



## Timebank special weekly newsletter - To keep us all in contact and keep our spirits up

### [WWSCC help/volunteer information](#)

If you need help with shopping, prescriptions, phone contact or want to order hot food delivery; or if you can offer support then we're open 7 days a week, 9am-5pm Monday to Friday and 10am-4pm on Weekends. Contact us on **01983 752 168** or go online at [www.westwight.org.uk/coronavirus](http://www.westwight.org.uk/coronavirus) to supply your details.

Alongside this the WWSCC have set up a total giving page to support this hub work and to help secure the future of the West Wight Sports and Community Centre.

To make a donation please visit:

<https://www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre>

THANKYOU TO ALL AT WWSCC HUB FOR THIS VITAL WORK

### **Our new Timebank Box scheme**

The vegetable/fruit boxes are now underway with a target of 10 a month. We have two different styles- pallet kits made up by Tony, which are being put together by different members, before Sally takes them onto others to fill and plant. The first two of these have been delivered to two gentlemen in our community, one a member and one not, and sit on their doorstep. They are both really pleased to receive this gift from the Timebank.



The second style is being made up by David, using strong cardboard boxes, lined with plastic bags, and these are then painted/covered by other members before being filled with donated plants. One has already gone to a lady member, and because these are deeper, have plants suited to this, so hopefully the tomato plant will reach great heights and produce lots of super fruit for her.

12 members are now contributing to the boxes in some way, but Sally would love as many members as possible to be involved, earn time credits and enjoy doing something for others, so please do give her a ring if you would like to help.

2. Sally and 10 TB members are contributing to the 'well-being' boxes, from decorating shoes boxes, to making wonderful home-made contents, and the plan is to start assembling the boxes this week, in her garden. Gina, Ros and Sally will be meeting on Wednesday morning this week to do this, so if you would like to help we can have up to 6 people☺. Just ring Sally for directions.

We can then start to take them to people to enjoy. **If you know of someone who would like to receive one, please let Sally know.**

3. The 10 food boxes a month will be going to a several West Wight schools and nurseries, who will distribute this gift to families according to need, and will include fresh bread, vegetables and other donated items from Faith's Real Junk Food project. Avril is also putting a recipe and dry ingredients together for each box, so they should be lovely to receive.

4. In a few weeks, we will start making up the 10 drop and swap boxes to give out to children and families, and have quite a collection of excellent quality clothing and toys that can be made up into different age group boxes.



If you have any of the following that you would like to donate to the Timebank please ring/txt/or email Sally who will arrange safe collection from your house following government guidelines:

Small potted flowering plants

Vegetable plants -if you have any of the following spare we would be delighted to collect from your doorstep:

Spring onion, radish, cress and mustard, small tomato plants, strawberries

Dried lavender

*Something to look forward to...*



As the government eases the lock down, we will undoubtedly be able to undertake more Timebanking activities, which will be great, but it is essential that we do so safely and comfortably, retaining the social distancing rules at all times, along with any specific advice at the time.

When we are able to, Sally would like to increase our TB walks, to become a weekly event, and is considering having the following in any month:

A Litter Picking Walk

A Nature Walk

A Mindfulness Walk and Art Study

A Beach Walk

If you could call Sally or send a txt/email to indicate if you would like these to be on a Wednesday or Thursday morning, we will go with the majority. The time is likely to be 10 to 12 noon.

NB Short accessible walks will be included along with longer strolls of approximately 2 miles.

### NHS BANNER

Thanks to all who contributed to the NHS banner, and to Jean who put it together for us.



The Bay Boutique Bed and Breakfast who are an organisational member of the Timebank have launched a crowd funder voucher scheme whereby people can get an extra 10% off accommodation and /or e-bike hire. The vouchers include electric bike hire with a homemade cream tea: a real treat! (There are extra vouchers which include separate ones for electric-bike hire and for electric-bike hire with a homemade cream tea). There are additional accommodation packages which can be given as gifts to friends and family to visit once the lockdown has ended.



Timebank members can get a discount anyway through our own TimeBank voucher scheme which Paul requests is claimed while the promotion is on (live for 8 weeks but vouchers can be claimed at any date).

Here is the link to the crowd funder page:

<https://www.crowdfunder.co.uk/the-bay-boutique-bed-and-breakfast>

Sally would like some feedback from members who have had a look at the online course by Rachael Parsloe please.....



If you haven't had a chance but would like to know more

Check out Youtube where you will find an introduction and 4 short themed sessions:

Feelings, questions, working, general.

Sally will be organising and paying for a TB face to face course for those who would like to continue learning sign language.

### POETRY COMPETITION FOR ALL

Just one month left for you to enter the poetry and story competitions!

Thank you for those of you who have already sent your poems to Sally.

