



Our West Wight Timebank's weekly newsletter will be continuing until the end of July, after which we will return to a monthly schedule.

We are delighted to announce the overall winner of the quizzes we have run for the last 3 months.....



ROS...

.....we will be bringing your prize of a bottle of Prosecco and a beautiful orchid 😊

Hilary and Lizzie Lamb are presently marking the stories and poems you have sent in, and the winners will be announced asap.

## The Timebank Box scheme

The box scheme was launched at the end of May and will continue for the next 6 months.

### 1. The vegetable/fruit boxes

29 wooden and cardboard boxes have now gone out to fellow TB members, and people in the community, including carers, key workers, neighbours and friends.



Our open garden on Wednesday mornings at Lavender cottage between 10.30am and 12.30 is for all members and friends who would like to come and contribute to making both the growing boxes and the well-being boxes, and share a cuppa in the garden.

However, at the moment as can only have 6 people at a time in the garden, Sally asks if you could kindly txt, email or call to book a place on any of the Wednesday's throughout the summer that you would like to come, so that she can keep to government guidelines.

There are always disposable gloves, antibacterial spray for tools and chairs for you to use when helping plant up a growing vegetable/fruit box, but do bring your own if you prefer.



If you would like to decorate a box, and/or plant up a box at home, Sally can drop off everything you will need, and collect it again.

We now have lots of tomato plants, but would love any donations of herbs and salad vegetables.

2. 29 well being boxes have now been delivered locally, and we have requests in for further boxes, which will be made up for delivery 72 hours after they have been filled, and wiped down with antibacterial spray.

If you know of someone who may like one, please let Sally know as she would be delighted to take them out.

If you have any old shoe boxes, please let Sally know.

Each box has at least 5 members contributing to it, earning time credits for doing so.

The scheme has been designed to enable all members, who would like to, to share their skills, gifts and talents with each other, in a safe way and earn time credits for doing so. As always, the idea is to dip in and dip out of any activities as you wish, and the success of the scheme to date is wonderful, as recipients regularly write or email Sally to thank all involved in making their gift box.

Here are two members thoughts on contributing to the well-being boxes....

'Creating the silk paintings for West wight Timebank has kept me going through this pandemic. Because I have been shielding alone this whole time, I slipped into a very bad state of mind. Once I started creating something beautiful and I knew I had committed to do it every week, I was able to make that my main focus. Just fitting other mundane stuff like housework around it.



Before I knew it the week was gone and I loved having that goal to aim for.

Also I fretted that I wasn't able to make a contribution of any kind during this difficult period, in fact I was the one in receipt of such kindness, with people doing things for me. So making these cards made me feel I was helping in some small way.

I do hope you enjoyed receiving them'

Sally would like to add, now that Jane's art course has finished, a HUGE thank you to Jane for making us the beautiful, individually designed and painted cards that have been so well received.

The cards have now been printed for members, their friends and family members to buy at a cost of £1.20 per card (25p is donated to the Timebank for each card sold). Just let Sally know how many you would like.

Sally has had some lovely comments about the stories included in the boxes....

The Red haired Rapunzel writes, ' I'm so pleased that my stories have been well received. It's been good for me, as it has encouraged me to do some writing. Others, including my English teacher at school always told me I should write, but I never took it seriously. It certainly wasn't something I consider myself to have any talent for. I don't doubt that this will be all the writing I ever do, but its fun and nice to know that it's done a little bit of good at a time when we've all needed a boost.

The Timebank Food boxes

Using donated food from Brighstone Store, 12 large bags have now been given to families in the West Wight via schools and the West Wight nursery. The families have been very grateful for their gift.



## Drop and Swap boxes

Thank you for the donations to go in our Drop and Swap boxes starting in September.

If you have any new toys, games, jigsaws or books for ages 1 to 15 years, please let Sally know, as she can collect them anytime.

## **TRADING STANDARDS ADVICE: CORONAVIRUS - SCAM UPDATE:**

Criminals are using texts, emails, social media posts, adverts, phone calls and doorsteps to defraud. Please do not let them fool you. Be suspicious of everything and check before responding to anything you may be unsure of.

