

Welcome to Time Bank's January 2024 Newsletter

Firstly we'd like to wish a very Happy New Year to all our members. We hope you've had a good festive season and have managed to stay dry so far this New Year!

****Dates for your diary****

**** NEW activity - Guitar sessions** Thursdays 10:30-12 1st February**

We have found a very talented session leader, Nick, for our new group, Guitar Socials. The group will start on Thursday 1st February at 10:30am, at the Time Bank offices.

We're hoping this will be a fun, informal but informative session where there will be teaching, listening and learning about all things guitar.

Time Bank Plus has 3 guitars that will be available during these sessions, but if you have your own please do bring it with you.

To register for this group please email or call the office.

Feel Good Fridays Warm Space. Fridays 10am-2pm

We've secured some funding from National Grid to provide a warm space on a Friday running through December until the end of March.

FeelGood Fridays are held at the Time Bank offices Fridays in January through to the end of March. We'll be offering a warm comfortable space, with FeelGood activities such as knitting or board games, hot drinks and some delicious soup available for free to anyone who would like to come and join us.

We'll be offering monthly energy advice sessions in conjunction with the Centre for Sustainable Energy (CSE), plus free energy saving items such as LED lightbulbs.

Time Bank's Christmas meal and Drop in

Thank you to everyone who attended either the Christmas meal or the Drop in. We love getting to see everyone and to catch up on what you've all been up to.

Massive thanks to our members for all their help with food prep and cooking, serving and entertainment.

****Wanted** Headset with microphone.**

Do any of our wonderful members have a spare headset with a microphone that is looking for a new home? One of our members could really make use of it and if you had one you would be willing to donate that would be fabulous.

Time Bank Gardening Team

The TB+ Gardening Team go out each Tuesday morning from 10am to 12pm to help Time Bank members who are in need of gardening assistance. Training and supervision are provided by the Gardening Team Leader, Jennifer. The Gardening Team members work at their own pace alongside others, doing basic garden jobs. It's a great opportunity to learn new skills and meet other people whilst doing something useful and worthwhile in the local community.

FeelGood Walks Tuesday 12:30 – 1:30

The Feelgood Walks continue to grow in popularity. These walks are suitable for people of all levels of fitness and we will make sure that we go at a pace which is comfortable for you. The walks are a great opportunity to meet like-minded people whilst improving your fitness, health, and wellbeing

Time Bank Plus Book Library

Did you know that we also have a book library as well as the library of things? If you'd like to borrow a book from our library this is free to all members. Come in and have a browse.

Twerton Lunch Club Wednesdays 12-2pm

Our very friendly and welcoming lunch club meets every Wednesday from 12-2 in Quebec, Dominion Road. It's £6 for a 2 course meal. This month we've had gammon and eggs, chicken pie, roast lamb, a massive Christmas Lunch and plenty of delicious puddings like sticky toffee or strudel. There are also activities such as quizzes, games, singalongs and talks. If you'd like to come along for lunch, give the office a ring and we'll book you a place.

Creative Writing for Everyone Online Thursday 10:30-11:30

Our aim is for these sessions to be fun and to unleash our creative flow. Each week we do a short writing exercise during the session and then take a look at short stories or poems which members of the group have posted up during the week. Please email us for the Zoom link and the link to the Writing Forum.

Southside Food Co-op

The Food Co-op provides boxes of fresh, locally grown vegetables every other Wednesday and delivers them to homes in South and West Bath. This month produce includes: beetroot, cabbage, carrots, celeriac, kale, leeks, lettuce, potatoes, parsnips, purple sprouting broccoli, sprouts, squash and swede.

The veggies are grown mostly on the edge of Bath near Solsbury Hill. The price, for those people on a lowish income (below £18,000 pa for a single person, £25,000 for a couple or £30,000 for a family), is £5.50 for a medium box, £7 for a standard box or £9 for a large family box. For those who are better off, we charge £7 for a medium box, £9 for a standard box & £11 for a large family box. All these prices include the cost of delivery, or you can save £1 and collect your order from our office. We use any surplus raised to provide veggies to those in urgent need.

Please email; timebankplus@gmail.com if you'd like to order a veg box and please provide a phone number for us to contact you. We will need at least 2 days' notice. Payment needs to be in advance by bank transfer or direct debit.

Borrow It! Library of things.

What would you like to borrow? If you let us know of items that are handy as a one off or you could do with borrowing, we can certainly see if we can source that for our members.

