

Greetings from Time Bank Plus

You are warmly invited to our Xmas Social on Monday 10th December from 2 – 4pm. It will take place at Quebec Community Room, Dominion Road, Twerton, BA2 1DJ, just behind the Time Bank office.

We are delighted to have this opportunity to welcome everyone involved or interested in the Time Bank and to thank all our wonderful volunteers. Please join us.

This is a chance to:

- * meet other Time Bank members
- * tuck in to hot soup, mince pies and other seasonal goodies
- * be entertained by members of our Guitar Group
- * make an Xmas wreath
- * play a few silly games (if you like)

‘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 also **urgently looking for more volunteers to help with the lunch club**, including drivers to take people to and from the venue. We would love to hear from you if interested, even if you can only help out once in a while. Volunteers receive a free lunch, together with mileage for petrol and of course time credits.

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 B&NES.

At this time of year, our **portable heater** or 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. If you are having a party or entertaining guests, you may like to borrow our **chocolate fountain, food processor, urn** – or even a **donkey outfit!** Or perhaps our **pet carrier, sleeping bags** or **sleeping mat** may come in useful if you are going away for Xmas.

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

Art Group

The Time Bank Art Group is a small, friendly group which meets on **Thursday mornings** from 11am – 1pm in Twerton and produces some great artwork. We are **currently looking for an assistant leader for the group**. Please let us know if you may be interested.

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.

Produce available this month includes: beetroot, broccoli, brussels sprouts, cabbage (green, red or white), carrots, cauliflower, celeriac, chard, kale, leeks, onions, parsnips, potatoes, spinach, squash, swede and more.

We are also offering **Xmas Hampers** at the cost of £17, which will be available on Wednesday **19th December**. These will include all the traditional seasonal vegetables together with some organic fruit, nuts and other festive goodies. Let us know if you would like to make an order.

Festive crafts

'Start the Week' crafts group still have 1 or 2 places available for these sessions, which take place on Monday mornings from 10.30 – 12.30. **Card making** will take place on Monday **3rd December** at the Time Bank office. **Cosmetics making** is on Monday **17th December** and will be based at Rose Cottage. Please let us know if you are interested.

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.

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. We are currently **able to take gardening referrals**, so please let us know if you are in need of help with your garden. Time Bank members who have already earned time credits are given priority.

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.

Job Opportunity

Bathscape are currently advertising for **apart-time (0.6FTE) Volunteer Co-ordinator & Support Officer**. "Join Bathscape at the beginning of a five year programme of events and activities aimed at reconnecting people to the countryside around Bath." Salary: M grade (£23,111 – £25,463 pro rata). Closing date 17th December. Interview date 8th January. For further details follow this link:<https://www.environmentjob.co.uk/jobs/70796-landscape-partnership-bathscape-volunteer-co-ordinator-and-support-officer>

Free Training Opportunities

Volunteer Network Banes are co-ordinating 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: First Aid for Older People; Managing Challenging Situations; Mental Health First Aid; Core Training for Volunteers working with Vulnerable People; 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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