



Timebank special weekly newsletter -

To keep us all in contact and keep our spirits up

WWSCC help/volunteer information

The Timebank has had several members volunteer for the WWSCC support hub, which is fantastic, as is the hub's response to this awful virus. This has included shopping for people who are shielding, and making scrubs for local care homes.

The WWSCC Link is below, in the 'other' section it would be good to note the interest in helping with scrubs and PPE.

<https://westwight.org.uk/coronavirus>

If you need help with shopping, prescriptions, phone contact or want to order hot food delivery; or if can offer support then we're open 7 days a week, 9am-5pm Monday to Friday and 10am-4pm on Weekends. Contact us on 01983 752 168 or go online at www.westwight.org.uk/coronavirus to supply your details.

Alongside this the WWSCC have set up a total giving page to support this hub work and to help secure the future of the West Wight Sports and Community Centre.

To make a donation please

visit <https://www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre>

Timebank members

As the Timebank is about doing things together, and at the moment that means in the main, virtual sharing, Sally is asking members to contribute to the weekly newsletter, with their thoughts, stories, and skills that will be of interest to other members.



NHS BANNER.....REQUEST FOR YOUR MESSAGES THIS WEEK



Chris requested that the Timebank make a banner to thank the NHS for their amazing work, which would be fantastic.

So please could members send their messages to Sally by email or ring her with the message, and this will be incorporated into the banner design by Jean, who has agreed to sew the banner together so that it can be sent to St Mary's. Jean will of course receive time credits for this, so we can begin again to make our time exchanges safely.

The Bay boutique bed and breakfast who are organisational members of the Timebank have just launched a crowd funder voucher scheme whereby people can get an extra 10% off accommodation and /or e-bike hire if they buy a voucher now.

Timebank members can get a discount anyway through our own TB voucher scheme which Paul requests is claimed while the promotion is on (live for 8 weeks but vouchers can be claimed at any date).
<http://www.crowdfunder.co.uk/the-bay-boutique-bed-and-breakfast>



TIMEBANK REQUEST TO ALL MEMBERS

Sally is collecting items for a new Timebank scheme, which will be starting soon, which will allow us to continue to exchange our skills talents and time with each other safely, and earn time credits for doing so. There will undoubtedly be some TB schemes that we will not continue to run, as it would not be in everyone's best interest living as we will have to, with the Covid virus for some unknown length of time.

If you have any of the following that you would like to donate to the Timebank please ring/txt/or email Sally who will arrange safe collection from your house following government guidelines:

Orange boxes

Shoe boxes

Wicker baskets

Very strong cardboard boxes of different sizes but that can be carried if full!

Vegetable plants -if you have any of the following spare we would be delighted to collect from your doorstep:

lettuce (cut and come again), spring onion, radish, cress and mustard, small tomato plants, strawberries

Avril has sent in the following:

VE Day. Friday 8th May 2020.

My mum, now long gone was a young woman born and bred and working in London during the war. She was outside Buckingham



Palace on VE Day and remembered dancing with GIs and Tommies, laughing and celebrating Germany's unconditional surrender and the end of WWII in Europe. She would never be drawn on the details and blushed and giggled when we asked her more. She kept her secrets!

Do you have a memory or a story associated with the war which you would like to share?

If so, write it down and send it to Sally and we will put the stories in the next newsletter to be shared and enjoyed by all.

POETRY COMPETITION FOR ALL

POETRY FOR OUR TIME.

In line with the Timebank short story competition we thought a poetry competition might also be welcomed and have made a plan with details and suggestions for writing below.

Our judge will be Hilary Waitt who lives in Shalfleet and who has had poetry published as well as making writing poetry a substantial hobby for herself including taking advice and guidance lessons to improve her own creative writing.



Entries can be online to the TimeBank or in writing to Sally and the closing date is June 29th. Results and prizes will be awarded in mid



July. There will be a small voucher prize and a hamper of excellent sustainable products from our plastic reduction scheme.

The title for your writing is taken from Tennyson's 'Idylls of the Kings' and is King Arthur speaking as he lies dying;

'The Old Order Changeth'.

