



Timebank special weekly newsletter -

To keep us all in contact and keep our spirits up

[WWSCC help/volunteer information](#)

The Timebank has had several members volunteer for the WWSCC support hub, which is fantastic, as is the hub's response to this awful virus.

Here is an update from the hub.....

'It has been another productive week at the hub. Thanks to everyone who continues to support others in the community with practical support, making scrubs for our care homes, delivering prescriptions, hot food and those offering phone contact. The hub has now expanded its service to include Shalfleet.

As of the 6th May, these are the figures:

- 475 people have asked for help or support.
- 427 people have volunteered their support with tasks including shopping, phone contact and prescription delivery.
- 396 people have been assisted with prescription collection and delivery.
- 30 have registered to receive hot food deliveries.
- 200 sets of scrubs, face masks plus 160 wash bags made for local care homes.
- Cowes Enterprise College have made 300 face shields to date and
- Rapanui have donated t-shirts

If you need help with shopping, prescriptions, phone contact or want to order hot food delivery; or if 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 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

TIMEBANK REQUEST from an organisational member.....

Do you have any buttons?

Doreen, from Freshwater Methodist Church says

'Several of our ladies have been making or knitting mask extenders which the local care homes are needing. However our lovely ladies are finding they are running out of buttons which need to be 20mms or larger.'

If anyone has some of this size they are willing to give for this good cause then please do let Sally know to arrange collection/delivery to Doreen.

Timebank members

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.

Veronica writes, 'just to say thank you for the weekly newsletter and quizzes. It is lovely to keep in touch.'



NHS BANNER

Please contribute with a message.....



Jean has been working from home on the Timebank banner with messages from members and the finished banner will be sent to St Mary's hospital.

Please do send any messages you have this week to add to the banner as it would be fantastic to be able to show our appreciation in this way.

THE
BAY

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>

TIMEBANK REQUEST TO ALL MEMBERS

Thank you to those of you who have responded to Sally's request for items for a new Timebank scheme, which will be starting soon.

This scheme has been designed so that we can all continue to exchange our skills talents and time with each other safely, and earn time credits for doing so.

There will undoubtedly be some TB schemes that we will not continue to run, as it would not be in everyone's best interest living as we will have to, with the Covid virus for some unknown length of time.

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

Small potted flowering plants

Orange boxes

Wicker baskets

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



lettuce (cut and come again), spring onion, radish, cress and mustard, small tomato plants, strawberries

Thankyou 😊

Do you have a photo of yourself doing something with or for the Timebank that you would like to share? **NB Please only send your own photo to maintain confidentiality and data protection**

If you would like to send a recent photo of yourself with a few lines to say what you are doing with /for the Timebank please send them to

Theislandradio1@gmail.com as Clive will put them on his website.

Do you like watching films?

Gilly writes that she has really enjoyed watching the following films, and hopes other TB members will too:

'The Lunch Box' a beautiful Indian film about an unusual friendship.

'My name is Khan'

'The Guernsey Literary and Potato Peel Pie Society'

A Timebank online Sign Language course by Rachael Parsloe

Have you checked this out?

Chris has and he says, 'It is really brilliant to see this, and it's very interesting to try. It is amazing how you can learn and what you can do, and I will definitely want to do the face to face course again'

Gina adds, 'I have just looked at the online sign language course. It is very easy to find on Youtube and clearly marked for Timebank



members. There is an introduction and 4 short themed sessions: feelings, questions, working, general. Rachael makes it clear and straightforward and I think we could all use it to learn some signs that would be useful in a variety of situations. It is a good starting point.

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

We already have 4 members who would like to do this, so please let Sally know if you want to be added to the list.

POETRY COMPETITION FOR ALL

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%

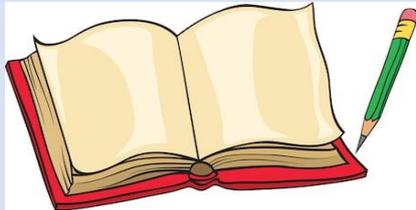
Coherence of form and structure i.e. language, presentation and style 10% Clarity of imagery and language 10%

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.



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 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😊



Sally is delighted to add that the Brunzel Rapunzel has agreed to write some short stories for our new Timebank scheme the details of which are coming soon.