### POETRY FOR OUR TIME.



The title for your writing is taken from Tennyson's 'Idylls of the Kings' and is King Arthur speaking as he lies dying;

'The Old Order Changeth'.

'The old order changeth, yielding place to new, And God fulfils himself in many ways,

Lest one good custom should corrupt the world'



Arthur is aware that nothing is forever as it may become harmful and irrelevant and change is an inevitability.

Our world stopped four months ago and as it now begins to start up again we hope some of our old ways might be reviewed and improved. The title might also make you think about changes you have seen or experienced in your own lives at any point in the past or perhaps things you might like to see change yourself. Sometimes things come into our lives which create change e.g. a baby, a partner, a new job, a new hobby, so many different things in a lifetime.

You might see all sorts of diversity in the quote; everything changes, the weather, a building, the scenery, a face, your feelings...your poetry path is up to you, it doesn't (and I hope won't) make for gloomy writing, humour is always welcome.

Poetry is one of the most subjective forms of writing and Hilary (our judge) will use a regular format to make her judgements. For your guidance these are set out as follows:

Relevance to the theme and general appeal 50%

Creativity and originality 30%

Coherence of form and structure i.e. language, presentation and style 10% Clarity of imagery and language 10%

Poems need to be between 20 and 30 lines long

Entries can be online to the TimeBank or in writing to Sally and the closing date is June 29th. Results and prizes will be awarded in mid July. There will be a small voucher prize and a hamper of excellent sustainable products from our plastic reduction scheme.

A story for the Newsletter by The Red-haired Rapunzel\*



## The Coffee Stain

"Well then, pour coffee over the rest of it and then it'll look like you meant it". That was not the response I was expecting to my plaintive wail at dropping cappuccino on my ultrachic hat, the one that I got in the donkey sanctuary shop for a squid and then decorated with scarves and ribbons. It might not seem much, but I loved that hat, and I was into Charity Shop Chic long before the rest of the world caught on. In fact, I think I might have invented it. You know what it's like, sisters (and brothers, too, if there are any chaps reading this) clothes just aren't made for woman-shaped women, are they. If they fit you at the top, they don't fit at the bottom and vice versa, and if they fit the waist, well, don't even go there. And what's happen to trouser lengths? It's never been that easy getting trousers long enough for those of us not wishing to have trousers flying half-mast, but now it's virtually impossible. It's probably the same for men, but they don't seem to care as much. So, buying clothes was never a happy experience, and as I was getting them home and re-cutting them to fit, I thought I might as well cut the cost and do the charities a bit of good at the same time, by acquiring my wardrobe from them.

Hats are a lot more difficult than you might imagine, as heads are a bit like bodies in that no-one has a standard sized head. Mine is the size of a peanut, so hats are, generally speaking, too big. Much too big. They fly off as soon as there's a gentle breeze and you're forced to chase them down the road trying to rescue them in a most uncomely fashion. I once had a hat that disappeared under the wheels of a train. And it's always the ones you really, really like that end up meeting a tragic end.

This particular hat was on the chair next to me in a well-known coffee shop that shall remain nameless. We were talking about



something grippingly exciting like the price of eggs or where to buy tamarind pulp and, as is my wont, I was waving my arms around. This is never a good idea, as it can mean that some poor nearby unfortunate nearly loses an eye should there be a fork in my hand, but on this occasion, it was the coffee that went flying and my beautiful hat was marked forever.

I've done my best to effect a repair but it just isn't the same. It remains in my mind the Hat with the Coffee Stain and no amount of reassurance from well-meaning friends can convince me that the only person who notices it is me. Maybe it's time to be a bit less attached to random pieces of clothing. After all, they're only there to keep us decent in our dealings with the rest of the world. Anyone got a spare coffee sack?

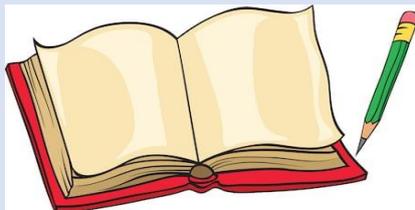
- Formerly the Brunette Rapunzel, only the right colour dye ceased to be available.

(Sally comments that in her household it is the men that would care about the length of their trousers, not the lady😊)

## THOUGHT FOR THE DAY

If you change the way you look at things, the things you look at change

## 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.



Lizzie Lamb a published author 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 29<sup>th</sup> 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 😊

Sally is delighted to add that the Red- haired Rapunzel has agreed to write some short stories for our box scheme



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/DLxeTh8Q000>

## Recipe this week

### Cornish Pastry

#### Ingredients

##### For the pastry

125g chilled and diced butter

125g lard

500g plain flour, plus extra

1 egg, beaten

##### For the filling

350g beef skirt or chuck steak, finely chopped

1 large onion, finely chopped

2 medium potatoes, peeled, thinly sliced

175g swede, peeled, finely diced

1 tsp freshly ground black pepper

#### Method

**1.** Rub the butter and lard into the flour with a pinch of salt using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough. Cut equally into 4, then chill for 20 mins.