'The old order changeth, yielding place to new, And God fulfils himself in many ways,

Lest one good custom should corrupt the world'.

Arthur is aware that nothing is forever as it may become harmful and irrelevant and change is an inevitability.

Our world stopped four months ago and as it now begins to start up again we hope some of our old ways might be reviewed and improved. The title might also make you think about changes you have seen or experienced in your own lives at any point in the past or perhaps things you might like to see change yourself. Sometimes things come into our lives which create change e.g. a baby, a partner, a new job, a new hobby, so many different things in a lifetime.

You might see all sorts of diversity in the quote; everything changes, the weather, a building, the scenery, a face, your feelings...your poetry path is up to you, it doesn't (and I hope won't) make for gloomy writing, humour is always welcome.

Poetry is one of the most subjective forms of writing and Hilary will use a regular format to make her judgements. For your guidance these are set out as follows:

Relevance to the theme and general appeal 50%



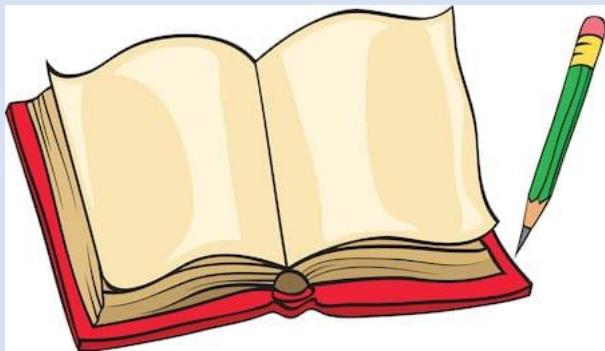
Creativity and originality 30%

Coherence of form and structure i.e. language, presentation and style 10% Clarity of imagery and language 10%

Poems need to be between 20 and 30 lines long

So...get your thinking caps on and sharpen your quills, the writing begins!!!

Story competition



As we have new Timebank members joining, Sally would like to include the story competition in each newsletter, and hopes too that members will enter anytime before the end of June.

They say that everyone has a novel within them....here is your chance to start writing, starting with a short story of 500 words.

Sally's sister-in-law, Lizzie, is an author. Here is Lizzie's biography:

After working for 34 years as a primary school teacher Lizzie decided to pursue her first love: writing. She joined the Romantic Novelists' Association's New Writers' Scheme, wrote Tall, Dark and Kilted (2012), quickly followed by Boot Camp Bride. Although much of her time is taken promoting her novels she wrote Scotch on the Rocks, which achieved Best Seller status within two weeks of publication on Amazon. Her next novel, Girl in the Castle, reached #3 in the Amazon charts. Lizzie is co-founder of indie publishing group - New Romantics Press, and has co-hosted author events at Aspinall, St Pancras and Waterstones, Kensington. She is a member of the Society of Authors, the Romantic Novelists' Association and



organises the Leicester Chapter of the RNA (63 members). Her latest romance, *Take Me, I'm Yours*, achieved Best Seller status, too. She is currently working on a #6, *Harper's Highland Fling*. As for the years she spent as a teacher, they haven't quite gone to waste as she is building up a reputation as a go-to speaker on indie publishing, social media and the labyrinthine workings of Amazon. Lizzie lives in Leicestershire (UK) with her husband, David, aka The Roadie.

link to Amazon - viewAuthor.at/LizzieLamb

Lizzie has kindly agreed to judge a story writing competition that we are inviting members to take part in. The titles you can choose from are:

The Birthday Present That Went Wrong. A Surprise. A Sting in the Tail. The Day When I Found Out Who I really Am

If you would like to take part in the writing competition, please write no more than 500 words by June 29th 2020.

Please email your entries to Sally (you can either handwrite or type), who will then forward them to Lizzie.

There is a prize; a tea for 4 people at the Pearl Centre (when virus restrictions are lifted) and Sally will share the winning story through the national network of Timebanking UK, and with the Reaching Community Team at the Big Lottery. If you would prefer to write under a pseudo name, rather than your own that is fine😊



ISLE OF WIGHT PEARL

Lizzie has suggested the following links might be helpful for you to browse before writing your stories.

