



West Wight Timebank April 2024

Wishing you all a very Happy Easter



Eco Fashion Event

Please book your tickets for our annual fundraising event as it should be a great evening together with live music, photography and great company. There will be 14 wonderful models and Gioia. We hope to make some much needed funds both for our Timebank and for the Parish Hall renovations fund.



WEST WIGHT TIMEBANK PRESENTS AN



ECO FASHION EVENT

Saturday 8 June 2024

7-9.30pm

Christchurch, Totland PO39 0ES

Featuring local designers

Upcycled garments modelled on the night

Individual pieces available to buy

Eco friendly vendors including Rapanui



Proceeds to:

- West Wight Timebank
- All Saints Parish Hall
- Foodbank
- Mountbatten Hospice
- Wessex Cancer Trust

Tickets available from

- ✓ West Wight Timebank
info@wwtb.org
- ✓ Orchards Bros, Freshwater
- ✓ The Cabin, Freshwater
- ✓ Elliotts, Freshwater
- ✓ Freshwater Coffee House



To prebook your Studio
Portraits email
info@wwtb.org

**Tickets
£10**

Raffle

Thankyou to all who have donated clothing, hats and raffle prizes so far-they are fab.

Do you have any clothing rails (preferably on wheels) that we could borrow for the event? Please let Sally know if so 😊

Please help us by continuing to donate:



Hats that we can give new life to

Good quality cocktail dresses, prom dresses

Raffle prizes



Sally can collect items or you can bring them to the Parish Hall any Friday between 1 and 3pm.

Spring Fayre

As part of the Village Hall week, several Timebank members were involved in raising funds for the Parish Hall.



Janet was a star making wonderful games and was helped by Alli and had plenty of players. Alli made beautiful jewellery too.

£58 was raised for the hall refurbishment fund.

It was a very successful day, Beverley the organiser thanked Priya, Hatty, Wendy, Gay, Allan and Sally for their help with refreshments and indicated that the overall total raised would be over £2,000 which is a fantastic achievement.



Community Market

Running every week (apart from bank holidays) at Freshwater Parish Hall, Victoria Road from 1 to 3pm we offer a range of activities you can join in with including the popular craft activities with Sue.



Please join us for coffee and cake any Friday.

We also have trained Advice First Aiders at the hall which is registered with the council as a warm space so if you know anyone who would like to have a confidential chat please do tell them about us.



If you can please contribute to our:

Drop and Swap table

Seed and plant swap table



And help us all to save food waste by giving a 'pay as you feel donation to Faith's real Junk Food Project IW.



Our Timebank continues to commit to environmental projects:



With the refill scheme at the parish hall on Friday afternoons we encourage everyone to reuse their plastic bottles. Pop along with your empty bottles to see our range of eco-friendly products including washing up liquid, laundry liquid, fabric conditioner, all -purpose cleaner, toilet cleaner, cream cleaner, handwash, shampoo, conditioner, shower gel, body lotion and a variety of soaps and loofah products. We also stock a range of Earth Conscious deodorant products which are made on the island. Contact Gina on 07790 329859 for more details or to arrange a delivery if you can't get to the venue.

You can also bring in used printer cartridges, postage stamps, milk bottle tops and pens which we collect and send off to be recycled.

We have recently learned that you can recycle your pill blister packs at Boots in Ryde or Shanklin. Good news but we hope it will eventually reach the West Wight too!

<https://onthewight.com/blister-pack-recycling-arrives-at-two-isle-of-wight-boots-branches-offering-rewards-for-eco-conscious-customers/>



Sue is sourcing alternative products to use where possible to replace oasis for our flower arrangement workshops.

Music with Jenny playing the accordion

When the weather warms up we go outside with all our tables too.

Pet Pantry



Please continue to donate cat and dog food for our scheme.

Plant Sales



This spring Gina has a variety of garden plants for sale in aid of charity. Please contact her for details on 07790 329859.

Workshops



Many of our workshops take place at the Parish hall, run by Timebank members for time credits and occasionally as a treat for members the Timebank books paid tutors. During

March we have had a series of French intermediate sessions and Willow workshops where 18 members and non-members made small garden spheres and baskets.



