



## Welcome to the Time Bank Plus January Newsletter

**Happy New Year!** We hope that 2025 will be a good year for you all. We also have some great plans and a couple of brand new projects for Time Bank Plus this year, beginning with a recruitment drive. Thanks to some successful fundraising, we are now able to offer employment for up to three days a week. Working at the Time Bank is a fantastic opportunity to help develop and take our projects forward, working in close collaboration with project participants and the local community.

We are looking for someone with excellent administrative skills, an understanding of community-based work, good people skills and a flexible and practical mindset. If this is of interest to you, or someone you know, we would love to hear from you. Please contact us for full details.

### **Community Sharing Space**

This year we are opening up the Time Bank centre to small groups of local people who would like to do an activity together. It could be sewing, card making, music, a book group, knitting, board games, or simply having a friendly chat over coffee and biscuits. Each group needs to have a named co-ordinator and everyone will need to register with the Time Bank. If you have a suggestion for a group, or a skill you'd like to share, please do get in touch and we'll try and help make it happen.

### **Afternoon Jazz Club** (our first new group for 2025)

This is a fantastic opportunity for people who would like to join a new jazz club, playing in the gypsy jazz swing style (like Django Reinhardt or Stephane Grappelli). You will need to play an instrument such as clarinet, sax, violin, double bass, flute or accordion and be able to play a simple melody by ear, aiming towards some improvisation. The group will be led by long-time Time Bank member and guitarist, Angie and will take place in Twerton on a weekday afternoon, to be arranged. Please get in touch if you are interested.

## **'Borrow It' Library of Things**

Our 'Borrow It' Library of Things offers a fantastic opportunity to access occasional-use items free of charge. This year we will be updating and expanding our stock of equipment in accordance with what people would most like to borrow. Please let us know your needs so that we can update our wish list accordingly. We already have a wide range of tools (eg drills & sanders), gardening equipment (including both hand tools and electrical tools), camping gear (eg tents & sleeping bags), crafts equipment (eg sewing machines), equipment for events (eg gazebo & urn), home maintenance items (eg carpet cleaner), catering equipment, musical instruments and more. You can view the full catalogue on our website at [www.timebankplus.co.uk](http://www.timebankplus.co.uk).

Everything has been donated by local people and can be borrowed free of charge. What better way to save money, reduce the need for storage space and help reduce waste? Borrow It is open whenever the Time Bank office is open. It may be best to ring us beforehand on 01225 442813 to make sure there will be someone available to help you.

***We are looking for one or two volunteers with good practical skills*** to help check the equipment and tools and perhaps make some small repairs where needed.

## **Twerton Lunch Club, Wednesdays 11.30am to 2.00pm**

Our very friendly and welcoming lunch club meets every Wednesday from 11.30am–2.00pm in Twerton. It costs just £6 for a freshly cooked, hot 2-course meal. We also have a varied programme of activities, including quizzes, games, musical entertainment, speakers, raffles and more. If you or someone you know might like to join us, just pop into the office, give us a ring on 01225 442813 or send an email to [timebankplus@gmail.com](mailto:timebankplus@gmail.com) - your first meal will be free of charge.

***We are urgently looking for a driver*** who can bring two of the less mobile members of the Lunch Club to the centre at 11.15am and take them home again around 1.45pm. There is a generous petrol allowance and you are welcome to stay for lunch if you like, at no cost. Please let us know if you may be able to help with this.

We would also love to hear from anyone who would like to help at the Lunch Club with kitchen tasks and other general assistance. A delicious lunch will be provided.

## **Bath Guitar Group, Thursdays 10:30am to 12.00noon**

The guitar sessions are a lot of fun, with a good size group and expert guidance from Nick, the tutor. The group is suitable for beginners as well as more experienced players and there are occasional opportunities to perform. Music is emailed to members via Dropbox, so that you have the opportunity to print it out and practise at home.

The Guitar Group meets in Twerton on Thursdays from 10:30-12pm. To register for this group please email [timebankplus@gmail.com](mailto:timebankplus@gmail.com) or call the office on 01225 442813.

### **Time Bank Gardening Team, Tuesdays 10.00am to 12.30pm**

The TB+ Gardening Team go out each Tuesday morning from 10.00 to 12.30 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.

We're always on the lookout for new members to join our gardening team, so if this is of interest to you please contact the office.

### **Time Bank Community Allotment & Garden**

Our allotment is a beautiful plot on Bath City Farm, where participants can grow fruit, veggies, herbs and flowers. It's a chance to get out in nature, connect with others, learn and share skills and enjoy some delicious home grown produce.

We also help to maintain a wildlife friendly community garden site just around the corner from the Time Bank. We would love to hear from anyone interested in helping to look after this little patch of land and keep it beautiful, productive and litter-free.

### **FeelGood Walks, Tuesdays 12:30 to 1:30pm**

FeelGood Walks are a great opportunity to get out in nature, explore our local green spaces, meet other people and get a bit fitter. 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. Well behaved dogs are welcome on the walks. We leave from the Time Bank office at 86 High St, Twerton at 12.30 prompt. Contact us for further info or just turn up and join us.

### **Creative Writing for Everyone, Thursdays 10:30 to 11:30am (online via Zoom)**

The Creative Writing Group is a small, friendly group of people who meet up online each week to practise and improve our creative writing skills. Some of us have never written before and others are more experienced. 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.

**As a Time Bank, we encourage our participants to offer their time & skills to others, as and when it's possible for them to do so.**

**Volunteers are currently needed for the following projects:**

- ❖ Driver urgently needed for the Lunch Club on Wednesday mornings, to take people to and from the Club. Petrol allowance and a hot meal are provided.
- ❖ Volunteer needed to help with kitchen tasks and other assistance at the Lunch Club on Wednesday mornings. Lunch is provided.
- ❖ Handyperson needed to put up shelves and do small repairs and other practical jobs at the Time Bank office and/or to help check and repair items in the Borrow It Library of Things.
- ❖ We are looking for people who would like to join our Management Committee. Some local knowledge or experience of community-based organisations would be ideal.
- ❖ Volunteer needed to help clean the Time Bank office once a fortnight.

### **Time Bank Opening Hours**

We are currently open to the public at the following times:

Tuesday 10am - 4pm

Wednesday 10am - 4pm

### **Keeping in touch**

Ring us on 01225 442813 or email us at [timebankplus@gmail.com](mailto:timebankplus@gmail.com). You can also find us on Facebook [here](#) or pop in to the office and say hello during our opening hours. We look forward to hearing from you.

Warm wishes from Time Bank Plus

--

Time Bank Plus  
86 High Street  
Twerton  
Bath  
BA2 1DE

tel. 01225 442813

[timebankplus@googlemail.com](mailto:timebankplus@googlemail.com)

[www.timebankplus.co.uk](http://www.timebankplus.co.uk)

Company Number: 06716502

Charity Number: 1147665