



## West Wight Timebank January Newsletter

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### This is how Timebanking works.....

As you know Timebank members can earn time credits by doing something for others- one hour given enables you to earn 1 credit. It doesn't matter what it is that is offered as all offers are seen as equal. So it could be something physical e.g. gardening, something knowledge based, e.g. helping another member to use an ipad, something emotional e.g. offering an hour to listen to a member who has been feeling poorly, or something social e.g. attending a Timebank lunch.

Usually the member receiving something from another member has a credit taken from their Timebank account, but many of the credits earned are to help build our schemes up, for example helping at the plastic refilling scheme, or the Meet and Eat, in which case the time credits are taken off the Timebank's own account. So there are always credits earned and credits deducted.

To date our credits exchanged total 8,600 so it would be fantastic if we could get to 10,000 by September 2020, as the Timebank will be 5 years old!

Also I thought it would be good to have a round- up of a month's Timebanking activities , so they members understand a bit more about the way it works....



So in January 2020

2 members spent 2 credits each on 3 sessions of Body Stress Release that another member offers

2 members earned a credit each week for picking up the bread from Sainsbury's local (averaging 1,000 loaves a month) and taking it to different recipients in the West Wight Community, including mums and toddler groups, schools, older peoples groups and individual families

1 member earned credits on behalf of Freshwater Methodist Church by helping another member and her family how to play Bridge

8 members earned up to 5 credits each for helping with the Meet and Eat

5 members met for book club earning 2 credits each for attending. The host, always receives an additional credit as she kindly collects the books for us from the library.

2 members helped serve coffee and tea at Oasis at Freshwater Methodist Church and earned 2 time credits each

2 member helped at the Family Drop and Swap at Barnardo's earning 2 credits each

4 members ran the Plastic refill scheme in different venues in the West Wight

1 member earned a credit for printing some documents for another

11 members earned credits for attending a social occasion-a lunch at the Alpacas farm in Wellow

1 member earned a credit for giving a lift to and from a social event

1 member earned a credit for attending a meeting



1 member earned credits for taking photos members ready to put on our display board

5 members spend up to 60 credits each on voucher (s) from the Community Voucher scheme

1 member earned credits for drawing together all the Timebank newsletter articles

2 members helped deliver leaflets in Yarmouth and earned 1.5 credits each

Congratulations to June for undertaking and passing a Timebank first aid course (earning 5 Time credits for attending the course)

### Plastic Refill Scheme update

The scheme is going well and we are expanding into the library at Freshwater and the shop in Brighstone. We would love more help to run the scheme so if you would like to be on our volunteer list to help out from time to time and earn time credits, please let Sally know – the more support we have, the more venues we can cover.

We are in need of empty bottles – particularly washing up liquid, shampoo and

conditioner - please save them for us even if you do not use the refill scheme and hand them to Sally.





## Lunch at the “LLama Tree” at West Wight Alpacas - Friday 17th January

By Geoff

It was a lovely sunny morning. A fine day for a walk to Wellow for the Timebank lunch (my first one).

I had allowed plenty of time, but got distracted at Dodpits Lane – in the field some farm workers were operating an amazing cabbage-harvesting machine. I stopped to observe, and took a few photographs of the machine in action.

Soon I was at the “Llama Tree” Bistro, and recognised some of the Timebank members. There was a very welcoming atmosphere, with lots of lively discussion.

But first, there was a job to do – take a photo. Everyone seemed relaxed, and smiled for the camera.



The food lived up to expectations – “Wood Fired Pizzas” are the Bistro’s speciality, but there are plenty of other options on the menu.

I look forward to attending another Timebank lunch, hopefully the next one. It is an excellent way to meet people, and to find out more about their interests and activities.



Sally adds that we had 17 people for lunch, the most yet!

### Garden Allotment

This year we are planning to have a bed of wildflowers to attract insects and birds, along with a selection of vegetables and fruit.



We will be holding a seed planting workshop at 9.30am to 12.30pm at Lavender Cottage in Newbridge on March 13th, and would love to have you join us for a coffee and a help in any way you can. These can then be planted out in the garden allotment when it's a bit warmer.

Please let Sally know if you need a lift to Newbridge.

We are also planning a big sort out at the allotment on Friday 21<sup>st</sup> February from 9am to 12 noon, so please come and lend a hand, or just come to have a look at what we are going to do this season.