<https://self-publishingschool.com/how-to-write-a-short-story/>

<https://youtu.be/DLxeTh8QO0o>

Could you share a recipe with other members please?

Kathy sends us the following recipe which she cooks in her slow cooker, but it can be adapted for the hob/oven



mixed mushroom & lentil braise

Preparation time 25 minutes
Cooking temperature low
Cooking time 6–8 hours
Serves 4

2 tablespoons olive oil, plus extra to serve
1 large onion, chopped
3 garlic cloves, chopped
400 g (13 oz) can chopped tomatoes
300 ml (½ pint) vegetable stock
150 ml (¼ pint) red wine (or extra stock)
1 tablespoon tomato purée
2 teaspoons caster sugar
125 g (4 oz) Puy lentils
375 g (12 oz) cup mushrooms, halved or quartered
125 g (4 oz) shiitake mushrooms, halved if large
4 large field mushrooms, about 250 g (8 oz) in total
salt and pepper

To serve
rocket leaves
Parmesan cheese shavings
fried rounds of polenta

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If you would like to share one of your favourite recipes that you have started or adapted since the lock down, please email it to Sally on info@wwtb.org

A message from Gina

Whilst the plastic refill scheme is not operating at the moment, Gina has the products at her home and is happy to supply them to Timebank members. You can contact her on 07790329859 to arrange purchase of washing up liquid, laundry liquid, fabric conditioner, handwash, multipurpose sanitiser, bathroom cleaner, shower gel, shampoos, and conditioner. She can deliver to those in isolation, respecting the social distancing required of 2 metres, and keeping us safe.



Please continue to wash and save your handwash bottles, washing up liquid, shampoo and conditioner bottles for the refill scheme.

PLANT SALE



Gina is selling plants from her home to help raise money for Sophie's project (see below). She has herbs, soft fruit plants, some bush roses, primroses, grasses, agave, sempervivums, geraniums, aeoniums, holly, hazel and almond saplings, tradescantia, beetroot, banana and LOTS OF LETTUCE PLANTS available. Please ring or text her on 07790 329859 to arrange to visit or for a delivery.

The Country that Shook project:

Nepal has been in lockdown for the same length of time as the UK, and for lots of people a lack of food is more concerning than the virus.

We will provide food parcels of daily essential food including rice, lentils, potatoes, soybeans, chickpeas, oil, salt and soap will feed them for two weeks in Dhading in the next few days, and are currently working to determine the people who need the food the most.

And in Kathmandu in the next few days we will be buying the dry ingredients for providing hot meals for 400/500 people per day, as



their cooking gas has run out or is low (in Nepal people don't have a gas supply to their homes, they buy gas in canisters as they need it).

This works out at around 40/50p per meal for each person, ensuring that they've had some hot food during the day.

Thank you to everyone for their support.

QUIZZES



Don't forget that you can complete any quizzes that you have missed before the end of June, just email txt or phone Sally. The quizzes and competitions are of course open to all members' families and friends.

You may win the prize for the overall highest score!



Update from Faiths project (TRJFPISLEOFWIGHT) as she is an organisational member of the Timebank.

A very busy week, as I have had more collections of donated food from additional island stores, which I then deliver to several organisations on the island.

Update from Avril's work

Avril and Hilary continue to prepare, cook and deliver 2 course meals to residents in and around Shalfleet, sometimes to as many as 32 people. These cost £3. In addition to this, Faith delivers some of the donated food. Here are two of this week's offerings for Shalfleet: parmentier potatoes and individual celery gratins, waiting to be cooked. The celery was in a creamy sauce and topped with a crunchy crumble of breadcrumbs, walnuts and Parmesan cheese.



P.S. Hope you like my crocodile.



Margaret's reading group scheme

Many of us have been reading Queen's Gambit by Elizabeth Fremantle. This has proved to be a fascinating read, not only telling us all how royalty really lived in Tudor times but describing in detail the working of the "below stairs" staff. Those who read the book enjoyed it and marked it highly but there were a couple of people who "just couldn't get into it".

For May we have chosen The Dig - which was described in last week's newsletter.

