



West Wight Timebank July Newsletter

Meet and Eat

This month's Meet and Eat was as always very well attended with delicious food prepared and cooked in varied tasty dishes. We had 56 people attend with 7 children helping to serve and collect plates and chat to people too.



Meet and Eat Cook Book

This article was given to us by Avril.



Our monthly lunches at St Saviours have produced a number of new recipes. We never know what we are going to receive to cook and as they say 'necessity is the mother of invention' and some of our recipes are a surprise even to us!

As a result we have collated a number of our ideas and hope to create a simple compilation of recipes for sale to use at home and for community ventures.

TIMEBANK REQUEST

We need a volunteer/s to create a layout for the recipes and type them in a regular format ready for printing or photocopying. We have a number of photos to accompany the recipes which record the food, the guests and the preparation and these will go alongside the recipes.

Any experience in text layout, printing or production would be most welcome.

Please let Sally know if you would like to help in any way with this, to support Avril in her fundraising quest, and in turn help our Timebank to develop further opportunities in the community.

Butter Boxes request

There are often leftovers at Meet and Eat. Please save a few 500g



margarine or butter tubs and we can offer Meet and Eat Takeaways. Bring along to our monthly lunches and we will fill them for anyone interested



Sue the manager from a sheltered housing scheme we support

The residents have weekly bread delivered by Timebank members, donated by the Store in Brighstone, Sainsburys local in Freshwater, and more recently bakery items collected and distributed by Faith from the Real Junk Food Project IW. We are sorry to see Sue leave her managers post, but will look forward to working with her in her new role.

Timebank Walk



Adam and Dave joined Fay, Lois and Sally on a beautiful walk from Colwell to Totland old lifeboat station and back. Lois even managed a dip in the sea!

Timebanking UK Quality Award



We were very pleased to be awarded a quality mark from Timebank UK and receive this certificate.



Project work in Nepal, by Sophie Maliphant

Gina one of our TB members has a daughter called Sophie who has given us the following information in her project work.

The Country that Shook is a charitable project that began after the 7.9 Richter earthquake in Nepal in April 2015. Its mission is to empower Nepali people to live fulfilled lives by providing education and resources.

The initial funds were raised with an illustrated children's book by project creator Sophie Maliphant and paid for a school to be rebuilt in Solukhumbu district. The book continues to be the heart of the project and has been joined by other creative fundraising initiatives which support buying fundamental school equipment and an inspirational menstruation campaign.

Last week, Sophie went with a team of people to the south of Nepal to hold a workshop teaching women to make reusable sanitary towels. They also provided a basic feminine hygiene lesson, information about the bigger picture with water sanitation and a creative exercise to break down the taboos around menstruation.

Here are some links to find out more:

<https://thecountrythatshook.com>

<https://www.facebook.com/changingtheperceptionofmenstruationinnepal>

<https://www.stopbreathegrow.com/menstruation-project>



<https://www.gofundme.com/changing-the-perception-of-menstruation-in-nepal>

Sophie's book and large poster is available to buy for £10 each. Please contact Gina direct for this on ginamaliphant@aol.com.

Environmental scheme update – refill your plastic bottles.

The idea is that when you finish your bottle of washing up liquid, laundry liquid, shampoo or conditioner, you wash it out and take it along to be refilled with an environmentally friendly product, thus avoiding putting the bottle into the environment.



Refill your plastic bottles

West Wight Timebank mobile refill station:

Environmentally friendly



washing up liquid
handwash
multi-purpose cleaner
laundry liquid
shampoo
conditioner



Bring a clean bottle for a refill to:

St Saviour's Holy Family Centre, Totland
First Friday of the month
11am to 12pm

The Freshwater Coffee House
Third Wednesday of the month
2pm to 4pm

West Wight Sports and Community Centre
Last Thursday of the month
10am to 12:30pm

Competitive prices - cash only

Let's do our bit to save the planet



TIMEBANK REQUEST

Do let Sally or Gina know if you would like to help out with the scheme, as we would like to have a small team to be able to work together to run this really worthwhile project in our community



Gina, serving a customer at the Meet and Eat community lunch

Requests to support community events and generate some surplus money to put back into our Timebank

If you enjoy making chutney and jams we would love to have any donations for the Shalfleet village fete in August, as the Timebank has a table there.

We also would like to collect anything vintage for our stall at the Vintage Fayre in August.

Sally or Avril are happy to collect items from you.





Waterfront Meal

A reminder that the meal at the Waterfront in Totland is happening this Sunday (28th) at 3pm. If you haven't already done so, please contact Avril directly by Friday 26th if you would like to join fellow Timebankers for a late lunch:
avrilororke@hotmail.com

Requests

We need volunteers to help water the allotment. Please let Sally know if you are able to.

Regular Time Bank Events

The next **coffee morning** will be on Thursday 25th July. 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 6th August from 10:30-12 at Our Place at WWSCC.

The next **Book Club** is on Tuesday 6th August.

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 **2nd August 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.