



West Wight Timebank April Newsletter

Litter Picking

Three Timebank members spent a relaxing hour in the fresh air and sunshine on Saturday 13th April. We cleared 1 kilo of rubbish, including a large number of cigarette butts, from the immediate surroundings of the Sports Centre, the Health Centre, the sports field and School Green Road.

If you would like to join us, or if you notice an area in particular need of a clean up, please let Sally know.

Our next organised session (weather dependant!) will be on Saturday May 4th, 10.30 to 11.30am. Meet in the Sports Centre café. Please let Sally know if you would like to so that we can provide you with a litter grabber, bucket and jacket. Please provide your own gloves.





Meet and Eat

We had a wonderful Meet & Eat and fed 64 people with delicious food made by our very talented Timebank volunteers in partnership with the Real Junk Food Project. All donated money from this goes to Faith's Real Junk Food Project.

We have also started our second Adult Drop and Swap at the Meet and Eat. Please do come along to the next one on Friday 3rd May and share some delicious food.

If you can, do bring a household item that you would like to swap.





Action 4 Support Launch

The launch of Action 4 Support CIC was a way of spreading the message about the way the West Wight Timebank operates and people were invited from all over the Island. We hope that with support, other Timebanks on the Island will grow to build stronger Island communities. 39 people attended, including WWTB steering group members, and Avril who made some delicious canapes from food donated by The Coop. We had some very positive feedback, one attendee said it was a 'heart-warming evening'.



Our Patron, Gioia, wrote the following ahead of our launch, and as she couldn't be present, her speech was read out by Mike Hackleton.

“May I start by saying that I am enormously flattered and delighted to have been asked to be your Patron. I cannot imagine anything that would give me more pleasure.



As High Sheriff, I have had the privilege of seeing the West Wight Timebank in action. I found it both humbling and inspirational, and I am so thrilled that the list of projects you now have in mind will enable more and more Islanders to benefit from your experience, insight, energy and kindness. I know that everything you do is underpinned by 5 core values – Fairness, Respect, Equality, Dignity and Autonomy: values that can only result in a better society for us all, and indeed values I wish we could detect in every aspect of our lives. The world would be a much better place!

Sally and others will be outlining ways in which existing projects are already bringing benefits to the community, and presenting many new and ambitious projects that are being planned. These new schemes are about building communities in which individuals can flourish and grow, where positive change will be encouraged and where people will learn, by example, that real wealth lies, not in consumerism and profiteering, but in people, relationships and community. Some of these projects are extraordinary in their vision, but I know that, with Sally and Deb at the help, they are entirely within reach. The future, suddenly, seems bright!”

Deb is the new Director helping Sally run Action4Support. Here is a little bit of information about her.

I am Debbie Whiteley, married with three adult children. Since the birth of our first child, about thirty years ago, I have been an active volunteer, enjoying helping organisations fulfil their potential.

I started working with playschools, play groups and school helps. I went on to volunteer at our local, newly opened museum, but found my niche when I started to volunteer with adults, with additional needs, at a local Mental Health hospital. A challenging role which brings enormous pleasure as I help to empower the groups, that I still work with.



In addition, I also volunteer as a mentor to another group of adults with additional needs, giving the appropriate support to them as they carry out their work. The focus of all my volunteering is to empower the individuals to achieve their goals, with the required support and advise, as needed.

I am so proud to have been asked by Sally, to become a co-director for Action 4 Support. The emphasis, of this not for profit social enterprise is on fairness, respect, equality, dignity and autonomy: principles that I fully support and have worked to achieve in my volunteering roles.

A helping hand



The Timebank has a scheme for all members who have had to stay in hospital. Anyone who would like an extra helping hand when they return home from hospital can request support from other members for the first 2 weeks (or up to 15 hours). This may include help with shopping, cooking, errands, lifts to hospital etc. **Please note that this is not formal or personal care and is just a helping hand if needed.** All requests for this would need to go to Sally who would then try and meet the requests if there are members available who can support them at that time.



Community Voucher Scheme



Sally has contacted all members to let them know how many Time credits they have accumulated and is hoping that there will be plenty of time exchanges available to spend credits along with the Community Voucher Scheme.

New requests and offers just in.....

Requests for a few members to help with

- Why not come along and join us for a group gardening on 30th April 9:30-12:30 in Freshwater. This will involve digging and



pulling brambles up. Please let Sally know if you'd like to come.

Cake and coffee will be provided.



- Requests for help on Friday mornings to pick up the bread from Sainsbury's in Freshwater and deliver to St Saviours



School and WW nursery in Totland.

- On 1st June Yarmouth is having Community Day and the West Wight Timebank have been invited to have a stall at CHOYD (the hall in Yarmouth) to tell people about the Timebank from 10:30-4:30. If you'd like to help at this event, even if it's just for an hour, please let Sally know.

- On Monday 26th August, the West Wight Timebank will be having a fundraising table at Shalfleet fete and would appreciate as much help as possible with the following:



- Making jams and pickles for the stall



- Helping on the day with children's train, marble and balloon games
- Help to set up in the morning.

If you would like to come just for an hour or so, that would be fine.

- Help to carry the wood from the car park in Totland to the allotment ready for Men in Sheds to make our new raised beds.

We will confirm the date soon but it will be a weekend as soon as possible. The school now has a new fence and you can only access the allotment with a code when the school is not there. Please contact Sally if you wanted to visit the allotment and she can let you know the code.



Other requests for individual members

- Painting and decorating small jobs in a member's house.



- Fitting a blind.
- Mowing a lawn in the summer.

- Haircutting.



- Nail painting.
- Setting up an Ipad, facebook and email account.

Offers

- Playing Bridge.
- Shopping.
- Litter picking.
- Swimming companion.
- Dog walking



Regular Time Bank Events

- Our Coffee Mornings take place on the last Thursday of the month. The next **Coffee morning** is Thursday 25th April 2019. Please come along from 10:30am-12pm for a coffee and a chat.
- At the Coffee Morning on 25th April, Lavine, is offering hand massage. If you are interested, please check with your doctor beforehand, and do come along for a 20 min massage.
- The next Timebank Walk is on 10th May starting at 10:30am from Colwell car park. It is a flat, short walk along the sea wall to Totland pier café in time for the next Timebank Lunch if you would like to join us.
- The next **Time Bank Lunch** will be on Friday 10th May 2019 at the Totland Pier 12 till 2pm (after the Timebank walk).
- The next **Adult Drop and Swap** will be on Tuesday 7th May 2019 from 10:30-12 at Our Place at WWSCC. Donations of household goods are always welcome. We can collect if that is easier.
- The **Family Drop and Swap** is on Mondays (term time only) from 10-12 at the Family Centre (Barnardo's) next to WWSCC.
- Our **Community Cook Up** takes place on the first Friday of every month. The next one will take place on **Friday 3rd May 2019** from 12-2pm at St Saviour's Family Centre, Totland which is next to St Saviour's Holy Catholic Church. The cook up dates are as follows:

3rd May 2019

7th June 2019

5th July 2019



Happy Easter to you all!