



‘Timebank special’-a weekly newsletter –
to help us all in contact and keep our
spirits up

WWSCC help/volunteer information

The West Wight Timebank is thankful and grateful for the WWSCC for coordinating a plan to help those who are self- isolating due to the virus. Some Timebank members have already volunteered to help, and several have requested help to get shopping and prescriptions.

Just ring the number on the card if you need help or if you want to volunteer. If you could also let Sally know how many hours volunteering you have done, she will update your Timebank account with credits for this important community work.

If you are a Timebank member in receipt of help, you of course won't have any credits deducted. This is a very special response to a unique situation, and it is our pleasure to be able to help others in this way.



West Wight

Coronavirus Support HELP REQUEST FORM

AREAS COVERED: TOTLAND, FRESHWATER,
YARMOUTH, THORLEY AND WELLOW

We will be providing local assistance and support through a team of volunteers. Let us know if you are isolated and would like some help with:

- Picking up shopping
- Posting mail
- Phone chat / contact
- Urgent supplies
- Collecting medication
- Hot meal delivery
- Attending medical appointments
- Other (please specify) _____

Name _____

Address _____

Postcode _____

Telephone _____

Email _____

Call 01983 752168 or email help@westwight.org.uk using the above as a guide to let us know your details.

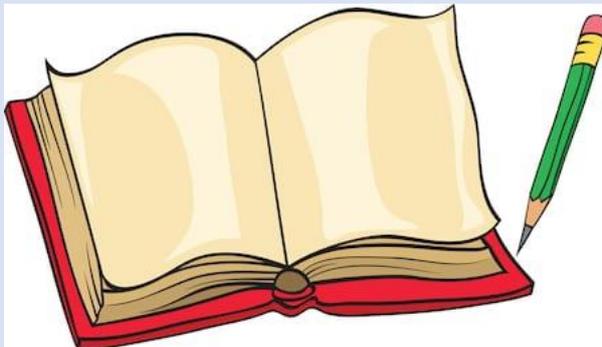
- I consent to my information being shared with the West Wight Coronavirus Support Team.

 www.westwightsportscentre

If you can offer help please see reverse side.

Coronavirus is contagious. Avoid physical contact (keep 2m distance) and wash your hands regularly. Items should be left on your doorstep.

Story competition



They say that everyone has a novel within them....here is your chance to start writing, starting with a short story of 500 words.



Sally's sister-in-law, Lizzie, is an author. Here is Lizzie's biography:

After working for 34 years as a primary school teacher Lizzie decided to pursue her first love: writing. She joined the Romantic Novelists' Association's New Writers' Scheme, wrote Tall, Dark and Kilted (2012), quickly followed by Boot Camp Bride. Although much of her time is taken promoting her novels she wrote Scotch on the Rocks, which achieved Best Seller status within two weeks of publication on Amazon. Her next novel, Girl in the Castle, reached #3 in the Amazon charts. Lizzie is co-founder of indie publishing group - New Romantics Press, and has co-hosted author events at Aspinall, St Pancras and Waterstones, Kensington. She is a member of the Society of Authors, the Romantic Novelists' Association and organises the Leicester Chapter of the RNA (63 members). Her latest romance, Take Me, I'm Yours, achieved Best Seller status, too. She is currently working on a #6, Harper's Highland Fling . As for the years she spent as a teacher, they haven't quite gone to waste as she is building up a reputation as a go-to speaker on indie publishing, social media and the labyrinthine workings of Amazon. Lizzie lives in Leicestershire (UK) with her husband, David, aka The Roadie.

link to Amazon - [viewAuthor.at/LizzieLamb](https://www.amazon.com/viewAuthor.at/LizzieLamb)

Lizzie has kindly agreed to judge a story writing competition that we are inviting members to take part in. The titles you can choose from are:

The Birthday Present That Went Wrong. A Surprise. A Sting in the Tail. The Day When I Found Out Who I really Am



If you would like to take part in the writing competition, please write no more than 500 words by June 29th 2020.

Please email your entries to Sally (you can either handwrite or type), who will then forward them to Lizzie.

