



ASH-WORTH TIME BANK/RURAL WELLBEING AUTUMN/WINTER UPDATE:

Autumn has arrived and the weather is turning cold and crisp. It's nearing the end of another busy year for Ash-worth Time Bank.

As the weather cools and winter sets in, please remember to call the Time Bank office for any help you may need. As you probably know, our most popular job requests are lifts. If you do not have access to transport - please remember to call our office. We are here to help you.

Autumn Events: Hope you will join us:

AUTUMN GIFT & HOLISTIC FAIR: Tarvin Community Centre, Saturday 22nd November - 10am-3pm.

We have put together a great gift fair with lots of interesting and unique crafts and gifts from a wide range of sources. Tables are £20 and we are nearly sold out so hurry if you want to sell your crafts! Hot refreshments served plus tombola and raffle. Come along and join us for a great day out.

**CHRISTMAS SHOPPING TRIP, BOUNDARY MILLS:
Tuesday 25th November : Pick ups in Ashton Hayes and Tarvin –**

Everyone is welcome - a smashing day out : £12.50
Contact: Liz Weston on: 07947 257841

**ASHTON HAYES COMMUNITY SHOP CHRISTMAS MARKET FAIR,
Saturday, 29th November 10.30-12.30**

This is an annual event and very popular. Come along and sample local produce and lots of other goodies.

ASH-WORTH TIME BANK ANNUAL CHRISTMAS LUNCH:

Friday, 12th December at The Goshawk, Mouldsworth

We are in the process of organising our Christmas lunch for members and supporters. We will be going to the Goshawk once again because everyone had such a good time last year. There will also be a Christmas Raffle. If you would like to come along, places do go very quickly Please phone our office and reserve a place or complete the form at the back of this newsletter.

New Events - Dates for your diary:

GET CRAFTY ONCE AGAIN!

WITH ASH-WORTH TIME BANK AND SNOW ANGELS!

Every Thursday starting 2nd October - 10.30-12.30

Ashton Hayes Parish Rooms.

Would you like to learn to knit or crochet? Do you already know how but would like to learn new skills?

Maybe you already have a project in mind? If not, would you like to knit for a charity? If you have knitted or crocheted in the past, please come along for a chat and a cup of tea. Perhaps you could bring something you have made with you? We would love to see you. If you just want a chat and a cup of tea to see what we do, you are very welcome. Please phone the Time Bank office for further info., or just come along to the group next Thursday.

ASHTON HEALTH WALKS 2014 – Sports Pavilion, Ashton Hayes

Thursdays at 2pm (Café opens at 2.30pm). Commences Thursday 9th October.

Why not join us for free short weekly walks on the perimeter path around the playing field. Everyone is welcome and it's ideal for people recovering from illness or for those who have not done much walking previously to get healthy. It's a good level surface and the walks are easy and at your own pace (10 to 30 minutes). Walking aids and mobility scooters are welcome. There is a trained Walk Leader and all you need are comfy shoes and some water. **No Need to Book – Just Turn Up.**

If you would like a lift, please call the Time Bank office.

SNOW ANGELS PROJECT WILL BE RECOMMENCING SOON to help residents in Ashton Hayes during the winter period. If you would like further information, please phone (01829) 759000 and leave a message, or call Ash-worth Time Bank on (01829) 751398.

DATES FOR YOUR DIARY:

HOLISTIC THERAPY SESSIONS 2014

We are currently preparing our 2015 programme. If you wish to receive a copy of our holistic therapy dates, please phone Time Bank office.
November dates are:

Northwich Turning Point: Friday 31st October & Friday 28th November

Kingsley Methodist Rooms Friday 14th November - 2pm

Kelsall Methodist Rooms Friday 21st November - 2pm

We are organising a **Tattenhall session** at the Barbour Institute starting on the 4th Friday in January and continuing every fourth Friday of the month. If you live in Tattenhall, or surrounding area, and would like to come along, please phone Time Bank office.

We have fully qualified therapists giving their time freely at these sessions for Reflexology, Auricular Acupuncture, EFT, Indian Head Massage, Reiki, Aromatherapy and Deep Relaxation and Back Massage.

ACUPUNCTURE: We offer Auricular (Ear)Acupuncture by fully qualified therapists. Acupuncture helps with sleep disorders, anxiety, phobias and addictions and can help with weight loss. Ear Acupuncture will be available at all of our therapy sessions, as well as Facial Acupuncture for pain relief and cosmetic purposes.

IF YOU ARE A QUALIFIED THERAPIST AND WOULD LIKE TO JOIN OUR PROJECT, PLEASE PHONE OUR OFFICE- WE WOULD BE DELIGHTED TO HEAR FROM YOU - KELSALL SESSIONS ARE PARTICULARLY BUSY.

