



West Wight Timebank June 2021 Newsletter

Are you looking for something unique for yourself or a gift for a friend?

The West Wight Timebank is now taking orders for our Living Growing Boxes, filled with salad, herbs, and strawberry plants.



Eat what you grow! Telephone **07872 304 294**

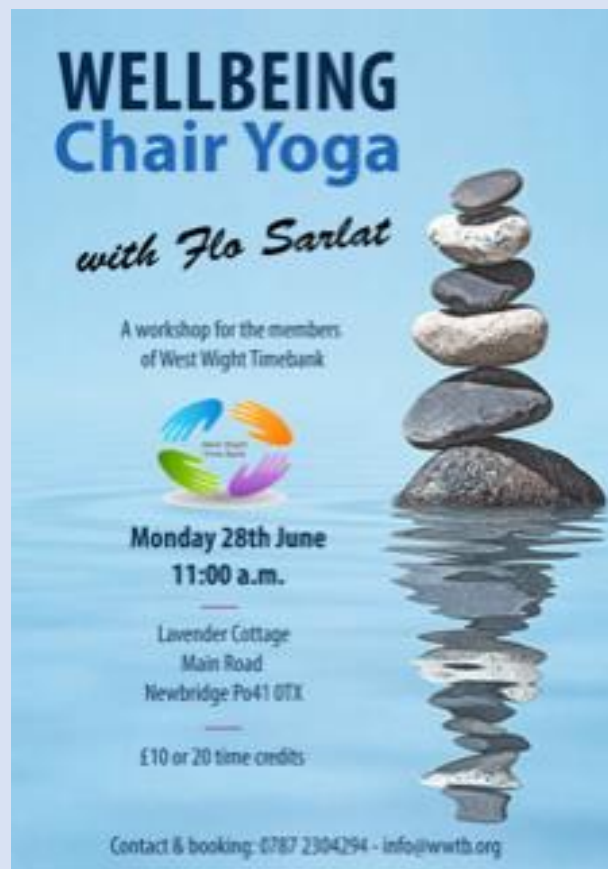
Boxes can be delivered to your doorstep.

Please make a donation to the Timebank for your box on delivery (cash or card).



New Timebank activities

As we begin to move out of lockdown, we hope to see more of you over the summer. If you would like to join the workshop below, please let Sally know. If you need a lift, that can easily be arranged.



Yoga doesn't need to be complicated to be effective. We can breathe, stretch and strengthen using the support of a chair.

Doing Chair Yoga is a fantastic way to keep a healthy body and a clear mind for people who don't want or have difficulty getting down on the floor.

We just need to wear comfortable clothing that does not restrict our movement. We will also be barefoot during the practice so that we will be able to move our ankles and toes freely.



Walks and Litter Picks



8 members met at Golden Hill Fort to litter pick together. Amazingly, after just over an hour 15.5 lbs of rubbish was collected. We all had a lovely sociable time and we have removed a great deal of material harmful to wildlife, the environment and people's well-being.

June 2nd 7 of us enjoyed a gentle walk along the sea front from Colwell to the Waterfront and return.

June 9th A litter picking session. Meet at Colwell Common

June 16th A walk at Newtown. Meet at car park.

June 23rd A litter picking session on Turf Walk at Totland

June 30th A walk in Bouldnor Forest

July 7th A litter picking session. Meet at Moa Place.

July 14th A walk along the sea front. Meet at Colwell car park.

July 21st A litter picking session. Meet at Colwell Common

July 28th A walk at Newtown. Meet at car park.



Would anyone like to put their names down for a guided bird walk for £10 per person? Please let Sally know.



Car Boot Sale Stall

To be able to raise some funds we wondered if any members would like to help run a Timebank Table together at Colwell Common any Saturday as on the poster below?

Car Boot Sales
2021
Colwell Common
Totland Bay

MAY 1st, 8th, 15th & 29th
JUNE 5th, 12th & 19th
JULY 3rd, 10th, 17th & 31st
AUGUST 7th, 14th & 28th
SEPT 4th, 11th & 25th

 Sellers set up from 8.30am
Buyers arrive at 9.00am
Finish Midday – Weather Permitting

No need to book – just turn up
Cars £5.00 – Vans £7.00

Supporting West Wight Nursery
West Wight Men in Sheds and 1st Freshwater/Totland Scout Group

Further information available from
Totland Parish Council 01983 756028

The morning would involve collecting the plastic refill products to set up on the common at 8am, and the event usually finishes by 12 noon.

Just let Sally know if there are any dates when you could help please.



Freshwater Parish Hall



I am delighted to tell you that Freshwater Parish Hall has been offered as our new weekly venue, where we can meet together every Friday from 1pm to 3pm (outside for the time being). We will have tables where you can sit to help make things for our box schemes if you wish.

