



West Wight Timebank August Newsletter

Shalfleet Fete and Yarmouth's Vintage Fair

This bank holiday weekend not only has the weather been fantastic, but TB members have had a great time raising funds and spreading



the word about Timebanking, both how it works for an individual and the schemes we have going in the West Wight.

Avril, Amy, Hannah, Penny, Chris, Sally and Alex made games for the fete, sold goods and chutneys, ate

delicious cake and generally enjoyed raising £105 pounds for our funds.

Reduce, Reuse, Recycle

Our plastic bottle refill scheme has been well received and we have already increased our range of products. We now offer:

- Washing up liquid
- Spray multipurpose cleaner



- Liquid soap
- Shampoo
- Conditioner
- Laundry liquid
- Fabric conditioner

Timebank members are requested to wash and save empty bottles of the above products (even if you do not want to take part in the refill scheme) and pass them to Sally or Gina, alternatively please bring them along to a session as we can reuse them. **Please note we are not accepting any drinks bottles for our refill scheme.**

We have also added to our sessions:

X first Friday of month at Meet and Eat in Totland

X every Tuesday morning at Medlars B&B in Halletts Shute (from 8/10/19)

X third Wednesday afternoon of the month at Freshwater Coffee House

X last Thursday of the month at the coffee morning at the West Wight Sports and Community Centre

We have an additional 4 venues to be confirmed soon, so will let you know when these will start.

The coffee house in Freshwater have also kindly offered to start a re-order scheme where customers can drop off their empty bottles and collect them, refilled, the following week. We are hoping to get this going very soon.



Large containers can be recycled by the manufacturer but we are also happy to give them away to Timebank members who have a use for them. This is in line with our philosophy of reduce, reuse, recycle. There are 15 and 5 litre ones. Do let Sally or Gina know if you would like

one.

As this scheme is going so very well to date, we would be delighted to have any TB members who would like to help Gina at one of the venues. Please do let Sally know, and we can arrange for you to come and see what is involved before you decide, but it is likely that this would only be once a month for 2.5 hours.

The feedback we have had from our customers has been very rewarding for all involved.

Meet and Eat



We are delighted to say that the WWTB has committed a further years funding to pay for St Saviours Hall in Totland, so that we can continue our monthly Meet and Eat, the first Friday of every month from 12 to 2pm.



As an intergenerational event, we usually have primary school children attending, who chat and help some of our older visitors from several residential homes in the West Wight. So as a social event it is very rewarding, and people who come for lunch at 12, often stay on after eating to chat with each other.

The TB runs this in partnership with the Real Junk food project, and together we collect donated food from The Coop and Sainsbury's in Freshwater, prep dishes (under the instructions of our two volunteer chefs, Mel and Avril), and help serve and clean up afterwards. All TB volunteers work incredibly hard to make this event the success it is, and we would love to have you join us to eat at noon, or come to help too. Faith (from the Real Junk food project) and Sally who runs the West Wight Timebank are at St Saviours from 9am and usually finish about 4pm, and would love to find a job you could help with, and of course you can earn up to 5 credits for 5 hours volunteering on the day.

If you are an existing TB volunteer, have been involved with this scheme, and want to continue, it would be great if you could let Sally know when you would prefer to help, morning or afternoon, as we often have plenty of help for prepping, but not so much for clearing away from 1pm to 4pm.

Along with the delicious food offered (on a 'pay as you feel' basis, all donated monies going to the Real Junk Food Project for the costs associated with their work, for example paying petrol money), TB members run a Drop and Swap, and a plastic refill scheme, so please do bring a household item to swap (no money involved just swap a household item you have finished with for something that someone



else has bought to the table that you would like), and an empty plastic bottle (not a drinks bottle) to fill with environmentally friendly household products at a competitive cash price.

Timebank Volunteering Experience

The following piece was written by one of our TB members:

Dimbola Lodge is an important part of West Wight's heritage as it was the home and studio of Julia Margaret Cameron, the prominent pioneering photographer of her era. Yet this historic building was



due to be demolished and would have been were it not for the determination of a few enthusiasts.

The building now serves as a museum and gallery as well as a reference source for students.

Dimbola Lodge has very little financial support and is heavily dependent on volunteers to remain open.