A TB member requested Sally alert others to be aware if ordering goods from China that the supplier may not accept returns or give you your money back.

## **THE TIMEBANK ALLOTMENT**

As you know the TB allotment belongs to the West Wight Nursery school, and they kindly let us use the space as our community garden/allotment.

But we now need to ask for more help from Timebank members please.



Here is what Gilly has to say:

THE TIME BANK ALLOTMENT IS SITUATED WITHIN THE VAST GROUNDS OF WEST WIGHT NURSERY, PEACEFUL YET CHILDREN'S VOICES CAN BE HEARD IN THE PLAY AREAS, SOMETIMES IF LIKED YOU CAN JOIN IN THEIR SINGING, BUT THEY WILL NOT HEAR YOU. IT'S GREAT, THE PLOT HAS SOME RAISED BEDS AND SOME LEVEL PLOTS, AT THE MOMENT ALL NEED A LOT OF ATTENTION, AND ONCE SORTED WILL NEED TO BE KEPT UP, IE WEEDING , PLANTING ,WATERING REGULARLY, WHAT A SUPER WAY TO SPEND SOME TIME IN THE LOVELY SURROUNDINGS. I HAVE MANAGED TO WEED ONE OF THE RAISED BEDS AND HAVE PLANTED, TWO ROWS FRENCH BEANS,TWO ROWS CARROTS, TWO OF BEETROOT SWEDE LETTUCE, A COURGETTE AND SOME TOMATOE PLANTS. ALL SEEM TO BE OK APART FROM THE PHEASANT WHO SEEMS TO SIT ON THE BED, SO I HAVE HAD TO COVER WITH NETTING, HOPE IT WORKS. IT WOULD BE SO NICE TO SEE SOME REGULAR TIME BANK MEMBERS COMING ALONG TO HELP, WE DONT WANT TO LOOSE WHAT WE HAVE GOT. COME ON GIVE IT A TRY. HOME GROWN VEG FAR BEATS SUPERMARKET FOR TASTE. I KNOW AS I HAVE A LARGE PLOT



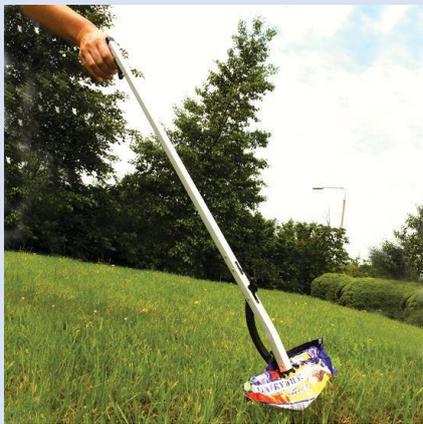
ON THE SITE, AND GROW A LOT OF VEG AND FRUIT, SO TASTY. LET'S GET TOGETHER SOON.

Sally adds that the idea is to enjoy growing fresh produce for yourself, and to share 50% of your crop with the community. This can easily be done, by offering to share some with your neighbour, friends and family, or donating veg to the Timebank box scheme.

We have a simple allotment induction that Sally will complete with each Timebank, if they would like to help or have their own designated space, as there are some rules we have to follow, for example not lighting bonfires on the TB allotment site.

Please let Sally know if you would like to help and grow your own delicious food to eat.

### LITTER PICKING



We still have a set ready for use if anyone would like one?

[WWSCC help/volunteer information](#)

[Face Masks Update and Appeal:](#)

Sewing of facemasks continues, thank you to everyone who helped our sewing efforts, by sewing or donating supplies.



## Do you have cotton fabric to spare?

We are running short of suitable fabric to keep up with demand for face masks. We would welcome donations of remnants of cotton fabric, minimum size 10in by 10in (25cm by 25cm). Pillow cases (not white) and large men's shirts, in good condition, are also suitable for recycling.