There is a prize; a tea for 4 people at the Pearl Centre (when virus restrictions are lifted) and Sally will share the winning story through the national network of Timebanking UK, and with the Reaching Community Team at the Big Lottery. If you would prefer to write under a pseudo name, rather than your own that is fine 😊

Lizzie has suggested the following links might be helpful for you to browse before writing your stories.

<https://self-publishingschool.com/how-to-write-a-short-story/>

<https://youtu.be/DLxeTh8Q00o>

Home Quizzes

As the fundraising quizzes were so popular with Timebank members, we are going to do some home based quizzes for you to enjoy.

There will be 2 quizzes a week for the next 3 months, and these will be attached to the email you receive with the weekly newsletter (as word documents).

If you would like to take part, you can either complete each quiz on word and email Sally with your completed quiz, or just email- info@wwtb.org, txt or phone 07872304294 your answers.



Gina will then collate the number of correct answers for each person and work out the overall winner, i.e. the member who has answered the most questions correctly from all the quizzes over the 3 month period.

The winner will receive a beautiful homemade hamper of goods containing goods from our plastic refill supplies, and will include shampoo, conditioner and several household products.

Stories from Timebank members about some of the more positive things that are happening at this very difficult time.....from Margaret, Avril and Gina

Margaret's reading group scheme

A message from Margaret Renouf, our Time Bank Book Circle Host.

As with every other activity, our Book Circle has had to cease meeting for the foreseeable future but that doesn't mean we have to cease reading. We simply have to find some other way to compare notes. We're currently reading the Queen's Gambit and it will be too late for you to join us for that. But for May we have selected The Dig by John Preston. Below is a brief summary which made us think it will be quite interesting. If you would like to order a copy just type in the title to Google and it will come up with various sources. I've ordered mine (a used copy) through WRAP Ltd. for £2.44 inc. postage; there will be other places at around £3. If you would like to join in please order your book and email me so that I know you're taking part. When we've all read the book we can compare notes. My email address is: southbarn2013@gmail.com I will then collate the comments and share them with you all - using "blind copy" so



that we're keeping privacy laws. And if you like the idea, we can choose another book to share. This will help to keep us TimeBankers together whilst we cope in our different ways with self-isolation.

The Dig - John Preston : In the long hot summer of 1939, Britain is preparing for war. But on a riverside farm in Suffolk there is excitement of another kind. Mrs. Petty, the windowed farmer, has had her hunch proved correct that the strange mounds on her land hold buried treasure. As the dig proceeds against a background of mounting national anxiety, it becomes clear though that this is no ordinary recreation of the Sutton Hoo dig - the greatest Anglo-Saxon discovery ever in Britain. This book brilliantly and comically dramatizes three months of intense activity when locals fought outsiders, professionals thwarted amateurs, and love and rivalry flourished in equal measure.

Gina's plastic refill update:

Whilst the plastic refill scheme is not operating at the moment. Gina has the products at her home and is happy to supply them to Timebank members. You can contact her on 07790329859 to arrange purchase of washing up liquid, laundry liquid, fabric conditioner, handwash, multipurpose sanitiser, bathroom cleaner, shower gel, shampoos, and conditioner. She can deliver to those in isolation, respecting the social distancing required of 2 metres, and keeping us safe.



Update from Avril



Meet and Eat might not be possible at the moment and Shalfleet Lunch Club is on hold too. However hot lunches are still available for delivery to some elderly residents twice a week in Shalfleet, details are always available from the Village shop. Together with a 2 course lunch for £3 we also try to provide a treat and this is one: tiny meringues, mango bites, refrigerator cake and a chocolate egg. I'll be saving the recipes for the next time we meet at St. Saviours.

Update on gardening and allotment

As we are not currently able to go to the allotment safely, due to the restrictions over exercise, and handling shared tools. Timebank members have been growing seeds at home ready for a time when the restrictions are eased, that they can be planted out at the allotment. We have strawberries, lettuce, cabbages, parsnips, kolrabi, Chinese vegetable selection, petit pois, chantenay carrots tomatoes, peas to name but a few. So please do grow something if you can to share with us all.

Coming soon...

Update from Faith's Real Junk Food Project



An update from Avril re the Shalfleet lunch club

- Poetry competition
- Details of a sign language course that can be done online
- Details of online free courses that the Isle of Wight College are offering.