



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

[WWSCC help/volunteer information](#)



Several Timebank members who offered, have now been asked by WWSCC to help people who are self-isolating in the West Wight, either to shop or collect medication. We thank the WWSCC to continue to safely coordinate our community response to this awful virus.

It is clear that kindness, compassion and caring are key to maintaining our resilience,

As the Timebank is about doing things

together, and at the moment that means in the main, virtual sharing,



Sally is asking members to contribute to the weekly newsletter, with their thoughts, stories, and skills that will be of interest to other members.



One of the Timebank members wanted to share this link with you, as he loves the work of David Hockney and thought members might too.

Just copy the link into your browser

David Hockney shares exclusive art from Normandy, as 'a respite from the news' -

<https://www.bbc.co.uk/news/entertainment-arts-52109901>

Sally says that we have had 3 new members join the Timebank over the last 2 weeks which is really heartening. Several members have said they enjoyed the last newsletter, Deb adds 'Thank you for a really excellent newsletter, lots for people to be involved with and stay connected.'

Here is an article sent in to Sally this week from a member ...



How's it going? I spoke to my aunt in Australia earlier in the week to check on how she's doing and she observed "You Brits just keep going". I guess that's true. There certainly seems to be a lot of soldiering on at the present time.

Have you noticed how any sort of crisis brings out both the best and the worst in people? I tend to look for the best and concentrate on those aspects of life anyway. I'm one of those glass-half-full individuals, or indeed, as one of my ex-colleagues described me, glass three-quarters full. This was at a particularly trying time, and he pointed out that as my world was crashing down round my ears, I was like Tom the Cabin Boy (from Captain Pugwash for those of you who don't remember), who just smiled and said nothing. That wasn't entirely true, as I seem to recall that no-one's life was ever terribly quiet if I was around, but at least I was cheerful, albeit somewhat cynical.

There's a lot of goodwill around at the moment, from all the people trying to do their bit for others, everyone trying to make life run smoothly and from all those vulnerable individuals who are doing their very best to stay buoyant and accept help with grace. It's a funny thing, but we seem to find it much less of a challenge to give than to receive, and it must be very hard to accept help if you've always been used to being independent and being the giver. Such a lot of initiatives have sprung up, from practical help and telephone responders to online quizzes, virtual choirs and online classes in standup and Spanish.

We're all finding our own ways of getting through and there can be some quite surprising strategies. Someone I know gets up every morning, puts on all her makeup, jewellery and nicest clothes and looks in the mirror to raise her spirits, so that no matter what happens, she knows she can face the world looking her best. (I'm



taking it for granted that she took her mother's advice and made sure she has her best underwear, freshly laundered, in situ as well.....) I guess at the moment, more than at any other time, it's a question of "whatever it takes". There are so many people out there really struggling with all manner of issues that we have to try to focus on what's good in our lives to help us, and them, through. Easier said, than done, I know, and there are going to be long, hard times ahead, but we'll all get there, and we're lucky to know that everyone is doing what they can to lighten the load. It's absolutely right that we're applauding the emergency services and all those on the sharp end of it all - long may we continue to do so with gathering momentum - but we should also cut ourselves a little slack, and recognise that we're doing as much as we can to help them, ourselves and each other too. We all have our part to play and staying at home to keep safe is a valuable and essential contribution.

Incidentally, if you're wondering where the pen name came from, it occurred to me that my hair - which needs cutting every three weeks to avoid looking like an upended loo brush - is going to be down to my ankles by the time this all comes to an end. Ah well, at least I'll be able to play one of the witches in Macbeth with no make up and no wig. It's an ill wind.....

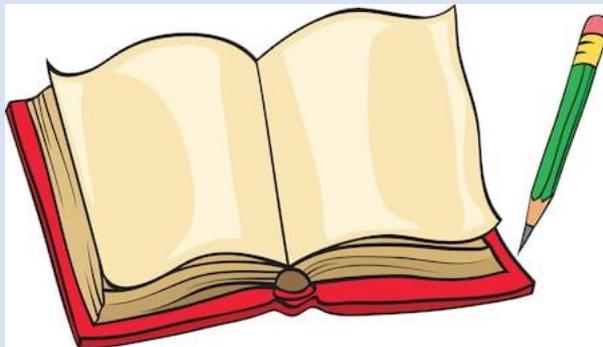
THOUGHT FOR THE DAY

"There is enough in the world to satisfy everyone's need but not enough to satisfy even one person's greed.

