

Greetings from Time Bank Plus

Don't forget - our SUMMER SOCIAL takes place next week – on Tuesday 13th August, from 1.30 – 3.30pm, with the AGM following on from 3.30 – 4pm. It looks to be a fabulous afternoon, with free cream teas (plus other goodies suitable for different dietary needs), a great ukulele band, Marlene's amazing poems, games, children's activities, a cake sale and more.

The social is our opportunity to say a big **THANK YOU** to our members and wonderful volunteers who work so hard to make our projects possible. It will take place at **Quebec Community Room**, Dominion Rd, Twerton, BA2 1DJ, which is just behind the Time Bank office. We really hope you can come along.

Offers of help on the day would be much **appreciated** and contributions of home-made cake for the sale are also very welcome. Takings will be used to buy plants for Hanna Close Community Garden.

We hope you will stay on for the **AGM**, which **will start at 3.30pm**. It's a chance to hear about our work, elect the Management Committee and approve our accounts.

Photography

The photography group is a new project run by one of our members. Weekly sessions will take place in Twerton on **Mondays from 1 – 3pm**, starting on Monday 12th August. The group plans to set up a bank of photos featuring different Time Bank projects. Working mostly in black and white, they are starting with some photos of litter picking in the local area:

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

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

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 are short, easy walks of up to an hour, which take place on **Tuesdays from 2 – 3pm**. You are welcome to bring along (well behaved) dogs or children.

The **starting point** this month and next month is the carpark of St Michael's Surgery, Walwyn Close, Twerton, BA2 1ER. Please let us know if you would like to join us. We would also love to hear from anyone interested in **volunteering to lead or assist** with the walks, we will provide appropriate training.

Please note that there will be no walks on Tuesday 13th August and Tuesday 10th September.

'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 rattle. 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.

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, broad beans, broccoli, carrots, cauliflower, chard, courgettes, cucumber, fennel, French beans, kale, lettuce, marrows, onions, parsley, peas, potatoes, radishes, spinach, spring cabbage, spring onions & more. Tomatoes should also be available soon. 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

Our allotment at Bath City Farm would really benefit from someone able to **come and do a little weeding** and general maintenance **once a week**. You would be welcome to a share of the produce. Please let us know if this is of interest.

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. If you are going away this summer, you may be interested in our **camping equipment**, which includes tents, blow up mattresses, sleeping bags & camping stoves. 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

Avon Down Crafts

We are working with a group of **elderly residents** at Avon Down 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.

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 would be interested to hear from anyone who may be able to help with leading the group and teaching simple guitar techniques. The group meets on Thursday afternoons in Twerton. Please get in touch if this may be of interest.

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, healthy, 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**. Places are limited, so please get in touch if you would like to take part.

IT assistance

We are looking for a Time Bank member with good IT skills who would be interested in assisting and advising other Time Bank members who need help with their mobiles, tablets or computers. Please let us know if you can help.

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; Safeguarding Adults & Children; Suicide Awareness; Everyday First Aid; Managing Challenging Situations. 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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