



## **Ash-worth Time Bank - on YOUR radar?**

**Telephone (01829) 751398**

**Email: [ash-worthtime@hotmail.co.uk](mailto:ash-worthtime@hotmail.co.uk)**

### **What do you know about Ash-worth Time Bank?**

Essentially, it is a very small charity which has been in operation since 2002, the name of which comes from **Ashton** Hayes and **Mouldsworth**. During this time we have supported a very large number of people, both here and in other surrounding villages. We offer opportunities for local people to become involved in volunteering, undertaking all sorts of tasks and job exchanges with other members, while at the same time providing much-needed assistance - on a temporary or long term basis - to anyone who may be isolated, lonely and vulnerable.

In March this year, we asked you for help to 'Save our Time Bank' and the response was overwhelming, both in terms of financial support and the additional help we have received since.

First of all, we would like to thank our volunteers and supporters who have helped us through this difficult financial period. We can now report that great improvements have been made both to our bank balance and to the structure of the organization, as a result of which, Ash-worth Time Bank now has a viable future. Since our emergency meeting in March this year, we have all worked hard to reduce our current expenditure, to apply for new grants and to increase our own fundraising activities (please see additional information regarding fundraising).

### **What kind of support does the Time Bank offer?**

Time Bank volunteers help to reduce the problems of rural isolation by offering lifts to doctor's appointments and also to local social groups and other activities. Other regular jobs include offering companionship, collecting shopping and prescriptions, dog walking, house sitting and looking after pets and gardens while people are away. These are very flexible and much needed services, as those who receive them would tell you.

If you **need help** or would like to **offer help**, please get in touch by phoning or emailing us. Further information is available on our website:

**[ash-worthingtimebank.org.uk](http://ash-worthingtimebank.org.uk)**

You can also keep up-to-date by visiting our Facebook page.

### **Social groups, Activity groups and Skills sharing**

We organise social groups (sometimes with guest speakers), gatherings for lunch at the Community Cafe, a popular Gentlemen's Lunch group, a walking group, a Knit and Natter through the winter months group, a Remember When group for recalling days gone by in Ashton Hayes and beyond, language classes, an Art group, Tai Chi classes in 4 villages and have a group of devoted craftswomen who knit or crochet beautiful bonnets for the Countess of Chester Baby Unit. This list just gives you an idea of what is on offer at present. If you have an idea for any other group or activity, please let us know. Do you, for example, play bridge? Could you show others how to play?

### **What's New?**

Our office is located above the Community Shop and Post Office in Ashton Hayes, a convenient and central location for members to drop in. However, we do realise that we are not accessible to everyone. We have recently secured some funding and the support of Ashton Hayes Parish Council to enable us to move a large selection of our library books to the Parish Rooms in Ashton Hayes and now open on a drop in basis every **Wednesday morning from 10.00 until 12.00**. As well as books, we have magazines, crossword puzzles, Sudoku, adult colouring books, games and jigsaw puzzles. **If you have any current magazines you no longer have a use for, please let us know.** Unfortunately, we don't have the space for any more books at the moment.

We plan to invite guest speakers from time to time and will have volunteers available to pass on tips and useful information, such as how to protect yourself from internet scams. We are really grateful to Trafford Hall for a recent grant which has enabled us to purchase a laptop to use out of the office. If you need help to fill in online forms or would benefit from help in finding the best deals online, just call us and arrange to pop in.

## Knitting and Craft sessions at the library

Over the past few weeks, we've been experimenting with some origami.



If you have a craft you would like to demonstrate to us, please telephone or email us and we can arrange for you to come along. Our knitting group is also starting up again on **Wednesday, 5<sup>th</sup> October**. This year we will be meeting during the library opening hours. You can bring along any knitting (or other craft) you may be working on, or can use our patterns to help us to make items which we can sell on a craft stall to help to raise funds for the Time Bank.

### **Craft stall in Frodsham every 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month.**

Starting this Saturday, 1<sup>st</sup> October, we will be having a craft stall from 10.00 - 2.00pm at Frodsham Parish Hall in Church Street, Frodsham.

**We need your help please!** Do you have any ideas for small items we could make to sell on our craft stall? We will supply the materials if you'd like to come along to the library to join in with our craft group, or maybe you'd prefer to make things from home.

**If you would like to attend any of our activities and you live in a nearby village, please let us know and we will try to arrange a lift for you.**



## **Ash-worth Time Bank - Sharing Recipes and Memories**

Our sense of smell is closely linked with memory. Whether it be the food we eat every day, the food we eat on holiday, or food eaten on special family occasions or at community events, the smell and taste of food can trigger some wonderful memories.

We would like to put together a recipe booklet of memorable foods. If you like, you can also include a sentence or two about the memory the food evokes, or tell us who makes or used to make the recipe you've chosen. Please talk to friends and family and write down your favourite childhood and family recipes, favourite holiday foods that you've recreated once back at home or any other recipes that are particularly memorable. You can either email the recipes to us at [ash-worthtime@hotmail.co.uk](mailto:ash-worthtime@hotmail.co.uk) or phone us on (01829) 751398. You can call into our office any week-day morning, apart from Wednesday, or pop along to the library at the Parish rooms on a Wednesday morning. You don't have to be a member in order to have your recipe included.



