

ASH-WORTH TIME BANK – RURAL WELLBEING PROJECT HELPING OLDER PEOPLE IN RURAL CHESHIRE

Ash-worth Time Bank, a community based charity in Ashton Hayes, has received 3 year Big Lottery funding to commence an innovative scheme to provide holistic therapies for vulnerable older people, long term unemployed and unpaid carers in rural Cheshire.

The project aims to encourage residents to develop increased life skills, self-confidence and greater independence by becoming members (membership is free) of this new project, giving some of their time when they can to support people, make new friends, learn new skills and strengthen social networks across the villages.

The new project will be called **Ash-worth Rural Wellbeing** and will spread across 14 local villages including Kelsall, working alongside Ash-worth Time Bank. Weekly and monthly help and holistic sessions will be provided and topics will cover healthy eating, the importance of exercise, counselling, reflexology, aromatherapy, reiki, Indian head massage. Transport will be organised for less mobile residents to attend these sessions along with regular social groups and home based sessions can also be organised for the housebound and their carers. There will also be a therapy exchange for holistic therapists who give their time freely, to come together on a regular basis.

Susan Ross-Turner, Project & Grants Manager says “Ash-worth Rural Wellbeing aims to make a real difference to the lives of older people, long term older unemployed, and unpaid carers, by empowering rural communities to work together and address the very real issues of rural and social isolation and exclusion once and for all. Organisations should really work together and join forces for the benefit of rural people. Our project will encourage people to take control of their personal well being, participate and learn about the benefits of healthier lifestyles, and receive free advice and information on a range of available holistic therapies, as well as coming along to friendly social groups. We have extended our offices in Ashton Hayes to include a private room for one to one help and advice, computer training and help with CVs and letter writing. This is an exciting project and I do hope other agencies will work with us to improve the lives of rural people. All Services are Entirely Free of Charge”

For further information on this innovative project, please contact: Susan on 01829-751398 or email ash-worthtime@hotmail.co.uk.