

## Greetings from Time Bank Plus

Spring is here (at least it was last week!!) and isn't it lovely to be able to enjoy those longer, lighter evenings again. Getting outside and active is such a good way to improve your health and wellbeing. Joining one of our groups is also a great way to make new friends and do something for your local community. We have a number of activities which may be of interest – but if you don't see what you're looking for, please also contact us with your ideas and suggestions – that's what we're here for.

### Health Walks – volunteers needed

We are in the process of planning some gentle 'Health Walks' based in the Twerton & Whiteway area. These will be **short, easy walks** of around 45 minutes to an hour, suitable for anyone who wants to get some gentle exercise, meet others and **enhance their health & wellbeing**. We are looking for **volunteers to assist with leading the walks**. No previous experience is needed and **full training** will be provided by an experienced walk leader. Please contact us for further details.

### Food Growing on the Allotment

We had a really good response to the notice in our last newsletter, but still have space for more people to get involved with this project. The Food Growing group meets on **Tuesday afternoons from 2 – 4** on our allotment at Bath City Farm. **Training and advice** are available as needed and volunteers also receive a **share of the produce** grown. Please let us know if you would like to join us.

### Gardening Team

The TB+ gardening team welcomes anyone interested in joining. This 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, learn new skills & help others in the local community and the gardening team leader provides expert knowledge and guidance.

### 'Out to Lunch'

Our **Wednesday lunch club**, based in Twerton, currently has space for more members. The club has a warm, friendly atmosphere with lots of laughter, and is very welcoming to new people. A **freshly cooked two-course lunch** is provided and there are a number of **activities** such as quizzes, sing-along, games and raffle. The cost to members is **£5** and this **includes transport** where needed (from the Twerton & Whiteway areas only). Please do pass this on to any local older people you know who may be interested in coming along

We would also love to hear from any volunteers living in the Twerton or Whiteway area who would like to help with the lunch club. Volunteers receive a delicious 2-course lunch and volunteer drivers also receive a mileage allowance. Please contact us if you would like to get involved.

## 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.

## 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)**. 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.

This is a transitional time of year for vegetables & fruit, with some of the winter veg no longer available and the main growing season only just getting going. However some **delicious new season produce** is now available, including rhubarb, spinach and spring greens.

**Produce available this month includes:** beetroot, cabbage (green, red or white), leeks, potatoes, purple sprouting broccoli, rhubarb, spinach, spring greens, 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.

A **range of gardening tools** and equipment is available, including hand tools, a rotovator, strimmers and mowers. We also have a good selection of **DIY tools, catering & food processing** equipment and much more. If you're planning some **spring cleaning**, do remember to put your name on the waiting list for our industrial carpet cleaner.

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](http://timebankplus.co.uk/wp/?page_id=586)

## 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.

## Free Theatre tickets

We have been offered free theatre tickets for a **production of 'Grease' this month** by Bath Theatre School. These shows are suitable for all ages and will take place at Kingswood Theatre, Bath on **10<sup>th</sup> & 11<sup>th</sup> April**.

Anyone interested in tickets needs to forward the following information to [totickets@baththeatreschool.com](mailto:totickets@baththeatreschool.com) by Sun 7<sup>th</sup> April:

1. Preferred performance
  - a. Weds 10<sup>th</sup> April at 7pm (best availability)
  - b. Thurs 11<sup>th</sup> April at 7pm
2. The number of tickets required
3. The full name for the reservation and email (tickets can only be emailed)
4. Any special requests e.g. aisle seat
5. That you are associated with Time Bank Plus

You will receive an email confirming the reservation and tickets will be attached.

### 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: Mental Health Awareness for Sport & Physical Activity; Peer Mentoring; Managing Challenging Situations; Safeguarding training; Introduction to Equality & Inclusion. Please follow this link for further details: [www.wellbeingcollegebanes.co.uk/Volunteers](http://www.wellbeingcollegebanes.co.uk/Volunteers)

**Best wishes from all of us at Time Bank Plus**

[Email us here to unsubscribe](#)

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