The Borrow It Library of Things is open when the offices are. There is also a wide range of DIY tools, camping gear, sewing machines, a carpet cleaner, a gazebo, catering items and more. There is no charge for borrowing items, though donations are always welcome.

Click here for further info and our catalogue of things: http://timebankplus.co.uk/wp/?page_id=586

We want to hear from you! Do you have any pictures or news to share with us? We always love to see what our members have been up to during the activities. If you've got anything you'd like to share with us please do get in touch – you may end up in the next newsletter!

Below you'll find some more information on what we're offering, new activities and other suggestions that may be of interest to you.

Here's a reminder of what's on offer during the week:

Tuesdays

10am-12noon Time Bank Gardening Team
12:30pm – 1:30pm Feelgood walks
10am-4pm – Borrow It!

Wednesdays

10:00am – 12:00 noon Food Co-op (every other Wednesday)
12:00 – 2:00pm Lunch club
10am-4pm – Borrow It!

Thursdays

NEW 10:30- 12 Noon. Guitar Group *NEW*
10:30am -11:30am Online Creative Writing for Everyone
10am-2pm – Borrow It!

Fridays

10am-4pm – Borrow It!
NEW 10-2 FeelGood Fridays Warm Space *NEW*

For more information on all the activities we offer please head to <http://timebankplus.co.uk> or see below for more details.

What would you like to see?

Do you have an idea for a different kind of activity we could run?

If so, we would love to hear from you! If you have an idea about any activities or sessions that you would like to see Time Bank Plus offering give us a call, pop in or send us an email. We can then see about finding the right location and session leaders, and let all other TB+ members know.

Members' offers & requests

- Borrow It! We are on the hunt for an orbital sander. If you have one that you would be willing to loan to Borrow It! please do get in touch.
- We are looking for a volunteer to help clean the TB+ office once a fortnight for a couple of hours.
- Volunteers are wanted to join the TB+ Gardening Team and the Allotment Team.
- We are looking for some help with the Lunch Club during January and February to cover volunteer leave. If this is something you're interested in please contact the office.

Useful links and groups.

This is a selection of links, news and groups we think may be of help or interest to our members. If you see anything that you think would be useful to our members please let us know and we'll add it into the newsletter.

Community Theatre Group – starting 18th January 2024

Engage, Creative Twerton and award-winning Kilter theatre run a local theatre group in Twerton. With no previous theatre experience necessary, come and learn about devising and storytelling, play games and create characters. Just bring yourself!

Creative Twerton work with the local community and social history to develop confidence in existing skills. Open to all residents aged 18+ in Twerton, Whiteway and Southdown, and free to join. For more information please contact Tracey at engage@theatreroyal.org.uk or call

The Egg on 01225 823409:

<https://www.theatreroyal.org.uk/events/engage-community-theatre-group/>

Help with the cost of living

The Help For Households campaign toolkit brings together 40 different schemes to help with rising costs. The UK Government is helping households with the cost of living. Millions in the UK are entitled to Government help with the cost of living – from childcare costs to cost of living payments

- Families across the country are already receiving help with their bills. Join them and check what you could be entitled to at gov.uk/helpforhouseholds
- There are over forty schemes to help with the cost of living, from lower mobile network tariffs to help with your water bills. See what you could be eligible for. Visit gov.uk/helpforhouseholds

Energy Advice

If you would like advice on reducing your energy bills, keeping your home warm, maximising your income and benefits, and accessing grants and discounts please ring 0800 082 2234.

Community Wellbeing Hub

The Community Wellbeing Hub offers a range of support services such as mental health, housing advice, employment issues, accessing food, transport and medication as well as lifestyle services for help with stopping smoking, getting active or losing weight.

To contact the Hub: Phone: 0300 247 0050 Email: BATHNES.thehub@hrcrgcaregroup.com
Website: <http://communitywellbeinghub.co.uk>

Keeping in touch

We love having a chat. Ring us on 01225 442813 or email us at timebankplus@gmail.com You can also find us on Facebook at: <https://www.facebook.com/timebank.plus/> or pop in and say hello during our opening hours.

Thank you all for a busy, fun filled month. Do keep in touch and let us know what our lovely members are up to.

Best wishes and Happy New Year,
Time Bank Plus

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Time Bank Plus
86 High Street
Twerton
Bath
BA2 1DE

tel. 01225 442813
timebankplus@googlemail.com
www.timebankplus.co.uk

Company Number: 06716502
Charity Number: 1147665