

Link

December 2025 — January 2026



Merry
Christmas
and a happy
New Year,
from all
at the Link



Please give to St Boniface
to maintain this beautiful
church building

A magazine for the parishes of
Bunbury and Tilstone Fearnall



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JOY

You are invited to
Advent and Christmas

Services in the parishes of
Bunbury and Tilstone Fearnall

Sunday 7 December

4:00pm – Christingle Service at St Boniface
in aid of The Children's Society

Sunday 14 December

11:30am – Christmas carols at Calveley Chapel
3:00pm – Carol Service at St Jude

Sunday 21 December

10:30am – DIY Nativity and Sunday Brunch at St Boniface
6:30pm – Carol Service at St Boniface

Wednesday 24 December

Christmas Eve

4:00p – Crib Service at St Boniface
11:30pm – Midnight Communion at St Boniface

Thursday 25 December

Christmas Day

9:30am – Christmas Communion at St Jude
10:30am – Christmas Communion at St Boniface

www.stbonifacebunbury.org



THE CHURCH
OF ENGLAND

Could you help us deliver the Link in Calveley?
Please contact us on parishlinkeditor@stbonifacebunbury.org

You can read The Link online at: www.stbonifacebunbury.org

Who we are

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The Link

Please contact us to advertise your business or to send us your news, views and pictures.

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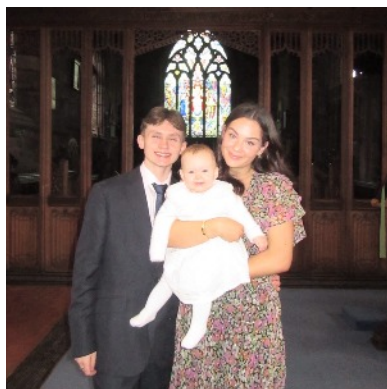
parishlinkeditor@stbonifacebunbury.org

Community news

Congratulations to Emily and Mike James on the baptism of their daughter Florence Alison on Sunday 26 October at St Boniface church.



Congratulations to Katie Worthington and Thomas Helsby on the baptism of their daughter Lily Eira on Sunday 9 November at St Boniface church.



St Jude's — On Saturday 27 September the annual harvest supper was held at St Jude's and was enjoyed by all. Mr Ian Mullock was presented with a certificate of



recognition for all his dedication and hard work at St Jude's, especially his upkeep of the church yard. Mike Lightfoot, churchwarden, presented the certificate on behalf of the Deanery Synod and St Jude's PCC.

St Jude's **Carol Service** will be held on **Sunday 14 December at 3:00pm**, with refreshments to be served in the church hall afterwards. All welcome.

St Boniface 100 Club winners — The club draws take place on the first Sunday of the month at St Boniface church after the 10:30am service. The winning numbers on 3 August were **63, 50 and 31**; on 7 September they were **47, 40 and 46**; on 5 October they were **21, 52 and 96**; on 2 November they were **39, 99 and 4**. Congratulations to the winners!

St Boniface's comedy night — Despite the wet and stormy weather outside, on Friday 14 November the church provided a warm welcome to Paul Kerensa, the award-winning comedy writer and stand-up comedian. This first-ever comedy evening at St Boniface proved to be a big success. It was well-supported by the whole Bunbury community who enjoyed some great original comedy and participated in the singing of "one tune to the tune of another" (including some hilarious alternative renditions of Christmas carols). Many thanks to those who organised the event and who helped out on the night by staffing the bar and operating front-of-house. Particular thanks to all those who attended and raised over £2,000 in support of the church's work in the community.

Christingle Service — On **Sunday 7 December at 4:00pm** St Boniface will be holding its annual candle-lit service for all the family in aid of the Children's Society.

St Boniface's Pop-up Christmas Choir rehearsals for our annual Carol Service on Sunday 21 December at 6:30pm will take place on **Saturday 6, 13 and 20 December between 9:00am-11:00pm** at St Boniface. All welcome.

