



## West Wight Timebank February 2023

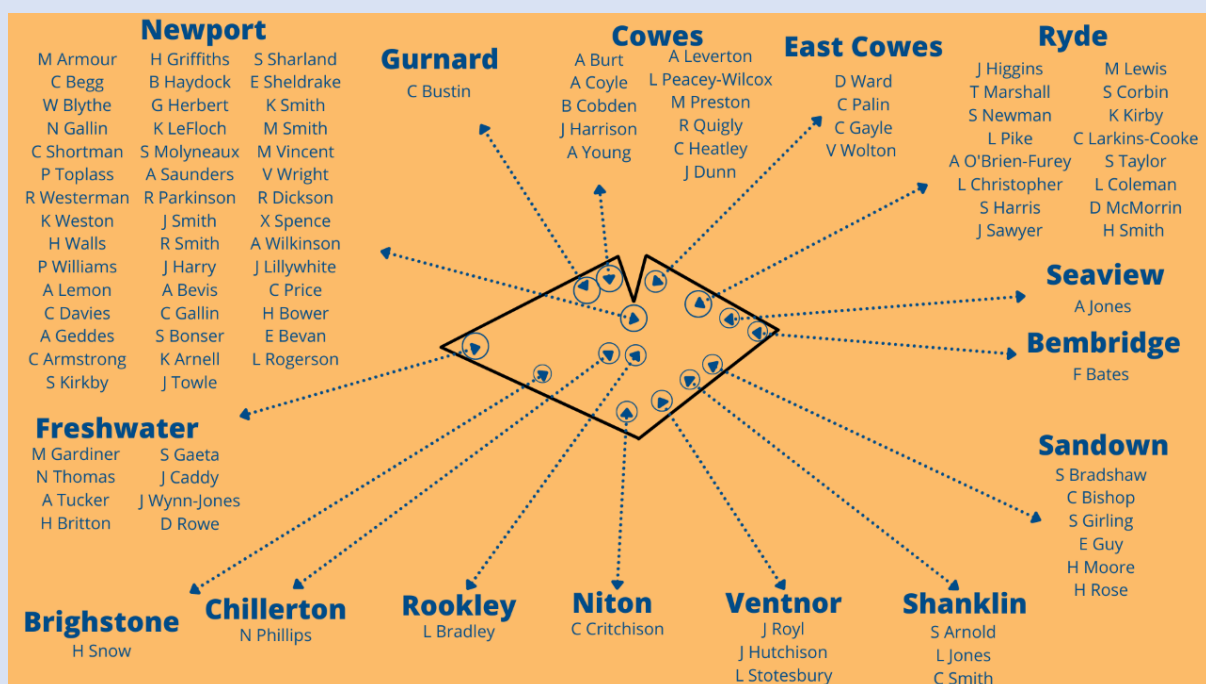
### Cost of Living Crisis: Warm Spaces and Advice First Aiders



Joy, Jo and Sally are pleased to say that they have now completed the Citizen Advice training to become 'Advice First Aiders'. They will be able to signpost people in need to safe and reliable sources of advice and information, on any of the following:



Housing	Benefits	Family & Relationships	Pets
Money Advice	Debt	Self Assessments	Tax
Isle Find It	Employment	White Goods	Legal
Environmental	EU Settlement	Utilities	Council tax
Foodbank	Wills	Vehicle Registration	Traders
Bailiffs	Universal Credit	Immigration	Mortgages
Personal Independence Payment		Allowances	General advice



The cost-of-living help pages can be found at [www.iow.gov.uk/costofliving](http://www.iow.gov.uk/costofliving) and have been collated to bring together, in one place, the growing range of local and national help available.

There will always be an Advice First Aider at the Community Market on a Friday between 1 and 3pm if you would like to talk confidentially



about any of the above. As the Parish Hall is also a warm space you will be most welcome to a hot drink or soup as available.

# Timebank Community Market

**Freshwater Parish Hall, Victoria Road,  
Freshwater PO40 9HZ  
Fridays 1pm-3pm**



Join our warm space, enjoy a hot drink and cake plus:  
Eco Refill scheme, Wellbeing boxes  
Beautiful hand made cards, Drop and Swap table, Crafts  
The Real JunkFood Project IW (2pm-3pm)  
(with food available for all on a pay as you feel basis)



Find out more: [info@wwtb.org](mailto:info@wwtb.org)  
or phone Sally on 07872 304294  
**[action4support.co.uk](http://action4support.co.uk)**





## Time and Talents



We are putting on our first concert called Time and Talents on April 22nd to celebrate and share our talents and raise money for the kitchen refurbishment at the Parish Hall and Timebank funds.

