Stanley Time Bank

Time Banking is a community based scheme which promotes mutual support using time as its currency.
For every hour of help you give you receive 1 time credit. You use these credits to receive help with the things that you need. Time Bank members give and receive all sorts of services such as baking, cooking, prescription collection, sewing, visiting, gardening, form filling, sharing skills in music, knitting and using computers, simple repairs, ironing and running errands.
Example: wait in for a parcel for someone else and you can ask for someone to collect a prescription for you. Everyone has something to offer and everyone's time is valued equally.



For more information

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This *Healthy Living in Stanley* leaflet was produced by Stanley Development Trust.

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Visit the website
www.stanleydevelopmenttrust.org

Keeping physically fit is key to a healthy lifestyle. Sometimes it's best to check with your doctor before you start to exercise.

SDT acknowledges support from Perth & Kinross Council

Health and Well-being

Healthy Living in Stanley

Some non-medical activities and sources of support available in our community that can benefit health and well-being

www.stanleydevelopmenttrust.org

#1

Healthy living in Stanley

There's a lot going on in Stanley. Here are just a few of the activities available in the village which can contribute to people's health and wellbeing.

Walking Group

Walking is one of the easiest ways to get more active, lose weight and become healthier. Regular walking has been shown to reduce the risk of many chronic illnesses such as heart disease, type 2 diabetes, stroke and some cancers. Walking is suitable for people of all ages.

If you'd like to walk as part of a group, the **Stanley Health Walks group** meets every **Friday** outside the **Stanley Store at 10am**. Trained volunteer walk leaders offer a choice of routes tailored to suit people's level of fitness. Walkers meet up after the walks for a coffee and a catch-up. Contact Anne on 828678.



Exercise Class

Every **Monday morning** in **Stanley Village Hall** there is a low impact exercise class. Open to all.

This form of exercise:

- Improves balance and mobility which can reduce the risk of falling
- Helps build up and maintain strength
- Helps boost circulation
- Can help reduce arthritic pain
- Helps fight off low mood and loneliness
- Can improve posture and lung function
- Can help keep you active for longer

The class, led by a qualified instructor, starts at **10.00am – 11.00am** with refreshments. **£3.00p** Contact Eileen on Stanley 827868



Knit and Natter Group

The Knit and Natter group meets every **Wednesday afternoon**, **2.30pm – 4.00pm**, in **Stanley Bowling Club.** Knitters bring along their own projects, share top tips, and help to teach new knitters. Bring along other craft work if you are not a knitter!

There is always lots of chat, tea and biscuits!



Volunteer Befriending Service

The befriending service aims to reduce loneliness. This free service provides social support to people in Stanley and the surrounding rural area who are facing challenges through illness, disability, advancing years, bereavement or lifestyle choices. Trained volunteer befrienders meet regularly with the person receiving support and do things together that they both enjoy. Some examples of activities are: having a coffee and a chat / going for a walk / doing crosswords and puzzles / buddying / shopping trip. All volunteer befrienders are members of the PVG scheme.

If you would like some company or know of someone who does please contact the Project Coordinator, Laura, on 07712219261 or email laura@stanleydevelopmenttrust.org