



West Wight Timebank October 2022 Newsletter



The Timebank is now 7 years old, and is proving to be a fantastic way to spend time together. Sally will be arranging an AGM for November, so details will be in the next newsletter.

We went live on the BBC South!

The Timebank recently ran a workshop at Green Meadows sharing wonderful recipes, (and taste samples) to use when we have a glut of vegetables and fruits. This was filmed by BBC South Today, and all participants were very proud of Avril, who led the workshop.

One participant said, 'Informative, fun, entertaining, delicious recipes and nibbles made with the usual common place and most unusual fruit and veg. With a life-long dislike of celery, I found Avril's jam made of this once reviled veg a delightful surprise. The quiz throughout the workshop worked the mind as much as the food worked the taste buds i.e. well balanced, scrumptious with a lasting pleasant aftertaste. I'd give five stars and a medal for bravery in the face of the BBC camera. My inner Oliver Twist says, 'please sir, I want some more'.



The BBC followed up with a live broadcast on Thursday 29th about the work of the Timebank in our community. It was a really exciting afternoon of filming at Green Meadows, and it was fantastic to see so many members there contributing. Thank you all for this, it really will have an impact 😊

Timebank Workshops

An excellent start to our new workshops; thank you to everyone who has signed up for one or more, and for those of you who have been leading workshops.

There are plenty more in the workshop for you to join in our brochure; just book your place with Sally.

Why not try a free session of Gentle Chair Yoga with Flo (at Green Meadows) on October 18th from 11 to 12 noon. Booking for this workshop is essential via Flo on 07429050419

We have 1 space left on the Colour Workshop with Mae on October 31st



Lee's Card Making will be at the Parish Hall is on November 4th. All materials supplied - come and make a card for yourself and one for a well-being box.

We have been asked to share the following info re Tai Chi, which some members experienced in a taster session.

Embodied Tai Chi

Gentle Slow Exercise – Mindful Movement – Journey of Discovery

'when you get that feeling something is missing from life.'

Freshwater Parish Hall

Every Wednesday at 9am

From 5th October to 7th December 2022

Each ten week programme offers a flexible learning environment, feel welcome to drop in for a chat, try your first class for free, learn at your own pace, just pay £8 for each session attended.



The Timebank is a member of TBUK who are running a scheme called 'Talking Times'



TALKING TIMES

TIMEBANKING UK IS LAUNCHING A NEW
PROGRAMME OF GROUP TELEPHONE DISCUSSIONS
FOR TIME BANKS AND THEIR OLDER MEMBERS

COME AND JOIN US FROM THE COMFORT OF YOUR
OWN ARMCHAIR





Talking Times is a unique initiative that brings older adults together for engaging and stimulating conversations about topics of shared interest. This free programme offers regular telephone-based discussion groups of 8 people which are joined from the comfort of your home.


No special technology is needed, just the telephone where you receive the call at the start time. Each group, scheduled for 1 hour, is facilitated by a skilled leader to talk about the topic and stimulate discussion between time bank members. Talking Times aims to support anyone who wants to connect safely with others over a shared topic of interest.

Are you interested in finding out more or taking part?

TIME BANK CONTACT DETAILS:









Supported by Awards for All





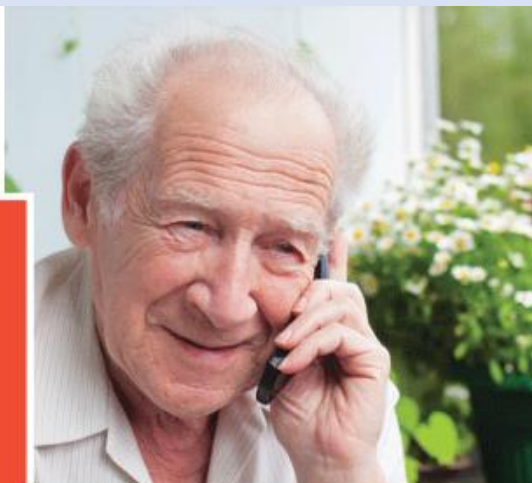
It's good to talk.....

Timebanking UK would like to invite you and your time bank members to an informal chat on a variety of different topics. There is no cost to anyone who takes part because our operators will call everyone on their phone of choice (landline or mobile).

