



It's time to reshape our Timebank

This is the last of our weekly newsletters, but we will be continuing on a monthly basis, on the first Monday of each month, so the next one will be Monday August 3rd.

Although many things have changed for us all over the last 4 months, we still have our wonderful Timebank that gives us an opportunity to share our skills with others, building relationships and a stronger community network. The timebank will be 5 years old in September, and we still have over 100 individual and organisational members who live and/or work in the West Wight. There are some fundamental principles that all WWTB members follow:

Unlike traditional volunteering, Timebank members 'dip in and dip out' of transactions whenever they wish. You can still ask Sally (who coordinates all the Timebank activities) if you want to:

- Get practical help
- Meet people
- Learn something new
- Improve your prospects
- Do something in your community

All of these requests are then called 'time transactions' and Sally will match up your request with another member who then decides for themselves if they wish to undertake the request.

Sally says: "The Box Scheme has been a wonderful way to offer something positive to people in the West Wight, based on the Timebanking system of earning 'time credits'." She explained how one member made up a pallet box, painted and filled it with herbs, earning five time credits (one credit for every hour spent), which she then 'spent' having another member water her garden plants while she was away.



The Box Schemes have been made possible through our main funder, The Big Lottery Reaching Community grant and WightAID grant who have helped us purchase some essential goods for the box scheme. Sally is delighted to add that Wightaid have offered an additional £300 to buy compost and box goods needed, so we can aim for more boxes to be made and delivered as a free gift, to show people we care and want to contribute what we can.

➤ Two other fundamental principles that all members agree to:

Respect another member's privacy or confidentiality

Always treat other members respectfully

These have never been so important for us all to follow as Covid 19 has brought our individual circumstances and opinions to the forefront of everything we do.

For Sally, as coordinator, this has meant that all Timebanking activities offered and undertaken are risk assessed in view of the current government guidelines, but she would still expect individual members to decide for themselves if they want to undertake any time transactions, and as always members must feel free to say no if they would prefer not to.

As you know, the West Wight Timebank is also a member of the umbrella organisation for Timebanks called TBUK, who are now advising members to wear face coverings when taking part in person-to-person exchanges.



Timebanking UK



However, we all need to be sensitive to those with extenuating circumstances, and also those who don't feel comfortable wearing a face covering. TBUK have issued the following guidelines, which they hope will be helpful.

TBUK guidelines

Wear a face covering when engaging in person-to-person exchanges.

If you are exempt from wearing a covering, inform the other member. They may prefer to refuse the exchange.

If you don't feel comfortable because someone isn't wearing a covering, you may politely refuse the exchange.

Inform your time bank broker and they may be able to find someone else to complete the exchange.

Please be kind, polite and understanding at all times.



TimeBanking UK



NB TBUK use the word broker, whereas we use the word coordinator.

Face Masks are still available to buy through the hub at WWSCC.

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

Sally adds that UK charity Deaf Action is currently testing several prototypes of transparent face masks to help people who rely on non-verbal cues, facial expressions and lip reading. These should be available soon.

The government is telling the public to play their part and wear face coverings in order to help fight the spread of the virus. The responsibility for wearing one sits with individuals, and people are still strongly advised to wash their hands or use hand sanitiser before putting one on or taking it off.

Please note that, as face coverings are not yet mandatory when outside in the garden or on walks, Timebank members will continue to choose for themselves if they do wear one, or not on Wednesdays at Lavender Cottage, or Thursdays with our weekly walk.



Have you heard of the circular economy?



"Looking beyond the current take-make-waste extractive industrial model, a circular economy aims to redefine growth, focusing on positive society-wide benefits." - a quote from the Ellen MacArthur Foundation website.

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.

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:

Growing boxes

After Christmas, The Timebank will be following the principles of the circular economy by making our growing pallet boxes on request, with the recipients asked 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. Whilst no charge will be made, it would be lovely if people felt that they would like to donate either money or plants to help.



