



Timebank special weekly newsletter - to keep us all in contact and keep our spirits up

A member's response to our weekly newsletter....

'Well done on an incredible job as always and needed so much just now. Great to have something to look forward to isolating, lonely neighbours, thank you'

'The quizzes are good fun, some I can do easily, others....not really got a clue, but I send my answers in anyway'



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.



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.

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.

One of our members says, 'My thanks to WWSCC for the provision of a hot meal 5 days a week. The quality of the meals is excellent. Thank you too for the volunteers who deliver the meals.'

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>

We had a new member joined the Timebank just as things began to be locked down and so she has not really made a start yet.



'As my main interest is sewing, I wondered if you have been asked for face masks, and if so I wanted to let you know that I have been practising making them. They are very easy as I discovered from my searching on



YouTube and I can now make them very quickly. They are cotton fabric (washable) with pleats for the face, elastic to go over the ears, and they have a piece of very fine wire threaded through the top so that they can be fixed better over the nose. Personally I find them very hot to wear and hope we shall

not all be asked to use them, but please let me know if I can assist anyone by providing them.'

Sally contacted the WWSCC to see if they had any contacts at the NHS or other organisations and they replied:

'From today (the 24th April), Sue Lupton is beginning with scrubs for the local care homes in West Wight as this has been highlighted as an area they are in high demand.

If the Timebank member who offered to help isn't already, then she would need to be registered as a volunteer with the hub. I know Rapanui are due to be delivering some material to us if people run out. We expect that people will be able to come and collect this from the centre but as it is literally the first day of this part being set up, it is very much a work in progress.

Will keep you posted, but in the first instance if they can register that would be great.

Link is here, in the 'other' section it would be good to note the interest in helping with scrubs and PPE. <https://westwight.org.uk/coronavirus>

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.

Report from Sophie Maliphant who works both in Kathmandu and London

Nepal has been in lockdown for the same length of time as the UK, and for lots of people a lack of food is more concerning than the virus. In Kathmandu many people are daily wage workers, without a contract, who lost their income overnight and effectively their next meal too, as well as food for their families. My project, The Country That Shook, has been working with local communities to provide food packages for the most vulnerable people. So far we have completed two successful distributions with a third one happening this week.



Here's an example of the kind of people we aim to reach:

This is Kabita. She is 25 and lives in Nayabasti, Kathmandu. Normally, she is a manual labourer and works for a low wage to feed her family of four each day. The parcel of daily essential food that we are providing includes rice, lentils, potatoes, soybeans, chickpeas, oil, salt and soap. It will last them for two weeks.



Gina is selling plants to help raise money for Sophie's project. She has a variety of herbs, soft fruit plants, lettuce plants, roses, aeoniums, echiums, tradescantia and more. If you are interested in buying any plants or in donating to Sophie's project, please phone or text Gina on



07790 329859. She can arrange for you to safely buy plants from her home or to deliver them to you.

Our Timebank member-The Brunette Rapunzel writes...



Feeding the birds this morning was a joy, as it rained last night and the air is clear. Also, there was a small amount of sunshine peeping through the clouds and bouncing off the macrocarpus at the back. Those

trees always reflect a special light but this morning it was the only sunlight out there and the glow was uplifting.

The senses are certainly heightened - the colours of the blossom is more vivid, the tiniest breeze in the trees is like the earth's natural music (omg - does that sound naff?) smells, the feel of air on the skin, everything has taken on a new significance. Strange times but a time of learning, in every way imaginable.

I'm very aware of how lucky I am, in that I'm healthy and living in a beautiful place, the roof over my head is safe and I have enough to eat. I've also spent long periods of time unable to get out of my front door, due to mobility problems, so I'm used to having to entertain myself at home, sometimes running into weeks and months. Moreover, at the moment, I don't need to use my crutches to get round the flat. If all that's not enough, I'm not 15 or 16 and stuck at home with my parents all day every day and not knowing when it's going to come to an end or a mother with a newborn or any of the other individuals out there living in extremely difficult situations.



I'm sure that many of us are feeling grateful now, knowing what people are having to go through and being aware that our situations are nowhere near as bad. I don't want to dwell on it here, as we see it and hear of it all the time, but it needs to be acknowledged.

As I write, it's raining, so the earth is going to be refreshed. The wildlife is getting on with it all without any knowledge or understanding of what we Human Doings (or are we now in a position to become Human Beings again?) are experiencing. This will all come to an end, however long it takes, and we'll all be different people. This is bringing the best out in us and surely, that won't stop once the danger does.