Since joining Timebank as an organisational member, the Dimbola trustees hope to recruit a few more. My interest in photography led me to volunteer for a specific project. The museum had been gifted a large number of old photographs on glass plates dating back to the Victorian period when photography was in its infancy. One can imagine that most of these collections had remained forgotten in people's attics for decades. Upon being found again, perhaps by the next generation, they were donated to Dimbola for posterity. Unfortunately, this meant just moving them from one obscure



location to another because Dimbola simply did not have the manpower to deal with them.

A few of us from Timebank are painstakingly going through these fascinating plates and cataloguing them on to a spreadsheet as the first stage of creating a proper archive. Each plate leaves one wondering what story lies behind the photo. Where was it taken? Who are the people in shot and what was happening? This is social history too important to be neglected.

If you would like to join the team, you would be most welcome and you can contribute on whatever day or time is convenient. Just let Sally know, and you can earn up to 5 time credits helping out.

Impact Study

Thank you to all members who have taken the time to complete the impact assessment that Sally has been asked to complete, so that she can feed the data back to the Reaching Community funders who are so helpful and enable our Timebank to do a lot of what it does!

Some members have mentioned that they have had trouble either opening the document, or filling in the boxes! Please don't worry if this is the case, as Sally can give you a paper version to complete and will collect it from you if you wish, or give you a stamp and an envelope marked with her address.

Sally would like to have completed this by the last week in September so please do help her give as much feedback as possible to the Reaching communities grant team.



Garden Allotment



Our progress...

The 3 flat beds are coming on well, the potatoes particularly seem to be happy. However, we had a sad job recently taking out the cabbages from the raised beds for the compost heap, which although grown fully were absolutely covered in caterpillars. The tomatoes have yet to redden, but as we were rather late putting them in this is not surprising!

The West Wight Timebank is very lucky to have been given the opportunity to work this little bit of land, which belongs to the West Wight Nursery School. So if you fancy joining in, planting and watering or just coming for a look and a cuppa please do, as you would be very welcome. Just call Sally on 07872 304 294 and she will meet you to show you where it is.

Kindness

To be a Timebank member involves both the giving and taking of skills, talents and turning them into time credits. As we go into our



4th year, I wanted to write to say that as the founder and coordinator of the West Wight Timebank, I have the pleasure of witnessing little acts of kindness between members, and with non-members in our community every week and it really is making a difference to the wellbeing, resilience and happiness of residents in the West Wight.

An example from this week:

Many of you will know that TB members have been helping Faith and her Real Junk Food Project with a children's lunch box summer scheme. One of the TB members, Jane, who hasn't been involved in this scheme, saw the article in the last newsletter and on Facebook, contacted me to offer a free ice cream (voucher) for each child that has a picnic box.

Fantastic -Thank you so much to Jane for this act of kindness.

Members and hours exchanged

We now have 85 individual Timebank members and 14 organisational members and together have exchanged over 6650 hours since we started in September 2015.



Timebank Walk

Would you like to have a walk along the railway line, picking blackberries as you go?



Next Thursday on 5th September, meet Lois outside the 'Off the Rails' café in Yarmouth at 10.30 am and enjoy a bramble ramble for about an hour. Any pickings that you can donate to the Meet and Eat which is happening the next day (the 6th) at St Saviours Hall in

Totland would be appreciated. Please just drop them in during the morning, or ring Sally who could collect them Thursday evening if you cannot make the Meet and Eat.

Regular Time Bank Events

The next **coffee morning** will be on Thursday 29th August. Please do come along from 10:30am-12pm for a coffee and a chat.

The plastic re-filling scheme will be there too so do bring your empty plastic bottles to refill.

The next **Adult Drop and Swap** will be on Tuesday 3rd September from 10:30-12 at Our Place at WWSCC.

The next **Book Club** is on Tuesday 3rd September.



The **Family Drop and Swap** is on Mondays (term time only) from 10-12 at the Family Centre (Barnardo s) next to WWSCC.

The next one is September 9th.

The **Meet and Eat** takes place from 12-2pm at St Saviour's Family Centre, Totland which is next to St Saviour's Holy Catholic Church. The next Meet and Eat is on **6th September 2019**.

We will be offering a Drop and Swap at the Meet and Eat so please do come along and share a delicious lunch. If you have a household item to swap, please do bring it along. We will also have the re cycling plastic scheme there, so please do bring along your empty bottle to refill.