Sally is pleased to say that Angie has agreed to lead this project, using the funding we received from Wightaid and Neighbourly.

We have been taking the products to the Parish Hall and Totland Annexe every week, but the plan is to expand what we do with the pet food, to distribute it as widely as possible over the West Wight.

Sally will be asking all the groups she currently takes redistributed food to each week (20 in total), to see if they will have a small box of food on the premises so people can help themselves to packs as needed.

### Food and Hygiene parcels



*First delivery of hygiene parcels.*

This week, Sally delivered hygiene parcels to 10 families. This will continue until the end of March bi-monthly.



Feedback from the new scheme has been positive from the families:

'Thank you so much for our food parcel. Lovely variety of pastas and I haven't tasted couscous in years! Thank you for helping us'

Due to lack of storage at the parish hall, Sally will be making the food parcels and hygiene parcels up at home, but would welcome any members help.

Parish Hall

Why not come along on a Friday from 1 -3pm to the Community market, Victoria Road, Freshwater and earn some time credits?



You can:

- Help make up hygiene parcels for anyone who is finding things a bit tight at the moment.
- Run the Drop and Swap table
- Make teas and coffees
- Help Angie bag up pet food products
- Help Gina and her team to run the Eco refill scheme
- Help set up and tidy away the food from Faith's Real Junk Food project IW (at 2pm)
- Help set up at 11.30am and/or tidy away at 3pm

### Request

Small gift items to go in jars for a Christmas fundraiser.

If you can contribute by donating items for the Community market that is also really helpful, we need:

Nice toiletries for these bags

Donated cat and dog food

You can participate and enjoy all that is going on at the hall too.

Regular Activities at our Community Market:

We have a new selection of Margarets handmade cards available to buy.

Recycling, please bring:

All types of pens, ink cartridges, cellophane wrappers from greeting cards, used postage stamps along to the Parish Hall on a Friday afternoon.

Sue's craft table

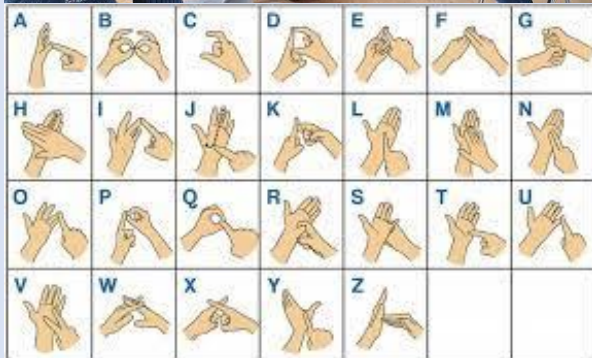


Sue's ideas are fantastic and each week you can try something new.

The activities are free for members, who will now use their time credits to 'pay' for the session. So, if you spend 2 hours crafting with Sue, you will spend 2 time credits.

## West Wight Timebank's Workshops

### Sign language course







Rachel's course is now full and says members are doing really well, covering family signs, animals and can already put some simple sentences together - and its only week 2!



Jewellery Making workshop (changed from Mosaic Tile making advertised in brochure). The next workshop at the hall is with Joy on October 6<sup>th</sup> from 9.30am to 12.30pm

There are spaces available so do let Sally know you would like to come 😊



Singing along to Jenny's accordion

Do join the Timebank choir on Friday 13<sup>th</sup> October at 12 noon

Eco-friendly Refill Scheme

We are encouraging everyone to reuse their plastic bottles to help the environment. Pop along with your empty bottles to the hall to see our range of products between 1 and 3 pm on a Friday. We have washing up liquid, laundry liquid, fabric conditioner, all-purpose cleaner, toilet cleaner, cream cleaner, handwash, shampoo, conditioner, shower gel, body lotion and a variety of soaps and loofah products. The refill is also at the library on the first Friday morning of each month and at Seely Hall in Brook on alternate months at their Monday (first of the month) coffee mornings. Contact Gina on 07790 329859 for more details or to arrange a delivery if you can't get to any of the venues. Clean empty bottles for any of these products are always welcome too.



Angie and Sally completed an accredited First Aid course recently so are the Timebank's nominated First Aiders at events and planned sessions.

Jo and Sally are the trained Advice First Aiders.

### Dementia First-Carers Friendship Group



This scheme is now full and we have a wonderful time together every Monday from 11am to 2pm at Christchurch Annexe in Totland.

Thank you to all members who have helped make this such an enjoyable time.

