

Greetings from Time Bank Plus

As ever, we are offering plenty of opportunities for you to get active and involved this month. Everything we offer is free of charge, unless otherwise stated. If you don't see what you're looking for below, then please do get in touch with suggestions or requests for other groups, activities, courses, exchanges or events. We need your input to help make things happen.

'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).

We are also **looking for more volunteers** to help with the lunch club, **including drivers** to take people to and from the venue. Volunteers receive a free lunch, together with mileage for petrol and of course time credits. Please contact us if you would like to get involved.

Knitting & crochet

We are looking for 1 or more people who would be interested in helping to run a new knitting course for beginners. We would be running a series of 6 sessions and showing people how to make items using simple knitting and/or crochet techniques. We have a number of people interested in learning but need a leader or assistants to help teach people the techniques. All expenses will be paid. More learners are also welcome to get in touch if they'd like to come along.

New Exercise Class

One of our members, who is a qualified fitness instructor, is offering to run an exercise class which aims to build up body strength and muscle mass, using low impact body weight exercises. The aim is to help reduce stress on joints whilst also delivering an aerobic, calorie-burning workout. These sessions are suitable for all fitness levels including anyone experiencing mobility issues or recovering from injury. Please let us know if you're 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.

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, cabbage (green, red or white), carrots, cauliflower, celeriac, kale, leeks, parsnips, potatoes, purple sprouting broccoli, swede and 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.

At this time of year, our **portable heater** and 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. We're afraid the **chocolate fountain** has already been booked out for a Valentine's bash. But it's still available at other times. The **carpet cleaner** may come in handy if you're making plans for some early spring cleaning. We even have an electric **floor polisher** available for any keen home maintenance people.

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

Walking group

Walking is a great way to build up your health and fitness, get some fresh air and meet new people. **Wednesday afternoon walks** are gentle walks for health 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. If possible please let us know you're coming, but it's also fine to just turn up.

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. Gardening is a great way to keep fit & improve your health & wellbeing and volunteers receive **full training and support**. This is a quiet time of year for the Gardening Team and we may not be going out every week.

However we are still **able to take gardening referrals**, so please let us know if you are in need of help with your garden.

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.

Tree Planting Day

We've been asked to let people know about a Community Tree Planting day at **Innox Park**, Twerton, on **Saturday 16th February**, starting at 11am. This is a family-friendly event to plant trees which will help encourage wildlife, absorb pollution and benefit people in and around Twerton for many generations to come. All welcome.

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; Lone Working; Introduction to Equality & Inclusion; Safeguarding Training - Adults & Children. 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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