

Greetings from Time Bank Plus

It may be hard to believe as yet, but Spring is on its way and we welcome anyone who would like to join us preparing our allotment for the new growing season or giving local people a helping hand with their gardens. Our Feelgood walks are also an excellent opportunity to get some fresh air and exercise, meet others and simply ... feel good!... so please do come and join us. If you don't feel like venturing outside there are also plenty of opportunities to join indoor activities like cookery, sewing or photography.

Food Co-op

If you watch Countryfile on the BBC, you might have noticed footage of our Food Co-op on the recent programme on 1st March.

Southside Food Co-op was set up in 2001 and is still going strong! The 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, caballo nero, cabbage (January King, savoy, red or white), carrots, cauliflower, celeriac, curly kale, leeks, onions, parsnips, potatoes, purple sprouting broccoli, swede, squash & more. Let us know if you would like to make an order.

'Out to Lunch'

Our **Wednesday lunch club** was also featured on Countryfile. Based in Twerton, the club currently has space for more members. It 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.

Borrow It

The 'Borrow It' Library of Things is open on **Mondays & Wednesdays from 10 – 4** and on **Tuesdays 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.

Our range of tools and equipment is growing all the time – you can check out our catalogue on this link http://timebankplus.co.uk/wp/?page_id=586 to see what's available - and thanks to help from a wonderful Time Bank volunteer, we now have some additional storage shelving.

We are currently **looking for donations** of the following tools and equipment and would be very grateful to anyone able to offer or lend one to us:

Dehumidifier, Electric strimmer, Hair clippers, Jig saw, Karaoke machine, Projector, Soldering iron, Steam cleaner, Work bench

Please bring some **ID and proof of address** if you'd like to borrow something for the first time.

Feelgood Walks

Feelgood Walks are a great opportunity to get some **gentle exercise**, meet others and enhance your fitness. They are short, easy walks of up to an hour, which take place on **Tuesdays from 2 – 3pm**. The **starting point** this month will be the **Time Bank office** on Twerton High St.

The walks programme this month includes **Nature Walks** with tree & plant ID on **10th March** and **24th March**. Please note the next Sensory Walk will be on 7th April. Everyone is welcome on all walks so please do join us and bring along your friends and family.

Sustainable Gardening & Food Growing

The TB+ gardening team is a small, friendly group which helps local people in need of assistance with their gardens. This project takes place on **Tuesday mornings from 10 am to 1pm**.

We will also be doing some work on our allotment at Bath City Farm, preparing for the coming season and sharing tips on the best ways to grow vegetables.

New members are very welcome. 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 & 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 but delicious, 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**. Sessions this month will take place on **4th March & 18th March**. Places are limited, so please get in touch if you would like to take part.

Climate Café

People in Bath who are concerned about **environmental issues**, climate change and biodiversity loss have been meeting every week in different areas of Bath to chat over **coffee & cake**. It's an opportunity to share information, ideas and concerns about what's happening in our local areas as well as more widely in Bath, UK and planet Earth.

Time Bank Plus is currently hosting the 'café' sessions once a month on the **second Monday** of the month, and **welcome** anyone who would like to come along. The next session will be on **Monday 9th March** from **11.30am – 1.30pm**.

Monday Morning Litter Picks

You are invited to join our volunteer Litter Picker on Monday mornings to help keep the Twerton area clean and tidy. Litter picks are on Mondays from 10am – 12pm, meeting at the Time Bank office. If possible, please ring before you come along.

Photography

The photography group meets on **Mondays from 1 – 3pm in Twerton**. Members of the group discuss and share photos they have taken, explore different techniques and arrange local photography outings.

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

Sewing & upcycling group

Looking for some help with making, altering or upcycling an item of clothing? The Time Bank Sewing Group currently has space for new people to come along. This is an opportunity to learn basic sewing techniques and use of a sewing machine and get advice and help with your sewing project. This small, friendly group meets every fortnight on **Tuesdays from 5pm – 7pm**. Please contact us for further info.

Art Group

The art group is flourishing under the expert guidance of Liz, our wonderful new volunteer leader. She has made this a really **exciting and creative space**. This group is already full up, however please let us know if you'd like to come along and we will add you to the waiting list.

Creative Writing

We have been discussing the possibility of setting up an **online creative writing group**. We have some experienced members who are willing to help lead the group, so please let us know if you'd like **further info** about this.

IT assistance

One of our members is offering basic IT help for Time Bank members who need **advice or help using their mobile phone, tablet or laptop**. This generally takes place at the Time Bank office on **Monday mornings** between 11 & 1pm - you need to ring beforehand to book an appointment.

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.

Home needed for roof box

Borrow It recently received a donation of a roof box. It's a bit too large to store in our office so we'd like to offer it to someone living in SW Bath who has space to store it and is willing to act as an occasional collection point for anyone wishing to borrow it. They would of course be very welcome to use it when it's not being lent out.

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: Mental Health & Wellbeing conversations; Managing Challenging Situations; Suicide Awareness; Safeguarding

Adults & Children; Everyday First Aid; Dementia Awareness. Please follow this link for further details:

www.wellbeingcollegebanes.co.uk/Volunteers

Bath Half Marathon

Time Bank member, Mike will be running the half marathon on 15th March and **raising money for the Time Bank**, which will go towards our gardening work in the local community.

If you are attending on the day, do look out for him and give him a cheer (he will be wearing a tee shirt with the TB+ logo). We'd also be really grateful if anyone would like to sponsor him – here's a link to his fundraising page.

<https://www.givey.com/bathhalfmarathon>

Best wishes from all of us at Time Bank Plus

[Email us here to unsubscribe](#)

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