We are also offering food on a 'pay as you feel' basis from the 'Real Real Junkfood Project IW' and will have all the eco- friendly products available to purchase.

This is a fantastic opportunity for us to get together again, outside following all Covid guidance, so we will look forward to seeing you 😊

Coming soon.... The Timebank will be having a table at the Freshwater Independent Lifeboat Community Open Day on Saturday 17th July.









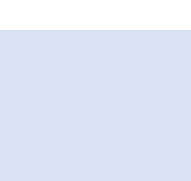
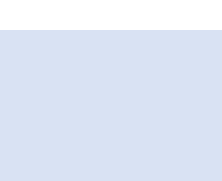
Don't forget that the Shalfleet fete is on August 30th. Please come along to support the Timebank selling goods and enjoy a lovely day out too 😊





Timebank Quiz

Here are the answers from last month's quiz:

Timebank Tree Quiz		Native British trees - what can you identify?	
	<p>The <u>xmas</u> decoration bears a berry holly</p>		<p>Left in <u>the</u> <u>grate</u>... ash</p>
	<p>A precious metal provides corporal punishment Silver birch</p>		<p>Anyone for a cricket bat? willow</p>
	<p>A stoned fruit grows here cherry</p>		<p>Sounds like you need your deckchair to <u>the</u>...? beech</p>
	<p>From little acorns...oak</p>		<p>Your grandparents <u>are</u> YOUR <u>elder</u></p>



Timebank June Quiz

Which English county am I?

1. People visit me for the Broads but also stay on the north coast.



2. Jane Austen, Charles Dickens, Rudyard Kipling and Sir Arthur Conan Doyle all lived here.

3. I am home to one of the best theme parks in England, the potteries and Marmite. I'm also totally landlocked.



4. I'm home to the most famous stones in England, but more recently some Russians were 'just tourists' here.
5. I'm home to the memories of the Harry Potter films...
6. I'm home to the Queen when she isn't at Buckingham Palace.
7. Think of me as where Cilla Black, the Beatles, Daniel Craig, Steven Gerrard come from.
8. I'm the county where Doctor Foster went in the poem.
9. I'm the only way, apparently...
10. I'm the biggest county in England, covering 3,212 square miles.





Gina's Charity plant sale

Please contact Gina on 07790 329859 to arrange to buy these plants:

Purple buddleia, dahlias, canna lilies, salvias, marigolds, aoniums, Virginia creeper, herbs, blackcurrant, gooseberry and vine plants.



All donations go directly to the project...

The Country That Shook

Hello Timebank members! My name is Sophie and I am the founder of a project called The Country That Shook. Our mission is to empower Nepali people to live fulfilled lives by providing education and resources.



The project began after the massive earthquake in Nepal in 2015. The current focus is on creative resources, training sessions and programmes for women's empowerment. This was a popular request through our networks to empower women with education and access to menstrual products, which are hugely lacking in rural areas. It is so powerful to hear the stories that are shared as part of our workshops, as we work to create safe spaces. All our programmes are facilitated by Nepali women and colleagues so that their local knowledge can really elevate the impact of the work.



Any funds we receive now will go toward research and programmes that support women which includes distribution of our new, inspiring storybook, Kumari's Adventure with her Moon Cycle. Find out more at www.thecountrythatshook.com or search @kumariandhermooncycle and @thecountrythatshook on social media.

Timebank Quiz Walks

Please contact Sally or Gina for a copy of the Timebank quiz walk which is great fun to do, and an enjoyable walk (accessible version available). It costs £5 and all winning entries will be entered into a prize draw in November.

Janes beautiful cards can be purchased for £2 each. Please let Sally know if you would like some and she can deliver them to you.

Reduce, Recycle, Reuse,

As a Timebank we are committed to help save our planet's resources in our own small way, hence the plastic refill scheme and using the pallets to make our living growing boxes.

This year we want to expand our environmental schemes to include:
Teracycle





Angie has written the following article about this scheme:

'Timebank has an eco-friendly ethos and we try as much as possible to help our environment. TerraCycle UK gives us the opportunity to recycle some rubbish that sometimes finds its way into landfill. TerraCycle UK have teamed up with brands such as Walkers and Bic to help pay for the recycling which transforms our rubbish into products such as outdoor furniture, watering cans, bags and other very useful items.

How exciting is that? All we need to do is collect our rubbish. It can be any brand of crisp packet, flat, doesn't need to be washed. Any pens, markers, corrector pens or highlighters.

We will have boxes at our future Coffee Mornings and Eco Refill sites.



