



Our West Wight Timebank's weekly newsletter will be continuing until the end of July, after which we will return to a monthly schedule.

The Timebank has adopted new protocols during this strange and worrying time due to Covid 19. The community schemes that the Timebank ran were all cancelled for everyone's safety and well-being, but we still wanted to make a difference to people's everyday lives. Even though we may be isolating and socially distancing, it has been 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.

The Timebank 'box scheme' that started in May enables members to contribute safely, in their own home, or more recently, outside at our weekly open garden workshop for 6 members at a time, following government guidelines, so members can easily text or ring Sally to book their place. Members earn credits for each hour spent on the boxes or contents (with a maximum 5 credits per session).

34 wooden and cardboard living growing boxes, and 40 well-being boxes have now gone out to fellow TB members and people in the community, including carers, key workers, neighbours and friends.

18 food bags have been delivered to families via the West Wight Schools and in the same way the personalised family drop and swap boxes will be starting in September.

It's time to reshape our Timebank



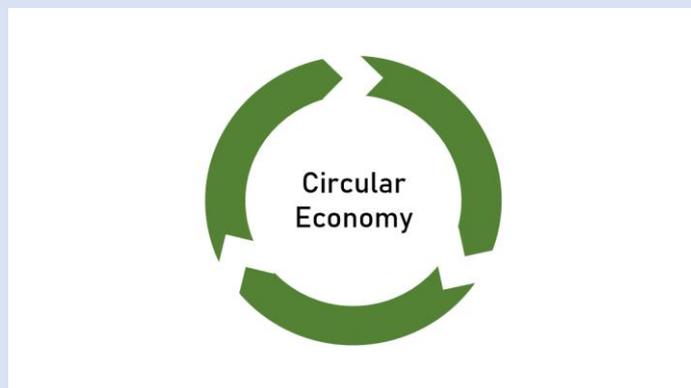
Whilst the box scheme is set to run until Christmas, in the first instance, Sally has been reflecting on the changes the Timebank has made for all our safety and wellbeing due to Covid 19 and has decided to permanently re shape some of our community schemes:

The wonderful **Meet and Eat** sessions we held in partnership with Faith and the Real Junk Food Project IW will sadly not be continuing, but a smaller food focussed scheme is being considered for the new year. Sally will share further details post September.

The Family Drop and Swap held weekly at Barnardo's will not be continuing on Mondays at the Family Centre in Freshwater, as the risks are too high to keep TB members safe along with the children and families who visit. The space at Barnardo's is small, and it would be very difficult to keep items clean and sanitised for all.

Instead, The TB box scheme will include personalised drop and swap boxes that will go out to families who need them via schools and nurseries post September. The items will be selected, washed and sanitised before being left for 72 hours in the box. Sally will then take them out to recipients/schools/nurseries using gloves and sanitiser.

Have you heard of the circular economy?





Faith, Gina and Sally have recently attended an online meeting organised by the Ellen MacArthur Foundation and are thinking of ways to implement circular economy principles in our work.

You can also find many case studies on Ellen's website, sharing how policymakers, businesses and global leaders have implemented circular economy principles in their work as we shift to a new economic model.

Sally thinks that the Timebank growing boxes made from free pallets, filled with plants is a brilliant example of the circular economy:

If we ask the recipients to return the box to us when the plants have died off, we can re plant them using herbs, salad and strawberries that we have grown in our allotment. We could even repurpose them for another recipient if necessary.

Certainly food for thought..... 😊

Here are some of the TB scheme that will continue:

PLASTIC REFILL SCHEME: ECO FRIENDLY PRODUCTS

Do you want to help the environment and contribute to the circular economy?

You can do this by using the Timebank refill scheme to purchase your cleaning products. Contact Gina on 07790329859 for more details. You can take your empty bottles to her garage and purchase products with safe social distancing procedures in place. Alternatively, you can arrange a delivery to your doorstep and she will collect your empties.

The products are: BioD washing up liquid, laundry liquid, fabric conditioner, handwash, multipurpose sanitiser, bathroom cleaner and toilet cleaner. We also stock a range of Faith in Nature shower gels, shampoos, and conditioners.



Prices are competitive. Cash only. Please wash and save your empty bottles.

Litter Picking

Helping to clean up our environment in a small way. One set is still available for any member who wishes to use it and earn time credits.



Repurposing material to make something useful and beautiful-



Attached is a photo of the little dress Margaret made from a pillow case that was donated.



Timebank Requests

Sally is pleased to say that members are now beginning to put requests in, to spend some of their time credits. All Timebanking requests made and offered will be risk assessed in view of the current government guidelines. For example, this week a member asked for her garden plants to be watered whilst she was away. As this was an outside activity involving just one member the risks associated with Covid were considered together by Sally and the member who undertook the job.

- Material for Margaret's dresses
- Any new puzzles, books or toys for the family drop and swap boxes for children from 0 to 15 years old.
- Any herb plants

Poetry

Here is the second of 3 beautiful poems sent to the Timebank, written by Dorothy, Gilly's late mother.