Bunbury WI meets on the second Thursday of the month at Bunbury Playing Fields Pavilion at 7:30pm. Our members are looking forward to the Festive Lunch at Dysart Arms on 4 December, and the

A word from the editor

Where does time go? Another year has gone past.

A huge thank you to all those people who volunteer to deliver the Link. There are so many people within the life and running of the church who deserve thanks: the cleaning team, the flower team for special occasions, the bell ringers, those who volunteer for refreshments, the sides people, those who look after the churchyard, those who give of their talents to play music and sing, those who volunteer to help in the Nags Head on a Tuesday at the ALIVE group, and those who deliver the foodbank donations at the Village Hall to the foodbank. Thank you to the fete team. Thanks to those who volunteer to be on the Church Council (who are responsible for everything we do at St Boniface and Calveley Chapel), to those who carry out all the formal duties in the church, and to those who look after our spiritual welfare. Thank you to the congregation who support St Boniface, especially the younger members of the congregation: the Youth Band, the Forest Church and Brunch Service Community, and the Youth Club. A massive thank you to Rev Tim and his family who give so much to the Parish.

Can you help other organisations in the village? The Toddlers group would like help setting up. The Parish Council is looking for new members. The Village Hall needs volunteers to help out with the running of the hall. If you are interested in any of these please contact me at parishlinkeditor@stbonifacebunbury.org.

A community is only as strong as the organisations within it. On page 11 you can read about the health benefits of volunteering your time to causes you value! Please consider volunteering in your community — it is worthwhile.

We will have a report from the Royal British Legion on Bunbury's Remembrance events in the February edition of the Link.

The Link team wish you a merry Christmas and happy New Year.

members— only Christmas wreath making workshop at the monthly meeting on 11 December. We do not have a meeting in January. New members and visitors are warmly welcome. For further information contact Lynda Davies 01829 863781.

Bunbury Gardening Club wishes all their members a Happy Christmas and New Year! There will be no meeting in December. There will be a fun **Quiz Night on 20 January at 7:30pm** at the Village Hall, Bunbury. Thanks for your support in making 2025 a successful and enjoyable year for the club. New members always welcome: please contact Margaret on mjbourne249@tiscali.co.uk.

Just Sing local choir brings **The Colours of Christmas** to their next concert on **Saturday 6 December at 2:00pm** at Tarporley Baptist and Methodist Church. Tickets are £10 and available from Tilly's and The Sheds in Bunbury, and the Hair Academy and Ginger & Pickles in Tarporley. The concert will raise funds for St Luke's Cheshire Hospice.

Decibellas women's choir returns to St Boniface to take us on a **Sleigh Ride** at their winter concert on **Saturday 13 December at 7:30pm**. Tickets are available from Stitch, High Street, Tarporley or via decibellas.co.uk/boxoffice at £10 for adults and £5 for children. There will be a bucket collection for the charity Share Chester after the concert.

The Rain or Shine Theatre Company presents **Agatha Appleton and the Peril of the Pyramids** at the Bunbury Village Hall on **10 January at 7:00pm**. Please go to rainorshine.co.uk for tickets and more details.



The joy of Christmas

As we approach Christmas once again, I find myself returning to that simple yet astonishing line from Luke's Gospel: *"I bring you good news of great joy for all the people."*

Christmas is, at its heart, a season of joy: not the thin, glitter-wrapped version of joy that the adverts try to sell us, rather something deeper, sturdier, more hopeful. It is joy not rooted in perfect circumstances, but in God's decision to draw close to us in Jesus.

Christmas meets us honestly, because for many, December is not an easy month. Some will be facing it for the first time without someone they love. Others find the pace exhausting, or the pressure overwhelming. Some feel the sharp ache of loneliness most keenly when the lights are shining and everyone else seems to be celebrating.

