



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. I (Sally) know several members who have been busy making scrubs, so please do let me know if you are doing this through the WWSCC hub and would like to receive 3 TB credits per set of scrubs.

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

'Our latest project is making face masks. At £5 for a pack of 5 (suggested minimum donation) they are excellent value but please be aware that we've had loads of orders so don't expect them straight away! Phone 752168 to order.

Also... we are expecting deliveries of Isle of Wight Tomatoes on Monday and Wednesday this week. They will be available on a table just outside the main entrance to WWSCC for a suggested minimum donation of £1. First come, first served!

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

Our new Timebank Box scheme

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.

As the Timebank is about doing things together, Sally has been working on a way to begin sharing our skills and gifts together, earning time credits, whilst maintaining our safety and following government advice.

Following a successful bid to the Reaching Communities fund, Sally is delighted to say she can now announce our **Timebank Box Scheme**, which will start this week, and last 6 months.

This is an addition to our normal Timebank activities both current and those that will continue when the government restrictions are eased.

The activities planned are in direct response to the needs of both Timebank members and their families, many of whom are self-isolating or shielding and our fellow community members whom we hope to support further through the WWTB box schemes.

The scheme aims to address some of the practical, emotional and mental health concerns that we may have due to Covid. In particular, loneliness, social isolation, food poverty, and anxiety over the consequences of the virus for each individual and families.



The need for this scheme is evidenced by both by local feedback of what is currently lacking as a community response to the awful virus, and a wider understanding drawn from a recent survey of over 1000 island resident responses, stating:

- Over half of the respondents were concerned about affording the basics-food
- 77% are concerned about their mental health
- 90% are concerned over the health of loved ones
- 56% are spending time outdoors in their garden.

The Timebank box scheme will address these needs, and make a difference to people's everyday lives, understanding that even though we may be isolating and socially distancing, it is important to remain connected, maintain our relationships and meaningful interests which give us a sense of purpose, an opportunity to contribute using our skills and build stronger social networks.

Sally will spend time at the beginning of the scheme (this week) talking on the phone or by Zoom or WhatsApp to each TB member to find out if and what they may like to contribute, as we will be making 4 different boxes for the scheme which will be delivered to people's homes following safe distancing and government advice. This will still allow members to 'dip in, and dip out' whenever they wish based on their own health, circumstances and confidence levels.

1. A growing vegetable or fruit box, made out of donated free pallets, by individual Timebank members (delivered to their door to make following coordinators discussion of their skills). The lining will be made from donated plastic bags in line with our plastic reusing scheme. The box will then be delivered to another member who



would like to contribute their time and skills (and their family to give the scheme an intergenerational feel). The member and their family will then fill it with compost (provided by TB), and plant vegetables (either those they have grown themselves as long as not grown in fresh manure as per our existing policy for the allotment which is currently closed due to the virus, or provided by TB) eg, a salad box may contain come again lettuce, radish, spring onions, small tomato plant and some herbs. Fruit boxes could contain strawberries. This will then be delivered as a gift to the doorstep of a Timebank member or member of the community who is self- isolating, and anyone who would like one. It would be really nice to make some for our wonderful NHS workers, carers ad key workers too, to show our appreciation.

10 boxes a month will be made by different TB members in this way, filled and then delivered by Sally and Gina.

2. A well- being gift box (shoe box size). In the same way these will be collected and delivered to member's homes (by the TB coordinator or sessional workers), so they can decorate them (by our artist members and those families who enjoy craft), and then taken to be filled by other members, with goods that different members have made or contributed. This will include home -made soaps, an artist's blank card, a poem, and a short story, and a pot of jam or chutney.

10 boxes a month will be made and delivered in the same way as the growing vegetable/fruit boxes to TB members and our fellow community members. Over 6 months the total will be 60 boxes to different people.

3. Food boxes made up of donated foods from the local supermarkets and local shops will be collected by Timebank members



in partnership with the real junk food project who are an organisational member. This will follow our food policy, and only include food within its use by date. These will be delivered in the same way by Sally and Faith but Sally will work in partnership with local schools and churches to give priority to those in need.

10 boxes a month will go out, and depending on need may be the same families, and may live outside the West Wight.

4. Drop and swap boxes for children and their family. These will be shoe box sized and made up of excellent quality donated toys, books and clothes, selected by Sally, following training already undertaken with Barnardo's on toy safety, for different ages. The clothes will be washed by TB members, toys will be checked and disinfected when collected.

10 boxes a month will be made up, but these will be distributed 3 months after the others, if government guidelines allow, and priority will be given to families in consultation with the churches and schools, and they may live outside the West Wight.

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 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

NHS BANNER

We now have our messages written on cloud shapes, ready for Jean to sew on to our banner, and look forward to seeing the finished result before it is sent to St Mary's hospital.

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>



A Timebank online Sign Language course by Rachael Parsloe

Have you checked this out?