To order yours, call us on 01983 752 168. Masks are available in packs of 5 for a minimum suggested donation of £5 per pack. Small, medium and large sizes available. Masks are made to order so will take a few days to be fulfilled from point of order.

## Tomatoes

The hub has regular donations of beautifully fresh tomatoes from Isle of Wight Tomatoes several days a week. These tomatoes are available to members of the public for a minimum donation of £1 towards the West Wight Coronavirus Support hub and can be found



outside the hub entrance but stocks go fast!



**West Wight**  
**Coronavirus Support Hub**  
**HOT MEAL**  
**DELIVERY**

WEEK COMMENCING 22 JUNE

**MONDAY**

Sausage Casserole served on a bed of mash

**TUESDAY**

Meatballs in tomato sauce served with pasta and side salad

**WEDNESDAY**

Chicken and Mushroom Crumble  
served with seasonal vegetables

**THURSDAY**

Cheese & Onion Quiche, coleslaw, new potatoes and salad

**FRIDAY**

Fish, Chips and mushy peas

Each dish accompanied by a delicious cake donated by our  
loyal supporters - PO41 coffee house.

**£5 PER MEAL OR FREE TO THOSE IN HARDSHIP**

**To order, call 01983 752 168**

\*menu choices are subject to change dependent on  
availability of produce

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



## Weekly Timebank walks



This week we will be starting our new weekly socially distanced walks that will help us to exercise and enjoy our beautiful West Wight Countryside. You can walk at your own pace. Please wear comfortable walking footwear and dress for the weather as we will walk even if it is raining!

As we are following government guidelines, we can only have 6 people, so this week's walk starting from Lavender cottage is now **FULL**.

Sally would love you to join us on a walk chosen from the list that was sent out in last week's newsletter, but asks if you could kindly email, txt or call to tell her what date you are coming 😊

Please continue to send Sally your favourite walks to add to our list.

All walks start on Thursday's at 10.30am

Here are the details again for next week's walk (July 16<sup>th</sup>). A short and lovely easy walk, supplied by Angie and Paul. **Please let Sally know if you would like to come.**

Meet at Colwell Common



Walking from Colwell Common to Colwell Bay turn left towards Totland and continue walking until you reach the Pier (which is being worked on at the moment). You can then take the steps up to left and follow the footpath back to Colwell or you can continue your walk down to the Old Life Boat Station. There are steps here, they are quite steep but the view is worth it at the top.

When you get to the top of the path, you will meet the road. Turn left onto the pavement and your journey will now be downhill.

After a short while to your left you will find The Turf Mile which will bring you back to the steps down to Totland Pier - you then have a choice to go back via the sea or the road.

If you decide the road follow the pavement along side Cliff Rd continue onto Granville Rd go past the Cost Cutter shop and turn left at the end of the road keep beside the main road back to Colwell Common.

### Margaret's Reading Group:



If you would like to join the virtual reading group, please let Sally know.

For July we are reading:

*An Officer and a Spy* by Robert Harris



From the bestselling author of *FATHERLAND*, a gripping historical thriller in which the hunter becomes the hunted. January 1895. On a freezing morning in the heart of Paris, an army officer, Georges Picquart, witnesses a convicted spy, Captain Alfred Dreyfus, being publicly humiliated in front of twenty thousand spectators baying 'Death to the Jew!' The officer is rewarded with promotion: Picquart is made the French army's youngest colonel and put in command of 'the Statistical Section' - the shadowy intelligence unit that tracked down Dreyfus. The spy, meanwhile, is given a punishment of medieval cruelty: Dreyfus is shipped off to a lifetime of solitary confinement on Devil's Island - unable to speak to anyone, not even his guards, his case seems closed forever. But gradually Picquart comes to believe there is something rotten at the heart of the Statistical Section. When he discovers another German spy operating on French soil, his superiors are oddly reluctant to pursue it. Despite official warnings, Picquart persists, and soon the officer and the spy are in the same predicament... Narrated by Picquart, *An Officer and a Spy* is a compelling recreation of a scandal that became the most famous miscarriage of justice in history. Compelling, too, are the echoes for our modern world: an intelligence agency gone rogue, justice corrupted in the name of national security, a newspaper witch-hunt of a persecuted minority, and the age-old instinct of those in power to cover-up their crimes.