On April 12th Sally has booked Mae to run a special colour workshop specially for carers who attend the Dementia First Carers Friendship group which runs every Monday in partnership with the Timebank.



If you have undertaken any of Flo's French workshops recently or in the past you would be very welcome to join a monthly French 'coffee and conversation' morning. The next one is on April 19th from 9am to 10am at the parish hall.



There are still spaces available on the Watercolour painting workshop with Davina

Workshop 1 April 5th 9.30 to 12.30

Workshop 2 May 3rd 9.30 to 12.30

These are both 15 credits for members and £15 for non-members

You will need to bring your own materials:



Water colour paints

Water colour brushes

Watercolour paper

Pencils

Rubber

Pencil sharpener



plus any ideas what you would like to paint - photographs, sketches, cuttings from magazines etc.

Funding for our Timebank

Our Reaching Community funding will be finishing in August 2024.

Sally is very pleased to say that Wightaid have agreed to provide a £500 grant to help buy resources we need for the Dementia First group and pay for a trip out on the FYT bus during the summer.

We take great pride in running our Timebank effectively and would be most grateful for additional monies that help us buy the additional resources we need for the Parish Hall and the allotment.

Could you host a coffee morning in aid of the Timebank?

Thanks to Gina and Angie who are planning to do so in June. More information about this will be in the May newsletter.

Please let Sally know if you would like to run your own, as it's a great way to help us keep the Timebank going.



Our annual insurance cost is over £1,000 as are our accountants and book keeping bills, so Sally is hoping John from TBUK is successful in his national applications on our behalf.

West Wight Remembers

On Friday 5th April at 12 noon at the Parish Hall Fern and Sally will be meeting anyone who is interested in finding out more about this new scheme for Timebank members and non-Timebank members.

If you were born on the island and would you like to have your memories recorded do come along 😊

Topics to be discussed will be varied and include:

- Local dialect - words you used to use
- Growing up
- Food
- School and work
- Past and present reflections of the island and particularly the West Wight
- Entertainment and events
- We are also keen to explore memories of being a teenager on the island, and may do a comparison with the experience of teenagers now

If you cannot make the date but are interested please call Sally on 07872304294 to arrange to meet with Fern.

In June, Flo Sarlat will begin a 6-week course (6 weekly 90-minute sessions) to help people recognize the symptoms of stress, and to learn easy step-by-step techniques to cope with it and deeply relax.

Flo is a senior yoga teacher and a mindfulness practitioner registered with the British Association of Mindfulness-Based approaches.



Maximum 8 participants

Time: Thursday evenings from 6:00 to 7:30 p.m.

Dates: 16/05, 23/05, 30/05, 06/06, 13/06, 20/06

Venue: The Country Garden, Totland Bay PO39 0ET

Cost: £150 for non Timebank members
£120 for Timebank members

Booking via the tutor Flo Sarlat 07429 050419

Time exchanges

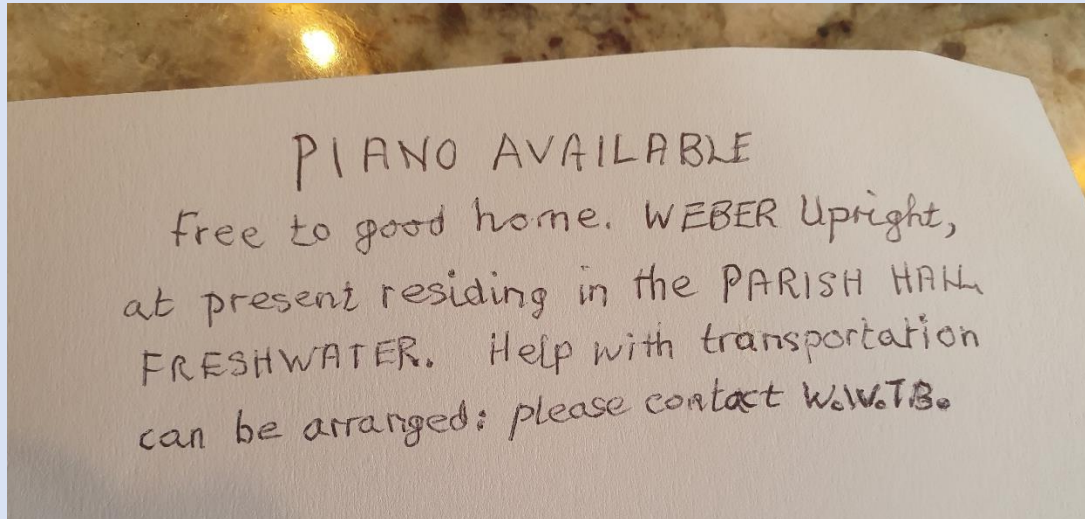
Members hours exchanged 604 this month which includes attendance on workshops, schemes and individual time transactions. Total 23,589 hours shared 😊

