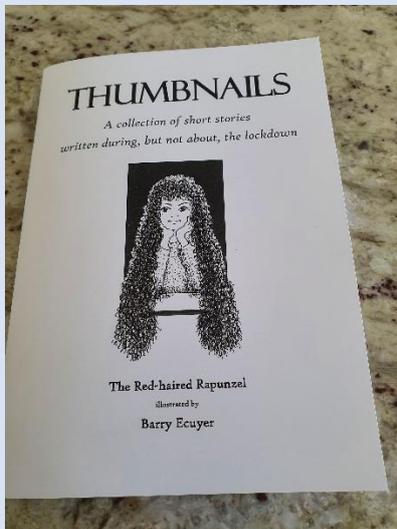




Our Timebank's monthly newsletter

Fundraising

Hot off the Press - A collection of short stories called 'Thumbnails', by the red-haired Rapunzel can now be purchased for £4. All proceeds will be going towards the Timebank's annual insurance costs, which will be a fantastic help.



Thank you to our Red-haired Rapunzel for writing the unique stories and for donating the illustrated books to the Timebank.

Beautiful Cards for sale





Jane's cards can be purchased for £1.20 each

Please purchase your copy of 'Thumbnails' and/or Jane's cards via Sally by phone/txt 07872304294 or email info@wwtb.org

Monthly Quiz

Can you sequence the events and match the dates?

1903 1919 1928 1936 1944 1952 1965 1977 1989 1990

In this year the Spanish Civil War began.

In this year Winston Churchill died.

In this year the first controlled heavier-than-air flight of the Wright Brothers took place.

In this year Tim Berners-Lee invented the World Wide Web.

In this year the Berlin Wall fell.

In this year Queen Elizabeth II became queen.

In this year the Treaty of Versailles redrew the borders of Europe.

In this year the D-Day landings happened in Normandy and Paris was liberated.

In this year Elvis Presley died.

In this year Alexander Fleming discovered penicillin.



Year	Event
1903	
1919	
1928	
1936	
1944	
1952	
1965	
1977	
1989	
1990	

Answers will be in next month's newsletter

Allotment



On Friday mornings between 10.30 and 12.30 members are invited to help out at the allotment in Totland. This week Chris brought his strimmer along and made a huge difference to the weeds on 4 of our 6 vegetable beds (2 beds have an assortment of veg growing happily). We are planning to rotavate the 4 beds on Friday, as the soil is too hard to dig. Please let



Sally know if you would like to come, as you would be most welcome- just come for a look and a chat if you wish 😊

Our plan is to grow plants ready for our 'Growing boxes':

After Christmas, The Timebank will be following the principles of the circular economy by making our growing pallet boxes on request, with the recipients asked to return the box to us when the plants have died off, we can re-plant them using herbs, salad and strawberries that we have grown in our allotment. We could even repurpose them for another recipient if necessary. Whilst no charge will be made, it would be lovely if people felt that they would like to donate either money or plants to help.

We will also be using surplus crops in food bags for families who need them.

This week we have had 2 new members join our Timebank who are looking forward to 'dipping in and dipping out' of transactions whenever they wish. Remember that you can still ask Sally (who coordinates all the Timebank activities) if you want to:

Get practical help

Meet people

Learn something new

Improve your prospects

Do something in your community



All of these requests are then called 'time transactions' and Sally will match up your request with another member who then decides for themselves if they wish to undertake the request.

TBUK guidelines

Wear a face covering when engaging in person-to-person exchanges.

If you are exempt from wearing a covering, inform the other member. They may prefer to refuse the exchange.

If you don't feel comfortable because someone isn't wearing a covering, you may politely refuse the exchange.

Inform your time bank broker and they may be able to find someone else to complete the exchange.

Please be kind, polite and understanding at all times.



We are now advising members to wear face coverings when taking part in person-to-person exchanges.

However, we all need to be sensitive to those with extenuating circumstances, and also those who don't feel comfortable wearing a face covering. TBUK have issued the following guidelines, which they hope will be helpful.

NB TBUK use the word broker, whereas we use the word coordinator.

Face Masks are still available to buy through the hub at WWSCC.

'We have a limited number of reusable face masks available in small, medium and large sizes. Available for just £3. Pop into the centre to choose yours. Masks can be washed at 60 degrees and are available in a variety of fabric designs.'

Sally adds that UK charity Deaf Action is currently testing several prototypes of transparent face masks to help people who rely on non-verbal cues, facial expressions and lip reading. These should be available soon.

The government is telling the public to play their part and wear face coverings in order to help fight the spread of the virus. The responsibility for wearing one sits with individuals, and people are still strongly advised



to wash their hands or use hand sanitiser before putting one on or taking it off.

Please note that, as face coverings are not yet mandatory when outside in the garden or on walks, Timebank members will continue to chose for themselves if they do wear one, or not on Wednesdays at Lavender Cottage, or Thursdays with our weekly walk.



Thank you to Faith and Helen for donating the plants and pots which were made up and given to community members this week.

