

Creaton Village Shop Newsletter

June 2018

Creaton in Bloom Special Edition

Building Progress

The new shop arrived on the back of a lorry two weeks ago. Within a couple of days the floor was down and the walls appeared, then the roof.

By the end of this week, the main internal walls and the windows are in. How quick is that?!

In the next stage the electrician moves in and the first fit gets underway. If you were wondering about the red and the blue, these will be covered with the outer cladding and the roof tiles.

Behind the scenes people are now talking about stock, about newspapers and about the Post Office. It is all coming together very nicely.

Note from the Editor

You will notice that this special edition is also special because it is in black & white.

We could tell you that it is because it looks classy and complements the lovely flowers in the gardens. The truth is that the printer has broken. Back to colour with the next ordinary edition.



Can you spare 2 hours a week?

It has been shown that helping out for a few hours a week can improve your stress levels and could seriously extend your life.

You may already know about the mental health benefits of volunteering. Studies have shown that volunteering helps people who donate their time to feel more socially connected, thus warding off loneliness and depression and it is a great way to drop all that stress.

But did you know that research has shown that volunteering also has positive benefits beyond mental health?

A growing body of evidence suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan.

So what is there to lose? Give a couple of hours to your community shop and feel better - in a lot of ways.

To find out more, talk to Patsy Hollingum on 01604 505280 or email her at volunteer@creatonvillageshop.co.uk.



How to keep up with the shop news:

- Chat on the Facebook page: [CreatonVillageShop](https://www.facebook.com/CreatonVillageShop)
- Follow us on Twitter: [@creatonshop](https://twitter.com/creatonshop)
- Send pictures to Instagram: [creatonvillageshop](https://www.instagram.com/creatonvillageshop)
- Visit the website: www.creatonvillageshop.co.uk
- Send us an email: [shop@creatonvillageshop](mailto:shop@creatonvillageshop.co.uk)