

Greetings from Time Bank Plus

This month sees the start of several new activities, so do read on to take a look at the great opportunities we are offering. All our groups and activities are free of charge to Time Bank members.

Healthy Living

'Healthy Living' is the perfect 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 stews, stir fries, curries or soups. 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 5th 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 also ideal for people who would like to get some gentle exercise, meet others and enhance their fitness. These will be **short, easy walks** of around 45 minutes to an hour and will take place on **Tuesdays** in the Twerton and Whiteway areas, starting next month.

Volunteers assisting with the walks will be offered **full training** by an experienced walk leader. The first training course will be on **Thursday 16th May**, starting at 2pm, so please get in touch **as soon as possible** if you are interested in attending.

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.

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.

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.

The new growing season is now well underway and we are getting some lovely fresh produce including broccoli, spinach, rhubarb, lettuce & cauliflower. It won't be too long now till the broad beans and peas are ready...

The full list of produce available this month includes: broccoli, cabbage (green, red or white), cauliflower, chard, leeks, potatoes, rhubarb, spinach, spring greens, spring onions & 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.

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

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: Everyday First Aid; Mental Health Awareness; Peer Mentoring; Healthy Conversation Skills; Introduction to Equality & Inclusion; Managing Challenging Situations. Please follow this link for further details: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".](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)

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Best wishes from all of us at Time Bank Plus

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