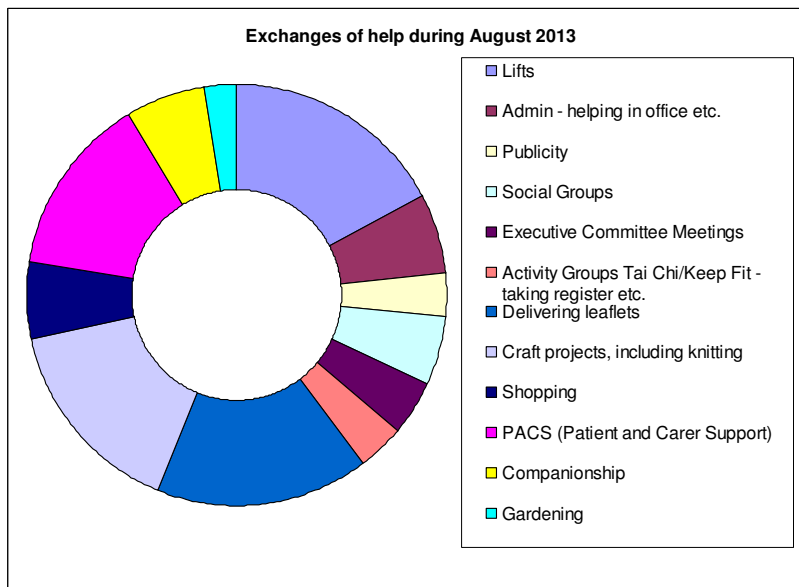




ASH-WORTH TIME BANK RURAL WELLBEING
AUTUMN NEWSLETTER
Tel.: (01829) 751398 or
Email: ash-worthtime@hotmail.co.uk

Ash-worth Time Bank volunteers have been busy again during August and September. We recorded just under 200 exchanges in August, with volunteers giving over 155 hours of their time. We are so fortunate to have such a large group of volunteers who we can call upon when help is needed. Figures for September are currently being collated. Please ensure you let us know when you have completed a job and how long it took you. You can do this by filling in a Time Sheet which can be posted to you or sent to you by email. You can also pick up Time Sheets from our office or when attending any of our events. The statistics we collect are very important to help us to secure future funding.

The chart below shows the types of jobs volunteers are most often involved in helping with:



Lifts to social groups and hospital visits continue to be very important for our members. If you can help with lifts to the Countess of Chester or occasionally to hospitals further afield, please let us know.

A BIG THANK YOU to all our members who supported our coffee morning on Saturday, 5th October. It was a well-attended and very enjoyable morning, not to mention all the delicious cakes, jams and preserves our members had kindly provided for our consumption. We raised a total of £102.

There are lots of events coming up over the next few months and lots of activities to get involved in. Please call our office on (01829) 751398 to register your interest or to find out more information. You can also email us at ash-worthtime@hotmail.co.uk

NEW GROUPS STARTING IN OCTOBER:

TAI CHI WITH GRAEME WATERFIELD IN TARVIN

Many of you will already know Graeme Waterfield from our Tai Chi class in Kingsley and our Gentle Exercise classes in Ashton Hayes and Tarvin.

We have arranged for Graeme to run a Tai Chi class on Tuesday, 29th October at Tarvin Parish Rooms from 1:30 - 2:30pm.

Tai Chi is believed to improve flexibility and fitness, speed recovery from injury and illness, prevent further ill-health and relieve depression. This is a trial session costing £3. Suitable for all levels. We need 10 - 12 people to enable us to run this group on a regular basis.

GET CRAFTY THIS WINTER WITH ASH-WORTH TIME BANK AND SNOW ANGELS

Monday, 28th October at Ashton Hayes Parish Rooms, West End 10:30 - 12:00

Would you like to learn to knit or crochet?

Do you already know how and 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 no longer knit or crochet, but have done so in the past, please come along and chat to us. You could bring something you've made with you.

Or, bring along the craft of your choice.

If you'd just like to pop in for a cup of tea and see what we're up to, you're very welcome.

We hope to make this a regular event.

Please call Ash-worth Time Bank (01829) 751398 if you need a lift.

If you have any wool or fabrics we can use, please let us know.

WINTER WARMERS

Everyone has their favourite family recipes for warm, comforting food as the weather turns colder. We would like to put together a collection of all your favourites. The aim is then to choose some recipes which we can cook together and share. More information will soon be available from our team of Snow Angel volunteers in Ashton Hayes. You can drop your recipes off at our office, email them to us or ring and tell us all about them.

If you would like to get a group together in another village, please let us know. It would help if you could also suggest a venue with cooking facilities. We would also need to find a volunteer co-ordinator to help run the group.

