

Greetings from Time Bank Plus

Here's our latest programme of groups, activities and opportunities to take part in this summer. As ever, there's loads going on at the Time Bank, whether you are looking to volunteer your time, join a group or learn a new skill. If you don't see what you're looking for here, just get in touch – we just might be able to make it happen.

Summer Social & AGM

Our summer social is an opportunity to say a big **THANK YOU** to all our members and wonderful volunteers who work so hard to make all our projects possible. We will be holding the social at **Quebec Community Room**, Dominion Rd, Twerton, BA2 1DJ, just behind the Time Bank office, and it will take place from **2 – 4pm on Tuesday 13th August**, so please put this date in your diaries. Cream teas will be provided and we hope to offer children's activities, music and other entertainment.

We will also hold a **cake sale**, to fundraise for plants for the Hanna Close Community Garden. We would be very grateful for any contributions of home-made cakes to be sold.

The **AGM will start at 3.30pm** and is a chance to hear about our work, elect the Management Committee and approve our accounts.

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 about 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 is the **Time Bank office**, 86 High Street, Twerton, BA2 1DE. 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.

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**. The next session is 3rd July, when we will be making Salade Nicoise, with locally grown beans, cucumber, spring onions, lettuce & new potatoes. Places are limited, so please get in touch if you would like to take part.

'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 are also **looking for volunteer drivers** to take people to and from the lunch club. Volunteers receive a free lunch, together with a generous mileage allowance.

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, courgettes, cucumber, fennel, lettuce, new potatoes, onions, parsley, peas, radishes, 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

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 planning to go 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

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.

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.

Photography

One of our members is offering to **start a photography group** for anyone who would like to learn or develop their photographic skills. If this is of interest to you please contact us for further details.

Litter Picking

Would anyone like to join a small group of community-minded volunteers going out on Monday mornings to do litter picking in the local area? Your efforts would be much appreciated – please get in touch for 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; Safeguarding Adults & Children. Please follow this link for further details: www.wellbeingcollegebanes.co.uk/Volunteers

Best wishes from all of us at Time Bank Plus [Email us here to unsubscribe](#)

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