

Happy New Year from Time Bank Plus

We are entering the New Year with loads of ideas for new projects and want your feedback on what you would like us to take forward. The New Year is a perfect time to make a fresh start – perhaps **a healthier diet and more exercise**, perhaps helping the planet by **'going greener'** or maybe just improving your social life **and having more fun**. Here are 3 great ideas which have been suggested to us by Time Bank members. Please let us know what you think of them.

First of all, we are looking at the possibility of **fortnightly 'Cook and Eat'** sessions on **Wednesday lunchtimes**, focussing on healthy eating and using fresh, seasonal, locally grown veggies from our food co-op. After lunch, there would be the **option of joining a short 'health walk'** in the local area, led by an experienced walk leader.

These sessions would be particularly suitable for people looking at adopting **a healthier diet** or reducing their use of meat, including people with diabetes. Also a great opportunity for people to improve or extend their **cooking skills**. People would be encouraged to share their **favourite recipes** as well as experimenting with recipes from around the world. There could also be sessions on **food preservation** like making chutneys or fermented foods.

The second project idea is a **practical action group** looking at how we can reduce waste in our lives, decrease our carbon footprint and **live more sustainably**. 2019 has been designated the 'Year of Green Action' and it's important that we make changes in our lifestyles now, before it's too late. This group would meet **fortnightly on a Wednesday** late afternoon or early evening. We would look at different topics like **reducing plastics** and other waste, **energy use** and **biodiversity**. Practical sessions could range from soap making to foraging walks, bat box making and reducing energy loss in our back office!

The third idea is for a Time Bank **Games Group**, which could take place on a **Monday or Tuesday** afternoon or early evening. If you enjoy Scrabble, Bananagrams, Chess, Cards or Dominoes, quiz games like Trivial Pursuit or board games like Cluedo or Carcassonne, you would love these **fun sessions**. This would be an easy group to set up – we just need enough participants and preferably one or two people willing to **help co-ordinate** the sessions.

Please let us know if you are interested in any of these groups or if you have other suggestions for what you would like the Time Bank to be doing this year.

Art Group

The Time Bank Art Group is a small, friendly group which meets on **Thursday mornings** from 11am – 1pm in Twerton. The group is led by its members and has proved to be a huge success. This group is **open to people of all levels**, including those who

have never done any artwork before. There's currently **space for new members** so please get in touch if you are interested in joining.

Guitar Group

The guitar group meets in Twerton on **Thursday afternoons** from 2.30pm – 4.00pm. This is a small, friendly beginner-level group which learns and strums simple well-known tunes together. The group is currently full for new members, but **we would love to hear from anyone interested in assisting the tutor** with leading the group. Please email for further details or ring us on 01225 442813.

'Out to Lunch'

Our **Wednesday lunch club**, based in Twerton, still has space for more members. A freshly cooked two-course lunch is provided and there are a number of **activities** such as quizzes, sing-along and raffle. The cost to members is £5 and this **includes transport** where needed (from the Twerton & Whiteway areas only).

We are **looking for more volunteers** to help with the lunch club, **including drivers** to take people to and from the venue. Volunteers receive a free lunch, together with mileage for petrol and of course time credits. Please contact us if you would like to get involved.

Food Co-op

Southside Food Co-op offers boxes or individual orders of fresh seasonal produce, grown locally by a traditional market gardener, with virtually no sprays or artificial fertilisers, at excellent value. Boxes are priced from **£3.50 (small) to £6 (large)**. There is still a good variety of fresh vegetables available this month, including many root veggies. Orders can be collected from the Time Bank office or delivered for a small charge to your home (South & West Bath only) on alternate Wednesdays.

Produce available this month includes: beetroot, cabbage (green, red or white), caballo nero (black cabbage), carrots, cauliflower, celeriac, kale, leeks, onions, parsnips, potatoes, purple sprouting broccoli, squash, swede and more. Let us know if you would like to make an order.

Borrow It

The Borrow It 'Library of Things' is open on Mondays & Tuesdays from 10 – 4 & on Wednesdays from 10 – 7pm. We have a **big selection of useful things** which can be **borrowed free of charge** by anyone who is resident in Bath.

At this time of year, our **portable heater** and our **dehumidifier** may be useful items to be aware of, in case your heating breaks down or if you are struggling to cope with condensation. We also have a good selection of **board games** to borrow for those long winter evenings. Or you may prefer to **curl up with a book** from our lending library.

Please bring some ID and proof of address if you'd like to borrow something for the first time. You can see an up-to-date list of what's available (including photos) on our

website:http://timebankplus.co.uk/wp/?page_id=586

Walking Groups

Walking is a great way to keep fit and healthy, make new friends and enjoy the countryside at any time of year. Our friendly **countryside walking group** generally meets on the **first Sunday** of the month to go out in the lovely countryside surrounding Bath, and is in need of more members. These walks are generally **between 4 & 7 miles** long and take around 3 hours. Lifts are available on request, from our office in Twerton. Please let us know if you'd like to join us or sign up to receive information about the walks.

Wednesday afternoon walks are gentler walks which take place every week. We meet at **2.30pm** outside the White Horse pub on Shophouse Road, Twerton and walk for around an hour. These walks are an excellent opportunity to help **build up your health & fitness**. If possible please let us know you're coming, but it's also fine to just turn up.

Gardening Team

The gardening team is a small, friendly group which goes out on **Wednesday mornings** for 2 or 3 hours to help local people with their gardens. Gardening is a great way to keep fit & improve your health & wellbeing and volunteers receive **full training and support**. This is a quiet time of year for the Gardening Team and we may not be going out every week. However we are still **able to take gardening referrals**, so please let us know if you are in need of help with your garden.

Free Help with GCSE English

One of our members, who is a retired teacher, is offering free tutoring for GCSE English. Please get in touch for further details.

Free Training Opportunities

Volunteer Network Banes co-ordinate a number of free training courses which can be attended by anyone volunteering in Bath & North East Somerset (which includes all Time Bank members). Upcoming topics include: Managing Challenging Situations; Mental Health First Aid; Peer Mentoring; Volunteer Core Training; Mental Health Self Advocacy. Please follow this link for further details: www.wellbeingcollegebanes.co.uk/Volunteers

Best wishes from all of us at Time Bank Plus

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