



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 them....](#)

Since the West Wight Sports and Community Centre and partner organisations met on the 18th March 2020, the West Wight Coronavirus Support Hub was set up on Saturday 21st March 2020.

We have been overwhelmed with the offers of support from people in the community and have had a number of people contact us at the hub asking for help.

So far:

370 people have registered asking for help.

304 people have signed up to offer support.

215 people being helped with prescription pick-up and delivery through 3 local pharmacies.

68 people being helped with essential shopping.

70 people have no current support needs but are registered for future support.

41 referrals in from the council's support line for people living in the area.

16 people being supported with hot food deliveries.



We've dealt with numerous urgent requests and have also been busy linking people up that need ongoing support with a permanent volunteer link. We've got some phenomenal volunteers and have already had some wonderful feedback from people getting support.

We have had to work very hard to get protocols and processes in place very quickly to ensure the operation of the West Wight Coronavirus Support Hub is safe for everyone as well as being efficient. We were therefore, very encouraged when we received this note of thanks and appreciation :

"Thank you for the details. I commend whoever wrote them. They are very similar to the risk assessments I used to write before I retired. I used to work in biomedical research working with pathogens such as rabies, ebola, lassa fever and yes, influenza. Some of my former colleagues are advising the government.

As a person in the 'at risk' category, I am most grateful to all the volunteers for enabling me to minimise my risk."

One of our hot food delivery subscribers recently enjoyed his 83rd birthday. He chose Sausages and Mash. He also enjoyed some extra treats of Apple Pie and Custard along with cake donated by one of our big supporters, PO41. His family got back in touch to tell us "I have spoken to my grandad tonight and he is over the moon with his food delivery today. It definitely has made his birthday, especially as he is spending it on his own. Thank you so much for talking to him today and for sorting the volunteer to help him with his shopping too as he can't go out to the shops. The service is definitely a massive lifeline for so many people. Thank you for everything you are doing."



A family member on the mainland got in touch to let us know of a couple celebrating their Diamond Wedding Anniversary, so we hatched a plan. We provided them with a special meal of salmon, vegetables and some truly delicious chocolate puddings, made with care by Michèle of Four Seasons Cookery Academy.

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 we 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. Again, we have been overwhelmed by peoples generosity online and over the phone and to date we have raised almost £12,000. To make a donation visit <https://www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre>

Thanks again to our wonderful community for stepping up to help one another through this difficult period.

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.

The Interview by Philip J Watson

In the autumn of 1961, I applied to three universities to read Economics and Statistics - the London School of Economics &



Political Science (LSE), Nottingham and Bath universities, being the only ones in the UK that offered a joint course in these subjects. I was studying Pure Mathematics, Economics and Geography for my A levels. I was offered places at all three universities, given my projected A level grades.

When I went for my interviews for a university place, the oddest one was at the Economics Department of Nottingham University. The interviewers were Andre Gabor (Reader in Economics) and Clive Granger (Senior Lecturer in Statistics - he went on to be eventually the Professor of Econometrics at the University of California and in 2004 won the Nobel Prize for Economics). Initially I sat an hour's exam consisting of 10 questions on Pure and Applied Mathematics. I got the pure questions all right and the applied all wrong (I had never done any applied mathematics).

After the formal greetings, Gabor and Granger referred to my application form and my interest in playing duplicate bridge. Consequently, nearly the whole interview of some 45 minutes consisted of discussing bidding systems, card play technique including discarding and signalling methods etc. at duplicate bridge. A card game I had learnt at school and which has given me a life time on enjoyment, both playing and teaching the game. Also, when I received the offer of a place from Nottingham University I just had to get two passes at A level, one of which was to be Pure Mathematics.

Philip uses his skills to teach Bridge, and one Timebank member and her family have really enjoyed the 1-1 tuition he has give them.

Here's is a brain teaser from Philip.....