Drop and Swap boxes

Sally would like to thank members for the kind donations of new toys and jigsaws. These will be going into the Drop and Swap boxes from September to offer families a more sustainable alternative to buying new, and of course save them money, as the gift boxes are free. We will encourage them to return the items once they have finished with them (or their child has grown out of them), so that they can be re-purposed for others.



Timebank Request

On the week of August 10th, Sally will be sorting through all of the family Drop and Swap items currently at the Family Centre in Freshwater. If anyone would like to help and earn time credits, please let Sally know.

Plastic refill scheme

Our plastic refill scheme using eco-friendly products replaces the toxic, non-biodegradable ingredients of many of the household cleaning products which include chemicals that are bad for the environment. It also allows us all to reduce the use of plastic in our world.

You can take your empty bottles to her garage and purchase products with safe social distancing procedures in place. Alternatively, you can arrange a delivery to your doorstep and she will collect your empties. Gina will use gloves, and hand sanitiser to comply with government guidelines.

The products are priced competitively, can be purchased with cash only and include: BioD washing up liquid, laundry liquid, fabric conditioner, handwash, multipurpose sanitiser, bathroom cleaner and toilet cleaner. We also stock a range of Faith in Nature shower gels, shampoos, and conditioners.

Please contact Gina on 07790329859 for more details.

Litter Picking

If you can help us to clean up our environment in a small way, by litter picking, please let Sally know and she will purchase a kit for you to use and earn time credits at the same time.

We are still requesting material to repurpose for items of clothing. Please let Sally know if you have any old pillow cases.



Food Redistribution

From September, Timebank members who would like to, can help collect wrapped bread from Sainsburys local in Freshwater, and deliver it to schools, nurseries and organisations in the West Wight. Please let Sally know if you wish to earn time credits and help.

DemoCookShare

After Christmas, we hope that Avril will be able to run small (up to 6 members) monthly Timebank sessions called 'DemoCookShare' using donated food, collected by Faith that is all good to eat and within it's 'use by' date. More details will follow when government guidance allows us to plan this safely.

Regular Timebank activities now include:

- Wednesday am 10.30 to 12.30 garden meeting at Lavender Cottage for 6 people to work on the box scheme goods
- Thursday am 10.30 to 12.30 walks for 6 people

PLEASE NOTE CHANGE OF WALK THIS WEEK:

Meet at Colwell bay car park at 10.30am for an accessible walk along the sea front to Totland pier and back

August 13th Meet at the Sun Inn car park Calbourne for a walk (approx. 1 and a half miles) supplied by Alec, Sue and Carol that passes what is reputedly the most expensive house on the island and the truly picturesque Winkle Street.

August 20th Meet at the Sun Inn Hulverstone for a short stroll (of 1 and a half miles) supplied by Alec, Sue and Carol, across the arable pastures of Hulverstone. The landscape is much like our French neighbours being only 60 miles from Brittany.



August 27th Meet at the New Inn Shalfleet for a gentle undulating walk combining country lanes, forests and fields (approx. 5 miles).

Please continue to send Sally your favourite walks to add to our list.

- Fridays 10.30 -12.30 Allotment (for up to 6 people)

Margaret's Reading Group:

If you would like to join the virtual reading group, please let Sally know.

For August we are reading:

A Place Called Winter - Patrick Gale

[Here is an online article from the County Press about our Timebank:](#)

West Wight Timebank brings positivity to local community

By **Dominic Kureen**

Coronavirus has meant a new way of working for the team behind the West Wight Timebank, but the project is continuing to be a success.



The community project provides a platform for local people to donate time and skills to help others and receive help in return, with a strong focus on the environment and climate action.

The Timebank launched a new growing box scheme in May. Members plant up repurposed crates, pallets or strong cardboard boxes with salad, herbs or strawberry plants.



These are delivered as gifts to other Timebank members, their families, friends and fellow community members. To date, 34 growing boxes have been made and delivered.



Some of the silk cards produced by artist Jane Perry

Less green-fingered members can contribute to the Timebank's wellbeing boxes, which include homemade jam, soaps, silk cards made by artist Jane Perry, handmade coasters, a potted plant in a hand painted terracotta pot, a poem and a short story.

Jane said: "Creating the silk paintings for West Wight Timebank has kept me going through this pandemic. I have been shielding alone this whole time, and slipped into a very bad state of mind.

"Once I started creating something beautiful and committed to do it every week, I was able to make that my main focus."

The organisation — made up of more than 100 members — is now in its fifth year. Members 'bank' time credits, with one hour of volunteered work earning one credit.

Skills such as baking, car washing, sewing or ironing can earn time credits, which can be spent by asking for the help needed, for example pet sitting or gardening.



West Wight Timebank founder, Sally Gaeta, said: “The Timebank exists to strengthen the West Wight community. It is all about building relationships, enabling individuals and organisations in the community to help one another.

"The box schemes have been made possible through grants from Reaching Community and WightAID, which has helped us purchase essential goods."