Poem By Dorothy Gwendoline Lamourne

I'd trade the years still left of life

To be but a child for a day

For every dark December left

I'd ask just one sweet May

And all the world to be my own

To watch the morning drift

And breath on dandelion clock

Till every seed was blown

To watch the stream where willows weep

And flits the dragonfly

And wilted crown of the wild rose drifts

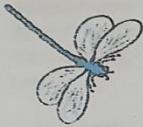
Reflected blue the sky

To climb the tree to watch the plough

The brown earths scarlet banners lift

And all my heart uplifted too

As if that time were now!





Philip 's update: Distant Learning Course - Duplicate Bridge

From the start of Lock Down on 23 March, I set up that weekend a Distant Learning Course on Duplicate Bridge in the West Wight area. I had some 20 participants on the course, which lasted for 12 weeks. Twelve of the participants took an active part over that period. The course consisted each week of a lesson on bidding and/or card play techniques; some 10 hands of cards to bid; and a few hands of cards to play.

I am pleased to report at the end of the course a couple of weeks ago two students (aged 14 years old), who live locally in Totland and attend Christ the King School, successfully completed the course and thus have been awarded the Silver Award of the English Bridge Union for Juniors.

The two Juniors were:

George Meadows, and Richard Liszka

Congratulations.

Jane's beautiful Cards





These can now be purchased for £1.20 per card. Jane will donate 25p to the Timebank for every card. Please let Sally know if you would like to order any.

Exciting news....

Following the Story Competition, the Red headed Rapunzel is collating her short stories written during the lockdown, into an illustrated book which will be on sale soon. This includes her winning entry, 'The birthday present that went wrong'

THE TIMEBANK ALLOTMENT



As you know the TB allotment belongs to the West Wight Nursery school, and they kindly let us use the space as our community garden/allotment.

Gilly and Abbie and family have done a great job clearing and planting some of the beds available.



Members have requested that a regular garden activity be made, so we are making this on Fridays from 10:30 to 12:30. We will be concentrating our efforts to get one bed at a time ready, as it's hard work! We will also be planning our crops 😊

It is of course still ok to go at other times, and you can grow fresh produce for yourself, and to share 50% of your crop with the community. This can easily be done, by offering to share some with your neighbour, friends and family, or donating veg to the Timebank box scheme.

Please note that all members must complete the simple garden induction with Sally.

Weekly Timebank walk

Last week we started our new weekly socially distanced walks that will help us to exercise and enjoy our beautiful West Wight Countryside.

As we are following government guidelines and having 6 people on the walk it would be great if you could kindly email, text or call to tell her what date you are coming 😊

July 23rd (We have changed the walk this week to the original list) due to the lack of toilet facilities that are open.

Instead we will meet at the End of the Line café for a walk along the nature trail.

Please continue to send Sally your favourite walks to add to our list.

All walks start on Thursdays at 10.30am even if it is raining!



Margaret's Reading Group:



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

For August we are reading:

A Place Called Winter - Patrick Gale

From the author of the best-selling *Notes from an Exhibition* comes an irresistible, searching, and poignant historical novel of love, relationships, secrets, and escape. To find yourself, sometimes you must lose everything.

A privileged elder son, and stammeringly shy, Harry Cane has followed convention at every step. Even the beginnings of an illicit, dangerous affair do little to shake the foundations of his muted existence - until the shock of discovery and the threat of arrest cost him everything.

Forced to abandon his wife and child, Harry signs up for emigration to the newly colonised Canadian prairies. Remote and unforgiving, his allotted homestead in a place called Winter is a world away from the golden suburbs of turn-of-the-century Edwardian England. And yet it is here, isolated in a seemingly harsh landscape, under the threat of war, madness, and an evil man of undeniable magnetism, that the fight for survival will reveal in Harry an inner strength and capacity for love beyond anything he has ever known before.



In this exquisite journey of self-discovery, loosely based on a real-life family mystery, Patrick Gale has created an epic, intimate human drama, both brutal and breath-taking. It is a novel of secrets, sexuality, and, ultimately, great love.

I have ordered my copy through Amazon second-hand books for £4.26 inc. postage.

SIGN LANGUAGE COURSE BY RACHAEL PARSLOE

We now have 5 names and Sally is hoping that this will be happening in the Autumn. Please let Sally know if you would like to be added to the course list.

Update from Faith and Janet at TRJFPISLEOFWIGHT

Four months on! Can you believe it?

We have estimated that our food collections have been as much as 1,072 banana boxes of food collected and redistributed in that time. Wow! No wonder the old bones are creaking. Still the old car trundles on too. It has been an amazing workhorse.

The hostels are reorganising, as is Aspire and their shop Arch. These have been the main recipients of the food we collected. So I hope very soon to be in conversation about a future collaboration to continue the work of unnecessary food waste and food poverty. Watch this space!

