



## West Wight Timebank December Newsletter

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### Plastic refill

The plastic refill is happening at the following times:

- Today at The Freshwater Coffee House from 2-4pm.
- Thursday 19<sup>th</sup> December 10-12 at WWSCC.
- Friday 20<sup>th</sup> December from 9-12 at the Memorial Hall in Freshwater.

### Family Drop and Swap

Congratulations to Penny and Alma who successfully completed a safeguarding course ready to run the new Timebank Family Drop and Swap once a month at Our Place on a Thursday afternoon. If you know of any families that would like a little parcel of a toy and clothing, please let Sally know.





Ann, Sally and Sally recently some ICON training with Barnados about babies crying and strategies to help families cope. Here are some useful links for further information:

<http://iconcope.org/about-icon/>

<https://thedadpad.co.uk/app/>

### Community Voucher Scheme

Everybody has time credits in the time bank. Here are some ideas that you can spend your credits on.

The Community Voucher Scheme started in March this year, and was designed to stimulate members who have accumulated over 20 credits and not spent them on anything for a while. We now have special Timebank vouchers which can be exchanged for 10% off from certain products from local businesses who have joined the scheme. As the vouchers are transferrable, members can donate one to a family member or friend. We now have 4 businesses in the scheme, and 8 members have taken a voucher(s) but we hope to see this increase as it is a way of supporting local businesses. The businesses are:

- The Bay B&B - which gives some discounts for B&B stays and the electric bike hire.
- Bee's Beauty – discounts on treatments.



- The WWSCC – free swimming sessions
- JB Fisheries – 10% off on orders over £10.

*\*All of these are subject to terms and conditions that are stated on the vouchers.*

In addition to the above, you can also spend your credits on Body Stress Release as one of our members is a qualified "Body Stress Release" Practitioner who has kindly offered fellow members the opportunity to have this gentle complementary practice. It is a non -invasive, and fully clothed procedure that aims to help the body release body tension due to the stress of daily life.

If you would like to **spend 2 of your credits and enjoy 3 sessions spaced over a period of two weeks**, please let Sally know as it will be limited to one member per month.

The site is [www.bodystressrelease.org.uk](http://www.bodystressrelease.org.uk).

Would you like to ride the Timebanks' electric bike to spend some of your time credits?

Last year, the Timebank bought a folding electric bike with money given from WightAid, which was to help Sally take the bread round the community groups every day. However, there is so much bread this has not really been viable. So to make use of the bike, Sally thought she could offer it for all Timebank members on a booking basis. So please do book a ride.

1 hour borrowed = 1 time credit.



Special weekend or weekly time credit rates.

Please rind Sally if you would like to have a go, or find out more about this new Timebank scheme.

We also have a gazebo that you can borrow in exchange for time credits as well as a folding table.

### Timebank Christmas Tree

Angie, Penny, Gina, Maureen, Joseph, Faith, Alex and Sally enjoyed decorating the TB tree at the Pearl Centre, using some eco bricks.

If anybody would like 12 eco bricks for use on their own project, please let Sally know by Friday 20<sup>th</sup> December.





Here is a note from one of the TB's organisational members The Real Junkfood Project IW:

Faith and Janet from The Real Junk Food Project would like to say a big big thank you to both Mel and Avril, having been the inventive, creative, imaginative chefs for this, our first year, of community cook ups with Sally and the Timebank volunteers.



They have conjured up over “600” three course meals during our first year of “Meet and Eats!” That’s amazing! If you haven’t experienced one yet you have truly been missing out!

Let’s cast our minds back to that wonderful bread and butter pudding with “doughnuts”. To the “Thai Vegetable curry with lemongrass and ginger”. To the crumbles, the pastas, the pies and homemade soups. And to the fresh fruit salads beautifully prepared by our kind volunteers too!

Together we’ve done more than just cook and eat and use food more wisely, we’ve made friends and found ways to come together as a loving community. Thank you chefs and a special thank you Sally for making this all possible. You’re an inspiration!

Wishing you all a wonderful Christmas and looking forward to another New Year of “Meet and Eats!”



*Fay setting the table at the Meet and Eat with table decorations made by Avril.*

### The Timebank Quiz

A really big thank you to Adrian and the team at The Waterfront who enabled us to raise £495 at our Quiz Night for the West Wight Time Bank. It was a very happy evening with great questions, a hot supper and a really successful raffle. The prizes were lovely and we are grateful to all who donated them especially Freshwater Co-op who gave 4 of the 14 prizes. Thanks to all who joined us and congratulations to the winning team who won a £50 voucher for a meal at The Waterfront



courtesy of Adrian Bolton, a really special gesture.

We shall look forward to making more plans with The Waterfront in 2020.

*Avril*

### Regular Time Bank Events

The next **coffee morning** will be on Thursday 30<sup>th</sup> January 2020. 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 7<sup>th</sup> January from 10:30-12 at Our Place at WWSCC.

The next **Book Club** is on Tuesday 7<sup>th</sup> January at 7:30pm. If anyone would like to join us, please do let Sally know.

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

The next one is 6<sup>th</sup> January 2020.

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 3<sup>rd</sup> January 2020.



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.

**Litter picking** will take place on the last Wednesday of each month. We will meet at the WWSCC café at 2pm. The next session will be Wednesday 29<sup>th</sup> January (it is weather dependent).

The next **Timebank Lunch** will be on Friday 17<sup>th</sup> January at the West Wight Alpacas in Wellow from 12-2pm. Please do join us and if you need a lift, let Sally know.

WISHING YOU A MERRY  
CHRISTMAS AND A HAPPY NEW  
YEAR!