Drop and Swap boxes



Did you know that 11 million items of clothing are dumped into landfill every week in the UK, according to Forbes.com? The Family Drop and Swap boxes, that we will be starting in September, will enable us to reuse, clothing and toys in a small, simple way, but will offer a more sustainable alternative to buying new, and of course save money, as the gift boxes are free for the recipient. We will encourage them to return the items once they have finished with them (or their child has grown out of them), so that they can be re-purposed for others.

Plastic refill scheme

Our plastic refill scheme using eco -friendly products replaces the toxic, non-biodegradable ingredients of many of the household cleaning products which include chemicals that are bad for the environment. It also allows us all to reduce the use of plastic in our world.

You can take your empty bottles to Gina's garage and purchase products with safe social distancing procedures in place. Alternatively, you can arrange a delivery to your doorstep and Gina will collect your empties. Gina will use gloves, and hand sanitiser to comply with government guidelines.

The products are priced competitively, can be purchased with cash only and include: 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.

Please contact Gina on 07790329859 for more details.



Litter Picking

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

Repurposing material

Margaret continues to make something useful and beautiful from old material and pillow-cases and is grateful for the donated items that Sally collects from other members.

Jean, also makes our lovely coasters for the well-being boxes, so thank you to Gilly who donated her old curtains for use.

Food Redistribution

From September, timebank members who would like to, can help collect wrapped bread from Sainsburys local in Freshwater, and deliver it to schools, nurseries and organisations in the West Wight. Please let Sally know if you wish to earn time credits and help.

A BIG thank you to Faith, who has continued to collect the bread 7 days a week from Sainsbury's throughout lockdown for us, (along with other supermarkets that she collects other food from for the Real Junk food project IW).

After Christmas, we hope that Avril will be able to run small (up to 6 members) monthly Timebank sessions called 'DemoCookShare' using donated food, collected by Faith that is all good to eat and within its 'use by' date. More details will follow when government guidance allows us to plan this safely.



Regular Timebank activities now include:

- Wednesday am 10.30 to 12.30 garden meeting at Lavender Cottage for 6 people to work on the box scheme goods
- Thursday am 10.30 to 12.30 walks for 6 people

This week -July 30th Meet at 10.30 am at the car park at Compton Bay for a beach walk.



- Fridays, 10.30 to 12.30 allotment for 6 members

This week we will be strimming the weeds!



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.

You would be most welcome at any or all of these activities, please let Sally know if you can join us 07872304294

[Timebank Requests](#)

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

- Material for Margaret's to make 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 third of 3 beautiful poems sent to the Timebank, written by Dorothy, Gilly's late mother.



Poem by Dorothy Gwendoline Lamourne

How my heart weeps for the last sad rose,
Tossed to the fires of Autumn beside my dreams,
Crimson petals as yet unfurled,
Blemished by the bitter wind that blows,
Bearing Winter ere the summer dies -
So short awhile they lived -
The Summer - and my dreams,
I slept too long.

The golden field that held the first sweet flower
In her arms while men and mad machines
Tore buildings, rising grey and wet with showers,
And where the skylark hovered seething wires sing
A tuneless song.

And How I mourn the wanting and wasting,
The young grown old with foolish "Learning"
The wine of life grown bitter with the tasting,
Summer gone ere yet I saw the Spring's return,
The roses came shedding their loveliness- and died
And grey walls held me prisoner -
While time lied.



Fund Raising

Due to Covid, we will not be having the planned fundraising social activities in September this year, and so are very grateful for the following:



Prints 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.

The Red-haired Rapunzel's illustrated book should be available to purchase next week. The collection of short stories is available for £4 per copy and include the winning entry for the story competition. The money raised will be put towards the cost of our ongoing insurance cover.

At this time of transition from the old to the new look Timebank, Sally would really like to hear from you if you have any ideas about our activities, or ways to safely increase our fundraising.