



West Wight Timebank March 2021 Newsletter

Timebank Photographic Competition

Cash Prize of £50 for the winning entry



The rules for the competition:

1. Photographs must have been taken between February 1st and March 30th 2021 and be entirely the Timebank members own work.
2. A maximum of three entries per person.
3. Entries may be either monochromatic or colour.
4. Images may be captured on any type of photographic equipment that uses either film or digital technology.
5. Competition entries can be submitted in either digital format or in printed form to info@wwtb.org or Lavender cottage, Main Road, Newbridge, PO41 0TX by March 31st. Printed entries must be a minimum size of 7 x 5 inches
6. Any subject is permissible but the photograph must have been taken either inside or within your garden.
7. Any photograph that contains an image of a person, may only be submitted with the subject's, or their guardians, consent.
8. The subject may be illuminated with flash, studio lighting or natural daylight.



9. Post photographic digital manipulation is not permitted with the exception of cropping, exposure and contrast.
10. Lens filters may be used when the image is captured.

Judging

The winning entry will be judged by Peter and Geoff who are both experienced photographers and Timebank members, and they will be joined by Robert Bone and together will be looking at:

technical excellence, composition and the creativity of the photography

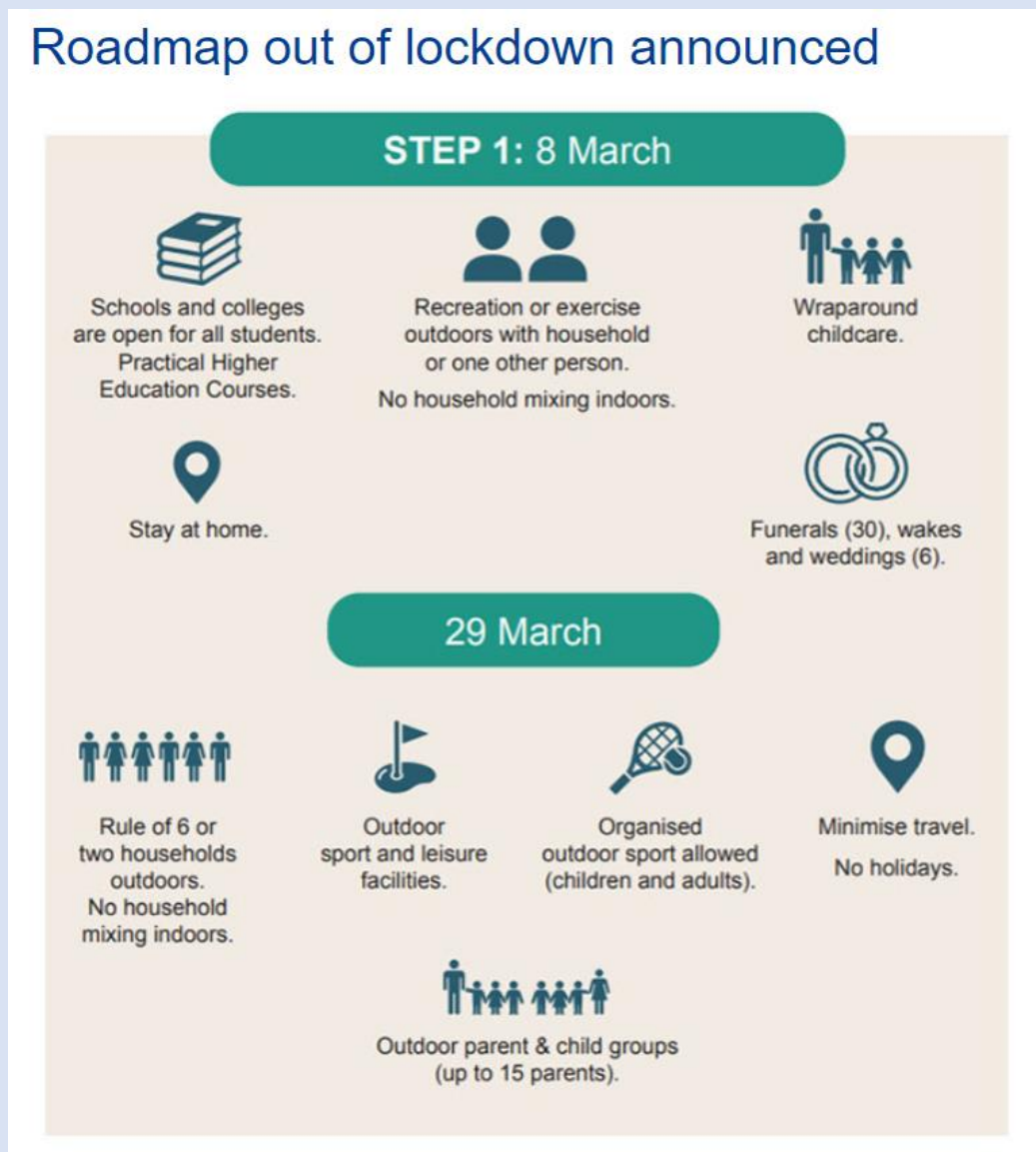
The winning entry which will be announced on 12th April 2021

Lockdown information

Here is information from People Matter about the Roadmap out of lockdown.