If that's you this year, please hear this: the Christmas story is for you. The manger is not simply a sweet picture on a card — it is God choosing to enter the world in the most vulnerable, humble way imaginable. Jesus was not born into comfort or certainty. He arrived in a time of upheaval, political tension, and displacement. His cradle was a feeding trough; His first visitors were frightened shepherds; His family soon became refugees fleeing danger. God did not wait for the world to be tidy before He came to be with us. He stepped into the mess. God abides in mess.

That is where joy begins. Not in pretending everything is fine, but in discovering that God is with us even when everything isn't ok.

And yet, there is joy — real, radiant joy in this season. Joy in the light that shines in the darkness. Joy in seeing generosity spark to life as neighbours look out for one another. Joy in hearing familiar carols that remind us of truths deeper than our worries. Joy in the laughter of children, the warmth of shared meals, the chance to pause and remember what truly matters. Above all, joy in the astonishing news that God has come to us in Jesus to heal, to save, and to love.

Whether your Christmas is bustling with family or quietly held together with courage, the promise remains the same: that Christ is Emmanuel, God with us. Not just with the cheerful, organised, or confident, but with the weary, the grieving, the stressed, the hopeful, and the seeking.

So this year, my prayer for all of us is simple: that we might each find moments of joy, perhaps small, perhaps surprising, that remind us of God's nearness. And that we might also be bearers of joy to others: through kindness, listening and love.

May the light of Christ's birth shine gently but surely upon you. And may His joy: deep, resilient, and true, be yours this Christmas and always.

The copy deadline for the February issue is Friday 16 January. The magazine should be delivered from Saturday 31 January. Please send notices to parishlinkeditor@stbonifacebunbury.org

What's on?

Dates for you diary



INSPIRE 26 will take place in June next year. As in 2022 it will feature a selling art show and wonderful flower installations in the church. New for 2026, there will also be an allotment in pots in the churchyard. We hope the allotment will complement the areas of the churchyard where wild flowers are being encouraged to grow.

There will be an opportunity for artists who would like to sell their work to put in three exhibits. This can include paintings, ceramics, textiles, woodwork or jewellery. For those who don't want to sell but would like to show their work, one piece can be shown.

The allotment outside will feature vegetables, flowers, a small pond and artefacts. If you would like to be involved in growing anything in a pot, or would like to help in any way, we would be very pleased to hear from you. If you are successful growing chard, sweet peas, or anything else, please think about joining us. As the pots for outside must be transported, weight needs thinking about. Plastic pots are fine if they are being reused: they can be grouped and put into other more interesting containers. Some alliums have already been planted and flower plugs are being over wintered ready for the flower arrangers in local gardens. We are hoping to create our very own St Boniface Chelsea Garden. The team is very excited about the whole event.

If you are interested in any aspect of this event or would like to join the churchyard team (which is a very exciting project) please contact the editor. We are really looking forward to hearing from you.

The next **Bereavement Journey** course at St Boniface starts on **Wednesday 11 February**: seven weekly sessions of films and discussion for anyone bereaved anytime. Go to the What's on page on our website for more details about the course and to book: stbonifacebunbury.org/newevents



Church diary for all our churches



December		
Wed 3 December	10:00am BCP Communion	St Boniface
Sunday 7 December	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion 4:00pm Christingle	St Boniface St Jude St Boniface St Boniface
Wed 10 December	10:00am BCP Communion	St Boniface
Sunday 14 December	9:30am No service 10:30am Morning Worship 11:30pm Carol Service 3:00pm Carol Service	St Jude St Boniface Calveley St Jude
Wed 17 December	10.00am BCP Communion	St Boniface
Sunday 21 December	9.30am BCP Communion 10.30am DIY Nativity and Sunday Brunch 6.00pm No Evensong 6:30pm Carol Service	St Jude St Boniface St Boniface St Boniface
Wed 24 December	10.00am No BCP Communion 4:00pm Crib Service 11:30pm Midnight Holy Communion	St Boniface St Boniface St Boniface
Thursday 25 December	9.30am Christmas Holy Communion 10.30am Christmas Holy Communion	St Jude St Boniface
Sunday 28 December	9.30am No Morning Worship 10.30am Holy Communion	St Jude St Boniface
Wed 31 December	10:00am No BCP Communion	St Boniface

