

## Greetings from Time Bank Plus

**A healthy lifestyle is the theme of two new projects we are starting this month (as well as many of the other ongoing groups and activities we offer). Please read on for details of the opportunities we are offering, especially if you would like any of the following:**

- **get more fresh air & exercise**
- **improve your diet**
- **volunteer in your local community**
- **meet new people**
- **learn or improve your skills & creativity**
- **feel more confident**
- **enhance your health & wellbeing**
- **save money & reduce waste**

### Food & Fitness

If somebody tells you, “There’s no such thing as a free lunch”, this is your chance to prove them wrong! ‘Food & Fitness’ is a new project for anyone who wants to **improve their diet & cookery skills** and/or to **get more exercise**. We will be using fresh, seasonal vegetables from the Food Co-op to **cook and eat** simple, healthy, vegetable-based meals together like soups, stews, stir fries or curries. After lunch, participants will have the opportunity to **join a short walk** in the local area.

This project will take place on **alternate Wednesdays, starting on 5<sup>th</sup> June**. Cookery will begin at **12.00 midday** and the walk will start at 2.30pm. Places are limited, so please let us know as soon as possible if you would like to take part.

### Feelgood Walks

‘Feelgood Walks’ are ideal for people of all ages and abilities, who would like to get some gentle exercise, meet others and enhance their fitness. These will be **short, easy walks** of about an hour and will take place on **Tuesdays from 2 – 3pm**, as from **Tuesday 11<sup>th</sup> June**.

The **starting point** for the first few walks will be the Time Bank office (86 High Street, Twerton, BA2 1DE), but please note that the starting point will be varied, over the coming months, in order to provide a wider choice of walks and cater for people living in different parts of SW Bath.

Please let us know if you would like to come along. We would also love to hear from anyone interested in **volunteering to lead or assist** with the walks, we will provide appropriate training.

### Avondown Crafts

We have been working with a group of **elderly residents** at Avondown Extra Care Housing to **make simple crafts** items for shoeboxes, which are given to people living in poverty. This is a really innovative project which enables people who are mostly in a dependant role to **feel useful and able to help others**. We are looking for more people to join our **volunteer team** which assists the elderly residents, many of whom are affected by arthritis or may have mild dementia. Please get in touch if you are interested.

### **‘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 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. Please email for further details or ring us on 01225 442813.

### **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:** broad beans, broccoli, cauliflower, chard, leeks, lettuce, peas, potatoes, rhubarb, spinach, spring cabbage, spring onions & more. Let us know if you would like to make an order.

### **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.

## Food Growing on the Allotment

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.

## 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.

A **range of gardening tools** and equipment is available, including hand tools, strimmers, a rotovator, a hedge trimmer and mowers. We also have a good selection of **DIY tools, catering & food processing** equipment 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](http://timebankplus.co.uk/wp/?page_id=586)

## 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: Peer Mentoring; Mental Health Awareness; Introduction to Equality & Inclusion; Safeguarding Adults & Children. Please follow this link for further details: [www.wellbeingcollegebanes.co.uk/Volunteers](http://www.wellbeingcollegebanes.co.uk/Volunteers)

## Help one of our volunteers to move house

One of our volunteers has set up a crowdfunding page, to help him move out of a homeless hostel into rented accommodation.

**MailScanner has detected definite fraud in the website at "www.gofundme.com". Do not trust this website:** [https://www.gofundme.com/moving-out-for-my-mental-and-physical-well-being?utm\\_medium=email&utm\\_source=customer&utm\\_campaign=p\\_na+share-sheet&pc\\_code=em\\_db\\_co2876\\_v1&rcid=bf4e1d0b811c46e68e9d639c3d0dfd60](https://www.gofundme.com/moving-out-for-my-mental-and-physical-well-being?utm_medium=email&utm_source=customer&utm_campaign=p_na+share-sheet&pc_code=em_db_co2876_v1&rcid=bf4e1d0b811c46e68e9d639c3d0dfd60)

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

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