Roadmap out of lockdown announced



Please visit:

<https://content.govdelivery.com/accounts/UKIOW/bulletins/2c2c6ff> for more information.

Throughout lockdown Timebank members have been helping our community through the box scheme.

Our Food Bags, and Family Drop and Swap bags are really welcomed by local families, so we will continue to deliver them, and we are grateful for the support of Tracey the Family Liason Officer, the Health Visitor, and the local primary school staff and WW nursery staff.



The WWSCC (who are an organisational member of the Timebank) also support families, so please do spread the word.

FREE HOT LUNCH

We know feeding your family can be a struggle.
During the pandemic, it may feel almost impossible.

Collect a FREE, freshly cooked hot lunch for
each member of your household:

**TUESDAYS
12.30 TO 1PM.**

WEST WIGHT SPORTS AND COMMUNITY CENTRE
(No questions asked)

We can also help with:
foodbank vouchers
emergency grocery vouchers
emergency utility bill support

Call us on 752168
9.30am - 12.30pm weekdays
and we'll find the best way to support you.

There is no need to struggle alone; we're here to help.





Adam Tucker
Community Connector

07498 496 719

adam.tucker@westwight.org.uk

Are you isolated or finding life difficult at the moment?

Adam can:

Take time to get to know you and build a trusting relationship, using phone, video or socially distanced walks.

Help you work towards your idea of a good life, and manage current challenges.

Help you to access appropriate information, advice and support at the right time.

Support you to become more connected and in control of your life.

Help you to develop your skills, talents and abilities.

Get in touch to have a chat and find out more.

westwight.org.uk/community-connector



Melanie Gardiner
Just Ask Support Officer
Freshwater Parish Council

07548 488 114

justask@westwight.org.uk

Mel can:

Help you access local information and support.

Help you access wider formal and informal services across the Island if needed.

Offer practical support with accessing online services /completing applications / house or job searches.

Simple form filling or signposting to appropriate services.

Information on how you can get involved or volunteer within your community (including the Freshwater Parish Council Green Team – helping to improve our green spaces, encouraging wildlife and creating an edible landscape trail).

Adam and Mel are Foodbank voucher holders.

The TB well- being boxes which have now gone to over 100 people locally to brighten their day, so please do nominate someone you know who may like to receive one.

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

We have a request for simple knitting patterns for jumpers for 6-8 year olds. Please call Sally if you have any.

If you have any straight sided 2 litre empty bottles for the eco bricks please let us know, and we have been offered lots of pill boxes which can be cut up to fill an eco -brick if you would like to.

Please continue to donate empty shoeboxes, and if you would like to cover one let Sally know.



The magazine and book swaps are going well, and we have been offered some sheet music too if anyone would like more details, please let Sally know.



Growing Boxes

Thanks to Tony, Dave, David and Chris working on the boxes from home and earning time credits, we now have 7 wooden boxes ready for planting, and 10 smaller, strong cardboard boxes. Sally is buying some woodland seed for the smaller boxes, and has plenty of tomato, strawberry and herb seeds ready to plant in the wooden boxes.

Thank you to those of you who have already offered to grow seeds on in your greenhouses, that will really help us...



Request-If you can help by planting up some seeds in pots in a warm place, please let Sally know and she will bring you what you need. These can then be transplanted into the boxes which will make it a lot cheaper for us.

Adam will be advertising our boxes on the website, these will be available to the general public for a donation.

Here is some information from the High Sheriff:

Census 2021 – Ensuring the big decisions are made on the best information

Census 2021 will be key to making sure the big decisions on the future of our hospitals, schools, transport and other public services, following the pandemic and EU exit, are based on the best information possible.

Run by the Office for National Statistics (ONS), the census – taking place on March 21 - is the once-in-a-decade survey that gives the most accurate estimate of all people and households in England and Wales.

The digital-first census will not only provide a fresh picture of the size of all communities, it will also shed light on the health, social and economic changes to our lives.

“After years of planning, the census is almost upon us,” census director of operations Pete Benton said. “In the coming days and weeks you will be hearing more and more about why the census is so important, why you must take part and, crucially, how you can take part. Every household will soon receive a postcard, explaining what a census is, and in early March letters will arrive in the post inviting



people to take part in the digital-first census.

“In light of the coronavirus pandemic, we need this up-to-date information to help shape vital services for the years to come more urgently than ever before and we are making sure everyone can be safely counted in line with all government guidance.