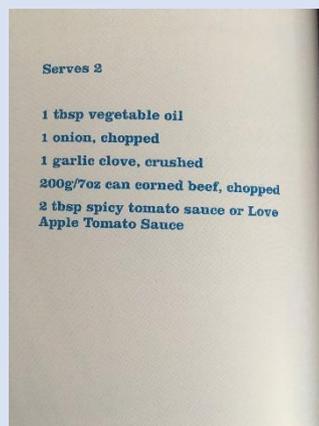
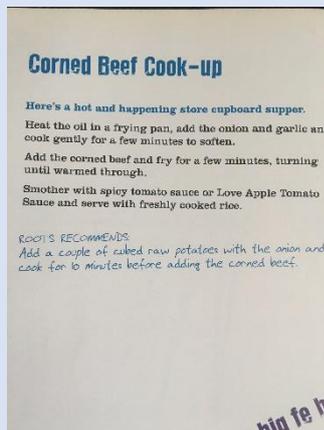


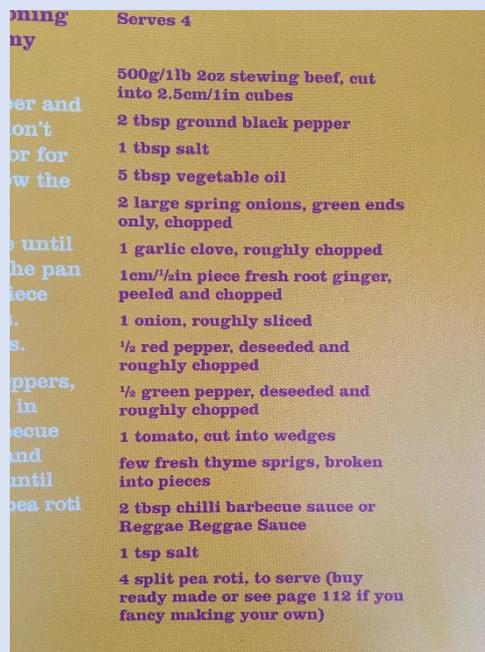
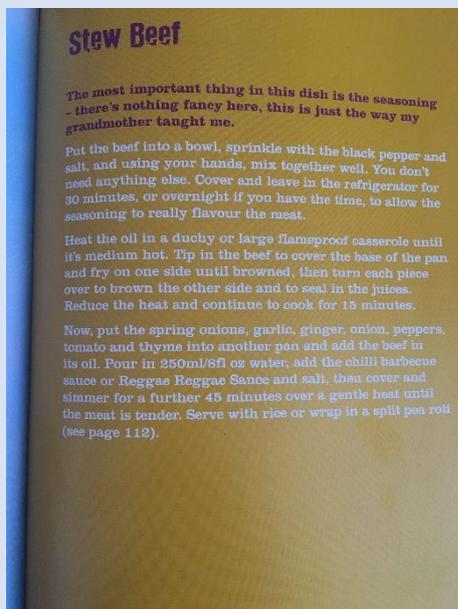
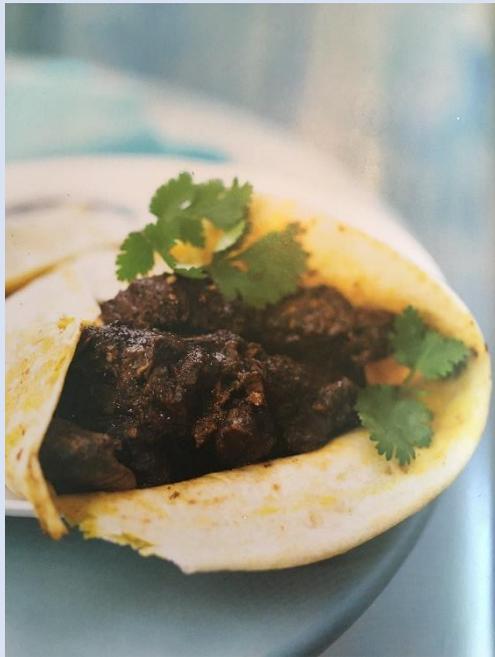
Lizzie has suggested the following links might be helpful for you to browse before writing your stories.

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

<https://youtu.be/DLxeTh8Q00o>

Could you share a recipe with other members please?





Faith says....'Here's a nice recipe to play around with!

Add bits or change bits...

Fried onion



Mexican Spice mix

Tin toms

Tin butter beans

Cooked red lentil pasta

Grated cheese on top

Yum!

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

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.

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



CHARITY PLANT SALE

Gina is selling plants from her home to help raise money for Sophie's project which is providing food for people in Kathmandu and Baseri in Nepal during lockdown.