**2.** Heat oven to 220C/fan 200C/gas 7. Mix together the filling ingredients with 1 tsp salt. Roll out each piece of dough on a lightly floured surface until large enough to make a round about 23cm across – use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way round the edge with beaten egg, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.

**3.** Bake for 10 mins, then lower oven to 180C/fan 160C/gas 4 and cook for 45 mins more until golden. Great served warm.



If you would like to share one of your favourite recipes that you have started or adapted since the lock down, please email it to Sally on [info@wwtb.org](mailto:info@wwtb.org)

A message from Gina

### PLASTIC REFILL SCHEME: ECO FRIENDLY PRODUCTS

Helping the environment...

The refill scheme continues to run despite the lockdown and we have now started stocking a new item: toilet cleaner! You can contact Gina on 07790329859 to arrange purchase of this as well as washing up liquid, laundry liquid, fabric conditioner, handwash, multipurpose sanitiser, bathroom cleaner, shower gel, shampoos, and conditioner. You can visit her garage to purchase safely or she can deliver to those in isolation, respecting the social distancing required of 2 metres, and keeping us safe.



Please continue to wash and save your handwash bottles, toilet cleaner, washing up liquid, shampoo and conditioner bottles for the refill scheme.



## Beautiful paintings for sale, hand painted by Sophie

‘Are you looking for that special present?’

I can paint a picture of you or your loved one’s home from a photo. Here are some examples. They are watercolours on watercolour paper and can be up to A3 size.

Contact Sally if you are interested to find out more – price on enquiry...

Sophie



## QUIZZES



Attached to the email, you will find the quizzes for this week. The quizzes and competitions are open to all TB members' families and friends.

Please send your quiz answers to Sally and don't forget that you can complete any quizzes that you have missed before the end of June, (just email txt or phone Sally to get them).

You may win the prize for the overall highest score!

## REQUESTS THIS WEEK

Jane asks if members could send photos (vis Sally) of their garden flowers, including leaves and stems as well as a general photo, so that she can design some more of her fabulous silk paintings.



If anyone would like to turn one of the designs into an embroidery if Jane drew it out, please get in touch with Sally.

Does anyone have the skills to overhaul a Singer sewing machine?

Does anyone have a working machine that they can lend Gina to make masks for the hub?

### Update from Avril's work



Trays of stuffed peppers ready for Lunch Club. Lots of pineapple cup cakes too, still in the oven. Nearly all ingredients are from Faith and the Real Junk Food Project so 30 people fed for no cost. Wonderful

### Update from Faiths project TRJFPISLEOFWIGHT

The Timebank is extremely grateful to Faith and Avril who will be helping to fill the boxes with donated food, along with the bread from Sainsbury's.

### Margaret's reading group scheme



If you enjoy reading, please join our virtual book group 😊

Margaret says, 'June's book of the month is 'The Forgotten Garden' by Kate Morton.

"On the eve of the First World War a little four-year-old girl is found alone after a gruelling ocean voyage from England to Australia. All she can remember is that a woman she calls The Authoress had promised to look after her. But The Authoress has vanished. So starts the haunting second novel from the author of The House at Riverton." This novel explores living with and overcoming loss - of trust, of identity or of loved ones - and was inspired by the author's own family history.

I have ordered a copy from Greener Books for £3.26, free postage, thus keeping expenditure to a minimum'

When you have read the book, please email Sally with a line or two with your comments and a score out of 10, and then Margaret will draw the comments together for us all to share.

### [Update on gardening and allotment](#)

Gilly and Abbie have spent some time at the allotment, digging over the raised bed, and planting up vegetables for us to share with others.

It is possible for TB members to go to the allotment now providing that all government advice is adhered to, i.e. social distancing, gloves used when using tools, and spray used on door entry system. So, please do let Sally know if you want more space to grow wonderful produce, for yourself and for our community, and she can explain what you need to do to access the allotment.



## The Timebank ART COURSE:



This week I have tried painting an unscented honeysuckle. The colours are so vivid and the stems make lovely lines that can be very expressive.

I think I did the flowers a bit too big so when I cut up the silk I had a bit of wastage. Sometimes If I have a piece of painted silk that doesn't look quite right on the card, I overlap 2 pieces, which then gives a 3D effect. In my small garden the flowering plants are coming to an end, so only a few left to paint. at people can place an order to buy them.

One of Jane's beautiful cards is going to be included in every well-being gift box.

When the shops are open again, Jane will be printing copies of the cards, so that people can buy them.