SOCIAL GROUPS UPDATE
NEW MEMBERS ALWAYS WELCOME

TARVIN WEDNESDAY GROUP: Tarvin Community Centre, 2pm.

Wednesday, 5th November: Film Afternoon
Wednesday, 12th November: Pub Lunch
Wednesday, 26th November: Christmas Garlands
Wednesday, 10th December: Christmas Lunch (bookings being taken now)

ASHTON HAYES SOCIAL GROUP: Ashton Hayes Parish Rooms, 2pm

Tuesday, 11th November: Lunch Outing to the Blue Bell Café in Barrow
Tuesday, 25th November: Christmas Decorations and Cards
Tuesday, 16th December: Christmas Party!

MEN'S LUNCHEON CLUB: Last Wednesday of each month. Come along and have a great meal and conversation every month. This is very popular group organised by Dennis Derbyshire. If you would like to come along, please phone the Time Bank office.

EXERCISE CLASSES: KINGSLEY, TARVIN AND ASHTON HAYES: (All Classes offer Free Taster Sessions - come along and see if Tai Chi or Pilates is for you)

Kingsley Pilates - every Tuesday from 2pm at the Hurst Methodist Room - everyone welcome. Come along and give it a try - excellent for back problems and stiff joints. Phone the Time Bank office or go directly to class.

Kingsley Tai Chi - Kingsley Community Centre every Wednesday from 1.30pm
Everyone welcome - new participants especially welcome.

Tarvin Tai Chi - Tarvin Parish Rooms every Tuesday from 1.30pm to 2.30pm.
All welcome - beginners welcome - very gently class.

Ashton Hayes Tai Chi - Ashton Hayes Village Hall every Thursday from 1.30pm to 2.30pm. We will be starting a new form on January 15th, so if you know anyone who may be interested, this would be a good time for them to join us. All levels welcome. We look forward to welcoming new participants.

WALKING GROUP: Saturday 8th November

Meet up at: 9.15am - Ashton Hayes Church Car Park
9.45am - The Yacht Inn Car Park

Walk: A pleasant walk of 6 miles taking in the ancient picturesque village of Shotwick along with fringes of Great Saughall and Capenhurst. Almost totally level walk with only 2 unavoidable stiles. Please bring food and drink for a morning break and there is a 1.30pm booking to eat at The Yacht Inn (upstairs). There is no need to pre-order food. As usual, non-walkers are most welcome to join us at the pub.

Please let us know by WEDNESDAY 5TH NOVEMBER if you wish to come on this walk or if you want to eat at the Yacht Inn.

Walk Leaders: Philip and Alan Goodall. Tel: 01829 752130 or email: philip177goodall@btinternet.com Mobile on day: 07547 165579

ALL WALKS ARE CHECKED FOR SUITABILITY.

60 PLUS! We have had a good response to our new project for single, recently bereaved people, or people who are new to the area and wish to make new friends. We are hoping to organise trips/weekends away, theatre visits etc. If you would like further information, please phone Susan at the Time Bank office. We will be organising a get-together evening with wine and nibbles to discuss this project in early November.

TIME BANK LENDING LIBRARY: Did you know we have a brilliant lending library in the Time Bank office? Titles are regularly updated and we also have a good supply of audio books. If you are **housebound**, books can be delivered and collected directly from your home and reading lists are available, so you can choose your book, phone our office and it can be delivered to you. Otherwise, do pop into the office for a reading list and to have a browse between 9.30 and 12.30.

ART GROUP: Every Wednesday from 2pm at the Time Bank office in Ashton Hayes. Come along and join this friendly group - a lovely relaxed atmosphere, plus tea and cake! Please ring the Time Bank office for more information.

REMEMBER WHEN/KEEPING HISTORY ALIVE

Christmas Memories and Favourite Presents - please let us know if you'd like to join us on Monday, 8th December 10:30 - 12:00 at Ashton Hayes Parish Rooms to share your memories. Tea, coffee and biscuits will be provided.

If you would like a session organised in your village on a regular basis, please phone Susan at the Time Bank office.

CAN YOU HELP US?

PACS PROJECT: Our Patient and Carers Support at Home (PACS) has proven to be a vital support project for people who are terminally ill in rural Cheshire.

We are still looking for volunteers to help with this project for companionship, practical help such as shopping, simple light household tasks, reading etc. If you would like to volunteer, we are seeking people who can give a couple of hours of their time. Full training and support plus travel expenses provided.

If you know of someone who would benefit from this service, please phone the Time Bank office for further information. All services are free of charge.

HELP US FUNDRAISE! NEW FUNDRAISING GROUP - HELPERS NEEDED:

Would you like to help us organise our Summer Concert, Camel Race, Craft Fair and Table Top Sales? We are seeking fundraising ideas people who love a challenge and are brilliant at organising! Could that be you? Who not call the Time Bank office or pop in for a chat? We would love to hear from you and any ideas you may have for a fundraising event.