### Community Voucher Scheme

The Timebank's Community Voucher scheme is now 1 year old, some of last years vouchers have now expired so Sally has been requesting a second years supply from those already in the scheme and approaching other local businesses to see if they would like to join the scheme.

This year to encourage members to spend their credits and draw in local businesses into the work of the Timebank, we have (so far):

- Accommodation and/or electric bike hire from The Bay Boutique Bed and Breakfast
- Accommodation at Medlars Bed and Breakfast
- A range of massage and beauty treatments from Bees Beauty
- Swimming sessions at WWSCC



- A place on a selection of 1 day workshops run by Lazy Dog Press in Newport

You need to spend 20 credits on any 1 voucher, so obviously the offer is based on what you need rather than the value of money, as they all vary. The vouchers will be available at the coffee morning at wwscc held the last Thursday each month, but do ring Sally if you want more information about the scheme.

So as a new offer for vouchers for the Lazy Dog Press  
Please see the following from Kae, one of our members who runs the workshops....

*I run The Lazy Dog Press at Jubilee Stores where I run bookbinding and letterpress printing workshops. My mission is to keep the craft of letterpress alive in the digital age. I use metal and wood type to create bespoke designs which are then handprinted on a 19th century printing press.*

*I make handbound sketchbooks, notebooks and wedding stationary and work with Island jeweller Nina Bulley to create The Lazy Dog gift range which is stocked at the Quay Arts shop.*

*My website is [thelazydogpress.com](http://thelazydogpress.com)*



## Requests

- For help to deliver leaflets advertising our plastic refill scheme in Newbridge and Shalfleet over the next 2 weeks.



- We already have a TB small recorder group that meet, and have one or two members who would like to sing together. If you would like to join either of these music groups please get in touch with Sally who can give you further details.

## Offers



- Basic Computer help
  - Gardening-cutting back shrubs but no digging
  - Spread sheets and budgeting
- Inside painting jobs
  - We now have 3 people who would like to do a drawing workshop and 2 to do a glass and draft wood workshop. Sally would like to plan this when we have 6 people on each day, so please give her a ring to book a place or to find out more about it.

## New bed

One of our members would like to find a home for a special single bed. Here is his offer:

*I would like to find a home for a single bed that operates electrically to assist the infirmed sit up etc. It used to belong to my late sister and it is in good condition. It would be a shame to take it to the tip if it can serve somebody.*



[Please see a copy of our Press Release, which was sent to members recently:](#)



## **One in three people in the South East say communities have a role to play in tackling climate change 2020**

- People across the South East say they will make changes in 2020 to help the environment
- 1 in 3 (33%) <sup>[1]</sup> say communities have a role in tackling climate change
- West Wight Timebank on the Isle of Wight is already taking environmental action thanks to National Lottery funding



**The West Wight Timebank community garden in Totland**

Three quarters of people 75% <sup>[2]</sup> in the South East of England say the environment will be important to them in 2020, a new survey from The National Lottery Community Fund reveals.

As people set their resolutions for 2020, more than three in five (65%) <sup>[3]</sup> people in the region agree that if everyone makes small changes, we can make a positive difference to the environment. In 2020, local people say they will be; reducing the amount of plastics used 54% <sup>[4]</sup>, recycling more 52% <sup>[4]</sup> and cutting back on food waste and increasing on food sharing 36% <sup>[4]</sup>.



Meanwhile, one in three people <sup>[5]</sup> recognise communities have a role to play in tackling climate change. While some intend to join in with community environmental activities, such as litter picks, tree planting and beach cleans, many more recognise the personal benefits of being involved in such community activities. These include bringing the community together 52% <sup>[6]</sup>, making new friendships and connections (40%) <sup>[6]</sup> and improved mental and physical wellbeing amongst participants (36%) <sup>[6]</sup>.

One local community project helping to address climate action is the Isle of Wight's **West Wight Timebank**, which is funded by a three year, £64.5k grant from The National Lottery Community Fund.

By giving people the opportunity to donate their time to help other local people, and receive other people's time and support in return, the project links up the skills and needs the community - with a strong focus on the environment and climate action on the Island.

Under this community project, which has exchanged over 8,000 hours, an eclectic range of environmentally-focused activities are taking place, including food redistribution to minimise food waste and a plastic refill pop-up scheme to reduce plastic waste and its impact on the environment. The project also runs a community garden in Totland, with 50% of the vegetables and soft fruit grown going to people in the community.

