

Ash-worth Time Bank  
Rural Wellbeing

**01829 751398 : ash-worhtime@hotmail.co.uk**



[www.ash-worhtimebank.org.uk](http://www.ash-worhtimebank.org.uk)

## **ASH-WORTH TIME BANK/RURAL WELLBEING**

### **SUMMER CONCERT – Thursday 11<sup>th</sup> June – Eaton Hall.**

We would like to say a big thank you to all our supporters who came along to our recent Summer Concert. It was a fantastic evening with the Lord Mayor and Lady Mayoress of Chester attending - and we were lucky enough to have good weather. Please check out our website - a Concert review will be available soon.

**AUTUMN/WINTER CONCERTS:** We are currently organising 2 further events, one in October, featuring an internationally renowned harpist, and one in December, featuring a joint choral performance by 2 extremely popular choirs - more information will be available shortly. If you are interested in receiving early notification of these events, please fill out the form at the back of this newsletter.

### **Summer Dates for your Diary:**

#### **FRIDAY GET TOGETHER AT THE PAVILION every Friday**

Tea, Cake and a chat - perhaps a short walk around the field if weather permits! Come along and enjoy this informal group every Friday 2.pm - 3.30pm. The Pavilion is open from 12.00 until 5pm.

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

***Please let us know if you can offer lifts to take members to the café, either on a regular basis, or on an occasional basis.***

## **Annual Coach Trip to Llandudno - Tuesday 7<sup>th</sup> July**

There are just a few spaces left for our coach trip. Tickets are £5 each and pick up points are:

Kingsley	9.30am
Delamere Community Centre	9.45am
Ashton Hayes	10.00am
Tarvin	10.15am

We will be leaving Llandudno at 4.30pm. If you would like to come and haven't put your name on the list, please phone the Time Bank office on 01829 751398 and let us know which pick up points you will be using.

**Rose Queen Fete/Picnic in the Park: Saturday 11<sup>th</sup> July: WE NEED TOMBOLA PRIZES - if you can help out please phone our office or call in.** Ash-worth Time Bank will be running a Tombola stall, plus book sales and you may have the opportunity to have a shoulder massage courtesy of our therapist. Hope you will join us and that we have good weather!

The procession will leave Village Farm at 12.30pm for the Crowning at the Recreation Ground at 1pm, followed by Picnic in The Park - lots of interesting things to do!

## **Tarvin Wednesday Club- Tarvin Community Centre from 2pm**

We have been running this group for over 1 year now - our programme consists of speakers, pub lunches, film afternoons, games and special teas. Come along and try it out - we are also seeking someone to help run this group. Our next meeting is:

22<sup>nd</sup> July: Afternoon Tea and Strawberries / Summer in your Garden

*There will be a break in August - next date will be 9<sup>th</sup> September*

## **Ashton Hayes Social Group - Ashton Hayes Parish Rooms**

**2pm- 4pm:** If you would like to come along to this regular social group every other Tuesday - please phone the Time Bank office - new members always welcome - come along and make new friends and join in. Regular lunches, guest speakers, special teas etc.

*New Social Group programme will be available soon.*

**MEN'S LUNCHEON CLUB** This is a monthly luncheon, last Wednesday each month - If you would like to come along, please phone the Time Bank office.

## **HOLISTIC THERAPY SESSIONS 2015**

### **Kelsall Methodist Rooms: 2pm- 4pm**

Friday 24<sup>th</sup> July, Friday 18<sup>th</sup> September

Please contact our office to reserve a place. £2.50 per treatment.

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, 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.*

**EXERCISE CLASSES: TARVIN AND ASHTON HAYES:** (All Classes offer Free Taster Sessions - please phone us first so that we can let the tutor know)

**Tarvin Tai Chi** - Tarvin Community Centre - every Tuesday from 1.30 - 2.30pm all levels welcome. Also suitable for beginners.

**Ashton Hayes Tai Chi**- Ashton Hayes Village Hall every Thursday from 1.30pm-2.30. All welcome. We are looking for more members for this class.

**Kingsley Tai Chi** - Kingsley Community Centre every Wednesday from 1.30pm-2.30. If this class is to continue we need more people attending - numbers have fallen and unless we have at least 10 people, this class will be cancelled, which would be a great shame because we have a brilliant tutor.

**Kingsley Yoga Class** - Kingsley Community Centre every Thursday (break for August) from 1.30-2.30pm. Again, numbers have fallen - it is a brilliant class with a superb teacher - why not come along for a free taster session?

**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.

**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.

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.

### **KNITTING BABY HATS FOR THE BABY UNIT, COUNTRESS OF CHESTER**

We are continuing our knitting project for this very worthwhile cause - if you would like to join our knitters - we provide the wool - please phone our office.

### **UPDATES/NEW CLASS AND PROJECTS:**

#### **MEDITATION CLASS:**

For Balance, Harmony and Enlightenment. Every Tuesday at Alvanley Village Hall. No previous experience needed. All welcome.

For information call Melissa on 07950343201.

If you would like to attend, please phone or text to register your interest and receive class updates and reminders.

### **New Village Gardening Project - Helpers Wanted**

We are in the process of organising an exciting new gardening project (High Raised Beds) for an area of Ashton Hayes. We are seeking a number of helpers and do hope you will wish to be involved in some way, no matter how small.

Please see following page for **full information**.

## **Sewing and Crochet workshops:**

**Bumbleberry Fabrics:** Sell beautiful fabrics and haberdashery for crafting and small soft furnishing projects. They also run sewing and crochet workshops.

If you and a group of friends enjoy sewing and love fabric, we can come to you with our 'pop up' fabric shop and run a workshop at a chosen venue. Alternatively they can arrange a workshop at our showroom in Cotebrook.

For more information or workshop price list, please contact:

Debbie - 07738627968 Sophie - 07516099092

[Bumbleberryfabrics@gmail.com](mailto:Bumbleberryfabrics@gmail.com)

**Summer Recipe:** Here is a very quick recipe for you to enjoy:

### ***Home Made Lemonade:***

There is nothing quite like drinking homemade lemonade on a summer's afternoon or evening, relaxing in the garden. This is a very simple, quick recipe:

3 Unwaxed Lemons - roughly chopped

140g Castor Sugar

1 litre of cold water

Tip lemons, sugar and half the water into a food processor and blend.

Pour mixture into a sieve over a bowl and stir.

Top up with remaining water.

That's all there is to it! Serve with ice and a slice of lemon and enjoy!

**FURTHER INFORMATION PLEASE:**

I would like to come along to the **Ashton Hayes Social Group**.....

I would like to come along to the **Tarvin Social Group**.....

I can help out at Events .....

I can help with Village Gardening Project, please  
send me further information .....

More information on holistic therapy days.....

I can circulate posters for events & newsletters.....

I can help out with knitting projects .....

Autumn/Winter Concerts – More information please.....

Name .....

Address .....

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

**PLEASE RETURN TO:  
TIME BANK OFFICE  
1<sup>ST</sup> FLOOR, COMMUNITY SHOP  
KELSALL ROAD  
ASHTON HAYES  
CH3 8BH**

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