



West Wight Timebank September Newsletter

This month we thought it would be nice to have a collection of articles from different members.....

Garden allotment



New raised bed growing nicely



Abi, a new Timebank member, started her involvement through the garden allotment. The Timebank has been lucky enough to have been offered part of an allotment belonging to West Wight Nursery School which we have now been tending to for 2 and a half years. Here's what Abi has to say

'I love the allotment, and I'm so grateful for the opportunity to do this. I cannot wait to grow tomatoes, strawberries and have loads of ideas for other vegetables. I am going to put marigolds around my vegetables to



stop the bugs and am going to try cutting a pepper in half that I have bought from the shop, putting it in the ground
And see if it grows.

It is really nice to get involved with the Timebank, and I am interested in setting up a small wildflower meadow in one of the raised beds at the allotment to make a wildflower meadow area as I'm interested in conservation wildlife. It would attract insects and be good for the vegetables growing too.'

Note from Sally-please do get in touch if you would like to meet up with to talk to Abbi about helping make a wildflower garden.

'Our Place'

Hazel, who represents one of our organisational members called 'Our Place' has the following to say about Our Place:

Our Place is expanding! In addition to our weekly 'everyone welcome' drop-in on Tuesday mornings, we are now offering a family-oriented session on Thursday afternoons. Families can drop-in after school so that parents/carers can chat or access the support and advice on offer while their children can enjoy the games and craft activities on offer – and tuck in to some tasty toast for an energy boost after a busy day at school! We even offer homework support. A family drop-and-swap table would be a very welcome addition – any Timebank volunteers interested?

Please let Sally know if you are interested in this, and get the opportunity to do some free safeguarding training too.



Refill revolution day

Gina organised a special day at Fort Victoria recently:

On Saturday 14 September we took the refill station to Fort Victoria for a special event called Refill Revolution. There were various environmental activities and a talk arranged. We spoke to many people from all over the island as well as holiday makers and, in some cases, were able to advise them where their nearest refill stations are. There was a total of 22 customers who bought the products; a lot of interest was generated and new links made.



Here are some stories from some more of our members

Margaret:

It's often difficult to see how to earn credits from the time bank if no-one needs the services you are offering. The only skill I felt really able to offer was the



ability to type. I've offered to type official letters for anyone who feels unable to tackle difficult correspondence but so far no-one has needed me.

And then up comes the opportunity I've been waiting for! Avril wanted to record her recipes evolved for the monthly Meet and Eat. She'd done an excellent rough draft and just wanted someone to make it a bit prettier – so that's what I've been doing. It's not quite ready yet but we're looking forward to publishing it in time for Christmas. The recipes are not complicated and many are quite ingenious, using easily obtainable ingredients. The book is entitled "From 6 to 60" and has some valuable guidance on how to feed either just half a dozen folk or lots of people for occasions like Harvest Suppers or community lunches. I've enjoyed the challenge of looking for suitable illustrations and will no doubt be further challenged when it comes to the final presentation.

A note in response to Margaret's comments from Sally.....

Thank you Margaret for this.

The Timebank is flexible, as are the members who often 'dip in and dip out whenever they wish. It relies on members both asking for things (spending time credits) as well as offering to help (earning time credits). When members first join, We often find 2 or 3 things that they would like to offer, and 2 or 3 things that they may want to receive, however as time goes by, these could well change, so please do email txt or phone me whenever you have a request so that I can then either ask another member straight away if they would like to do it, or put it as a request in the monthly newsletter.



April says....

I do enjoy gardening but find it hard to keep on top of everything, so it was a great help to have a group gardening session at my home to get things done.

Now I help with serving tea and coffee once a month at the weekly Oasis drop in session in Freshwater. This is a very sociable occasion and I enjoy doing it. In return it will be so helpful to have some regular help with the garden to enable me to make it more productive.

Alison helps on a weekly basis delivering bread donated from Sainsbury's local in Freshwater.....

FOOD REDISTRIBUTION

In case you ever wonder what happens to all the waste food here on the island, the Timebank collects bread from supermarkets and bakers and distributes it to various organisations on West Wight, such as 'Our Place', for anyone who needs it. It takes about half an hour, once a week, and helps dozens of people every day. If you'd like to be part of this project, contact Sally.

We also have members on our STEERING GROUP...

Would you like to help make decisions about the future of the Timebank? The Steering Group meets 4 times a year and discusses not only progress made during the previous quarter but ideas of how to proceed over the coming months. YOUR ideas are important and could be a defining force in the shape of the Timebank in years to come. Contact Sally and talk about how you can be involved.



Faith :

A message from Faith, who runs the Real Junk Food project on the island; is both a personal Timebank member, and her not for profit Community Interest is also an organisational member of the Timebank. This is what she has to say...