### New members

Welcome to Sue, John and Derek

Our 'dip in and dip out' philosophy makes Timebanking the perfect option for all to do something enjoyable in our community.

Time exchanges: Members hours exchanged this month: 379

**Our total exchanges now stand at  
20,787 since we started nearly 8 years  
ago 😊**



**Our AGM will be coming up in early November where the chair will give a full record of all the years activities. The date and time will be in the next newsletter.**

## Garden Scheme



This scheme is such fun to do together, please get involved in the gardening team if you would like to join us travel round to members' gardens throughout the year on the second Thursday each month.

You can also book a month for members to come to your garden from November through to August 2024.

Please ring Sally to give her an idea of what jobs you may need help with and choose the month - on the second Thursday between 9 and 1pm. She will arrange the rest.

## Whatsapp Groups and social media



As the Timebank schemes mature and the members start to plan their own times to meet, we have found it helpful to use Whatsapp to share info together.

We now have a book group, allotment group and litter picking group that post so all members involved can see the details of the time transactions.

They then let Sally know how many hours/credits they are due.

Since Carly started to share posts about the eco refill scheme, we have seen raised numbers visiting the scheme 😊

The info goes out to:

Totland and Freshwater com

Isle of Wight Overners

Isle of Wight Community

Shalfleet and Newtown Isle

West Wight notice board

Journey to zero waste Isle

What's on- Isle of Wight

Let's buy local open air

Yarmouth Freshwater ww

Community Events and things



## Isle of Wight Events page

### Book Groups



The next book group at Gina's house is on October 31<sup>st</sup> at 2pm to discuss *A Terrible Kindness* by Jo Browning Wroe.

Please ask Gina if you would like to be added to the Whatsapp group.

Cathy's book group is also available for you to join.

"We enjoyed our BookClub meeting this month and kicked off the afternoon with tea and Portuguese Custard Tarts (Pastel De Nata). In fact we were more enthused by our tarts than the two books we'd been reading! *Two Women in Rome* by Elizabeth Bucan and *One Day* by David Nicholls received mixed scores but the average scores were low. However, our conversation scored high with chats about books we've enjoyed, our approach to reading and how this has changed as we've aged, other forms of information sources including Ted Talks, BBC Sounds and also a book called *Factfulness* by Hans Rosling that explores our distorted view of the



world - very thought provoking. If you would like to join us for a warm welcome with chats, books to read, tea and treats once a month then do get in touch with Cathy Hepburn tel. 07811370491."

Please call Sally for more details.

### 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.

### Timebanking group activities for October 2023 at a glance

Mon	2nd	9th	16th	23rd	30th
	Dementia Carers Friendship Group (DCFG)	Dementia Carers Friendship Group (DCFG)	Dementia Carers Friendship Group (DCFG)	Dementia Carers Friendship Group (DCFG)	Dementia Carers Friendship Group (DCFG)
	11 to 2pm	11 to 2pm	11 to 2pm	11 to 2pm	11 to 2pm
	Pet pantry The Annexe Christchurch	Pet pantry The Annexe Christchurch	Pet pantry The Annexe Christchurch	Pet pantry The Annexe Christchurch	Pet pantry The Annexe Christchurch
	1-2pm				1-2pm



		1-2pm	1-2pm	1-2pm	
Tues	<b>3</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>10</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>17</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>24</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>31</b>  <b>Allotment</b>  <b>10 to 12 noon</b>  <b>Ginas book group</b>
Wed	4	11	18	25	
Thur	<b>5</b>  <b>Food parcel s at Sallys house</b>	<b>12</b>  <b>Garden scheme at Ruths</b>  <b>Food parcel s at Sallys house</b>	<b>19</b>  Food parcel s at Sallys house	<b>26</b>  <b>Food parcel s at Sallys house</b>	
Fri	<b>6</b>  <b>Eco refill scheme 10am to 11.30 Freshwater Library</b>  1-3pm  Community Market at the Parish Hall	<b>13</b>  <b>Sign language week 1 10.30 to 11.30 Parish Hall</b>  1-3pm	20  1-3pm  Community Market at the Parish Hall  2-3pm  Faith's Food van	<b>27</b>  <b>1-3pm</b>  <b>Community Market at the Parish Hall</b>  <b>2-3pm</b>  <b>Faith's Food van</b>	



	2-3pm Faith's Food van	Community Market at the Parish Hall  2-3pm Faith's Food van			
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