



## West Wight Timebank August 2023



Please come and join us for a coffee and cake and help raise funds for our schemes

**No Community Market on August 25th or September 1<sup>st</sup>**

**Faith WILL BRING her food van at 2pm**



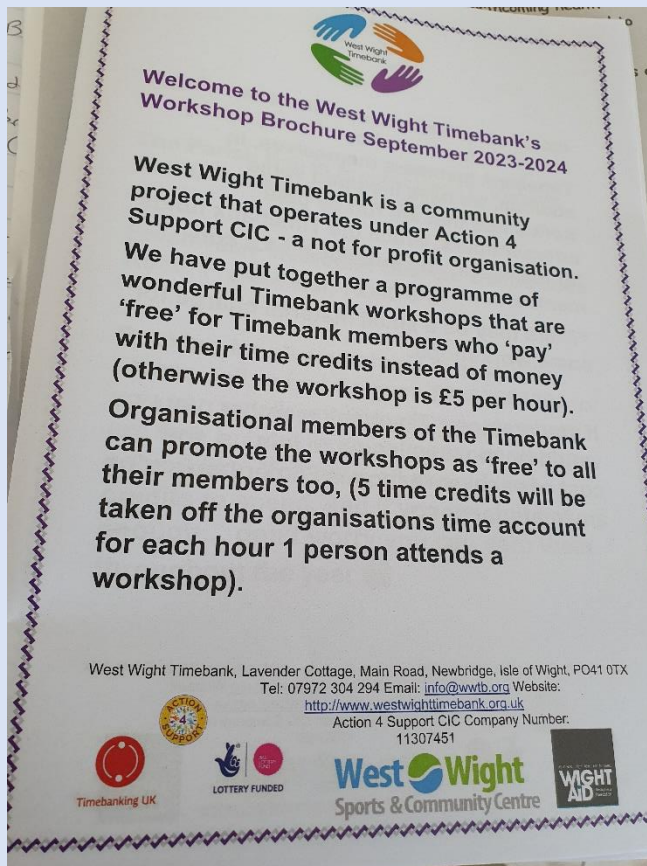
We are actively making bags with essential hygiene products that are available for anyone who is finding things a bit tight at the moment, so it would be great to have donations and a little extra to buy a few nice toiletries.

Thank you to Olga who is also planning a September coffee morning to raise a little extra money that we can donate to Christchurch, as we use the Annexe for our Dementia carers friendship group.

This has now been running for 9 weeks, with an average of 14 people attending, which includes carers and their loved ones, befrienders and Timebank members and it has been wonderful!

We have all enjoyed weekly craft, games, singing, music, dancing, chair exercises, yoga, listened to wonderful stories and shared our lunches. We aim to give 1 carer a much-needed opportunity for a short break whilst the group is on, with a nominated befriender supporting their loved one.

The Timebank is proud to have been asked by the Dementia Carers friendship group to help them to set this up.



This week you will all be receiving your own copy of the new workshop brochure, which has some wonderful opportunities.

You will also receive a balance of your time credits. Please do remember that the Timebank works through give and take, so do ask if you would like something, as it will give another member an opportunity to earn their credits.

Sally would be especially pleased if you could send her your score for the 'impact' you feel that the Timebank is having on the West Wight 😊



## Pet Pantry



## Holiday Bible Club

As many of the schools and clubs are off in the summer, it was great to have the opportunity to set up a table with pet foods, bread, cakes and essential bags to share with the parent/carers who attended the Club at St Saviours which ran for 4 mornings.

Sally and Joseph had an opportunity to spread the word about Timebanking, as many of the families had not heard about the work we do.

Hopefully we will be able to welcome a few of them at the Parish Hall Community market on a Friday.

The pet pantry is at Christchurch Annexe in Totland on Mondays between 1pm and 2pm and at the Parish Hall on Fridays.

Angie and Alma ask if you could save your cereal bags which work beautifully for the pet -food products- another example of the circular economy at work.



