



## 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



National Carers week ran from 8<sup>th</sup> June to 14<sup>th</sup> June and we thought it would be a nice gesture to give some of our gift boxes to carers in the West Wight who do an amazing job, especially at this difficult time when some of the services they receive have been postponed due to Covid-19. So we have increased our activity to produce more veg boxes this week, and have had offers of help from non Timebank members too which is fantastic. So, we will be delivering 10 additional boxes this week. If you know of anyone (not just carers) who would like to receive one, please let Sally know.

Carers IW is an organisational member of the Timebank.

**If you can help in any way we still need members to:**

Make up wooden boxes from a kit, (instructions supplied)  
hand sand and paint them

Cover or paint the outside of a cardboard box to make them stronger

Fill and plant either of the boxes up.

**N.B. All the materials needed can be supplied and delivered to your door, and then collected again when ready.**

**Just give Sally a call, txt or email**



## 2. Well- being boxes

Along with the vegetable and fruit boxes, we have been making additional well-being boxes to go out this week and the finishing touches will be completed on Wednesday at Lavender Cottage, when we have up to 6 members helping in the garden. If you would like to come and help, or take a box to decorate at home just let Sally know, as it is a great way to keep in touch, and share our skills and talents with our community.

The boxes are left for 72 hours once filled, then wiped down with antibacterial spray before being delivered

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

## 3. The Food boxes.



Using donated food from Brighstone Store, 3 large bags were made up this week, and delivered as a gift to a West Wight School to go out to children and families.

If you have any surplus veg/fruit that could be added to a food box over the next 6 months, just let Sally know. Please note that we cannot take any vegetable that have been grown in manure that has not been batch stored for a year.

4. When appropriate to do so, 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.



*Thank you for all the generous donations of plants 😊*

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 flowering indoor plants

Vegetable plants

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

Dried lavender

Freshly cut vegetables if you have a surplus

Margaret's Reading Group:

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

Margaret says.... I hope you are all enjoying this month's choice, The Forgotten Garden. Please let me have your comments by the end of the month if possible.

For July the recommendation is:

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.

Margaret also has a request and says.....'On a completely different note: I have been sewing "scrubs" for the hospice and nursing homes but this has come to an end. Rather than pension us off, we have now been given the challenge of making little girls' dresses from pillow cases. To achieve this we need  $\frac{1}{4}$ " or  $\frac{1}{2}$ " elastic and bias binding. I can't seem to buy them anywhere and I wondered if any member has yards of unwanted elastic and/or bias binding that they could spare for the project.'

If you can help please let Sally know on 07872304294 and she will let Margaret know and arrange collection.



If you would like a litter picking kit we have 5 available for any member who would like to pick at their own space and time for time credits (up to a max of 5 per week). Please ring Sally if you would like a kit.

Weekly Timebank walks will begin on Thursdays from 10.30 am to 12.30 in July, and the details will be included in the newsletter at the end of June.

Please will you kindly share some of your favourite walks with Sally, so we can include them in the list.

## SIGN LANGUAGE COURSE BY RACHAEL PARSLOE

If you fancy learning a new skill, why not try sign language and visit the online course that Rachael Parsloe has put on u tube for us?

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

We now have 4 names for this, if you would like to know more do let Sally know.



NOT LONG LEFT NOW TO ENTER.....

## POETRY COMPETITION FOR ALL

Thank you for those of you who have already sent your poems to Sally.....just a few weeks left to enter now

### 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%

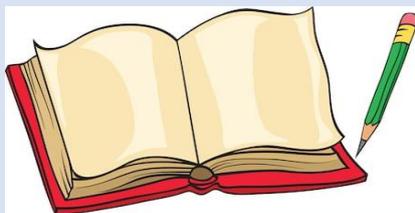
Creativity and originality 30%

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 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 from Ros - Quick, Easy, Healthy Bruschetta

2 Crisp-breads

2 generous tsps Pesto

6 Good quality cherry tomatoes

1 Spring onion - finely chopped

6 Black olives - sliced about 2mm thick

1 tsp capers - optional

2 tsps finely chopped fresh herbs. (Whatever you have: basil, mint, chives and coriander all work well.)

A sprinkle of seeds: cumin, caraway or cardamom work best.

Ground white pepper

$\frac{1}{4}$  tsp salt

Spread the pesto on the crisp-breads straight from the jar. If preferred thinly sliced lightly toasted ciabatta or gluten free bread can be used.

