

Welcome to the Time Bank Plus March 2024 Newsletter

It's all change this month at Time Bank Plus! We are saying a sad goodbye (but not farewell) to Rosie, who will be going on Maternity Leave as from 1st April, but, happily for us, will be returning again 12 months later. We are also saying a sad goodbye to Sue, who is retiring after running the Lunch Club for almost 5 years. She will be sorely missed by the Lunch Club members, who have shared many a laugh with her.

Following Sue's departure, we are able to offer a fantastic opportunity for paid work with Time Bank Plus! We are looking for someone to co-ordinate the Lunch Club one day a week. They will be responsible for working with a small team of volunteers to provide a tasty 2-course cooked meal and to organise a programme of activities such as quizzes, games, singalongs and... over to you! It's a great opportunity to build up this project and make the Lunch Club a really special place for older people (and perhaps not-so-old) in the Twerton area. Please email us for further details.

Here's some more good news! We have appointed a great new staff member to replace Rosie. **Jen will be joining us as from 4th April.** She has a wealth of experience, working in the community with Somerset Wildlife Trust and Changes Bristol and we are very much looking forward to working with her. Jen's days of work at Time Bank Plus will be Mondays and Thursdays.

This month also sees some other changes. Our Feelgood Fridays Warm Space project will be finishing at the end of March, so please do make the most of this lovely social drop-in opportunity, before it's too late.

And here's a date for your diaries. On **Wednesday 27th March**, the Lunch Club will be holding a **Table-Top Sale and an Easter Lunch**. The cost of the lunch is just £6. This event is open to all Time Bank members but you will need to book your lunch place in advance, so that we can plan for numbers attending.

SOS! Volunteers urgently needed!

With all the changes and new work currently happening at the Time Bank, we are urgently in need of volunteers to help us to keep everything going. Here are some of our most pressing volunteering opportunities at this point in time:

- ❖ Volunteer Cook(s) needed for the Lunch Club. Join our small, friendly volunteer team. Some previous catering experience essential.

Food Hygiene training available if needed. Please contact us for details.

- ❖ IT expert needed to help us get our computers running properly. Coffee, cake and oodles of appreciation will be provided.
- ❖ Handyperson needed to do small practical jobs at the Time Bank office. Coffee, cake and appreciation, as above!

FeelGood Fridays Warm Space, Fridays 10.00 to 2.00

Our Warm Space on a Friday will run until the end of March.

FeelGood Fridays are held at the Time Bank office where we offer 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.

Energy Advice is also available, with money-saving tips and advice on energy saving. If you would like help with cutting the cost of your bills, please let us know and we will put you in touch with advisors from the Centre for Sustainable Energy who can offer help and specialist advice.

Twerton Lunch Club, Wednesdays 11.30 to 2.00

Our very friendly and welcoming lunch club meets every Wednesday from 11.30 – 2.00 in Twerton. It costs just £6 for a freshly cooked, hot 2-course meal. We also have loads of activities such as quizzes, games, singalongs, talks and much else. It's a lovely, friendly club with plenty of chat and laughter. If you know anyone who'd like to join us, just pop into the office, give us a ring on 01225 442813 or send an email to timebankplus@gmail.com and we'll book you a place.

We are also looking for volunteers to help out at the Lunch Club, in particular people who have cookery experience. You will join a friendly team and be very welcome and appreciated. Please get in touch for further details.

FeelGood Walks, Tuesdays 12:30 to 1:30

Hey, it's Spring! The wild garlic is out and the woods are starting to come alive. FeelGood Walks are a fantastic 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. We sometimes offer photography walks, look at places of historic interest or identify trees, plants and birdlife. 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.

Time Bank Community Allotment

The growing season is just beginning and if you would like to grow your own food, now is the time to get started. Time Bank Plus is the proud owner of an allotment based at Bath City Farm. Members of our allotment group work together to grow a range of fruit and vegetables of their choice. Members are welcome to keep a share of what is grown.

We currently have space for more members and we would welcome anyone who is interested in food growing. There is no set time to attend the allotment, so you are free to come and go as you please.

Please contact us for further details. If enough people are interested, we will arrange a time to meet together, view the allotment, and make plans.

Time Bank Guitar Group, Thursdays 10:30 to 12.00

The guitar sessions have got off to an amazing start, with a good size group and expert guidance from Nick, the tutor. The group, which is suitable for beginners as well as more experienced players, is already discussing a performance for the Lunch Club and is currently working on the song by Smokie 'Living Next Door to Alice.'

The Guitar Group currently meets at the Time Bank office on Thursdays from 10:30-12pm. To register for this group please email timebankplus@gmail.com or call the office on 01225 442813.

Time Bank Gardening Team, Tuesdays 10.00 to 12.30

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. If you are a Time Bank member in need of some assistance with your garden, we may be able to help – just get in touch.

Borrow It! Library of Things.

Our 'Borrow It' Library of Things contains many useful, occasional-use items which can be borrowed free of charge. Everything has been donated by local people. What better way to save money, reduce the need for storage space and help reduce waste?

We have a wide range of DIY tools, gardening equipment (eg strimmers), catering items, home maintenance items (eg carpet cleaner), camping gear, equipment for events (eg

gazebo), crafts equipment (eg sewing machines), etc. You can view the full catalogue on our website at www.timebankplus.co.uk

Borrow It is open whenever the Time Bank office is open – (currently 10 – 4 on Tuesdays, Wednesdays & Fridays and 10 – 2 on Thursdays). It may be best to ring us beforehand on 01225 442813 to make sure there will be someone available to help you.

Southside Food Co-op, alternate Wednesdays

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's produce includes: beetroot, cauliflower, celeriac, chard, kale, leeks, parsnips, potatoes, purple sprouting broccoli, red cabbage, spinach, squash, swede and white cabbage.

The veggies are grown mostly on the edge of Bath near Solsbury Hill. The price, for those people on a lowish income (below £20,000 pa for a single person, £28,000 for a couple or £35,000 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.

Creative Writing for Everyone, Thursdays 10:30 to 11:30 (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.

Here's a reminder of some of our weekly activities this month:

Tuesdays

10am-12.30pm Time Bank Gardening Team

12:30pm-1:30pm FeelGood Walks

10am-4pm Borrow It!

Wednesdays

10:00am-12:00pm Food Co-op (fortnightly)

11.30am-2.00pm Lunch Club

10am-4pm Borrow It!

Thursdays

10:00am-11:30am Guitar Group

10:30am-11:30am Creative Writing (online)

10am-2pm Borrow It!

Fridays

10am-2pm FeelGood Fridays Warm Space

10am-4pm Borrow It!

What would you like to see? Do you have an idea for a different kind of activity we could run?

If you have an idea about any activities or project that you would like to see Time Bank Plus offering give us a call, pop in or send us an email. We will do our best to help to make it possible.

Keeping in touch

Ring us on 01225 442813 or email us at 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 everyone at Time Bank Plus

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