VILLAGE CO-ORDINATORS NEEDED: Please phone Time Bank office on 01829 751398 and ask for Susan – we are seeking Co-ordinators in Kingsley, Tarvin, Kelsall.

TIPS FOR WINTER:

Have you ever noticed that you fall prey to coughs and colds when you're anxious and under pressure? Experts have found that people who are stressed or unhappy are far more likely to catch cold – it's thought that an increase in stress-response hormones weakens the immune system – not only that, it depletes levels of vitamin C in the body, which reduces your ability to fight off infection.

Make sure your boiler has been serviced in the last 3 years.

Set your thermostat at around 21 degrees C (70F) and heat all rooms used. Try and keep a temperature of above 18 degrees in your bedroom overnight.

Keep active – contact the Time Bank for information sheets on exercise or join one of our classes in Kingsley, Tarvin or Ashton Hayes. If you can, why not give a **stray dog a home**? There are lots of abandoned dogs and cats seeking good homes, particularly in the winter months – they make great companions, lower your blood pressure and dog walks keep you active! There are lots of local animal charities – why not give them a call? *If you don't have a pet, why not borrow someone's dog and take it for a walk occasionally?*

Cheshire Dogs Home: 0844 504 1212: RSPCA: 01925 632944

Unwind with holistic therapies!: A study has shown that regular holistic therapy helps lower stress hormones and strengthens immunity. ***Why not come along to one of our monthly holistic therapy days and relax! We have sessions in Kelsall, Kingsley, and Northwich.***

Why not join our Pilates or Tai Chi Classes? Both exercises reduce tension and anxiety, increase mobility and strength and give an overall feeling of wellbeing. We have Pilates classes in Kingsley and a Tai Chi class in Ashton Hayes and Kingsley every week. Phone the Time Bank office to book your place and get fit for 2014.

KNITTING FOR THE BABY UNIT, COUNTESS OF CHESTER

We would like to thank our members and supporters who have done such a brilliant job this year knitting baby bonnets for the baby unit – many, many thanks. If you would like to join this project, please call our office or complete the form below – a pattern and wool is provided.

Winter can be a lonely time for people who live alone. If you know of someone who doesn't get out much and perhaps needs a helping hand – they may benefit from being a member of the Time Bank. Please remember, membership and all services are free- we are here to help. We have lots of information available at the Time Bank office and we are a friendly bunch! Please give us a call, or pop in for a cup of tea and check out our extensive library!

RECOMMENDED WORK PEOPLE:

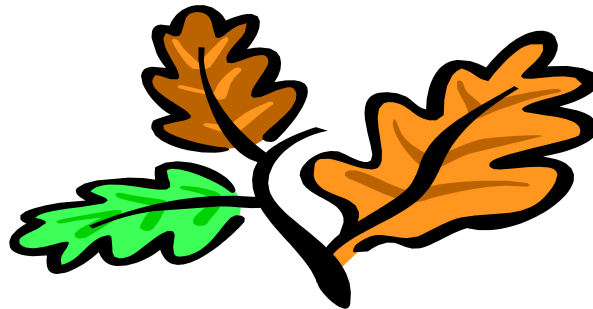
Do you have anyone you would like to recommend? A reliable plumber, window cleaner, electrician, builder, handyperson or gardener that you have recently used? Please contact the Time Bank office and we will list them in our next newsletter:

RECOMMENDED GARDENER:

LADY GARDENER (Anne Salisbury) Weeding, One- Off Tidy Ups, Regular Maintenance:
07748 586938

A BIG THANK YOU

**TO ALL OUR MEMBERS AND SUPPORTERS FOR HELPING OUT
WITH A RECORD NUMBER OF JOB EXCHANGES THIS YEAR**



DON'T FORGET TO CHECK THE LAST PAGE.....

Christmas Lunch, 12 December, The Goshawk
2 Courses: £14.95 & 3 Courses: £16.95
(including Coffee/Tea



I would like to reserveplaces please for Christmas Lunch

OFFICE HELP:

I can help out forhours each week on:.....

I can help out occasionally.....

GENERAL:

I can help out at Events and Social groups.....

I can bake cakes for coffee mornings.....

More information on holistic therapy days.....

I can help out with newsletter delivery in.....

I can circulate posters for events.....

I WOULD LIKE TO KNIT BABY BONNETS.....

60 PLUS! Please send more information.....

Name

Address

Tel. no.....Email:.....

PLEASE RETURN TO:

TIME BANK OFFICE

1ST FLOOR, COMMUNITY SHOP

KELSALL ROAD

ASHTON HAYES

CH3 8BH

01829 751398

OR EMAIL: ash-worthtime@hotmail.co.uk