Written by The Brunette Rapunzel



Story competition



As we have new Timebank members joining, Sally would like to include the story competition in each newsletter, and hopes too that members will enter anytime before the end of June.

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

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>



The competition and quizzes are open to all Timebank members families and friends so please share them, as it is a good way of keeping connected.

Quizzes



Gina's quizzes were completed by several members last week, some emailed their answers written on crumpled paper to Sally which was fine as they were still legible! :)

New members are joining each week, so Gina will be adding up all the correct answers from each person at the end of June, so if you have just joined the Timebank or as an existing member have missed a week, it is no problem at all, just ask Sally or Gina to send you the ones you have missed, which you can then complete and return, or txt or phone Sally with your answers 07872304294 or info@wwtb.org

The quizzes are attached to this email.

[A message from Gina](#)

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 Faiths project

First 2 weeks of food collections (TRJFP)

Approximately 122 banana boxes intercepted from landfill.

Mostly bread and bakery products. All having best before dates. A lot not having reached a best before date! Why is being thrown away? Mostly because peoples freezers are full with bread from the panic buying in the previous week!

I have managed to find homes for everything I picked up. Most has supported the night shelters and hostels Newport, Ryde and Sandown . Some has been distributed locally and some to Avril who is working from home as is Hilary cooking twice a week for 25 people take away or take to meals in their community.

I hope to be able to distribute more locally as soon as I can find a base to work from.

I will of course keep our wonderful Timebank informed of progress.

Keep following the guidelines and I'm sure we will pull through this together.

It's heartening to know we live in a caring proactive community.

Best wishes to you all



Faith

SCAM ALERT

P.S I have just had a scam email asking me to change a password having recently downloaded a new app. It looked absolutely real with company logo.

I didn't phone or email back I just phoned my bank straight away and they discovered it was a scam. I'm so glad I didn't follow the instructions to contact them or change my password. Please BE WARY!

Update from Avril's work



'Chicken and ham pies nicely shiny ready for cooking for Shalfleet Lunch deliveries. Little fat carrot cakes with cream cheese frosting as a treat too.'



Avril is helping Hilary to cook and deliver lunches to 25 residents in and around Shalfleet on Tuesday's and Friday's'. Further details of this scheme can be found at [Shalfleet village scheme](#).



Margaret's reading group scheme

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

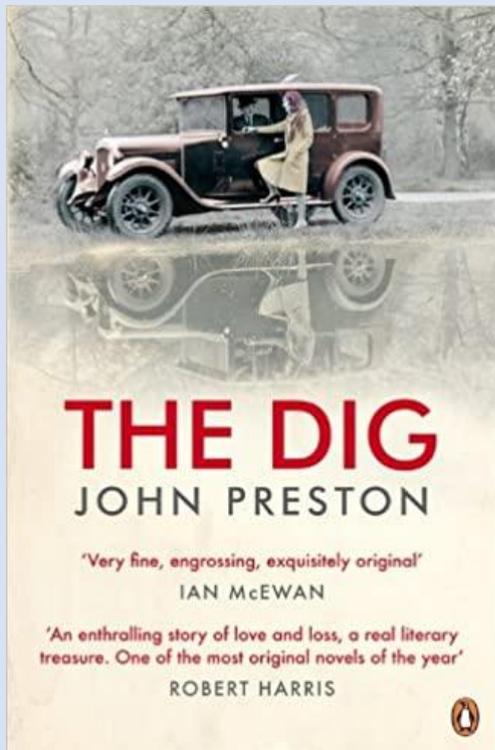
As with every other activity, our Book Circle has had to cease meeting for the foreseeable future but that doesn't mean we have

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.

Update on gardening and allotment

You are advised that The West Wight Timebank allotment in Totland is not currently to be used by members.

This is because the allotment is accessed through a key code, which Sally cannot guarantee is wiped with disinfectant each time anyone uses it.

Some members have offered to plant seeds and grow veg in their own garden, which is great, and we hope that these can be transplanted into the allotment when it is safe to do so.



Coming soon...



One of our members is an artist, and she is looking forward to sharing some tips and suggestions in the forthcoming newsletters.

Some TB members have children, and as they are all at home for the foreseeable, we were pleased to have an offer from a TB member who is an experienced home educator. She will be giving us some tips and suggestions to keep our children engaged and learning.

- 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.