## **Winter blues**

As it gets colder and the nights draw in, we can sometimes feel like curling up into a ball and hibernating. It's at this time of the year that people living on their own begin to feel more isolated and lonely.

Do you know someone in your neighbourhood who might like to be invited along to one of our social groups or activity groups? Or, if they are housebound, would they appreciate a visitor from time to time?

Please pass on our telephone number (01829) 751398, or, with their permission, pass their telephone number on to us so that we can contact them. That one phone call could really help someone to feel less lonely and help them to make new long-lasting friendships.

## **We need you to get in touch**

What would make a real difference to your life? We try to offer a wide range of activities so that there's something for everyone. If you can think of anything that's missing in your village, please let us know.

What, if any, disadvantages do you find you experience from living in a rural area? What additional services or activities do you think would help to address the problems of rural isolation?

If you would like to provide support of any kind, please ring our office on (01829) 751398 or email [ash-worthtime@hotmail.co.uk](mailto:ash-worthtime@hotmail.co.uk) Alternatively, you can write to us at 1st Floor, Community Shop, Kelsall Road, Ashton Hayes, Chester CH3 8BH.



## Ash-worth Time Bank Sponsored Walk Saturday, 8<sup>th</sup> October, 2016



The next Time Bank walk will be a sponsored walk along the Oakmere Way for a distance of around 4 miles and will include lunch.

We will meet in the car park of St. John's Church in Ashton Hayes at 9.45 a.m. in order to share lifts. Or, please join us at 'Birchwood', Chester Road, Oakmere, CW8 2HB. There is plenty of parking at the start of the walk, but it could be on grass. You will probably need additional instructions to find this location so please ask if you are intending to drive there.

There will be a £7 entry fee which includes a bowl of soup and a filled roll. We will contact you nearer the time so you can let us know your choice of soup and sandwich filling. Desserts can be purchased separately, if so wished. In order that we know how many people we're catering for, please telephone our office on (01829) 751398 or email us at [ash-worthtime@hotmail.co.uk](mailto:ash-worthtime@hotmail.co.uk) by **Monday, 3<sup>rd</sup> October** at the latest.

In order to raise additional funds for Ash-worth Time Bank, we hope you will ask family and friends to sponsor you for taking part. Please ask for a sponsor form.

There will be a prize for the person who collects the most sponsorship money.



## Fundraising News

Many of you will have seen the photographs recently in the Chester Chronicle of our Royal Afternoon Tea Party.

Here is the link in case you missed it:

<http://www.chesterchronicle.co.uk/news/chester-cheshire-news/ashton-hayes-holds-royal-afternoon-11804573>



We were really lucky with the weather and not only did we manage to sell all the tickets for the event, but we also managed to cater for additional people who came along on the day. Over 70 people enjoyed sandwiches, scones, cakes and biscuits while listening to music by Tom on the mandolin and Chris on the guitar. Many thanks to everyone who helped to make this an afternoon to remember.

We raised a total of £516 at this event!



Advance Notification of Fundraising Events

**ASH-WORTH TIME BANK PRESENTS A  
MUSICAL EVENING:**



- \* ***THE LEVER SINGERS***
- \* ***THE 5 IN A BAR QUINTET***
- \* ***MICHAEL REYNOLDS ON PIANO***



**WHERE: KELSALL COMMUNITY CENTRE**  
**WHEN: SATURDAY, 26 NOVEMBER at 7.30 pm**  
**TICKETS - £8 (includes glass of  
wine or soft drink)**

*Tickets available at Time Bank office – Tel : 01829 751398*



## **Grand Christmas Raffle**

We would like to be able to offer a good selection of prizes for our final fundraising event of the year.

We are therefore asking all our members and supporters to contact any individuals or companies they think might be able to help to provide a prize. Please either phone or email us if you need to send out information about what the Time Bank offers.



# Ash-worth Time Bank Activities

Please call our office on (01829) 751398 for further information and to register your interest

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Remember When/Keeping History Alive</b> Parish Rooms Ashton Hayes approx. every 6-8 weeks Please enquire</p>	<p><b>Tai Chi at Tarvin</b> Community Centre 1:30 - 2:30pm Every week</p>	<p><b>Library Day at Ashton Hayes</b> Parish Rooms 10.00 - 12.00 Every week</p>	<p><b>Tai Chi in Kelsall</b> Community Centre 11.45 - 12.45pm Starting again on 15<sup>th</sup> September Spaces still available</p>	<p><b>French Conversation</b> Ashton Hayes Parish Rooms 10.00 - 12.00 Every other week</p>
		<p><b>Knitting and craft activities at the library</b> Starting 5<sup>th</sup> October</p>		
	<p><b>Social Group Ashton Hayes</b> Parish Rooms West End 2:00 - 4:00pm Every other week, next meeting 11<sup>th</sup> October</p>	<p><b>Tai Chi at Kingsley</b> Village Institute 1:30 - 2:30pm Every week</p>	<p><b>Tai Chi</b> Ashton Hayes Village Hall 1:30 - 2:30pm Every week</p>	<p><b>Get together with other members at The Pavilion Community Café</b> Ashton Hayes 12.00 - 1.30pm Every week Please call us if you'd like a lift.</p>
		<p><b>Art Group</b> Ash-worth Time Bank Office Ashton Hayes 2:00 - 4.00pm Every week</p>		