My copy comes from WeBuyBooks for £4.64.

### [SIGN LANGUAGE COURSE BY RACHAEL PARSLOE](#)

We now have 5 names for this and Sally is hoping that this will be happening in the Autumn.

### 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, multi-purpose 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.



## MURMURATIONS AND MUFFINS

A short story by the

R-h rapunzel

Wow! This is unbelievable! It's the third time I've been here this week and each evening's been a totally unique experience. This morning it was different again and mind-blowing! The RSPB guy said there are half a million starlings. Half a million! That's five hundred



thousand! How do they count, I wonder? Not like some wag here suggested - count the legs and divide by two - but how? And where do they all come from? Gosh! A whole flock just went over my head from the dip behind and they were so close, it felt like they were within touching distance. The sound of the wings is - well, it's just that. The sound of the wings. You'll have to try to imagine it, as it's too difficult to describe. It's why they're called murmurations, I guess.

It's nothing like on the television. They can only show you the small bit that the camera picks up and not the wing beats or the atmosphere at all; and it doesn't happen just in front of you, like it seems when it's been filmed. You're completely immersed in it

There must be 50 or 60 people here. All wrapped up like Michelin men with heavy clothes and warm, woolly hats. It's cold, cold, cold but not as cold as it was at half past six this morning. It was so bad I was going to go home but there was a rustling in the reeds that got louder and louder as the birds moved around into their kinship groups, then the peep-peeping as they started to chat among themselves until the decibels were a bit like a football match on Cup Final afternoon. Not that I know of course but like it is in my imagination. Then Whoosh! The whole lot - half a million! - just ascended in one go, right over my head, and there was a bit of toing and froing and they all went off in different directions to their daytime haunts. Wow.

I'm in Somerset, staying in a delightful bungalow on the Levels. It's big, too big for one, really, but it looked good online and it is. The couple who own it are lovely and the village is really pretty and very convenient. There's a small shop, a baker, post office and pub. I haven't been to the pub but it's good to have it, just in case I feel like wandering along there in the evening. It won't happen on this



occasion, because tomorrow morning it's time to head back home. But there's always next time, as this won't be my only visit, not by any means.

There's a walk down to the river from the bungalow, where there are otters. They've not been around for the past couple of days but the barn owls have. They fly right outside my window. The plan was to sit out on the patio and watch them coming and going but it's too chilly for that. Living where I do, it doesn't really get that cold, so these temperatures took me by surprise. I had to go into Bridgwater and buy myself a vest and some thick jumpers on my first afternoon here. Not the sort of holiday souvenir that readily springs to mind.,.,.,.

On my return, before heading off to see the starlings, I went into the baker's for a pot of tea and a muffin. Well, that was the start of another addiction. The Somerset Muffin. They simply melt in the mouth. There's no need even to chew and they come in a dozen different flavours. So, at least twelve visits then, and there have been three so far, so that leaves another nine before the quality control samplings are complete. And of course, it's more or less obligatory to take some home. It'd be rude not to, don't you think?

They just keep coming, flock after flock. It's been going on for about 20 minutes, so it must be nearing the end. But the way they dance in the sky before heading down into the reeds to sleep, and their silhouette against the sunset. It's breath-taking. Honestly, you really must come down here to see it. Even people who aren't into nature, like some of them here say they're not, just marvel at it all. The flocks are getting smaller and less frequent, so it's probably time to head back home for the evening, my last for a while. It'll be a wrench. The walk from the viewing platform to the car is along the river, so maybe we'll see something interesting on the way back. We



saw a bittern yesterday and some great white egrets the day before. It's lovely the way everyone talks to each other and exchanges anecdotes about the bird watching. Ah, latecomer flock arriving. Whoops! Ah well, I suppose if you position yourself directly under the flight path of half a million starlings, there's bound to be the occasional accident.....