



## West Wight Timebank December 2021 Newsletter



Please join us at 10am at St Saviours Church in Freshwater on Wednesday 8<sup>th</sup> December to decorate the Timebank tree.



Joy gave us the winning design, and was so pleased to receive the prize, a Christmas hamper which was generously made up and donated by Anne.



## A Celebration of Christmas Trees at All Saints Church

The intention is that the proceedings for the Christmas tree festival will start on the 9th December, with a short service to bless the trees and officially turn on the lights.

They will have entertainment with the Brass Monkeys on the evening of Saturday 11th December and Christmas stories and music on Sunday afternoon of the 12th. All of these events will be accompanied with refreshments.

Our Christmas fundraising stalls at Pitter Patter, Green Meadows and Freshwater Methodist church have raised over £300, which is fantastic, Out of this, the Timebank will be making a donation of £150 to the Real Junk Food Project IW, as many of the plants and baskets sold were given to us by Faith, before being replanted and made Christmassy by Gilly and Trish.







Avril and Angie



Thanks go to Jean for her beautifully hand- made items that we sold, the ladies that knitted the stripey jumpers, hats and scarves, Alison for writing the wonderful children's book, Jane and Margaret for the home



made cards, Alma for her baubles, and all the members who painted the decorations so beautifully.



We will be having a Christmas table selling the last of these items at the last **Community Market** before Christmas at the Parish Hall on Friday 17<sup>th</sup> from 1 to 3pm. Why not call in for a coffee, mince pie and visit the eco -refill, terracycle scheme, and Faiths Real Junk food project.

Angie writes.....



### Crisp Packets and Recycling News

Since we started collecting crisp packets in Spring this year we have saved many many bags from going into landfill 😊. Gina and I have been taking the bags to Newport to Lorraine, at Master of Disguise, who sends them to TerraCycle for recycling.



We have also been collecting all types of pens for recycling and ink cartridges.

A new addition to the collection list is pill blister packs which a really kind member is taking to a pharmacy on the mainland to recycle as we can't recycle them on the Island.

Please don't forget to bring your used stamps as we collect those too!

In the New Year we will be thinking about collecting cheese wrappers, just ask me about that on any Friday

Every little bit helps! 😊

**We will be starting the Community Market again Friday 7<sup>th</sup> January 2022**

### Fundraising Quiz

Many thanks to Adrian from the Waterfront for providing a wonderful quiz evening in November, where 10 teams battled to win the top prize, and we raised £340 for Timebank funds.

As this event is so popular we hope to have another one in the spring 2022, but Adrian has promised to make it a little easier!





## Timebank Workshops

These are all continuing to be a popular way for members to spend their Timebank credits (5 per hour).

This month 6 members made a **Japanese notebook led by Kae**



Angie said, ' I arrived at Freshwater Library looking forward to taking part in the Japanese Book Binding Workshop not having a clue what I was letting myself in for.



Kae soon made the group feel welcome and relaxed, she explained the history of the books and the binding process very clearly. Everyone in the group was given a pack which contained everything they needed and Kae guided us step by step through the method.

I was by no means the most proficient at the skills needed but I found the workshop absolutely absorbing and enjoyable and whole group ended up with their own unique Japanese book.

Thanks to Freshwater Library for the refreshments and a big thank you to Kae for her expertise and patience.

My finished project, which I was really pleased with, is going to be a Christmas present for a dear friend who I know will love the fact that it's handmade.

I will certainly treat myself to another workshop in the future'.

Our 3<sup>rd</sup> session of the Timebank Photography Course is a practical session on location in Freshwater Bay this week, so we should be able to action our learning!

10 members attended the online Safeguarding course, run by Community Action which gave an up -to- date picture on the island following Covid. Safeguarding knowledge is a pre -requisite for members who are participating in the Buddy Scheme at Green meadows extra care home, but was most useful to all.

Sally has also run 1-1 sessions using the safeguarding materials, so if you would like to do this, and haven't already said please let her know.

## Tai Chi

12 members over 2 sessions have experienced Tai Chi, some for the first time, led by teacher David who kindly gave his time to us for free. One





member said she would really like to start doing it regularly again on a regular basis but there doesn't seem to be anywhere around.

If members would like Sally to talk to David about putting on a course please let her know.

### Bread Workshop

Held at Green Meadows, 3 members and 5 from Green meadows attended Avril's bread workshop which was enjoyed by all. One members said' it was great, made a few things at home already'

What is so nice about these, is that we are able to take the community into the home, and enjoy each others company.

The Buddy Scheme at Green meadows has now started with 5 individual residents matched to a Timebank member to share 20 hours of activities of their choice within Green Meadows and around the gardens, between November and March 2022. It is gratifying that our Timebank can offer this scheme to the residents, in partnership with Timebank UK and Sports England, and we have already seen positive relationships developing.

### Workshops coming up as we enter a new year;

Our next food workshop, led by Avril at Green Meadows will be using potatoes, (date to be confirmed) so do let Sally know if you would like to do this.