Because of the necessity to order books through the post I have selected the book for June so that you have plenty of time to order it before the beginning of June. (However you should read The Dig before you go on to this next one!) The Forgotten Garden by Kate Morton was selected by the majority of our members when the lists were originally circulated which is why I have chosen to make this the June Book of the Month.

"On the eve of the First World War a little four-year-old girl is found alone after a gruelling ocean voyage from England to Australia. All she can remember is that a woman she calls The Authoress had promised to look after her. But The Authoress has vanished. So starts the haunting second novel from the author of The House at Riverton." This novel explores living with and overcoming loss - of trust, of identity or of loved ones - and was inspired by the author's own family history.

I have ordered a copy from Greener Books for £3.26, free postage, thus keeping expenditure to a minimum!



Update on gardening and allotment

You are advised that The West Wight Timebank allotment in Totland is not currently to be used by members.

This is because the allotment is accessed through a key code, which Sally cannot guarantee is wiped with disinfectant each time anyone uses it.

Many of the members have been growing veg in purpose built raised beds. Here is a pic of one that Mike and Gina sent in:



Wight Aid Grant- The good news was that we received a small grant from Wightaid for the fruit cage (and also for a trolley for the plastic refill scheme), but Sally has decided (with Wightaid's agreement) to repurpose the money for a new TB scheme that will involve fruit and vegetables, as it is unlikely that the fruit cage



would be useful this year to us, due to the continuing effects of the Covid restrictions.

When the current restrictions are lessened, we would still love to have an allotment day where we could safely dig the beds over and plant out some of our plants. This of course would have to follow the government guidelines for safe distancing.

Online Sign Language course

Its ready to go....

The short videos are available now: All you have to do is google Rachael Parsloe YouTube and they will find them .

The vocabulary list is as follows :

Film 1 : Introduction

Film 2: General signs

Film 3: working

Film 4: feelings and health

Film 5: questions

When this terrible virus is over and we resume our daily lives, we could always have a face to face course for those who would like to continue learning sign language. Sally would be pleased to pay for a course through the Timebank. As we are an 'inclusive' Timebank this is of key value to be able to welcome all.



We already have 3 members who would like to do this, so please let Sally know if you want to be added to the list.

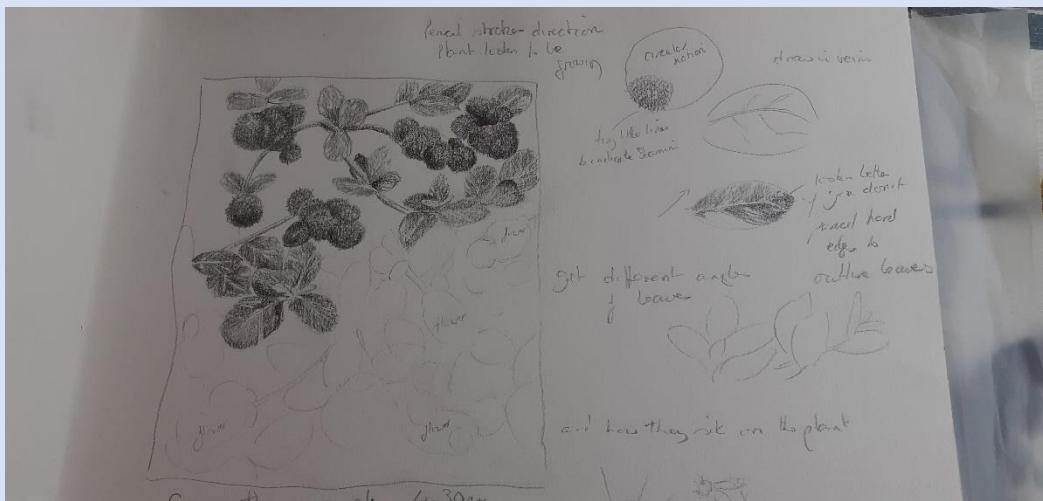
The Timebank ART COURSE:

