

Happy New Year from Time Bank Plus

The start of a new year is a great time to improve your fitness, take up a new activity, or get involved with your local community. We have several new groups and activities starting up (or restarting) this month, so please do read on to find out more...

Feelgood Walks – Sensory Walks – Nature Walks

Feelgood Walks are a great opportunity to get some **gentle exercise**, meet others and enhance your fitness. The walks will be starting again this month as from Tues 7th January. They are short, easy walks of up to an hour, which take place on **Tuesdays from 2 – 3pm**. The **starting point** in January & February will be the **Time Bank office** on Twerton High St.

We are delighted to let you know that as a result of your feedback, we have decided to organise regular **Sensory Walks and Nature Walks** as part of this programme. On **Tuesday 14th January**, Richard White from Bath Spa University will be leading a Sensory Walk and on **Tuesday 28th January** Rowan & Viv will be leading a Nature Walk, with plant and tree ID. All walks will set off at 2pm prompt from the Time Bank office. Everyone is welcome on all walks so please join us and bring along your friends and family.

Food & Fitness

'Food & Fitness' is a project for anyone who wants to **improve their diet & cookery skills** and/or to **get more exercise**. We use fresh, seasonal vegetables from the Food Co-op to **cook and eat** simple but delicious, vegetable-based meals together. After lunch, participants have the opportunity to join a **short walk** in the local area.

This project is taking place on **alternate Wednesdays, starting at 12.15**. The next session will be on **8th January**. Places are limited, so please get in touch if you would like to take part.

Photography

The photography group meets on **Mondays from 1 – 3pm in Twerton**. In addition to still photography, the group is planning to explore using a GoPro to capture life in the faster lane. You can see some of their earlier photos

here: <https://www.flickr.com/photos/183114756@N04/with/48437763111/>

Please get in touch if you would like to join the group.

Sewing group

The Time Bank Sewing Group currently has space for new people to come along. This is an opportunity to get expert advice and help from a retired seamstress, who will assist you with your sewing project and use of a sewing machine. The group will be meeting every fortnight on **Tuesdays from 5pm – 7pm**. Please contact us for further info.

Creative Writing

Our recent member's survey indicated a good deal of interest in creative writing and we have been discussing the possibility of **setting up an online group**. We have some

experienced members who are willing to help lead the group, so please let us know if you'd like **further info** about this.

'Climate' Café

People in Bath who are **concerned about climate change** and biodiversity loss have been meeting every week in different areas of Bath to chat over **coffee & cake** and share information and ideas for how we can best respond to the climate and ecological crisis.

Time Bank Plus will be hosting the 'café' sessions once a month in January, February and March and **welcome** anyone who would like to come along. The first session will be on **Monday 13th January** from **11.30am – 1.30pm**.

IT assistance

One of our members is offering basic IT help for Time Bank members who need **advice or help using their mobile phone, tablet or laptop**. This generally takes place at the Time Bank office on **Monday mornings** between 11 & 1pm, but you need to ring beforehand to book an appointment.

Monday Morning Litter Picks

You are invited to join our volunteer Litter Picker on Monday mornings to help keep the Twerton area clean and tidy. Litter picks are on Mondays from 10am – 12pm, meeting at the Time Bank office.

Borrow It

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

If your house is feeling cold or your heating breaks down, our **electric fan heater** may come in handy, or if you are suffering from damp you may want to trial our **dehumidifier**. We also have a good selection of **DIY tools**, catering & **food processing equipment**, **household appliances** and much more.

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

Sustainable Gardening Service

The TB+ gardening team is a small, friendly group which helps local people in need of assistance with their gardens. This project takes place on **Tuesday mornings from 10 am to 1pm**.

New members are very welcome. 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.

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, Brussel sprouts, caballo nero, cabbage (January King, savoy, red or white), carrots, cauliflower, celeriac, curly kale, leeks, lettuce, onions, parsley, parsnips, potatoes, purple sprouting, swede, squash & more. Let us know if you would like to make an order.

Guitar group

Tutored guitar sessions will be held fortnightly on **Friday mornings** in Twerton, starting on **10th January**, with the opportunity for practise sessions on alternate weeks. Space is limited and it is necessary to sign up to this course through the Wellbeing College. Here is a link to their website:<https://www.wellbeingcollegebanes.co.uk/Calendar>

Pottery

Here is some advance notice of a pottery course, which will take place on Monday mornings in Twerton, starting on 3rd February. This is a series of 4 sessions, led by Sonja our wonderful pottery tutor. This course is sponsored by the Wellbeing College and you will need to sign up through their website:<https://www.wellbeingcollegebanes.co.uk/Calendar>

'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.

Art Group

The popular Time Bank Art Group will be starting up again this month, as from Thursday 9th January. Time Bank volunteer, Liz, is an accomplished artist with loads of experience in running groups and she has kindly offered to lead weekly sessions for us. This group is already full up, however please let us know if you'd like to come along and we will add you to the waiting list.

DIY help needed

We are looking for someone who could help with putting up one or two additional shelves to house our Borrow It collection of useful things. We will aim to use second hand shelving materials (eg strong, long timber planking & sturdy supports). Please get in touch if you can help with either sourcing materials or putting up the shelves.

We would also love to hear from anyone with good practical skills who could help with maintenance and small repairs to Borrow it items.

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 & Wellbeing; Safeguarding Adults & Children; Introduction to Equality & Inclusion; Mentoring skills; Healthy Conversation skills. 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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