Other examples of environmentally-friendly activities include a monthly litter picking group and a 'drop & swap' initiative, giving the people the chance to bring in household objects that are no longer needed and exchanging them for items other people have brought in.

**Sally Gaeta, Project Lead at West Wight Timebank, said:** "The West Wight Timebank builds mutual social and practical support networks to enable our community members to do what they can to recycle, reduce, reuse and redistribute goods to make a small, but not insignificant impact on our environment."

**Jon Eastwood, Senior Head of Regional Funding at The National Lottery Community Fund, said:** "We know that local projects, such as West Wight Timebank, not only help



protect the environment but also offer plenty of other benefits that local communities can reap to help them thrive. That's why it's great to see people are keen to get involved locally in 2020."

As part of The National Lottery Community Fund's Environment Strategy, the Fund launched a £100 million Climate Action Fund that will enable people and communities to take the lead in tackling the climate emergency. The National Lottery Community Fund is also exploring ways to support voluntary and community organisations mitigate their impact on the climate, for example via its Climate Action Top-up scheme which is being piloted in Wales, as well as new information and guidance.

Communities across the UK are being encouraged to find out more and get inspired to take environmental action by visiting [www.tnlcommunityfund.org.uk/funding/funding-guidance/reducing-your-environmental-footprint](http://www.tnlcommunityfund.org.uk/funding/funding-guidance/reducing-your-environmental-footprint)

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**Notes to Editors:**

**Survey: The National Lottery Community Fund research. Total nationally representative sample of 1,500 UK adults carried out online by 3Gem.**

[1] In response to: "Thinking about climate change, which of the following, if any, do you agree with?" 33% in South East said "Communities have a role to play in helping to tackle the issue or mitigating the impact"

[2] In response to: "How important or unimportant will the environment be to you in 2020?" 75% in South East said "important"

[3] In response to: "Thinking about climate change, which of the following, if any, do you agree with?" 65% in South East said "If everyone makes small changes, we can make a positive difference"

[4] In response to: "Thinking about the environment, which of the following, if any, do you intend to do during 2020?" 54% in South East said they will be reducing the amount of plastics used; 52% in South East said they will be recycling more; 36% in South East said they will be cutting back on food waste and increasing on food sharing.



[5] In response to: “Who is responsible globally for tackling climate change?” 33% in South East said communities have a role in tackling climate change.

[6] In response to: “Thinking about community-based environment projects, such as litter picks, tree planting, river cleaning, beach cleans etc what do you think the additional benefits are – if anything – of joining in?” 52% in South East said it brings the community together; 40% in South East said it gives the opportunity to make new friendships and connections; 36% in South East said it improves mental and physical wellbeing amongst participants.

#### **About us**

We are the largest funder of community activity in the UK - we're proud to award money raised by National Lottery players to communities across England, Scotland, Wales and Northern Ireland. Since June 2004, we have made over 200,000 grants and awarded over £9 billion to projects that have benefited millions of people.

We are passionate about funding great ideas that matter to communities and make a difference to people's lives. At the heart of everything we do is the belief that when people are in the lead, communities thrive. Thanks to the support of National Lottery players, our funding is open to everyone. We're privileged to be able to work with the smallest of local groups right up to UK-wide charities, enabling people and communities to bring their ambitions to life.

[Website](#) | [Twitter](#) | [Facebook](#) | [Instagram](#)

### Regular Time Bank Events

The next **coffee morning** will be on Thursday 30<sup>th</sup> January. 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 4<sup>th</sup> February from 10:30-12 at Our Place at WWSCC. If you have household items you can bring, we would appreciate it



The next **Book Club** is on Monday 3rd February.

The **Family Drop and Swap** is on Mondays (term time only) from 9.30 to 11.15 at the Family Centre (Barnardo s) next to WWSCC.

A second Family Drop and Swap will be at 'Our Place' (WWSCC) once a month starting on Thursday 6<sup>th</sup> February from 2.30pm

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> February (it is weather dependent).

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 7<sup>th</sup> February 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.



The next **Time bank lunch** will be at the Blacksmiths pub on Friday 21<sup>st</sup> February from 12-2. Please let Sally know so she can reserve a table.