We are an inclusive Timebank, which means we welcome all over the age of 18 years of age, and it would be great to have the skills to be able to communicate with anyone who joins who uses sign language.

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 .

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

POETRY COMPETITION FOR ALL

Thank you for those of you who have already sent your poems to Sally.

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%

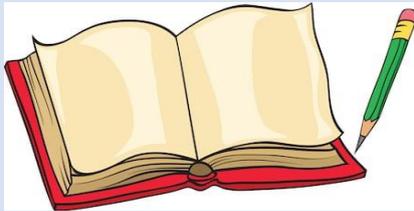
Coherence of form and structure i.e. language, presentation and style 10% Clarity of imagery and language 10%

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 pseudonym, 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?

Gilly shares the following recipe with us...

Guinness cake

8 inch round tin

Oven temperature - 150 (325F) reduce after 1 hour to 300F

- 8oz butter
- 8oz soft brown sugar
- 4 eggs lightly beaten
- 100oz plain flour with 2 level tsp of mixed spices
- 8oz seedless raisins
- 8oz sultanas



- 4oz mixed peel
- 4oz walnuts chopped
- 8-12 tablespoons Guinness

Method:

1. Soak fruit in Guinness overnight
2. Cream butter and sugar until light and creamy
3. Gradually add egg
4. Fold flour and mixed spice
5. Add fruit and walnuts
6. Mix well
7. Stir in Guinness until soft dropping consistency
8. Turn into prepared tin
9. Bake in moderate oven 325F for 1 hour
10. Reduce heat to 300F for further 1 and half hours
11. Allow to become cold in tin
12. Remove from tin
13. Prick base with skewer and spoon over 4-8 tablespoons of Guinness.

Keep cake for 1 week before eating.

Another recipe to play around with from Faith

Spaghetti cooked as usual

A jar of salmon paste (a good one)

Cream



And whatever else in the way of veg you fancy!

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

You can contact Gina 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 UPDATE

Thank you to all those who have already bought plants and generously donated to the Nepal charity fund. We have raised almost £200 and that has gone straight to Nepal and provided food parcels for 10 families - this will reach about 50 people and provide them with essential supplies for 2-3 weeks. A fantastic achievement.

Gina is still selling plants from her home. She has herbs (mint, parsley, rosemary, sage, thyme, chives, golden oregano and curry plant), soft fruit plants (strawberry, blackcurrant, gooseberry), some bush roses, primroses, grasses, agave, sempervivums, chrysanthus, banana plants, aeoniums, holly and almond saplings, tradescantia, beetroot plants, chilli and pepper plants, melon plants,



cucumber plants, aubergine plants, tomato plants and lettuce plants available. Please ring or text her on 07790 329859 to arrange to visit safely or for a delivery.



Beautiful paintings for sale, hand painted by Sophie

'Are you looking for that special present?'

I can paint a picture of you or your loved one's home 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...

Sophie





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

'Janet and I have included two more nursing homes (now 7) to our rounds!

We just take bakery and occasional sweets and flowers there for the home or the staff as they see fit.

Fruit and veg pickups have increased it seems this week. Most is made good use of in hostels and cook ups as before and Aspire take up everything else for redistribution in the community. The swans still get in on the bread front and animals such as the Owls and Monkeys, Llamas, geese and ducks. Even Rosa's worms get a look in! No Waste!

Faith and Janet



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

Avril writes, 'Lunch Club: I thought you might like to see the mess I made making 30 naan breads last week. I've never made bread and it was good fun especially watching the dough rise but there was flour everywhere, even my black cat had a dusting!'



I also made industrial quantities of tiramisu which seemed to grow as much as the bread dough rose. The volume of one whisked egg white does not simply multiply to become 5 times the same volume instead it grows and grows at an alarming rate, never mind, plenty of eaters.





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

The new TB box scheme will involve fruit and vegetables so we will be actively growing vegetables and fruit to share, but we also have a lovely allotment in Totland which belongs to West Wight Nursery, who recently joined as a TB organisational member.

It is possible for TB members to go to the allotment now providing that all government advice is adhered to, i.e. social distancing, gloves used when using tools, and spray used on door entry system. So, please do let Sally know if you want more space to grow wonderful



produce, for yourself and for our community, and she can explain what you need to do to access the allotment.

The Timebank ART COURSE:

Sally is delighted to say that Jane has agreed to make some homemade cards for our well-being boxes.

Jane writes: This week has proved to be extra challenging. I started to run out of materials so I have had to improvise quite a bit. The silk I have left is very fine, not too bad to paint on but very difficult to cut to mount on to cards. Also because I didn't have any pink I had to mix red and white highligher silk paint together and that made the colour quite dull. The results do have an art nouveau feel to them though. **One of them would be wonderful as a design for a piece of embroidery. Does anyone have that skill?** The one thing I have learnt is that the more architectural the plant the better. That way it easy to simplify the design and it then moves from being representative to the abstract.



Coming soon

Details of online free courses from Isle of Wight College

