

Greetings from Time Bank Plus

Did you know that Time Bank Plus is now 14 years old! We started in 2005, as a project managed by Envolve, an environmental charity based at Green Park station. In 2008 we became an independent charity in our own right. Now, with daily news of the climate crisis which is threatening us all, we feel drawn to increase our focus on environmental sustainability. We'd welcome suggestions for new projects we could help set up, or for any changes to make our existing activities even more environmentally friendly.

Board Games

Anyone for **Scrabble**? We are planning to start a new Board Games group, which will take place on **alternate Wednesdays between 5 & 7pm**. Please let us know if this would be of interest, together with any preferences for the kinds of games you would like to play.

Photography

The photography group will be re-starting on **Monday 28th October**. The group will meet every week in Twerton on **Mondays from 1 – 3pm** and plans to set up a bank of photos featuring different Time Bank projects. You can see some of their work [here:https://www.flickr.com/photos/183114756@N04/with/48437763111/](https://www.flickr.com/photos/183114756@N04/with/48437763111/)
Please get in touch if you would like to join the group.

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 11 – 1pm, starting on 28thOctober.

Knitting & Crochet

Following the very popular knitting & crochet course we held earlier this year, the Wellbeing College is sponsoring another 6-week programme. This course, which is suitable for beginners, will enable people to learn the basic stitches, follow a pattern and make simple items. Sessions will be held at our office in Twerton on alternate Wednesday afternoons, starting on 30thOctober. Places are limited and anyone interested needs to sign up via the Wellbeing College, by clicking on this link:<https://www.wellbeingcollegebanes.co.uk/index.php/Booking/index/7115>

Pottery

The Wellbeing College is sponsoring us to run another series of 4 Pottery Workshops on Monday mornings this autumn, led by wonderful, talented tutor Sonja. These courses get booked up almost immediately, so if you are interested click on the link below to book a place with the Wellbeing College. Please note that as space is very limited, it's important to let them know if you're unable to take up your place.

<https://www.wellbeingcollegebanes.co.uk/index.php/Booking/index/7130>

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.

Please note the **starting point** this month is now the **Beehive Surgery** on Mount Rd, Whiteway, Bath, BA2 1NH. You are welcome to just turn up on the day, but please let us know in advance if you have any particular needs (eg if you plan to bring a buggy or are unable to manage steps). If the weather is looking dodgy, please ring beforehand to check the walk is going ahead.

We would also love to hear from anyone interested in **volunteering to lead or assist** with the walks, we will provide appropriate training.

We'll be putting together a **walks programme**, to include more gentle and brisker walks, themed walks (eg local history or nature ID) and sensory walks. Please let us know if you'd like us to email this to you.

Borrow It

Opening times for the Borrow It 'Library of Things' have increased. It's now open on **Mondays from 10 – 4** and on **Tuesdays & Wednesdays from 10 – 7pm**. However, as we're such a small organisation it's best to ring before you come, just to make sure there'll be someone there. 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. We also have a good selection of **DIY tools**, catering & **food processing equipment**, **household appliances** 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

'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.

Sustainable Gardening Service

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

We have also changed the name of the project in order to reflect our emphasis on **encouraging wildlife-friendly gardening**. Whilst we are still happy to help keep gardens neat and well-maintained, we are also mindful of the need to work in harmony

with nature and to provide habitat for the insects, birds and plant-life on which our future depends.

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 Growing on the Allotment

We are delighted that several people have expressed an interest in helping to look after our lovely allotment at Bath City Farm and more volunteers are very welcome to join them. We aim to help co-ordinate a friendly group of veg growers, with regular work sessions to keep the allotment well maintained and productive. We can offer gardening tools and expert advice and you are welcome to a share of the produce.

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: apples, beetroot, broccoli, caballo nero, cabbage (hispi, savoy, red or white), carrots, cauliflower, curly kale, fine beans, leeks, lettuce, onions, parsley, parsnips, potatoes, swede, squash & more. Let us know if you would like to make an order.

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

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, but you need to ring beforehand to book an appointment.

Art Group

We are **currently looking for a new tutor** for the Time Bank Art Group. It's a small, friendly group which has been meeting on Thursday mornings in Twerton. If you have artistic skills and experience of leading a group or working with adult learners, we would love to hear from you.

Guitar group

The guitar group would like to hear from anyone who may be able to **help with leading the group** and teaching simple guitar techniques. The group has been meeting on

Thursday afternoons in Twerton. Please get in touch if this may be of interest.

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: Managing Challenging Situations; Mental Health & Wellbeing; Introduction to Equality & Inclusion; Social Enterprise. 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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