Performers will be able to rehearse every Friday morning 11.30 to 12.30 at the Parish Hall if they wish. The first singing rehearsal will be on Friday 13<sup>th</sup> February at 11.30am at the Parish Hall.

Limited tickets for the concert will be available. Details to follow in the next newsletter.

## Workshops

We have a space left on the Photography workshops that start on February 6<sup>th</sup> from 10 am to 12 noon and continue monthly through to June.





## Willow Weaving

There are still one or two spaces left on the Willow Weaving workshop on March 23<sup>rd</sup> (either an am or pm session).

Please let Sally know if you would like to attend either of the above.



## Community Voucher Scheme

We have a community voucher available for members who would like to undertake a mindfulness workshop with Flo Sarlat. She is an experienced mindfulness teacher trained with the Oxford Mindfulness Foundation. She is registered with the British Association of Mindfulness Based Approaches (BAMBA).

The course offers mindfulness practices and cognitive-behavioural techniques in ways that are intended to be accessible to all. It guides participants in how to apply this learning in everyday life both to manage what is painful and difficult but also to cultivate qualities such as compassion and equanimity. Mindfulness in everyday life is an in-depth programme intended to cultivate lasting and sustainable change.



## MINDFULNESS IN EVERYDAY LIFE

A 8 week course for those wishing to improve their general wellbeing

It is an evidence-based course, developed in the light of research at Oxford University. Its main intention is to offer you some skills to meet life's challenges and to respond more skilfully to all of life's inevitable ups and downs.



The Country Garden  
Church Hill  
Totland Bay PO39 0ET

Every Thursday  
from 9 Feb 2023  
to 30 Mar 2023

6:00 to 7:30 pm

£180

with  
**FLO SARLAT**

For more information visit  
[www.flosarlat.com](http://www.flosarlat.com)

To book your place call  
07429 050 419

The full price is £180, but for Timebank members who have 20 credits, there is a reduced price on our community voucher of £120. If you are interested in having a community voucher, please contact Sally asap (there are only 5 available).

### Eco-friendly Refill Scheme

Enjoy a cuppa and a chat at the Parish Hall on a Friday afternoon and bring your empty bottles to refill with eco-friendly products. Contact Gina on 07790 329859 for more details.



## Recycling: our Terracycle scheme

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.



We are no longer collecting crisp packets, so please take them to Tesco along with all your soft plastic.

Pill blister packs - sadly we are no longer able to take empty blister packs as there is currently nowhere on the island to recycle them. However, we encourage our members to save up their empty blister packs and take them to a Superdrug with a pharmacy on their next trip to the mainland where they can be collected for recycling. Please let Sally know if you are travelling over the water and can take some blister packs for recycling.

Every little helps and it will have a positive effect on our environment.

Harp to Heart [www.claritycreations.co.uk](http://www.claritycreations.co.uk)

Now rescheduled to February 23<sup>rd</sup> 2pm to 3 pm at Green Meadows.

Enjoy a calm afternoon of relaxing harp music, played live by harpist and composer Clare Roslington.



Clare is a local harpist, holistic therapist and poet. She composes harp and piano music, and soundscapes for peace and relaxation. She has also published a poetry book called 'The Beauty of Nature'.

Clare 07711948176 Email: [clareroslington@icloud.com](mailto:clareroslington@icloud.com)



## Signing, Tea and chat

This session has been rescheduled for Monday 6<sup>th</sup> February at 4pm to 5.30 at Green Meadows. Rachael will be coming along to encourage and support all those interested in sign language and communication.



## Time exchanges:

Members hours exchanged for December: 520 and January 220 including individual and group activities.

## Talks by Joy

11 people enjoyed a most interesting talk in January about Joy's work with the Salvation Army which we held at Green Meadows. Indeed it was so popular we have asked Joy to give us more 😊.....details to follow in the next newsletter.

Welcome to a new members Annie and Jean

## Requests

1. Can you donate a chocolate bar or some tasty biscuits for a sweet treat to go into our well being boxes please? These will be going out to carers in the West Wight on a weekly basis.
2. Margaret makes cards for us to put into the well-being boxes. She has asked if anyone has any paper flowers that she could use to decorate her cards.
3. Can you play the banjo and could help another member to learn?





4. Does anyone have a cloche and/or corrugated plastic that they would like to donate for our allotment?

5. Can anyone help a member to set up a simple 1- page website for a member? Please let Sally know if you can help.

4. Photographers needed- can you take some action photos of activities that members participate in for our new notice board please?

Let Sally know if you would like to help with any of the requests

### Our new garden scheme

Launched in November 2022, the scheme is progressing really well. 4 members have undertaken 3 members' gardens over the winter months.