“We have made it simple, straightforward and safe to take part. It takes just 10 minutes per person to fill out your form and if you can’t get online, there are paper forms available for those who need them, as well as lots of support. Now is the time to make your mark on history.”

Running the census in times of a pandemic has naturally thrown up some challenges and the ONS’ focus is ensuring the safety of the public.

“We want everyone to be safely counted and we’re making sure our plans are always in line with the latest government guidelines,” Pete said.

“Census field officers will only follow up with households after Census Day on March 21 if householders have not yet completed their questionnaire. They will never enter a household, they will always be socially distanced, be equipped with PPE and work in line with all government guidance.”

Some questions also have updated guidance to reflect our changed living and working circumstances.

Pete added: “For those on furlough, we have updated guidance on how to answer questions on work. All students need to be included in the census, and they should complete it for their usual term-time address. If they’re currently living at their home address, they will need to be included in the census for that household too.”

For the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

First results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

For more information, visit census.gov.uk.



Reduce, Reuse and Recycle

Plastic Refill scheme - helping to save the planet

The scheme is still running in lockdown 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.

Gina and Sally are looking forward to restarting the plastic refill scheme at the Parish Hall in Freshwater when the lockdown eases, now that Adam has added the product pictures on our website, we hope that the general public will buy direct from us too. Please do spread the word.

Zoom Coffee Morning

Sally writes...one of the lovely things about being the Coordinator of the Timebank, is seeing how connections are made, and relationships are built and maintained.

Following Kae's wonderful talk at our coffee morning, April gave her a lovely John Bull printing set from her attic.



This month we had an inspiring talk by Sophie Maliphant about her fantastic work both as an artist, and her charitable work. Here is what Sophie has to say,



'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. Our current focus is on creative resources, training sessions and programs for women's empowerment. Why do we focus on women's empowerment? It 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.



We would love you to join our next zoom coffee morning on Thursday 25th March from 10.30 to 12 noon.

Just email/ txt/ring Sally to say that you would like to attend, and she will send you the login details and passcode.

If you have never done a zoom meeting before, please visit The Zoom website itself beforehand, as this has a fairly simple guide on how to use it, then email me to say you would like to come 😊

Here are the zoom guides:

For computers and laptops: <https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

For iPhone and iPad: <https://support.zoom.us/hc/en-us/articles/201362993-Getting-Started-with-iOS>

For Android devices: <https://support.zoom.us/hc/en-us/articles/200942759-Getting-Started-with-Android>



Monthly Zoom Book Group

This month we will be reading, 'Listen to the moon' by Michael Morpugo, and will meet to chat about it on Friday 2nd April 12.30 to 2pm.

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

THE HEALING POWER OF PLANTS

Staring out of the window, looking over acres of concrete, my eyes rest on the potted aloe vera on the sill. There's a veritable indoor forest on there now, marking the change in the order of things for my tiny corner of the world. I never paid much heed to plants before. Well, you don't, do you, with trying to keep life normal, in spite of having to stay indoors all the time except for shifts in the supermarket. I wasn't going for my daily walk. The trip to work and the trek up and down 7 flights of steps, what with the lift broken and who knows when it'll be repaired, that seemed like exercise enough to me; to say nothing of struggling up the stairs with a bag of shopping, wondering what life's all about. And there are people in this building much worse off than me. This is the sort of block where you don't say hello to anyone, just keep your head down and keep yourself to yourself, even at times like this. Not that there's anything wrong, mind, just that it's an unspoken agreement that people have their own lives to live and haven't got the time or inclination to fit anything else in.

So, it was something of a surprise when I got home from an early shift to find half a dozen little pots with tiny plants in them, spider plants, it said on the labels, and a handmade poster saying "please take one". So, I did. It rested on the top of a



box of fish fingers and I was a bit concerned it would get tipped over before it reached the front door. But, it was still intact, so I put it on an old plate and gave it a home on the window sill. I'd never grown anything, so I wasn't holding out too much hope.

About a week later, there was another batch of little plantlets, again "Help Yourself" on a handwritten poster. Different handwriting, so it must have been a different donor. This lot were labelled "African Violets". The spider plant hadn't given up the ghost, so I thought I'd take a chance and give this one a home, too. I couldn't help wondering who of our number was doing indoor gardening to keep themselves occupied and, indeed, sharing the products of their labour. It was odd. I mean, there are 8 flats on this landing but I couldn't have told you who lived in a single one of them and to be honest, wouldn't have recognised any of them, had we crossed each other's paths in the street.