Risk Assessments

Please be assured that Sally will always consider how risks can be minimised when undertaking activities and time exchanges.

However, the general rules that always apply for any individual or group time transactions are:

If you are not sure, don't do it. If you don't feel safe, don't do it.



Garden Scheme



This will now be on the 2nd TUESDAY of each month during the morning.

If you would like some help in your garden why not book a team of members to come along?



Allotment



We now meet on Thursdays from 10 to 12 noon and would like to invite you all to our Spring workshop at the allotment to help dig, plant, weed, or just come for a chat, coffee and cake 😊

Meet at the car park next to St Saviours school.

The allotment get together is Thursday 11th April at 10am.

WhatsApp Groups and social media

Adam Tucker looks after our social media, posting on FB and ensuring our website is up to date with monthly newsletters and calendar of events always available.



The litter picking group have a Whatsapp group who post when and where they will be going each month. The next one is:

April 3rd meeting at Fort Victoria at 10am to 11am near the Corner Room. Davina is bringing the pickers and bags but do take gloves.



Please let Sally know if you would like to join the group as it's so nice to be able to help make our environment less polluted with litter.

We also have a book group that uses this app to share information.

Book Groups

The next book group at Gina's house is at 2pm on April 2nd to discuss 'Mum and Dad by Joanna Trollope. Please ask Gina if you would like to be added to the WhatsApp group or join the book group.

Cathy's book group

"We enjoyed sharing poetry at this month's Book Group and went on to discuss a variety of subjects over an obligatory cup of tea and chocolate krispie Easter nest cake; as we are still all children at heart!

This month's book is a thriller, Shot in the Dark by Anna Britton and we look forward to our next meet on Tuesday 30th April 2pm at Pine Trees, Afton Road, Freshwater, PO40 9TT. Anyone wishing to join our happy crew is more than welcome. Warm wishes for a colourful spring, Cathy Hepburn (m) 07811370491"

Timebanking group activities for April 2024 at a glance:

Mon	1st	8th	15th	22nd	29th th
	Easter Monday	Dementia Carers Friendship Group (DCF) 11 to 2pm	Dementia Carers Friendship Group (DCF) 11 to 2pm	Dementia Carers Friendship Group (DCF) 11 to 2pm	Dementia Carers Friendship Group (DCF) 11 to 2pm



Tues	2nd 2pm Gina's book club	9th Garden Scheme 9 to 1pm	16th	23	30 Cathy's book group
Wed	3 10 Litterpick FortVic	10	17	24	31
Thur	4 Allotment 10am to 12 noon	11 Allotment Spring Party For all 10am -12 noon Kathys garden 11am	18 Allotment 10am to 12 noon	25 Allotment 10am to 12 noon	
Fri	5 Watercolour painting with Davina 9.30am to 12.30 at Parish Hall 12 noon Ferns talk in kitchen at Parish Hall (West Wight Remembers scheme) 1-3pm Community Market at the Parish Hall 2-3pm Faith's Food van	12 1-3pm Community Market at the Parish Hall 2-3pm Faith's Food van	19 From 10 to 12 noon 1-3pm Community Market at the Parish Hall 2-3pm Faith's Food van	23 1-3pm Community Market at the Parish Hall 2-3pm Faith's Food van	

