

## Greetings from Time Bank Plus

With the nights drawing in and winter on its way, this is a great time to embark on a crafts project, pick up a crayon or paintbrush, get out your guitar or dust off your knitting needles and we can offer several opportunities that might help get you started on a new hobby. It's also really good for our health and wellbeing to continue to spend time outdoors, and our Feelgood Walks are a perfect opportunity to keep fit and meet others in a small, friendly group. See below for details of a special Sensory Walk on 12<sup>th</sup> November, led by Richard White from Bath Spa Uni.

### Xmas Social

Here is some advance notice of our **Xmas Social**, which will be on **Tuesday 10<sup>th</sup> December** at the Time Bank office, **starting at 2pm. YOU ARE ALL INVITED**, so please do put this in your diaries. It's a great opportunity to meet others, enjoy some festive food and drink (non alcoholic) and, if you like, play a couple of light hearted games. Please do join us for a fun, festive afternoon.

### Photography

The photography group meets on **Mondays from 1 – 3pm in Twerton**. In addition to still photography, the group is planning to explore using a GoPro to capture life in the faster lane. You can see some of their earlier photos

here: <https://www.flickr.com/photos/183114756@N04/with/48437763111/>

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

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

The **starting point** this month is 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 if advance if you have any particular needs (eg if you plan to bring a buggy or are unable to manage steps).

The walk on **12<sup>th</sup> November** will be a **Sensory Walk** led by Richard White from Bath Spa Uni. Richard will be guiding us to experience the walk in different ways, with the help of mindfulness techniques.

### 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.

With winter on its way, our **electric fan heater** may come in handy if your heating breaks down, or if you are suffering from damp, you may want to try out our **dehumidifier**. 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](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.

### **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 (January King, savoy, red or white), carrots, cauliflower, curly kale, 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 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**. Places are limited, so please get in touch if you would like to take part.

### **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.

### **Guitar group**

We are delighted that we will once again be hosting guitar sessions in Twerton, thanks to sponsorship from the Wellbeing College. Tutored sessions will be held fortnightly on **Friday mornings** in Twerton, starting in the New Year, with the opportunity for practise sessions on alternate weeks. Space is limited and it is necessary to sign up to this course through the Wellbeing College. Here is a link to their website: <https://www.wellbeingcollegebanes.co.uk/Calendar>

## 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 takes place on **Tuesday mornings from 10 am to 1pm.**

We have changed the name of the project in order to reflect our emphasis **onencouraging 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.

## 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.

## 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: Social Enterprise; Create your own Wellness Plan; Mental Health Awareness; Safeguarding Adults & Children; Introduction to Equality & Inclusion. Please follow this link for further details:

[www.wellbeingcollegebanes.co.uk/Volunteers](http://www.wellbeingcollegebanes.co.uk/Volunteers)

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

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