DRILLING A CUBE

Problem: A cube of 1 unit (e.g. inch) side is drilled from all three sides with a drill size of 1 unit (e.g. inch) in diameter. What is the volume of one of the eight corner pieces that remain?

Please send your answers to Sally.

THOUGHT FOR THE DAY

Philip's Mother's Guide to Life, passed onto Janet & Philip on the occasion of their wedding

I expect to pass through this world but once;

any good thing that I can do, or any kindness that I can show to any fellow creature, let me do it now;

let me not defer nor neglect it, for I shall not pass this way again.

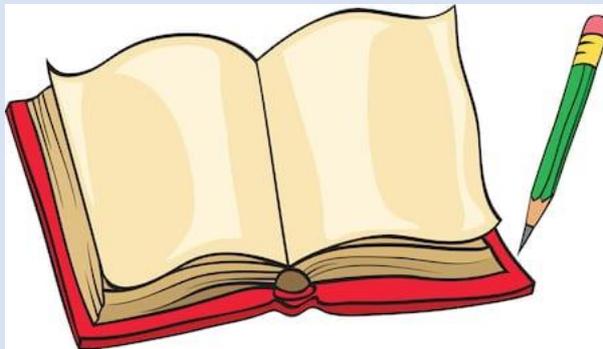
Etienne de Grellet (1773-1855)

Safe distance observation

One of our members asked if we could remind everyone they know who cycle and/or run for their daily exercise to please continue to observe the safe distance required between people, as in her experience many do not and they 'go past you panting like there's no tomorrow.'

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

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>

[A Wild flower quiz sent to the Timebank by Gilly](#)



This week's quiz is below:



Complete each sentence by adding the name of ONE British wild flower. In some cases the sound, but not the spelling may be correct, e.g. The COW'S LIP was swollen, where she was stung by a bee.

1. The from his bed, stretched himself and wagged his tail
2. Alice thought the Hatter was even than the March Hare
3. The motorist drove at a steady below the 30 mph limit
4. When the thaw came we saw masses of from the laden Pine branches
5. The boy found the in the fold where he had been tending the lambs.
6. A procession of stately followed the royal family
7. The saucer of warm the kitten sleepy
8. The vet examined the and found it had been cut by a stone
9. She had nothing for breakfast of tea
10. There is an orange ring around the black
11. He grabbed the Billy to prevent his attaching with his horns.
12. Nine, ten, my
13. The soldier blew his to awaken the camp.
14. If we could have half an hours feel fresh and ready for anything.
15. The jagged straight out of the sea
16. If your want to buy more some vegetables to pay for it
17. In the next berries were ripening in the July sun
18. Mother made a pudding
19. The fell from her shoulders, disclosing a richly embroidered gown.
20. It is high you finished this puzzle.

As new members are joining each week, 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 prize for the overall winner will be a hamper of plastic refill products

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 washing up liquid, shampoo and conditioner bottles for the refill scheme when it resumes.

Sally adds that the Timebank is now in receipt of £500 from a grant application she submitted to Wightaid. This will purchase a trolley for Gina and other Timebank members to use with all the plastic refill products as they go from pop up to pop up!

Update from Faiths project

INVITATION

You are cordially invited to.....

THE ZERO WASTE PICNIC FEST!



Hosted by The Real Junk Food Project Isle of Wight with support from the West Wight Timebank 😊

'After extraordinary times of separation we would like to bring the community together very soon for a picnic with friends and family. A chance to eat simple food together to have fun and to appreciate how we have supported one another in such trying times.

There will be stalls and competitions for the children. Space to spread out a blanket and take in the sounds of neighbours and to join in a game together! Why not?

We had become wasteful in the past and mindless to our behaviour and it's consequences, but during this strange and frightening period we have all learnt a lot. Not just about waste but family and love and connection that we had perhaps taken for granted too.

