



**NEWSLETTER – MARCH 06**  
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## A Stag weekend with a difference!

We usually associate stag weekends with lads, lots of beer, and shaven eyebrows! But **we** know 12 strapping lads who are willing to transform a distressed family's garden at Haycombe Drive in order to celebrate their mate's wedding. Although we now have the muscles and men to carry out the job, we desperately need the equipment to really make this a successful operation. If you have any spare garden tools; such as spades, forks, rakes, diggers, wheelbarrows, a pickaxe, a skip a cultivator or anything else you would like to donate, please do not hesitate to contact Sarah at Time Bank on 01225 422813.



## A great success for half term

Time credits were well earned over the half term week due to the ongoing activities on offer. Time Bank supported the outdoor events whereby over 100 children and adults participated in looking after and feeding animals at Bath City Farm, as well as car washing at First Steps Nursery. Thanks to all of those who joined in, which allowed each person to earn themselves some time credits! Two volunteers decided to exchange their time credits for cinema tickets.

The Manager of the Little Theatre Cinema said:

*'Two of your volunteers came to see Walk The Line the other week and they were the nicest young lads we've had in here for a long time. They waited patiently in the foyer for a good hour before the film, then came out singing the film's praises at the end, - wish we had more customers like them!'*

## Urgent! Help needed ...

On Thursday 6 April, Bath City Farm desperately need volunteers to help them on the final day of the **Healthy Living Week** by preparing food and/or manning the barbeque. They will be also be running various fun activities on the Farm from 10am-2pm. If you are willing to help, please call Sarah at Time Bank on 01225 442813 as soon as possible.

### Gardening Team needs help

We currently have a gardening team eager and willing to help anyone who feels that their garden needs a tidy up! The team is led by a professional gardener who can contribute her time to one garden a week. Time Bank would be pleased to hear from you if you would like to get stuck in!



### New Community Café

From 21 March the new Community Café at Southdown's Methodist Church Centre will be officially open every Tuesday from 11am-5pm. Anybody is welcome to come along to the free launch event which will be held on **Tuesday 14 March from 12.30-2.30pm** to join in with several fun activities, a free tasty buffet and cookery demonstrations! The café is run by volunteers who all earn themselves time credits for every hour they spend helping out.



## What is a Time Credit?

- You can use your own interests or hobbies and offer to do things for others to earn time credits, such as shopping, gardening, decorating or dog walking.
- One hour of your time = One time credit!
- Everybody's time and talents are valued equally.
- For every hour you spend contributing, helping and being a good neighbour you can earn yourself one time credit.



## How do I spend it?

- One hour's ironing
- Treat yourself to a free haircut
- Learn to drive a car
- Get your dog groomed
- Have something knitted for you
- Sewing, i.e. replacing buttons or a zip
- Get your garden tidied

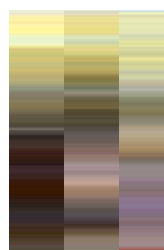


Or, you can save and exchange your time credits for [cinema tickets](#), [one day's paintballing](#), [Blockbuster video hire](#) or why not give them as a gift, or perhaps donate them to a member of the family, a friend or a neighbour!

**Amber** is a young person who is a Time Bank volunteer. She has managed to save herself 52 time credits by doing leaflet distribution, office support, and volunteering at the new community café. Amber is planning to give some of her time credits to her mum for Mother's Day and swapping some for paintballing tickets.

### Guitar lessons

We have availability for guitar lessons for over-18 year olds every Monday afternoon at 5pm held at the Time Bank. If you are interested please phone Sarah on 01225 442813 before turning up.



## Healthy Living Week!

Local residents and organisations are coming together from **29 March to 7 April to promote Healthy Living Week**. There will be something for everybody to enjoy or something new to try, such as self defence, having a stress-busting massage or taking part in a health walk. So, if you feel like you need a new stimulus just **pop into Time Bank to pick up a programme** to view the range of free activities and events on offer!



The Time Bank is supported by



Designed by Amy Whelan at Bath Spa University as a Time Bank volunteer.