



## **Welcome to the Time Bank Plus July 2024 Newsletter** - 2024-07-02

If you've visited our centre in the past few weeks, you will have seen some of the changes we are making. With the help of some amazing volunteers, we are in the process of transforming our premises. We aim to create a friendly, welcoming community space which is easily useable by trusted local people and groups on any day of the week, whether or not staff are present. Do pop in later this month, to see what we've been up to. In the meantime, there are plenty of opportunities to get involved in all of our usual projects and activities.

### **Borrow It! Library of Things**

Our 'Borrow It' Library of Things is busier than ever this summer, with the gardening equipment such as strimmers and hedge trimmers in especially high demand. Borrow It includes 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 tools (eg drills & sanders), gardening equipment (including both hand tools and electrical items), camping gear (eg tents & sleeping bags), crafts equipment (eg sewing machines), equipment for events (eg gazebo), home maintenance items (eg carpet cleaner), catering items, etc. You can view the full catalogue on our website at [www.timebankplus.co.uk](http://www.timebankplus.co.uk).

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.

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

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 we have already played our first performance. 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.

### **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 a full and varied programme of activities, including quizzes, games, musical entertainment, speakers, raffles and more. 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](mailto:timebankplus@gmail.com) - your first meal will be free of charge.

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

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 Gardening Team, Tuesdays 10.30 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.

### **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 have also been involved in maintaining 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 lovely patch of land and keep it beautiful, productive, biodiverse, and litter-free.

### **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.

**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:**

- ❖ Handyperson needed to do small practical jobs at the Time Bank office and/or to help repair items in the Borrow It Library of Things.
- ❖ Well organised person wanted to help organise and administer 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.
- ❖ Creative marketing person wanted to help promote our various projects in a variety of ways (eg via social media, posters, flyers, networking, stalls, etc)
- ❖ Wildlife-friendly gardener needed to help look after the Community Garden in Twerton

### **Job Opportunity**

We are in the process of drawing up a job description for a part-time or possibly freelance role at the Time Bank, which could involve co-ordination, administration, project development and/or fundraising. Please send us your email address if you would like us to send you details as and when this is confirmed.

### **Time Bank Opening Times**

Here are our current Opening Hours:

Monday CLOSED

Tuesday 10 - 4

Wednesday 10 - 4

Thursday CLOSED

Friday CLOSED

### **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 everyone at Time Bank Plus