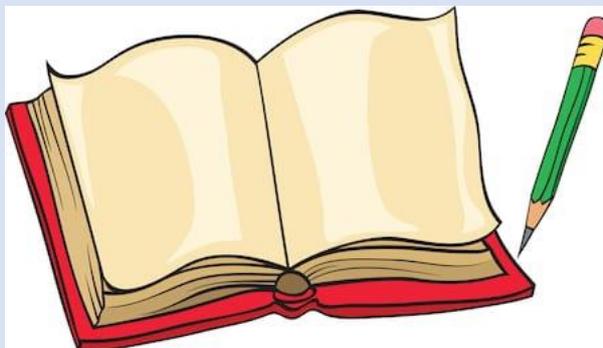
THOUGHT FOR THE DAY

From Carl Sagan

FOR SMALL CREATURES SUCH AS WE, THE VASTNESS OF
BEARABLE ONLY THROUGH LOVE.

Sally adds that The Brunette Rapunzel says she is going to enter the story competition, and she hopes others will too, as your unique memento from this very difficult time.

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](https://www.amazon.com/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>

Could you share a recipe with other members please?

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

Maureen's Shepherds Pie

To liven up your shepherd's pie why not try:

Adding frozen veg to your mince mixture, with a little Worcestershire sauce and sweet chilli dipping sauce.



To the mash, add grated cheese and thinly sliced tomatoes on the top.

Serve with pointed cabbage, lightly fried in butter and a little water...enjoy.

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

TRJFPISLEOFWIGHT Update

Approximately 123 boxes of food have been redistributed so far.



Most of our deliveries go to Fellowship House in Ryde where they are now taking care of 81 homeless people around the island.

Aspire is also involved in redistribution and we help there too with food for lunch bags supporting families whose children would normally have lunches at school.

Avril and Hillary have not been forgotten either with their wonderful cooking project in Shalfleet.

More recently I have identified a need in care homes! One home I visited had only two loaves of bread in their supermarket delivery for 21 residents. As the bread was well wrapped and still perfectly good they have been accepting our bread for their residents and others are just putting it out for staff to take home.

It's strange to think bread can be in short supply for home deliveries (Care Homes included) when quite often I have a mass of bread that would otherwise be thrown away! I think supermarkets are struggling to follow our pattern of purchasing were some are still hoarding one minute and then not needing the next. I applaud all these stores for doing their best and for continuing to work hard day and night for us.

Love to you all out there

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 beCOMING 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

24 cream teas which went out with Shalfleet Lunch on Friday, scones nearly ready to go in the last section. Strawberry jam, clotted cream and butter pats. I know you shouldn't have butter and cream but does anyone mind at the moment?!

20 Calbourne crimped pasties also successful but sadly I forgot to photograph them.

A quieter time for me this week, just lots of veg to go with roast turkey, some banana cupcakes, rice crispie cakes as a treat and HotCrossBun B&B pud...I've done that before as some of you will remember.

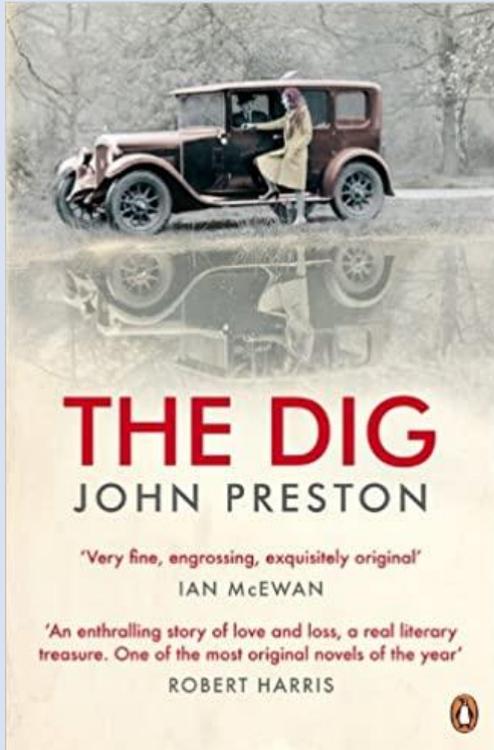
Thanks to Faith who periodically knocks on my door with trays of all sorts of good stuff which Hilary and I add to the week's menu...no waste here!

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.

Sally and Joseph have been growing vegetables at home, and this week Alex made a raised bed, so we are looking forward to planting this up...is it too cold for seedlings to go outside??

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 videos 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.

We already have 2 members who would like to do this, so please let Sally know if you want to be added to the list.

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.