Our monthly MEET AND EAT has become an amazing community minded Hub! So much more than food and drink!

Our two or three course meals, lovingly prepared by Timebank volunteers using food provided by The Real Junk Food Project on a pay as you feel basis have been well received.

People have asked about the donations that are given to The Real Junk Food project, what the money goes towards and what amount is generally given. There are several hidden costs from extra shopping to insurances etc. but the main expense is fuel and vehicle costs in the collecting and distributing of food. My project supplies the Timebank for the Meet and Eat every month, but also throughout the month, I take food otherwise destined for landfill out to support the food bank, church events and putting food out for the community at "Our Place" and the " Memorial Hall". As for donations, people pay according to their circumstances. At the Meet and Eat the average donation being £3 per head.

Most of all this partnership project has become a place to make friends and to chat about day to day life! As part of a caring and wonderful community. All ages take part including a very welcome group from St Saviours school who love to help clear plates and chat whilst learning about community initiatives that work towards improving their environment.



Both Sally and I would like to thank everyone for their kindness for donations and crucially for their help running the project. A BIG THANK YOU to the lovely diverse group who have joined us please continue to bring along new friends and family.

Sally adds....

It has been very exciting to see other Timebank schemes taking place at the Meet and Eat:

The DROP AND SWAP where people bring unwanted household goods and exchange them for something that is on the table, that have already been donated as unwanted by another person. The Timebank also runs a Drop and Swap at 'Our Place' and Barnardo's Nursery. No charge is made for exchange of goods.

NEW to the St Saviour's "HUB" is an opportunity to refill your plastic bottles with a range of products at competitive prices. Thinking again about the community we live in and supporting mindfulness about Waste. Don't forget your refill bottles when you come each month.

Here are a few words from Gina..

My first experience of the West Wight Timebank was when I responded to an article in the County Press about a free PAT testing session at the sports centre. I went along with a few lamps and a toaster to get them tested and met Sally. We chatted as we waited for the electrician to arrive and she told me all about the Timebank and how it works. I decided to join there and then. She then asked if there was anything I could think of that I would be interested in doing. I talked about doing something to reduce the amount of single use plastic going into the environment and the need for a refill scheme in the West Wight.



After several discussions we decided to go and meet someone in Ventnor who is already running a refill scheme and we were inspired to give it a go. We ordered a range of environmentally friendly products, all UK produced, and decided to set up the scheme on a pop up mobile model as we do not have a premises. We started in June of this year. So, in its very early days still, we have run several sessions and have been welcomed by all.

Now we are operating at the following days and times:

- first Friday of month at St Saviours Church Hall 11-12 in Totland*
- second Monday of month at Freshwater Methodist Church 10-12*
- third Wednesday of the month 2-4pm at Freshwater Coffee House*
- last Thursday of the month at West Wight Sports Centre 10-12*

And from 8th October, every Tuesday morning at Medlars B&B in Halletts Shute, Norton and at the Friday craft market in Freshwater Memorial Hall on the third Friday of the month.

Freshwater Coffee House have been very supportive and are offering a pre-order scheme where people can drop off empties to be refilled. They can be collected and paid for the following week. Please spread the word about this local scheme and we can all do our bit to save the planet at the same time.





Liz says...

Have you ever wondered if you can still play the recorder like you did as a child? Penny and I decided to test this out and have been trying to dust off the brain cells and muscle memory to be a bit creative musically. We are re-learning the tenor recorder but happy for descant players to join them.

If this appeals to you they are next meeting at Liz's on Saturday 28th September in the morning. Reach out to Sally if you're interested. It's quite fun!

Pam says:

I love helping with the adult 'Drop and Swap' because I have got to know lots of different people which is good for me as I live alone. It's also interesting to lay out the different items people bring and for me especially I love delving into bags of clothes and hanging things on a rail. There is always plenty of chat and laughter and I look forward to going every month.

[A special invitation for all Timebankers](#)

[Invite to Dimbola Lodge](#)

John Medland of Dimbola Lodge Museum has invited Timebank members to visit Dimbola on Saturday 19th October. We would be able to purchase a lunch in the Julia tea room and then be given a free tour of the museum by John in which he will tell us a little about the museum's history, the life of Julia Cameron, forthcoming events and ways in which Timebank volunteers can assist the museum. There will be the



'Dylan' exhibition of the 1969 festival on display at the museum on that date.

If you would like to attend, please book a place asap with Sally as numbers will be limited.

AGM

We are having our AGM on Saturday 28th September at Freshwater Methodist Church from 11:30am-1pm. Sally has done her annual report of all Timebank activities so please do come along to hear her read a summary. Coffee and tea will be provided. All are welcome.

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 1st October from 10:30-12 at Our Place at WWSCC.

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



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

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 **4th October 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.