She has herbs (mint, parsley, rosemary, sage, thyme and curry plant), soft fruit plants (raspberry, strawberry, blackcurrant, gooseberry), some bush roses, primroses, grasses, agave, sempervivums, chrysanthus, banana plants, aeoniums, holly, hazel and almond saplings, tradescantia, beetroot plants, tomato plants and lots of lettuce plants available. Please ring or text her on 07790 329859 to arrange to visit safely or for a delivery.



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!



Update from Faiths project (TRJFPISLEOFWIGHT) as she is an organisational member of the Timebank.

Our food collections grow each week. Janet and I now help Aspire to collect from up to 11 stores a day. We take the food either to Aspire for redistribution at their Centre in the High St Ryde, which is known as Arch, or we take it directly to the night shelter and hostels. We often find there is too much bread and bakery for them to manage, but we still find homes for everything we collect, taking to Care homes in some instance and supporting Hillary and Avril's wonderful cooking project . We go as far afield as Sandown on occasion where there is another redistribution group set up at the railway station, and a few animal centres gain from "use by" fruit and veg that can't be put out for our own consumption. Even the wildlife get a look in with a regular drop off of bread to our local bird lovers who feed them at the Causeway. This photo is just part of Wednesdays food collections, taken as we were sorting out who's taking what where!





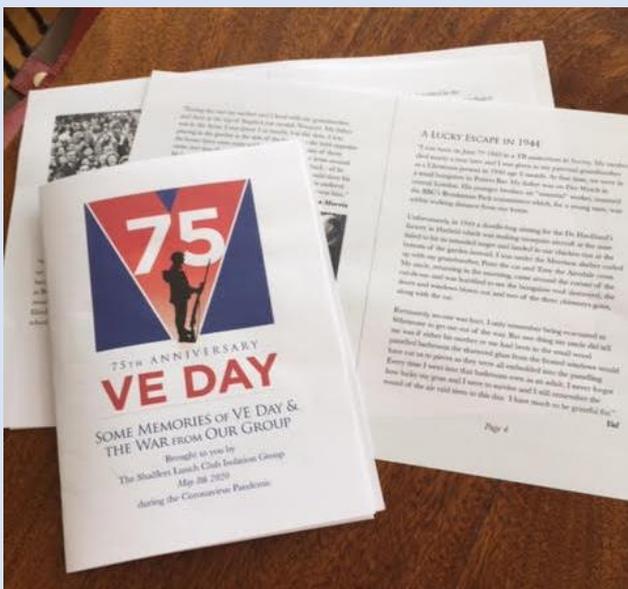
Update from Avril's work

Avril and Hilary continue to prepare, cook and deliver 2 course meals to residents in and around Shalfleet, sometimes to as many as 32 people. These cost £3.

Last week at Lunch Club deliveries we were all about VEDAY of course. We sent out a wartime menu of potato pie, corned beef hash (bully beef to those that know), bread pudding, carrot cake and for a little light relief lemon possets and strawberries. How anyone moved after all that carbohydrate I do not know.

We also set everyone a little task of writing either a wartime memory or a story from the war. For some of our customers it was a real memory but for others it was stories about their parents and what they remembered. We put together a booklet which everyone received with their lunch on Friday and it was lovely to give people something to focus on, reminding ourselves that the war lasted for six years and VEDay was probably the biggest party ever.

Avril.





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

You are advised that The West Wight Timebank allotment in Totland is not currently to be used by members, but the new scheme will involve fruit and vegetables so please look out for news of the scheme coming soon



When the current restrictions are lessened, we would still love to have an allotment day where we could safely dig the beds over and plant out some of our plants. This of course would have to follow the government guidelines for safe distancing.

The Timebank ART COURSE: Jane writes:

'What glorious weather to get out into the garden to paint. If you are shielded like me and living alone, it is even more important to focus on learning something new as often as you can.

I am finding it hard to keep up with everything that is coming into bloom all at once in my tiny garden.

I went out and stretched a scrappy bit of silk on to a frame and again freehanded the outline of a ceonothisis with liner. I managed to get some online but they only had pearly white and I wanted just white. Hey, you have to work with what you can get these days. I can now do this with some confidence because I have spent 6 hours sketching and painting this shrub. I tried a few new things like putting rock salt on wet silk paint, not sure it worked that well.

When the silk painting was finished I cut it up and spray mounted it on to cards with scotch weld 3m mounting spray. Brilliant stuff, but must only be used outdoors or in an extremely well ventilated room. What is good about is that you can lift it up and reposition it several times before fixing permanantly. Happy painting!'





Sally is delighted to say that Jane has agreed to make some homemade cards for our new scheme, the details of which are coming soon.

Coming soon

- Details of online free courses that the Isle of Wight College are offering.