

Greetings from Time Bank Plus

Unbelievably, it's that time of year already! You are warmly invited to our Xmas Social on Tuesday 10th December, 2pm – 4pm at the Time Bank office on Twerton High St. We'll welcome you with festive food, warm, spicy fruit punch, good company and a few light hearted games. Please come and join us for a fun, festive afternoon or, if time is short, feel free to just pop in for a mince pie.

Thanks so much to those of you who have already completed the online survey we recently sent out. It's been very helpful to look at the responses we've received so far and we will use these to help us with planning for the coming year. So far, the suggestions which received the most interest are: computer help, foraging & herbal ID walks, creative writing, yoga, advice drop-in, art & crafts, French (or other language) conversation and reflexology. Once we have more responses, we will update you more fully. For anyone who missed it, here is a link to fill in the survey: **[MailScanner has detected definite fraud in the website at "forms.gle". Do not trust this website:https://forms.gle/6YTYrNJ95wrjYqww5](https://forms.gle/6YTYrNJ95wrjYqww5)**

Borrow It

The 'Borrow It' Library of Things is open on **Mondays & Wednesdays from 10 – 4** and on **Tuesdays from 10 – 7pm**. We have **abig 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 trial 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

'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. After Xmas, the club will re-start on Wednesday 8th January.

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: beetroot, broccoli, Brussel sprouts, caballo nero, cabbage (January King, savoy, red or white), carrots, cauliflower, celeriac, curly

kale, leeks, lettuce, onions, parsley, parsnips, potatoes, swede, squash & more. Let us know if you would like to make an order.

Pottery

The Wellbeing College is sponsoring us to co-ordinate another series of pottery sessions, which will take place on Monday mornings in February. These courses get filled up extremely fast, so if you'd like a place please book with the Wellbeing College as soon as the course is advertised. Here's a

link:<https://www.wellbeingcollegebanes.co.uk/Calendar>

Sewing group

The Time Bank Sewing Group currently has space for new people to come along. This is an opportunity to get expert advice and help from a retired seamstress, who will assist you with your sewing project and use of a sewing machine. The group will be meeting every fortnight on **Tuesdays from 5pm – 7pm**. Please contact us for further info.

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.

Guitar group

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 on **10th January**, 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**.

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.

Art Group

We are delighted to say that the Art Group will be starting up again in the New Year. Liz is an accomplished artist with loads of experience in running groups and she has kindly offered to lead weekly Art Group sessions for us. The group will be starting up again on Thursday 9th January and sessions will be from 11am – 1pm in Twerton. Please contact us if you'd like to come along.

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**.

We will be taking a break for most of December but the walks will be **starting again as from Tuesday 7th January**. The **starting point** in January & February will be the **Time Bank office** on Twerton High St.

Seven of us joined the Sensory Walk led by Richard White from Bath Spa Uni last month. We all really enjoyed using our senses to experience our surroundings more fully. Members of our Photography group made a short video of the walk – you can watch it here: <https://www.youtube.com/watch?v=BGDPxxftrws&feature=youtu.be>, And here is a short poem written by Richard, describing the sounds we noticed on the walk:

*Wind in the trees
leaves on the grass
child's voice
cars
seagulls
sirens
dog bell
birdsong
shout loud
a church organ on a Tuesday afternoon*

Richard will be leading another Sensory Walk on **Tuesday 14th January**, setting off at 2pm prompt from the Time Bank office. Please come and join us.

'Climate' Café

People in Bath who are **concerned about climate change** have been meeting every week in different areas of Bath to chat over **coffee & cake** and share information and ideas for how we can best respond to the climate and ecological crisis.

Time Bank Plus will be hosting the 'café' sessions once a month in January, February and March and **welcome** anyone who would like to come along. The first session will be on **Monday 13th January** from **11.30am – 1.30pm**.

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.

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.

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.

Cleaning help needed

We are looking for someone who is able to offer an hour or so once a fortnight to help clean the Time Bank office. Please let us know if this is something you may be able to help with.

DIY help needed

We are looking for someone who could help with putting up one or two additional shelves to house our Borrow It collection of useful things. We will aim to use second hand shelving materials (eg strong, long timber planking & sturdy supports). Please get in touch if you can help with either sourcing materials or putting up the shelves.

We would also love to hear from anyone with good practical skills who could help with maintenance and small repairs to Borrow it items.

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; Safeguarding Adults & Children; Introduction to Equality & Inclusion; Mentoring skills. Please follow this link for further details:

www.wellbeingcollegebanes.co.uk/Volunteers

Xmas Closure

Please note that the Time Bank office will be closed during the week beginning 23rdDecember and for at least part of the following week.

Best wishes from all of us at Time Bank Plus

[Email us here to unsubscribe](#)

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