



Ventnor Timebank

It's not about the money, it's about the people

Newsletter Autumn 2014

From the Team - With the lovely autumn sunshine we have been enjoying, the summer social is not such a distant memory. We shared a lovely potluck picnic, thank you to all the bakers, buyers and servers who joined us back in July.

Offers and requests were hung out to air and a treasure swap table resulted in some people taking home some fine bedding plants and a couple of curious looking items. With over 1000 hours now swapped, it is time to aim for the next milestone of 2000!

We ran a brief **survey** on the Timebank and gained some positive findings; it is good to hear that the majority of members plan to be with us for a number of years and feel that the success of the Timebank is important.

This newsletter will round up what has been going on and will offer you the chance to get involved with a couple of other things we have coming up. This is your Timebank, use us or lose us. It takes people to keep it moving; we have lovely individuals and there is immense power in people connecting, either by transactions or at our social events.

Save the Date! - Saturday 15 November 11am - 2pm, Ventnor Baptist Church, potluck picnic, hobbies and treasure swap, come and meet other members, see you there and bring something to share.

2014 Group Activities

Baking We welcomed 2014 with our series of cooking workshops. The planning and preparation for these events was



considerable and whilst this was no Great British Bake Off, all participants met new faces and shared a meal

together, the ultimate in a social experience. Our volunteers prepared healthy, budget based meals with great Asian, vegan and vegetarian options, sharing tips between ourselves which will be remembered forever. By far, the most popular event was Kate's **bread making workshop**. The results were fantastic and whilst the bread was rising a local chef prepared a Quesadilla lunch with a team of budding sous chefs. It was delicious, and lively chat ensued as the baking was completed. The results were great; a series of cobs, loaves and focaccia bread were taken home to be enjoyed later.

We are hoping to run this event again, **please let us know if you would like to take part** so we can gauge interest and cater for as many of you as possible.

Training - thanks to our Awards for All Funding, we were able to offer free training places to local people in Food Safety, Emergency First Aid at Work and Nutrition. The trainers for both courses were

Get in touch!

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[Ventnor Community-Development](#)

well rated by all accounts and all our learners gained their level 2 qualification!

We had great feedback from a local group as one Timebank Member commented

'I thought the course was brilliant and this course as saved our group at least £500.00. Thanks for organising this'

In addition to this, one member achieved a Level 2 qualification in Financial Capability. A challenging course which required research and a micro teach in Portsmouth, this is a huge personal achievement for one of our most regular volunteers.

Volunteering in Ventnor

Ventnor Timebank supports other local voluntary groups wherever possible and we like to find new volunteers to complement existing activity. One place where this has certainly worked is Spring Hill Gardens, with regular facebook updates and photos; we have seen the number of volunteers double and we hope to see a regular team established to maintain this important public space. If you are interested, please call Leigh on 857360.



9-5

Jason and Jan give information and support every week at Ventnor Library to people looking for work or training. They would love another regular volunteer who is good at listening and can use basic IT.

Involve your friends Ventnor is lucky to have a Timebank; it was the first on the island and we would like to see our Timebank grow and to make a

difference to people in Ventnor. We would like to join more gardeners, cat sitters, painters, plasterers, and walking companions.

Most members join though a friend or someone they know. As we are very keen to reach more isolated people who need our volunteers, we thought we would ask our members if they could suggest any new members; please get in touch with

one of the team if you know anyone. Information and all our policies are available by request or on our [website](#)

Don't forget!

1. Use the risk assessment if doing a practical activity
2. You must claim your time credit by emailing or by phoning it in and leaving a message.

3. Always make sure your transaction is booked in before it takes place

Finally, let's get on with some Timeswaps; can you help with any of the following?

Offered

- Hand Massage
- Reiki
- CV writing
- DVD hire from Ventnor Library

Requested

- Roof felting and hedge cutting
- Members for Timebank Steering Group; we involve a healthy number of our members in these meetings to ensure the Timebank evolves in the way you want.

From all of us, thank you for YOUR time.