

## Greetings from Time Bank Plus

The days may be getting shorter and the weather may be getting colder but the best way to keep warm is to keep active and the best way to stay positive is to keep connected. Here are some suggestions to help beat those winter blues.

**Feelgood Dance** will get you **up on your toes** and **grooving to the beat**, whether you are a fitness fanatic or a couch potato who has never danced before! Sessions take place **on Mondays** from **1.30 – 2.30pm** at Bath City Football Club, Twerton (upstairs room). Please note that due to funding restrictions, the **last session** for this group will be on **19<sup>th</sup> November**. However if there is sufficient interest we will do what we can to try and keep this or a similar activity running, so do still let us know if you'd like to come along, either this time or in future.

### Walking Groups

Walking is a great way to keep fit and healthy, make new friends and enjoy the countryside at any time of year. Our friendly **countryside walking group** generally meets on the **first Sunday** of the month to go out in the lovely countryside surrounding Bath, and is in need of more members. These walks are generally **between 4 & 7 miles** long and take around 3 hours. Lifts are available on request, from our office in Twerton. Please let us know if you'd like to join us or sign up to receive information about the walks.

**Wednesday afternoon walks** are gentler 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. These walks are an excellent opportunity to help **build up your health & fitness**. If possible please let us know you're coming, but it's also fine to just turn up.

### Festive crafts

Starting in late November, the 'Start the Week' **Monday morning** crafts group will be holding 3 sessions offering seasonal crafts activities including card-making, wrapping paper & festive decorations and home-made cosmetics, which can make great presents. These sessions will take place in an **upstairs room at Bath City Football Club**. We will have a total of 8 places available for each session so please **book your places** soon if you'd like to come along.

### 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)**. This is still a great time of year for local produce, with a **wide variety of fresh vegetables currently available**. 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, cabbage (green, red or white), carrots, cauliflower, celeriac, chard, kale, leeks, lettuce, onions, parsnips,

potatoes, spinach, squash, 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. Alternatively, you may wish to borrow our **juicer** to make delicious juice from those windfall apples or our **dehydrator** to preserve apples, pears and other produce.

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](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.

### **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 and produced some fantastic artwork. Please contact us for further details if you are interested in joining.

### **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. No previous experience is needed – volunteers receive **full training and support**. We are currently **able to take gardening referrals**, so please let us know if you are in need of help with your garden. Time Bank members who have already earned time credits are given priority.

### **'Out to Lunch'**

Our **Wednesday lunch club**, based in Twerton, still has space for more members. A freshly cooked two-course lunch is provided and there are a number of activities such as quizzes, sing-along and raffle. The cost to members is £5 and this includes transport where needed (from the Twerton & Whiteway areas only).

### **Free 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.

### **Twerton Memories**

On **Saturday evening 10<sup>th</sup> November**, the Museum of Bath at Work will also be coming to Bath City Football Club to show slides of Twerton 100 years ago together with a silent film. Please contact the Football Club for further details.

### **Free Training Opportunities**

Volunteer Network Banes are co-ordinating 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 First Aid; Boundaries; Mental Health Self Advocacy. Please follow this link for further details: [www.wellbeingcollegebanes.co.uk/Volunteers](http://www.wellbeingcollegebanes.co.uk/Volunteers)

### **Thank You!**

Finally, we would like to say a HUGE THANK YOU to all those people who responded to our call out last month for **volunteer help**. We want to let you know that since our last newsletter we have been able to recruit: a **Volunteer Driver** for our Lunch Club, a **PAT Tester** for Borrow It, new volunteers for our **Gardening Team** and a Food Co-op **Book Keeper**. You folks are truly amazing!

**Best wishes from all of us at Time Bank Plus**

[Email us here to unsubscribe](#)

**PS** Look out for details of our **Xmas Social** next month – with **entertainment** from our very own **Guitar Group!**

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