Angie and Paul, Kae, Gina and Sally have agreed to run small family workshops at St Saviours Primary School supported by a member of their staff through the summer, encouraging parents and children to plant their own herbs, vegetable and fruits in a TB pallet box and



take it home with some simple recipe cards (supplied by Avril) to encourage health eating and enjoyment with natural food choices.

At the same time as the planting, we will be taking bread from Sainsburys for the families which will help us reduce food waste.

Gina will be running a plastic refill session too, and we will be encouraging all to bring items for the TerraCycle box too.

The plastic refill scheme is of course still running at other times and you can phone Gina on 07790 329859 for details and to arrange a delivery to your door. The products available are hand sanitiser, washing up liquid, laundry liquid, fabric conditioner, toilet cleaner, multipurpose cleaner, bathroom cleaner, handwash, shampoo, conditioner and shower gel. Please save empty toilet cleaner bottles to refill for yourself or to donate to the scheme. Prices are calculated by volume and are competitive. All products are made in the UK and are environmentally friendly. We are now operating a card machine so can offer cashless transactions.





Time transactions are now taking place between members, following all Covid guidance.

We have a 6 week Conversational French course which will take place on Thursday evenings starting on 22nd July in Totland. Please let Sally know if you are interested in joining this small group and spending 6 time credits.

Sally has also recently arranged:

A group gardening session in Brighstone

Computer help

Companionship walks

New members to help with the Timebank growing boxes and well being boxes





We have an opportunity to be able to walk dogs for people who will be moving into Green Meadows, so if you ticked this on your skills quiz, Sally will contact you over the summer to see if it can be arranged.

Current Offers that are being arranged:

Music, knitting, crochet, discussion topics often avoided-creation, evolution and politics, cat sitting, dog walking, sewing, computing and word processing, shopping, giving lifts to appointments, creative writing, photography, gardening, plant watering, singing, swimming companion, walking companion, changing library books, board games, technical drawing, metalwork, woodwork, design work, music ensemble, house sitting, listening, allotment. Art and design, DIY basic, cake making 😊

We have a selection of embroidery silks and lace silks, that have been kindly donated. We also have several embroidery frames. If you would like these, please let Sally know.

Current Requests being arranged:

Creative writing, computing, photography, ukulele, recorder, car washing, cat sitting, walking companion, receiving lifts, poster designing, simple DIY, guest speaking, dancing, drawing, French, board games, hairdressing, drawing, painting, art workshop, computer help, crochet, companionship, visiting coffee out, heavy lifting 😊

If you have any unopened bottles of smellies that you would like to donate for the boxes we would be grateful.

Please continue to donate empty shoeboxes, and if you would like to cover one too that would be fab.



Drawing/painting Workshop

Our Timebank Drawing workshop is now on Monday 14th June (not the 15th)

A 3-hour painting/drawing workshop on June 14th in the garden at Lavender Cottage, Newbridge (10 am to 1pm) with local artist Jane Perry who will give a demonstration of the way she approaches a drawing/painting, followed by individual tuition. (spend 20 credits on this workshop if you would like to come)

Please bring your own materials for the workshop in whatever medium you wish. Please bring a bite to eat if you want to stay and have some lunch in the garden following the workshop, coffee and tea will be provided.

In addition:

Spend 20 credits by having Jane come to your garden for 2 sittings to draw and paint flowers that she can then make into personalised cards for you.

Please note that in addition to spending 20 credits, you will need to pay for Jane's petrol costs for the mileage associated with printing.

You can also spend some credits by using the TB electric bike, or the gazebo for a weekend/week.



Allotment



We will be having an 'open session' on Mondays from 3pm to 4pm, so if you would like to come any week at this time, please let Sally know so she can arrange to meet you in the car park at Totland.

Request - we need more help watering the allotment. Particularly on Tuesdays, Wednesdays and Thursdays after 3pm. If you can help, please let Sally know as soon as possible.

Zoom Coffee Morning

This month, in our Zoom meeting, Sue gave an insight into the work that has gone into the Green Meadows housing which was really interesting to hear about.

The Timebank is thrilled that we have been chosen as one of the organisations that will benefit from donations made from their on-site shop.

Our June online coffee morning will be on June 24th from 10.30 to 12 noon with a talk from Margaret about her experience of being a foster carer.



Monthly Zoom Book Group

In July we will be meeting on July 19th from 12.30 to 1.30 to discuss the book 'The Giver of Stars by JoJo Moyes

Please let Sally know if you would like to join our small book group, so that she can send you the zoom invitation.

Monthly House Book Group

We will also look forward to re starting Margaret's book group meeting in person during the evening of the 14th July (more details to follow in our next newsletter)

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