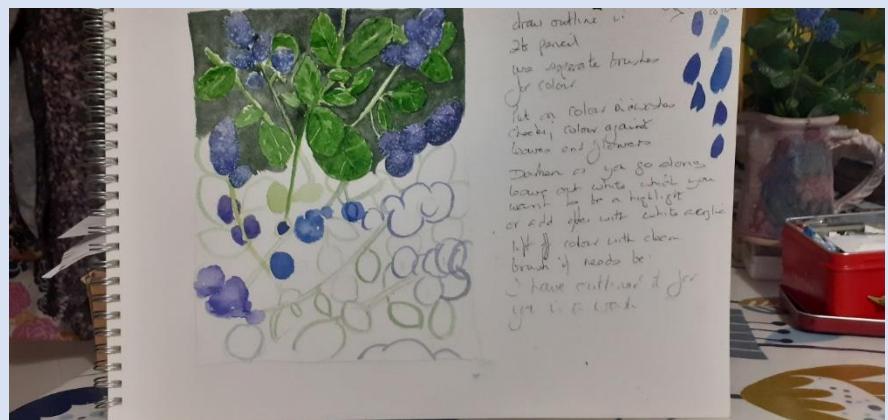
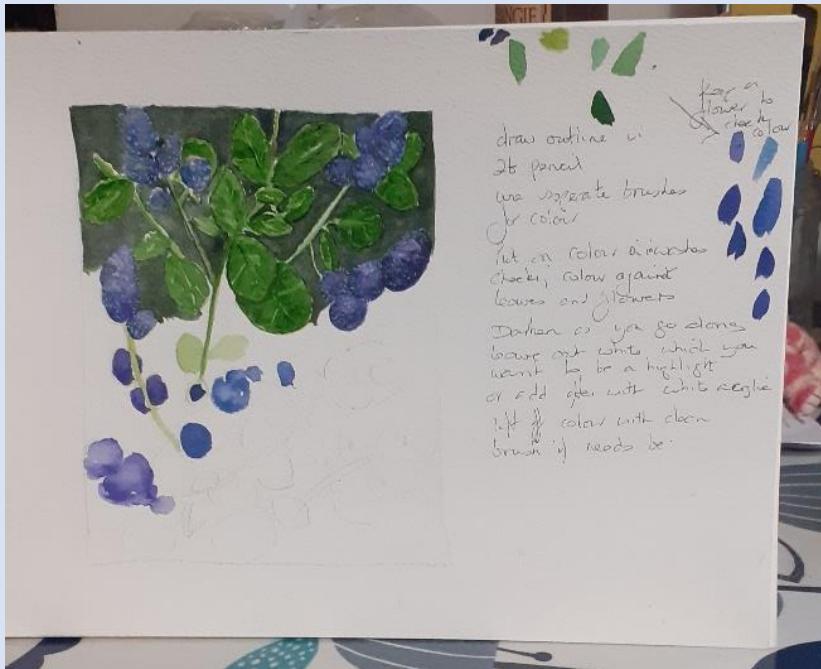
Jane, a member who is also an artist will be offering us some tips each week and sends the following:

Hi guys this week because the weather hasn't been great I cut a branch off a ceanothus bush and took it indoors. The pencil drawing was done with a 2b pencil and I kept it very sharp throughout the drawing. I never was a preliminary sketcher until I started painting landscapes. I now see the sense in it as you get to really observe what you are going to paint, like how the leaves are growing on the branch, their veins, shape and colour.

When I started the painting I faintly outlined it on a sheet of 300gsm paper by Daler and Rowney because that was all I had. I started at the top and put watercolour on in washes. I like to nearly complete the top bit of a painting as it encourages me to keep going. I am not a painterly painter by any means, must be the illustrator in me which I am rarely able to shake off. Everyone has their own unique way of working. The joy of doing this is that each day I was so engaged with what I was doing I lost hours of worrying.

I will use the sketch I have done as a basis for a silk painting which I will then cut up to make cards. See next week's instalment. Do email your efforts to Sally and any questions you may have, and she will pass them on to me so that I can provide you with a personal answer to your question. Happy painting.







Some TB members have children, and as they are all at home for the foreseeable, we were pleased to have an offer from a TB member who is an experienced home educator. She will be giving us some tips and suggestions to keep our children engaged and learning.

Coming soon

- Details of online free courses that the Isle of Wight College are offering.