(Vegans can use vegan pesto or houmous)

Chop the tomatoes into small pieces. Put them in a bowl and sprinkle with the salt, seeds and a good shake of pepper. Black pepper can be used if you don't have white. Stir and leave for five minutes or so.

Add the olives, spring onion capers and herbs. Mix well and pile onto the crisp-bread.

Have as a light lunch or serve with pasta instead of garlic bread.



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)

*Are you looking for that special present?*

*I can paint a picture 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...

*All funds go to buy food parcels in Nepal.*

*Sophie*





## 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.





## QUIZZES

Its nearly time to announce the overall winner😊



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

If you have any tissue paper that could be used in the wellbeing boxes please let Sally know.

If anyone would like to turn a design into an embroidery if Jane drew it out, please get in touch with Sally.

## Update from Avril's work

Thank you for all the jam jars which have been used this week for strawberry jam to go out in the well-being boxes.

## WHAT'S IN A NAME?

The Red-haired Rapunzel writes....

Did you know that on his epic journey back home after the Trojan wars, Odysseus spent 7 years living with the goddess-nymph Calypso on the island of Ogygia? No, I didn't either (or maybe you did). It



got me to thinking, I mean, I know she was a goddess-nymph and all that, but would he have been as impressed if she'd been called Viennese Waltz or Snodsbury\*? Names are a really strange thing. If we have a sister called Julie, for instance, it feels very strange calling someone else Julie, and although many of us change our names, both first and last, it takes a while for us to see ourselves with our new identity, because most definitely, our name is part of who we are. Mr Shakespeare said that a rose by any other name would smell as sweet, and I guess he must be right, because lots of other flowers smell pretty amazing and they're not called roses at all.

Words with a single syllable are often more potent - love, hate, fight, soul, sex, blame, rage - just because they're more immediate than longer counterparts - affection, loathing, struggle, vitality, relations, condemn, anger - but that doesn't necessarily follow with names. Lots of names can be shortened from their originals - Peter, Margaret, David, Elizabeth, Christopher, Isobel - the list goes on, but it changes the dynamic of the label somehow. And after all, names are only a label. Or are they?

Imagine being called Snuggles, if you're a big bover cat, or Samson, if you're a timid, home loving cuddlepuss. To some extent, we're defined by our names, whether we realise it or not. Personally, I changed my surname not through marriage but because I wanted to, and it made me feel completely different the moment the deed poll arrived. Just a piece of paper but how powerful.

Parents find it difficult to adjust to calling their children by names they didn't give them, like if your given name is Grizelda and you decide to call yourself Lynn instead, which is what a friend of mine did. I thought Grizelda was lovely, exotic and flamboyant but she hated it - said it reminded her of something unpleasant from The



Lord of the Rings and that she got all sorts of horrible shortened versions and some of them very offensive, so I can understand why she did it. But it conjured up a different picture from the one I'd always had of her, in spite of the fact that she was the same person and our friendship hadn't changed. Her parents never stopped calling her Grizelda and it made their relationship quite tough, as she felt it meant they weren't seeing her as an individual capable of making her own choices; and they thought she was rejecting them. That's how important a name can be.

So, instead of taking them for granted, maybe we should appreciate them a bit more. Do a little experiment: when you say the names Maureen, Christopher, Susan, Jason - what pictures pop into your head? Can you describe the individuals they define? Try dipping into a Naming Dictionary online and compare those of people you know and those never attached to anyone in your circle. It's fun to do, when you're wiling away a few minutes busy doing nothing. And in the meantime, maybe I should change my name to Rose.....

A small village in Worcestershire near North Piddle. I kid you not. Look it up if you don't believe me.

### THOUGHT FOR THE DAY

At the end of the game, the Pawn and the King go back in the same box.



## The Timebank ART COURSE:



This week because the weather has been bad and I am waiting for some more silk, I decided to start on some drawings of guinea pigs.

The same principles apply, lots of drawings of them in various different positions and looking at their feet in particular.

I would prefer to always work from life but the lockdown means I am working from photos which is okay if you are just doing preliminary sketches.

As I have been doing a lot less structured painting, now doing tight drawings is proving difficult. I spent hours trying to convert my pencil sketches into watercolours but I just couldn't seem to get it to work.

I found if the shape of their body or their eyes weren't in the right position, it didn't look right. So I've accepted that it is pointless to continue until I had that bit right.

Sometimes it is just about getting your eye in and practise. So I will keep at it.

One of Jane's beautiful cards is going to be included in every well-being gift box, and printed packs will be available to buy soon.