To raise awareness of the work we do, Sally gave an evening talk to Freshwater Bay WI this month. The ladies gave her a tremendous time, so thank you for the invitation.

Parish Hall:

## INVITATION TO ALL

### PUBLICITY EVENT FOR THE TIMEBANK

On Tues 12 September the Parish Hall committee are holding a Consultation Evening at the Parish Hall from 1700 to 1845 to raise awareness of the urgent need to refurbish the Hall and to hear their vision for the future.

It will be open to the general public and will be represented by local shops and businesses, community services and the Parish Council.

As regular 'users' of the Hall, the West Wight Timebank will be represented with some advertising/marketing information, banners etc to show the range of activities held in the Hall. We will be there from 12 noon to talk to potential new members.

If you would like to come and help Sally anytime from 12 noon onwards, please let her know.

Please do come to the hall at 5pm to support the Timebank and the event.





## Regular Activities at our Community Market

### Sue's flower bags

These beautiful bags were made with fresh flowers in Sue's craft session.

The weekly craft table is well attended and Sally has decided to introduce a small charge for non-members for the resources we use.

The activities are free for members, who will now use their time credits to 'pay' for the session. So, if you spend 2 hours crafting with Sue, you will spend 2 -time credits.



We have an average of 55 people attending each week at the hall, and share good food, both to eat and take away from the Junk Food Project.

The donations that everyone makes for Faith's food are really vital to help keep her van on the road, so please continue to 'pay as you feel'.

### FORTHCOMING LUNCHES

Avril will be providing a wonderful lunch on the following dates:

September 15<sup>th</sup>



October 6<sup>th</sup>

October 20<sup>th</sup>

November 3<sup>rd</sup>

November 17<sup>th</sup>

December 1<sup>st</sup>

December 15<sup>th</sup> (Last day, -we will be having a Christmas market and Christmas party).



We have started a Timebank choir and have the pleasure of being accompanied by Jenny on her accordion.

If you would like to join us on August 18<sup>th</sup> at 12 noon we will be singing some French songs.

We have also made use of the piano at the hall, with a time exchange with a member who hopes to learn the rudiments of piano playing.

## Fundraising event

To support the Parish Hall refurbishment and a little for Timebank funds too, we are planning our next fundraising event...



Next year's fundraising event is to be a Fashion Show, hopefully in June 2024 at the hall and we already have some great ideas about how we can showcase our Timebanking schemes, have fun and raise some money for the Parish Hall committee and the Timebank too.

If you would like to get involved in planning this we would be delighted-please let Sally know and we can set up a coffee together to discuss any ideas you have.

### Eco-friendly Refill Scheme

Pop along with your empty bottles to the hall to refill between 1 and 3 pm on a Friday. Contact Gina on 07790 329859 for more details as she takes the scheme to other locations, or can deliver.

Recycling, please bring: All types of pens, ink cartridges, cellophane wrappers from greeting cards, used postage stamps along to the Parish Hall on a Friday afternoon.





## Drop and Swap

The Drop and Swap table encourages all to reuse, recycle and exchange goods in our community. Please do contribute good quality household items (no electrical items please).

Individuals using the exchange must take full responsibility for the goods they take away. Timebank Members will check the condition of all donated items to ensure that they are suitable for exchange, but are not responsible for any loss or damage sustained thereafter.

No items donated to the Drop and Swap scheme will be sold by the West Wight Timebank.

## Beautiful hand- made cards

We have a new selection of Margarets hand made cards now available to buy.



In our workshop this month, we made 12 lovely hanging baskets for members to take home, and filled some of the plant pots around the hall to brighten up the car park/courtyard.



Angie and Sally completed an accredited First Aid course recently so are the Timebank's nominated First Aiders at events and planned sessions.

New members

Welcome to Paul, Jane, John and Petua 😊



Our 'dip in and dip out' philosophy makes Timebanking the perfect option for all to do something enjoyable in our community

Time exchanges: Members hours exchanged this month:

1,042 (this includes donated credits to others from 3 members who have left the Timebank)

**Our total exchanges now stand at  
20,173 since we started nearly 8 years  
ago 😊**

### Request

Has anyone got some storage space they could offer a member for a chest of drawers and a paddle board please?