You now have the chance to book up to 4 members to come and help you in your garden on the second Thursday morning of the month between 9am and 1pm in May, June, July August, September or October.

Just book the month you would like with Sally and give her an idea of what jobs you may need help with, and she will arrange the rest.



## Litter picking

### Penny writes...

This month we will be trying an afternoon pick to see how that works for everyone. The pattern will be 10.30am for the second Wednesday and 13.45 for the fourth Wednesday: February 8<sup>th</sup> 10.30 at the Causeway meet by the bridge  
February 22<sup>nd</sup> 13.45pm meet at Fort Victoria by the cannon.



## Walks

February 1<sup>st</sup> NO ACCESSIBLE WALK THIS MONTH

February 15<sup>th</sup> Meet at Freshwater Bay at 10.30



## Allotment



We now have 9 members who are keenly planning this year's growing schedule up at our allotment in Totland. We pledge to give 50% of our produce to the community, so hoping for a good yield.

We will be meeting for breakfast at the end of the line café on 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> February to continue our planning 😊 Anyone wishing to join us there is most welcome.

We will be starting up at the allotment in the first week of March.



## Art Workshops



Led by Rob at Green Meadows, these workshops continue to be very popular as Rob shares his talent in such a positive encouraging way.

The next Art workshop will be on February 7th 2.30 to 4.30 pm (these continue fortnightly).

## Book Groups

Members are so lucky to have two great Timebank book groups that meet monthly and welcome new members anytime.

The first group meet monthly normally on a Tuesday at 11am at Gina's home. The next date is 21<sup>st</sup> February. They will







be discussing *The Lake Child* by Isabel Ashdown and *The Dictionary of Lost Words* by Pip Williams.

The second group- Cathy's book club went to see 'Where the Crawdads Sing' at the library on Wednesday 25<sup>th</sup> January and look forward to discussing it as part of their meeting on 31<sup>st</sup> January.

The following date will be Tuesday 28<sup>th</sup> March 2pm onwards at Cathy's house. New members welcome just call Cathy on 07811370491. All who attend will earn time credits which Sally will make a note of, so they can be spent at another time.

### Coffee Morning



Our next coffee morning is on Thursday February 23<sup>rd</sup> at WWSCC from 11am to 12 noon, so hope to see you there as it is great to be there, to chat with other members and to support the Sports Centre too by purchasing their refreshments.

### 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 February 2023 at a glance

Mon	<b>6<sup>th</sup> Feb</b>  10am -12 noon Photography session 1  Freshwater Methodist Church Signing, tea and chat  4pm-5.30pm Green Meadows	<b>13<sup>th</sup> Feb</b>  10.30 meet for breakfast at the End of the Line café in Freshwater	<b>20<sup>th</sup> Feb</b>  10.30 meet for breakfast at the End of the Line café in Freshwater	<b>27<sup>th</sup> Feb</b>  10.30 meet for breakfast at the End of the Line café
Tues	<b>7<sup>th</sup></b>  Art with Rob 2.30 pm at Green Meadows	<b>14<sup>th</sup></b>	<b>21<sup>st</sup></b>  Gina's Book group 11am to 12 noon  Art with Rob 2.30 Green meadows	<b>28<sup>th</sup></b>  Cathys book group 2pm
Wed	<b>1<sup>st</sup></b>	<b>8<sup>th</sup></b>  Litter pick 10.30 am meet at the Causeway Bridge	<b>15<sup>th</sup></b>  Walk 10.30 meet at Freshwater Bay	<b>22<sup>nd</sup></b>  Litter pick 1.45pm Fort Victoria
Thur	<b>2<sup>nd</sup></b>	<b>9<sup>th</sup></b>	<b>16<sup>th</sup></b>	<b>23<sup>rd</sup></b>



				<b>Coffee morning</b> <b>11am to 12 noon wwsc</b>  <b>Clare's Harp session 2pm to 3pm at Green meadows</b>
Fri	<b>3<sup>rd</sup></b>  <b>Rehearsal for Time and talents concert 11.30am to 12.30</b>  <b>Community Market 1-3pm</b>  <b>Faith's food van 2pm</b>	<b>10<sup>th</sup></b>  <b>Rehearsal for Time and talents concert 11.30am to 12.30</b>  <b>Community Market 1-3pm</b>  <b>Faith's food van 2pm</b>	<b>17<sup>th</sup></b>  <b>Rehearsal for Time and talents concert 11.30am to 12.30</b>  <b>Community Market 1-3pm</b>  <b>Faith's food van 2pm</b>	<b>24<sup>th</sup></b>  <b>Rehearsal for Time and talents concert 11.30am to 12.30</b>  <b>Community Market 1-3pm</b>  <b>Faith's food van 2pm</b>