It's been a creative time for many. Having learnt how to cook tasty food with few ingredients. Some have learnt how to grow fresh salads in a matter of weeks. Some have gone back to hobbies they had not had time for or engaged in new ones. Thank heaven for the Internet! Others have learnt how to lift people's spirits with music and photos, crazy dances and comic routines. Hilarious at times! Bonkers on occasion.... We've appreciated it all!

So let's come together soon and see what possibilities there are for a new world where we continue to help and appreciate each other. Knowing there are big financial struggles ahead, but knowing also that we are not without ability. With a WASTE LESS attitude we can always have a wonderful life together. And our children will probably lead the way!



The Zero Waste Picnic Fest will be ...COMING SOON....as soon as we are able.

This event will take place on Jubilee Green at WEST WIGHT SPORTS AND COMMUNITY CENTRE.

The posters will go out to let you know the details. This invitation is intended to remind us that there are good times to look forward to always.

Update from Avril's work

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.



Simnel cakes ready for Shalfleet Lunch deliveries on Good Friday. They were a fiddle to make but always worth eating. This week I am tasked with making and cooking 28

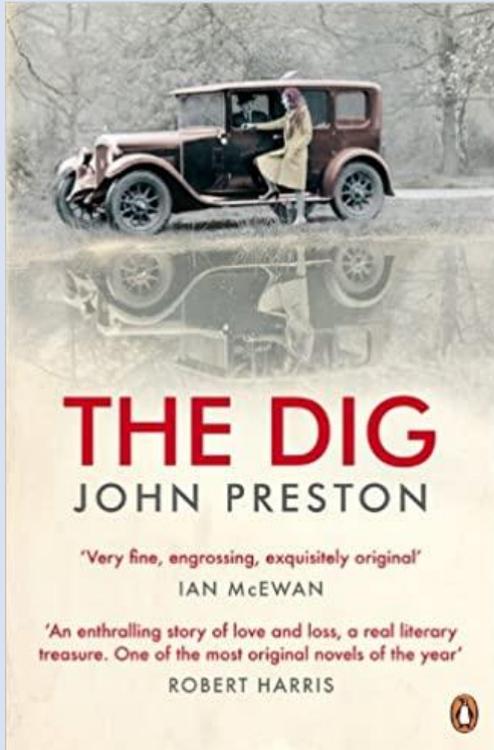
Cornish pasties amongst other dishes. Pasties are not food of choice for me, I'll let you know how I get on!

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.



One of our members sent in this photo of vegetable seeds their family have grown 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.



Good news - Sally applied for a small grant from Wightaid which she now has received, some of which will be used to purchase a fruit cage for our allotment bed, as all our soft fruit disappeared last year.

When the current restrictions are lessened, we would love to have an allotment day together to put the fruit cage up, dig the beds over and plant all our plants.

Coming soon...

Sign Language course- Sally is working with a local lady called Rachel (who teaches Sign language), to set up a You Tube account, so that Rachel can video basic signs that we think Timebank members would be most likely to use when meeting people who sign instead of speaking.

We are aiming to have a series of video's of between 20-30 words or phrases. The idea is that Rachel will send Sally a link to go into the newsletter, and then all Timebank members will be able to click on the link to access the online teaching, and can learn a new skill).

The Timebank recently paid for Chris to attend a beginner's course with Rachel, so that Chris, as a Timebank steering group member, could take a lead when we have non speakers who want to join the Timebank. Chris had expressed an interest in doing this as he wanted to be able to communicate more effectively with Joseph when meeting him with Sally at Timebank events.

The course was cut short due to the virus, but Chris says, ' It was brilliant. I was a bit worried about going to the first one, but it was really easy to pick up and it was a great laugh too. If any Timebank members want to have a go at the online course I would say go for it.'



When this terrible virus is over and we resume our daily lives, we could always have a face to face course for those who would like to continue learning sign language. Sally would be pleased to pay for a course through the Timebank, as we are an 'inclusive' Timebank this is of key value to be able to welcome all.

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