It was nice, watering my plants and checking for new growth and so thrilling to see a tiny new leaf just starting to appear, checking it daily to see how much bigger it had become. I looked them up on the internet, to make sure that there was nothing special that was needed but no, things were fine. The spider plant was starting to get too big for its tiny pot, so it was time to get some houseplant compost. I'd seen bags of it in the supermarket and although not essential groceries, I was working there anyway, so surely it couldn't do any harm? I bought a bag and a trio of what weren't really plant pots but could easily be adapted, and when I got home, replanted my precious spider plant. There was loads of compost left over, so it went out to the landing with my own handmade poster "please take some".



When you think about it, plants, well, they create connections to the past and the future, in addition to giving pleasure in the here and now. What was I doing when these luxurious plants were first inserted in the soil? Of course, I'll never know, because they weren't originally my young shoots, but still. They didn't spring up fully formed. And what will I be doing when they're too big for their current containers? They represent the passage of time, remind us that life goes on and in spite of everything, thrives.

It said on the internet that plants clean the air, so that's worth knowing. There's not too much that does that, really, certainly not those awful air fresheners that make your eyes water and your nose dry. NASA's done tests to see which are best at removing toxins from the air and spider plants come out on top for all sorts. Interior designers say that houseplants reduce headaches, sore throats and other minor ailments in the workplace and the home but I'm not sure how much they've tested it. Not as much as NASA, I expect. And it said there are mental health benefits. Are they having a laugh? Life should suddenly get better just because there's a bit of green stuff in a pot on the windowsill? The jury's out on that one.

The weather had turned really nice, so I decided after all to have a bit of a walk, only when I opened the door, there was a little table with a big pot of stew, another handwritten notice urging "Help yourself" and a list of the ingredients. What was going on here? Had we all slipped into a parallel universe where people were nice to each other? I got myself a bowl and filled it, ready for when I got home again. "No need to cook tonight" and what a wonderful thought that was.

Over the next few weeks, all sort of things appeared on the landing, more plants – ivys, ferns, aloe vera (anti-inflammatory properties, so it says on line. It



promotes circulation and inhibits the growth of bacteria. Wow, all that in one little pot!) bulbs that hadn't started to sprout yet but were waiting patiently for their chance, oh, all sorts– and different dishes of food for us to share. I brought some cakes home from the supermarket once. Oh, I know all the others were homemade and absolutely delicious, but honestly, I'm not a cook, so I didn't want to spoil it all by contributing something truly awful; only I took a chance a couple of weeks ago and got the recipe for Golden Syrup Cake from one of the women at work and bought all the things I needed. She helped me, of course, because I didn't have a clue and I'd never have thought to buy anything to bake it in. It turned out okay. Result! Then, a chart appeared attached to the railing, and the days of the week and people were filling in what they'd like to give, so that it'd all be co-ordinated and there'd be something for us to share each day, with no doubling up. This was the landing where we didn't even know each other's name, only now, of course, there's Mr Malik in 42, Mr and Mrs Harrison in 43, Janie in 44, me at 45, Ravi in 46 – he makes aymayzing curries and gulab jamens you simply wouldn't believe even if I described them in great detail! – Mr and Mrs Basri in 47 (Mrs Basri - Masera - made us the stew) Lawrence and Eddy in 48 and Walter at the end. It was Walter who started it all, with the spider plants. He's getting on a bit, so we all take care to make sure he's okay.

So you know what? I reckon the jury can come back in now. Plants definitely do have mental health benefits, and all sorts of other benefits too. We've got each other's phone numbers and check on each other regularly and it's a proper little community. Eddy works in a builder's merchant and he's going to make some troughs to secure to the balcony so that Walter can grow herbs and bulbs and things,



and we can help him and have our own little community garden and once we can mix again, we're going to have a balcony party to celebrate, banners and all.

And did you know, the aloe vera and spider plants will probably outlive me? What tales they'd have to tell, only they're too sensible for that and spend their lives healing, just by being them. Wonderful things, plants.

Quizzes

Here are the answers from the last quiz:

- 1 **A British mouse with a thick bushy tail. Dormouse**
- 2 **Camilla is the _____ of Cornwall. Duchess**
- 3 **A red playing card worth 12 points Queen of hearts**
- 4 **Albino buck pet is a _____ white rabbit**
- 5 **Grinning like a _____ cheshire cat**
- 6 **As mad as a March hare**
- 7 **An infant butterfly is a _____ caterpillar**
- 8 **As dead as a _____ dodo**
- 9 **Schools Out was sung in 1972 by _____ Cooper Alice**



This month's quiz is attached to the email.

FUNDRAISING

The Timebank has traditionally undertaken 1 main fundraising event per year, and has missed the opportunity last year to do this due to Covid.

This year we are making plans to increase our efforts, as fundraising is likely to become more important to us as we strive to sustain the activities and schemes of the Timebank.

So you can look forward to:



1. Gina's quiz walk, that will be available from May 18th (details will be available nearer the time)



2. A stall at Shalfleet's fete on Monday 30th August.

We also have some beautiful hand cards available for a donation.