This is a programme primarily for older people who prefer chatting on the phone rather than using technology. Each call lasts an hour and has a facilitator and speaker to get the conversation going.

If you would like some of our flyers to give to your time bank members, just ask and we will email or post some to you. There are approximately 10 places to fill on each call so this will be on a first-come first-served basis.

Email info@timebanking.org with the names of people who would like to take part specifying their name, number and topic of choice.



1 HOLIDAYS TO REMEMBER AND PLACES I WOULD LOVE TO GO BACK TO....

Tuesday 13th of September at 10am

This is a chance to remember back to the days where holidays could be quite different to what they are now. What was your fondest memory and who with? Were you lucky enough to be able to travel abroad? Do you go to the same place often because you love it – like a home away from home. Did you go anywhere new this summer?

2 Keeping warm and costs efficient this winter - Top Tips

Wednesday 12th October 2pm.

With costs for gas and electric rocketing everyone feels a bit worried about the coming winter days and nights. Is there anything we can all do to save money but still keep warm and comfy? We have some top tips for you. Do you have ideas that you could share with others?



3 Guy Fawkes and other UK plots

Thursday 3rd November 10am

What is the history behind the 5th November and Guy Fawkes – was this plot as secret as it seems? For a country that has not had a violent revolution on its shores, are plots dealt with swiftly before they spread? Hear about this and other fascinating plots in the UK?

4 Why ghosts at Christmas?

Wed 14th December 2pm.

Is there a reason we hear about the ghosts at Christmas time? Join us to hear how ghostie and ghoulish intrigues have become intertwined with the Yuletide and share your theories.

5 Introduction to timebanking and Blind Golf

Date to be confirmed

Find out about our exciting partnership with Blind Golf, encouraging more people with sight loss to take up golf or to rekindle their love of the game. Also how time banks can involve visually impaired players, their carers, families and friends throughout the closed season of autumn and winter to improve their health and wellbeing.



John from TBUK writes, 'we are welcoming all interested time bank members to join our Talking Times sessions over the next few months. The next session is on the 12th October and there are monthly sessions over the next few months!'

Please let Sally know if you would like to attend any of these free sessions.

Members' hours exchanged for September are the highest yet, largely due to the participation of members at workshops.

546 hours of exchanged time transactions this month have included electric bike hire, cake decoration, sign language, fruit and veg, crochet and art workshops, book groups, creative writing workshops (see attached stories), group walks, litter picking, befriending, teaching, heavy digging, allotment, events, helping at the community market, Green meadows and meetings.

Request

Margaret, who makes cards for us to put into the well-being boxes, has asked if anyone has any paper flowers that she could use to decorate her cards.

Avril would like small jam jars, please.

Community Market



We have lots going on now every week; Sue now offers weekly craft sessions, which are proving to be very popular.

No prior knowledge is needed; an ability to sew for some of them would be an advantage but not essential.

It is intended to be a bit of fun, a chance to chat, an opportunity to learn a new skill or enhance an old one, and perhaps learn about a skill from another participant. Make something for yourself, and if you can make some extra for the well-being boxes, that would be fab.

All materials are provided, and there is no cost, and all are welcome to join in (maximum 10 people).

October 7th Felt flower broach

October 14th Paper flower rose

October 28th Suffolk puff.



Just come along and join in with anything that is going on, or just enjoy a cuppa and a chat.



Souper Soup

Avril will not be making her soup until November.

Eco-friendly Refill Scheme – are you doing your bit to save the planet?

You can find us at Timebank's community market at the Parish Hall in Victoria Road, Freshwater, any Friday between 1 and 3pm. Enjoy a cuppa and a chat, and bring your empty bottles to refill with eco-friendly products.

We now have a number of lovely customers but would love to increase our numbers, so please spread the word! We can all do our bit to help the planet...

We offer washing up liquid, toilet cleaner, cream cleaner, multipurpose cleaner, liquid soap, shampoo, shampoo bars, conditioner, laundry liquid and fabric conditioner. Newly introduced: loofah products, toothpaste in recyclable packaging and island-made deodorant. Payment is by cash or card. Contact Gina on 07790 329859 for more information.



Our Terracycle scheme

Please bring: All types of pens, ink cartridges, cellophane wrappers from greeting cards, used postage stamps.