# CHAIR YOGA & MINDFULNESS

A well-being workshop for members of TimeBank

*Come to stretch, breathe and relax!*

● **Monday 31st January**  
from 10:30 am to 11:45am

● **Church Hall**  
The Broadway  
Totland Bay PO39 0BW

● **5 time credits**  
Booking essential

● **Contact & booking**  
0787 2304294 [info@wwtb.org](mailto:info@wwtb.org)



## Signing workshops

- 6 sessions in January and February 2022 of 45 mins each with tutor Rachael Parsloe, Venue : Green Meadows





So, after 6 sessions, providing learners can practise between sessions and retain what they learn, they should be able to:

finger spell, introduce themselves and ask others their names, as well as ask and answer some basic conversational questions.

use and understand vocabulary relating to food, health, emotions, the weather, essential phrases for meeting the public.

use some good ad hoc tactics for communicating with deaf or language impaired people.

**The Timebank is paying for this course, and Sally is happy to increase the numbers by 2 more, so if you would like to do this, please let Sally know.**

Further workshops coming up next year:

Jewellery Making - February Date TBC -To be held at the Parish Hall on a Friday led by Joy

Plant up your own pallet box - April at the Parish Hall on a Friday

Make your own keyring -May at the Parish Hall on a Friday

Flower arranging -TBC

Willow sculpture TBC

Food workshop using fruits, Venue Green Meadows date to be confirmed

Food workshop using vegetables, venue Green Meadows date to be confirmed





If you have an idea for a workshop, please let Sally know, as we have several venues for different days and times that we can use.

## Repair Café by Fern

Dear Friends,

The monthly Repair Cafe at Quay Arts, Newport is up and running. We have friendly repairers on hand to help mend your clothes, darn socks, repair household and electrical goods and much more. With Christmas just around the corner why not look out any lights or decorations that with a little attention could brighten up your day. The next Repair Cafe is on Saturday December 11. Book in your repair slot by getting in contact with us through the sites below.



**Be part of the repair revolution!**

*Are you passionate about cutting waste? Would you like to be part of a project to help people learn to repair and keep things in use for longer? Get involved in **Repair Café Isle of Wight!***

A **Repair Café** brings local communities together to share skills, repair loved items and keep things out of landfill.

Find out more about what's involved, what you can do and when Repair Café Isle of Wight is running:

- visit [www.planetaware.co.uk/repair-cafe-isle-of-wight](http://www.planetaware.co.uk/repair-cafe-isle-of-wight)
- sign up to the mailing list via the QR code below
- join the Facebook group "Repair Café Isle of Wight"
- email [repaircafeisleofwight@gmail.com](mailto:repaircafeisleofwight@gmail.com)

**REPAIR CAFE** Isle of Wight

Supported by Sovereign Housing





OUR LITTER PICKS AND WALKS will begin again in January 12<sup>th</sup> 2022 with a walk along the nature trail from Freshwater to Yarmouth. Meet at 'The end of the line café' in Freshwater.

All start at 10.30 and finish about 12 noon

### Our Allotment



We will be having a coffee meeting in January to plan our beds, so do look out for the date and time in the January newsletter so we can include your ideas for our community garden.



## Timebank Book Circle:

### Margaret writes...

#### 'Times of Change for the Book Group

For the past three years we've been meeting in the evenings but are now finding that some of us much prefer to stay cosily at home on cold winter nights. Just for the winter, therefore, we have moved our meeting time to 2.00 pm and changed our day to the second Thursday of the month. HOWEVER, none of us could make the 2nd Thursday in December and we've moved it forward a couple of days to Tuesday 7th December from 2.00 to 4.00 pm. We're currently reading Remarkable Creatures by Tracy Chevalier which is absolutely fascinating and next month we hope to get copies of The Secret Life of Bees by Sue Monk Kidd. We have a couple of places available so do ring Margaret (754 929) if you think you would like to join us'.

Members who attend are asked to let Sally know if they would like to receive their credits for attending, as this is a social activity and therefore eligible for all to earn time credits.

We also have another daytime book group who will be meeting on Monday 31<sup>st</sup> January at 12.30 to 1.30 to discuss 'Woman in Blue' by Ellie Griffiths and 'The night she disappeared' by Lisa Jewell

Do let Gina or Sally know if you would like to come along, it's a small friendly group who share their lunch together whilst discussing each months chosen book.





As Covid will remain a part of our lives for some time, Sally wanted to point out that....

Risk assessments for Timebanking activities are important, and that she always considers 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

Your safety and that of others always comes first. If you would like to undertake your own risk assessment for any time transaction you are considering, please contact Sally who has a form you may wish to complete, and she is very happy to help you resolve any issues if she can.

Don't forget, you can also spend some credits by using the TB electric bike, or the gazebo for a weekend/week.

### Coffee Morning



Our next coffee morning is on Thursday January 27<sup>th</sup> at WWSCC from 11am to 12 noon, so hope to see you there as it is great to be back there supporting them and enjoying their refreshments.

Wishing you all a peaceful, happy and relaxing Christmas and lets hope the New Year brings some hope and cheer 😊