### Garden Scheme



The new annual gardening calender is now ready for you to book your gardening request, any month between October 2023 and August 2024.





Please ring Sally to give her an idea of what jobs you may need help with and choose the month - on the second Thursday between 9 and 1pm. She will arrange the rest.

### Whatsapp Groups and social media



As the Timebank schemes mature, and the members start to plan their own times to meet, we have found it helpful to use Whatsapp to share info together.

We now have a book group, allotment group and litter picking group that post for all members involved to see the details of the time transactions.

They then let Sally know how many hours/credits they are due.





Carly has now started to share posts about the eco refill scheme with:

Totland and Freshwater com

Isle of Wight Overners

Isle of Wight Community

Shalfleet and Newtown Isle

West Wight notice board

Journey to zero waste Isle

Whats on- Isle of Wight

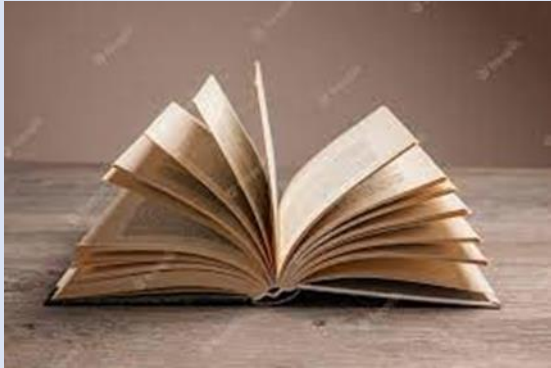
Lets buy local open air

Yarmouth Freshwater ww

Community Events and things

Isle of Wight Events page





The next book group at Gina's house is on August 29<sup>th</sup> to discuss Julie Cohen's *The Sky's the Limit*. Please ask Gina if you would like to be added to the Whatsapp group.

Cathy's book group is also available for you to join if you wish, please call Sally for more details.

### 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.**



## Timebanking group activities for August 2023 at a glance

Mon	<b>7</b>  <b>Dementia Carers Friendship Group (DCFG)</b>  <b>11 to 2pm</b>  <b>Pet pantry The Annexe Christchurch</b>  <b>1-2pm</b>	<b>14</b>  Dementia Carers Friendship Group (DCFG)  11 to 2pm  Pet pantry The Annexe Christchurch  1-2pm	<b>21</b>  <b>Dementia Carers Friendship Group (DCFG)</b>  <b>11 to 2pm</b>  <b>Pet pantry The Annexe Christchurch</b>  <b>1-2pm</b>	<b>28</b>  <b>Dementia Carers Friendship Group (DCFG)</b>  <b>11 to 2pm</b>  <b>Pet pantry The Annexe Christchurch</b>  <b>1-2pm</b>	
Tues	<b>1</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>8</b>  Allotment 10 to 12 noon	<b>15</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>22</b>  <b>Allotment</b>  <b>10 to 12 noon</b>	<b>29</b>  <b>Allotment</b>  <b>10 to 12 noon</b>  <b>2pm Book Group at Ginas</b>
Wed	<b>2</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>30</b>
Thur	<b>3</b>	<b>10</b>	<b>17</b>	<b>24</b>	<b>31</b>
Fri	<b>4</b>  <b>10-11.30am</b>  <b>Eco Refill scheme at the Library in Freshwater</b>	<b>11</b>  1-3pm  Community Market at the Parish Hall  2-3pm	<b>18</b>  12-1pm Timebank Choir  1-3pm	<b>25</b>  <b>No Community Market today or September 1<sup>st</sup></b>	



	1-3pm Community Market at the Parish Hall 2-3pm Faiths Food van	Faiths Food van	Community Market at the Parish Hall 2-3pm Faiths Food van	<b>Faiths food van WILL BE there on the 25<sup>th</sup> August and 1<sup>st</sup> September at 2pm</b>	
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