We are no longer collecting crisp packets, so please take them to Tesco along with all your soft plastic as they have a scheme there.

We are not collecting blister packs now as we cannot recycle them on the island.

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



Time credits are given to all members who attend the community market activities, with additional credits given to workshop leaders and members who run schemes/tables there.

Food Redistribution

Natalie Thomas has asked the Timebank where we distribute the food we collect on a weekly basis, so Sally wanted to share her response with you all, as many of you are helping to alleviate food poverty in the West Wight, even in a small way.

The WWTB has been redistributing food from Sainsbury local for about 5 years to local groups and has recently taken on the Coop in Freshwater too. So now it's 7 days a week; the amount of food varies from 1 black bin liner-sized amount to 3 of these a day. It usually consists of bread, biscuits, cakes and donuts, and a lesser amount of fruit and veg and flowers. No dairy, meat or pre-packed food is collected.



Timebank members then take it to one of the following places;

Mondays it goes to Oasis FMC and West Wight Nursery

Tuesdays to Our Place

Wednesdays to Brighstone and Shalfleet school, and in the holidays, it goes to the Dementia choir in Freshwater and Shalfleet Pre-school

Thursdays to Green Meadows

Fridays to St Saviours in Totland and if a lot to West Wight Nursery

Saturday to Green Meadows and sometimes Colwell car boot sale

Sunday to FMC

The message we give out with this is that the food is for everyone, as together, we can save food waste. The food is never past its use-by date. The Timebank believes in giving this food free of charge to the organisations who can if they wish take donations for their own organisation. The food is collected and delivered within an 8 mile radius. Over the years, this has meant thousands of loaves have been redistributed. We run workshops on what to do with all this bread and share brilliant recipes for this, fruit and vegetable too.

The 10 to 12 families (different families for each scheme below) per week we have supported over the last 3 years have benefitted from:

Fresh fruit, veg and bread using produce from Dave's shop in Brighstone,

The next scheme we ran was to make up simple bags for a pasta or rice meal for a family, and provide a recipe and all the ingredients needed.

The next scheme allowed us to donate 5 pounds to Faiths RJFP to make up a family food bag with cereals, bread, fruit, veg cakes and treats and tinned food.



These parcels/family food bags are all free of charge.

We are now on our third round of grant money for this (received last week) and just about to take on 10 new referrals from Family Liason workers, health visitors, head teachers and school staff, church and community workers.

They identify families who are struggling, and I deliver to their doorstep (with their permission to have their address). These families tend to be either working full time, disabled or have extreme difficulties travelling anywhere. They can have a bag weekly, fortnightly or monthly.

I have told all my existing families that they can come for food on a Friday to our community market for Faiths pay as you feel food. But, if they are struggling and need the Timebank's help, I can always find food and deliver it.

To enable a fairer spread of families who receive support if needed, I usually limit the scheme recipients to 1 scheme (average of 12 weeks), but this is always flexible, and some families have had a year of weekly deliveries.

We also grow our own food at the allotment, which is shared at the Community Market, make veg boxes from pallets with fruit and veg planted for families free of charge on request, and make up jam marmalade and pickles with surplus donated food.

On Friday's we invite Faiths RJFP to the community market alongside our other schemes and have between 10 and 20 members and the general public receiving food on a pay-as-you-feel basis. This money goes to RJFP.

The Timebank remains committed to supporting local people in food poverty in a flexible, accessible, free way by utilising good local food that



would otherwise be going to landfill. I collect this for free so feel it should go to others freely.

I think we need to work across the whole island to work out how to get a more even supply and demand model in place, as there is still a lot of food being wasted and many hungry people in need.

Litter picks and local walks

All starting at 10.30 am



October 5th **Accessible Walk** (suitable for mobility scooters, buggies and people with limited mobility and, of course, for those who don't have these needs.) Meet at Green Meadows, Norton Green, Freshwater PO40 9SL. Parking is available.

October 12th Meeting at 10.30 Moa Place car park Freshwater. At 11.30 am we will have refreshments in Moa Place Café in the Sports and Community Centre. Unfortunately, we have to pay in the car park there, but it is possible to find free on-street parking if you are prepared to walk a short distance.

October 19th Meet at Yarmouth car park for a walk along the nature trail and wood.