It's been a treat for me to take bread and cakes to six Care/Nursing homes on route, as the staff always meet me in their locally made scrubs, made with love out of old duvets etc. Always with a smile and a big thank you! Thank you for what I ask? Yesterday's bakery that was only to be wasted. These care workers are so gracious in their approach to work and life it seems. They



really are deserving of more government attention. Go hug a care worker! As soon as you are able!

Hub update from Adam

The West Wight Coronavirus Hub will continue to operate once the sports and community centre reopens. Work will be led by Hazel Britton who is the lead on the Our Place Community Café. Adam Tucker, our Community Connector and Mel Gardiner, the Just Ask Support Officer from Freshwater Parish Council will also be supporting. We have been very lucky to have a number of volunteers still keen to support in any way they can to help those who still need help. We can help with essential food shopping, prescription pick up, hot meal delivery and phone support. As changes to lockdown continue, we will slowly be offering more. We are working on ways to bring some community activities back in small numbers, mostly outside to maintain distancing and reduce chances of virus transmission.

Here are our latest Hub figures:



West Wight Coronavirus Support Hub

20 July 2020
UPDATE

398

People are still registered for help or support through the West Wight Coronavirus Support Hub.

94

People remain registered to volunteer with tasks including shopping, phone contact and prescription delivery.

618

Hot meals have been cooked and delivered in conjunction with West Wight Men in Sheds since the hub opened.

457

People have been assisted with prescription collection and delivery on at least one occasion.

2800

Cloth face masks made by our fantastic sewing volunteers so far. Contact the Hub to order yours.

PHONE

01983 752 168

Mon - Fri 9am -5pm

Sat - Sun - Closed

OR VISIT

www.westwight.org.uk/coronavirus



Hot Food Deliveries

Have you ordered a delicious hot meal from our delivery service yet? We are offering these in conjunction with Michèle from Four Seasons Cookery Academy.

Open to all and just £5 per meal. (discounts available to those in hardship) Book yours by calling 01983 752 168. Check out this week's menu and find future menus on our website or social media channels

Fresh Food

We are continuing to have regular donations of delicious Isle of Wight Tomatoes, local plums and free-range eggs at the centre. Minimum suggested donations for each are £1 to help the centre and the Coronavirus Support Hub. Check our social media channels for details of when they are available.

<https://www.facebook.com/www.westwightsportscentre>

Face Masks

We have a limited number of reusable face masks available in small, medium and large sizes. Available for just £3. Pop in to the centre to choose yours. Masks can be washed at 60 degrees and are available in a variety of fabric designs.



Here is some useful information forwarded by People Matter:

1. You're probably familiar with some of the ways in which fraudsters approach victims - emails, texts, phone calls, letters and sometimes doorstep scams.

But did you know that social media is also a favourite place for scammers?

For more tips on staying safe online then visit www.getsafeonline.org

2. Have you bought anything online recently?

Almost 34% of all retail sales during May 2020 were carried out online, and new research suggests that only 16% of UK consumers intend to return to their old shopping habits post-lockdown.

Online shopping fraud during lockdown

Action Fraud, the UK's national reporting centre for fraud and cyber crime, received over 16,000 reports relating to online shopping and auction fraud during the lockdown, with losses totalling over £16m. Members of the public have reported buying mobile phones (19%), vehicles (22%), electronics (10%) such as games consoles, AirPods and MacBooks, and footwear (4%) on sites such as eBay (18%), Facebook (18%), Gumtree (10%) and Depop (6%), only to have the items never arrive.

Top tips for shopping online securely:

Choosing where to shop:



If you're making a purchase from a company or seller you don't know and trust, carry out some research first. For example, by checking to see if others have used the site and what their experience was.

Email accounts:

Use a strong, separate password for your email account. Criminals can use your email to access other online accounts, such as those you use for online shopping.

Scam messages:

Some of the emails or texts you receive about amazing offers may contain links to fake websites. Not all links are bad, but if you're unsure don't use the link, go separately to the website. And remember, if a deal looks too good to be true, it probably is.

Payment method:

If you decide to go ahead with the purchase, use a credit card if you have one as other payment providers may not provide the same protection.

What to do if you've fallen victim to online shopping fraud...

We all make mistakes and these days the scams can be incredibly convincing.

If you think you've visited, or made a purchase on, a bogus website, you should first, take a note of the website's address, then close down your internet browser. You should then report the details to Action Fraud and contact your bank to seek advice.

Whether you've been a victim of fraud will depend on how much information you've provided to the website, so keep an eye on your



bank transactions, if you can. Contact your bank immediately about anything that you don't recognise, even small amounts.

For more information about how to stay safe online, please visit www.actionfraud.police.uk/cybercrime

Publicity

A Timebank member has kindly organised some publicity for us as she feels it will be a good to make people aware of who we are and how much is contributed to the local community.

So, the West wight Timebank should be featured in our local County Press, and BBC South.