

Greetings from Time Bank Plus

With Spring is on its way, now is the perfect time to prepare the garden for another season of growth. Our gardening team will be meeting up again on **Wednesday mornings** this month and we will also be planting up our allotment at **Bath City Farm** on **Tuesday afternoons**. Both groups are keen to hear from anyone who would like to come along. We have also been busy planning a number of new groups and activities – please read on for further details.

Creative Pottery for All

Following the popularity of our previous pottery courses, we have agreed to run another series of **4 free pottery sessions**. These will take place on **Monday mornings**, starting in May, based in Twerton. As the Wellbeing College is sponsoring this course, you will need to book a place through their website: <http://www.wellbeingcollegebanes.co.uk/Calendar> or by ringing them on 01225 831820. Space on this course is limited, so do remember to book early.

Simple Knitting & Crochet

This 6-week course is also supported by the Wellbeing College and will run on **Tuesday mornings** in Twerton, starting in May. This activity is **suitable for beginners** or people who would like to improve their knitting skills. You will learn the basic stitches, how to follow a pattern and make simple items. Basic materials are provided, but if you have a bigger project in mind you will need to bring your own yarn. You can book a place on the course through this link: <http://www.wellbeingcollegebanes.co.uk/Calendar> or by ringing Wellbeing College on 01225 831820.

Low Impact Exercise for Strength & Fitness

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.

Walking groups

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 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.

We are also in the process of planning some extra gentle '**Health Walks**', which will be based around the GP surgeries in Twerton and Whiteway. These will be short walks of around 45 minutes to an hour, **suitable for people with a variety of health issues** or those who haven't done much walking before, who want to get some exercise and start

building up their fitness. We would also love to hear from **anyone interested in volunteering** to assist with these walks. **Full training** will be provided.

‘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 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.

Gardening Team

The TB+ gardening team is up and running again this month and welcomes anyone interested in joining. It's 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**. We are also **able to take gardening referrals**, so please let us know if you are in need of gardening assistance.

Food Growing on the Allotment

We will be busy preparing our allotment for the new season and welcome anyone who would like to come along. The Food Growing group will meet 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 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.

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.

At this time of year there is less variety of fresh produce available, as the cold weather (and particularly frost) takes its toll. However a few items, such as purple sprouting broccoli are at their peak, and it won't be long before the first spring rhubarb begins to come through.

Produce available this month includes: beetroot, cabbage (green, red or white), carrots, 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.

A **range of gardening tools** and equipment is available, including hand tools, a rotovator, strimmers and mowers. On the other hand if it's cold and wet, our **portable heater** or our **dehumidifier** may be of use to you. If you're planning some spring cleaning, do remember to put your name on the waiting list for our industrial **carpet cleaner**.

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

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.

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.

Cardio Drumming

We have been asked to let you know about these free fun sessions, suitable for all the family. They are taking place on **Saturday mornings in Mulberry Park** on 9th & 30th March & 6th April. For further info, ring Paul on 07932 448627.

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: Dementia Awareness; Mental Health Awareness for Sport & Physical Activity; 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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Time Bank Plus
86 High Street
Twerton
Bath
BA2 1DE

tel. 01225 442813
timebankplus@googlemail.com
www.timebankplus.co.uk

Company Number: 06716502
Charity Number: 1147665