TABLE TOP SALE AT DELAMERE COMMUNITY CENTRE

Come and pick up a bargain at our Table Top Sale this coming Saturday, 19th October 9:30 - 12:30. We look forward to seeing as many members as possible at this fund-raising event. Please let us know if you are able to help out on the day or if you could bake something for the refreshment stall.

DELAMERE GOLDEN CLUB

I'm sure everyone who attends this club now, or has attended it in the past, will appreciate the hard work put in by the organisers to provide a varied programme of activities throughout the year. Bob Parr, who is at present the chairman of this group, will unfortunately be stepping down at Christmas due to ill-health. Help is needed to run the meetings which take place every other Wednesday at Delamere Community Centre from 2:00 - 4:00pm. Can you help? Or do you know someone else who could help? Please contact Ash-worth Time Bank.

VILLAGE PRAISE - ASHTON HAYES

You are welcome to join members of St John's Church, Ashton Hayes Methodists and Koinonia, a local ecumenical group, for a meal and an informal time of fellowship and worship

at the WI Hall on Sunday 17th November at 4.00 p.m. Please book in advance so we know the numbers. Contact Hilary Maitland (01928 740363).

WINTER BUFFET

The St John's Outward Giving Committee is hosting a WINTER BUFFET in aid of St Luke's Hospice, Winsford on Sunday, 24th November from 1.00 to 3.00 p.m. at 'Foxcroft', Pentre Lane, Ashton Hayes. Admission is £9 for adults (includes one glass of wine) and tickets are available from Marjorie Moss (01829 751708).

SOCIAL GROUPS IN ASHTON HAYES AND TARVIN

Ashton Hayes: Ashton Hayes Parish Rooms 2:00 - 4:00 (unless otherwise stated)

29th October - Pub Lunch

12th November - 'Remember When'

26th November - Christmas Bingo

10th December - Christmas Party

Tarvin: 23rd October - Country Tales & Remedies

13th November - Beetle Drive

27th Novemeber - Memories of Times Past

11th December - Christmas Decorations & Christmas Lunch

Please call the Time Bank if you would like a lift.

COMING UP IN NOVEMBER

50+ EVENT AT CHESTER RACE COURSE - Friday, 1st November 9:00 - 3:00

Advertised as a great day out with lots of fantastic promotions and seminars from local companies - includes Live Food Demonstrations, Quiz Zone, Golf Simulator, Wine Tasting, a Magician and a Live Elvis Tribute Act. If you are interested in going along, please let us know. If you are able to offer someone else a lift, please call us at the Time Bank. Parking at the Race course for this event is free. Tickets are only £2 at the door. You can also obtain FREE tickets by applying online at www.goldenyearsroadshow.co.uk or by ringing the Time Bank.

AUTUMN CRAFT FAIR AT KINGSLEY COMMUNITY CENTRE - Saturday, 2nd November

FREE ENTRANCE

Please join us on Saturday, 2nd November 10:00a.m. - 3:00pm. We have 26 stalls selling a fantastic selection of goods, including candles, hand-made cards, jewellery, crystals, gifts in a basket, woven scarves, original knitted goods, table runners, books, crystal suncatchers, patchwork, wooden toys, bags, hand-made soaps AND LOTS MORE!

Plus Tombola and a Grand Raffle.

Hot refreshments will be served all day.

Please let us know if you can help out on the day, or could bake cakes or biscuits for us to sell. We would also welcome donations of small items which we can put on our tombola stall.

DATES FOR YOUR DIARY:

HOLISTIC THERAPY DAYS: All of our sessions now include auricular acupuncture. We are also seeking volunteers for case studies for our facial acupuncture students - Facial

enhancement without the side effects of Botox! If you are interested in trying this out, please phone our office.

There is a small charge of £2.50 per treatment to cover room hire at Kelsall, Kingsley, Winsford sessions.

Northwich Turning Point Centre & Kelsall Methodist Rooms, Friday 25th October - please phone office to reserve your place.

Winsford Dingle Recreation Centre, Friday November 1st

Kingsley Methodist Rooms, Friday November 8th

Kelsall Methodist Rooms, Friday 22nd October

Northwich Turning Point Centre, Friday November 29th

Friday, 6th December - Time Bank Christmas Lunch at The Goshawk, Mouldsworth
Please call the Timebank for further details.

Thursday, 3rd July 2014! - GRAND CONCERT AT EATON HALL - This was a huge success last June. We are expecting tickets to go very quickly. Why not reserve your tickets (Black Tie dress code) now?

AND FINALLY:

We are in the process of organising a Prostate Cancer PSA testing evening in Kingsley and Ashton Hayes. If you would like to come along for this important test, PLEASE phone our office and reserve a place - dates to be confirmed, but it will be either a Thursday or Friday evening from 7pm.

SNOW ANGEL PROJECT: This project will be commencing once again to help older people during the winter months. If you would like to register your interest in either getting involved or benefiting from extra help - please call the Time Bank office.