October 26th Litter Pick meet in the car park of the End of the Line café/Honor and Jeffries at 10.30 am and at 11.30am we'll sample their refreshments.

Penny writes, 'The litterpicking is going quite well and is definitely much appreciated by everyone in the community who walks by. It would be lovely to add to our numbers again, especially as we always have a social time in the café afterwards. It's a good time to get to know people a bit better and anyone joining us will be warmly welcomed.'

Our Allotment





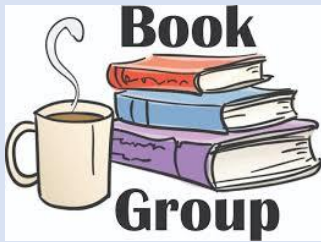
Do join us any Monday from 10 to 12 noon at our Totland allotment.
Meet in the car park next to St Saviours School.

On Monday afternoon -October 10th we will be meeting at Carly's house to plan the growing and watering, so if you would like to come along, just let Sally know.

Timebank credits are given to all who attend

Timebank Book Circle

Sadly, we will be losing Margaret, who is moving to the mainland. Sally would like to thank her very much for leading the book group; we will miss you and wish you a very happy time closer to your family Margaret and Ralph.



We have a new member, Cathy, who has offered to host this book group once a month, on the 4th Tuesday of the month, from 2-3pm. The idea would be for members take it in turns to choose a book for the month.

The first date for members to get together and chat about things will be **Tuesday 25th October from 2pm or 3pm at Cathy's house.** Please could you let Sally know if you would like to go to this exciting new group, earn time credits for attending, and have a sociable time.

Our Second Book Club

A new member writes, 'I have joined the Timebank book club and have to say it has been an absolute pleasure to join the group. Book choices so far have been very good reads. We usually meet once a month and enjoy discussing 2 or 3 books we all agree on at our previous meeting.'

The next meeting will be held on Tuesday 1st November at 10am at Gina's home

Reading: Hell Bay by Kate Rhodes,

The House Between Tides by Sarah Maine

Sally adds that time credits are given to all who attend.

We have been asked to share the following with you:

Dates for October's 'Chatty things'

Monday 3rd 4-6pm @caffeisola (Upstairs)

Thursday 13th 6-8pm

@thequirkyteapot

Tuesday 19th 4.30-6.30pm

@dimbolatearoom



What is a 'Chatty Thing'?

It is the opportunity to talk a lot in a friendly manner with other menopausal's or those affected by the menopause like partner's or husband's. With the availability of cake, while meeting others that want to talk about all things menopausal. The talking is not exclusive of ranting, moaning, complaining and you can eat cake! It is not uncommon to hear raucous laughter and giggling. Common phrases to be heard "yes me too" "yeah I have that" and "need more cake".

Canoe -free to a good home- if anyone is interested in collecting a 14-foot canoe from Yarmouth, it would make a lovely planter. Please let Sally know if you are interested.

Coffee Morning



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

Time credits are given to all who attend

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 October at a glance

Monday	3rd	10th	17th	24th	31st	
	Allotment 10-12	Allotment 10-12 Alloment meeting (Carlys house) 2-3pm Sign Language Beginners 6-6.45pm Intermediate 7-7.45pm	Allotment 10-12 Sign Language Beginners 6-6.45 7-7.45pm	Allotment 10-12	Allotment 10 to 12 noon Colour workshop 10 to 12 noon	
Tuesday	4th	11th	18	25th		
	2.30 to 4.30	2.30 to 4.30 Art with Rob	2.30 to 4.30	2.30 to 4.30 Art with Rob 2 to 3pm book group		
Wednesday		5th	12th	19th	26th	
			Litter pick	Walk	Litter pick	



		Accessible walk Accessible walk (am) 10.30 - 12.30	Litter pick (am) 10.30 start	10.30-12.30	Litter pick 10.30 start	
Thursday	6th	13th	20th	27th Coffee morning 11-12 noon		
Friday	7th Community market 1-3pm Craft workshop 1-3	14th Community Market 1-3pm Craft workshop 1-3	21st Community market 1-3pm Craft workshop 1-3pm	28thCommunity Market 1-3pm Craft workshop 1-3pm Jewellery workshop 1-3pm		