January		
Sunday 4 January	8:00 BCP Communion 9.30am Morning Worship 10:30am Holy Communion and Forest Church	St Boniface St Jude St Boniface
Wed 7 January	10:00am BCP Communion	St Boniface
Sunday 11 January	9:30am BCP Communion 10:30am Morning Worship	St Jude St Boniface
Wed 14 January	10:00am BCP Communion	St Boniface
Sunday 18 January	9.30am Holy Communion 10.30am Third Sunday Brunch 6.00pm Evensong	St Jude St Boniface St Boniface
Wednesday 21 January	10:00am BCP Communion	St Boniface
Sunday 25 January	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wed 28 January	10.00am BCP Communion	St Boniface

Our prayers

As we enter Advent and remember the courage of those whose faith came before ours, and of Mary and Joseph who said "Yes" to your plan of redemption,

Father God,

We too say "Yes" to your peace, which passes all understanding;

We say "Yes" to your joy which breaks our grief;

We say "Yes" to your love which does not count the cost.

*And we thank you for Jesus, our Saviour and our friend
Amen.*

Sky notes for Christmas: what was the Star of Bethlehem?

We read in Matthew 2 verses 1–12 about the Star of Bethlehem that appeared around the time of Jesus' birth:

"After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, 'Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.' When King Herod heard this he was disturbed, and all Jerusalem with him.

When he had called together all the people's chief priests and teachers of the law, he asked them where the Messiah was to be born. In Bethlehem in Judea,' they replied, 'for this is what the prophet has written: 'But you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for out of you will come a ruler who will shepherd my people Israel.'

Then Herod called the Magi secretly and found out from them the exact time the star had appeared. He sent them to Bethlehem and said, 'Go and search carefully for the child. As soon as you find him, report to me, so that I too may go and worship him.'

After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another route."

Have you ever gone outside on a clear night and looked up into the night sky? I was doing that just last night, when the temperatures were dipping to a chilly -2C, but the stars were so bright! We are fortunate in this part of Cheshire that our night skies are still relatively dark. Away from streetlights, we can still see the Milky Way arching high overhead and we can enjoy shooting stars as they dash across the sky. About a thousand years before Jesus was born, King David (one of Jesus' ancestors) sat out under the night sky and wrote:

"When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him?"

David was awestruck by the beauty and the majesty of God's handiwork. And yet he had no conception of the vast distances and sizes of the objects he observed. We have so much more knowledge of the universe today. And so when I look at the heavens from my observatory, I am also awestruck when I consider the wonders of the universe in which we live.

For the most part, the ancients found that the sky was predictable. As the constellations turned above the Earth, each of the stars stayed in relative position to each other. The Moon and the planets moved independently of the stars, but they could still plot their course in the sky. Then, of course, there were also

many surprises. Meteor showers, comets, eclipses, sudden flare-ups of new stars in the sky — many of the ancients viewed these as signs or portents in the heavens.

And so it was that the Magi, astrologers from the East, noticed something unusual in the sky around the time of Christ's birth. Something out of the ordinary caught their attention and spurred them on to make their long and arduous journey to Jerusalem.

So what was the Star of Bethlehem? Well, there have been many attempts over the years to identify this star. One popular explanation was that it was a comet. Halley's Comet made an appearance in 12 B.C., but that is much too early for Christ's birth which scholars think was actually sometime between 6 and 4 B.C. Another comet appeared for about seventy days in March and April of 5 B.C. That is closer to the time frame of Christ's birth, but it does not explain the miraculous movement of the star toward Bethlehem. Also, comets were generally considered portents of evil rather than bearers of good news. And why *that* comet, as opposed to hundreds of others down the centuries?

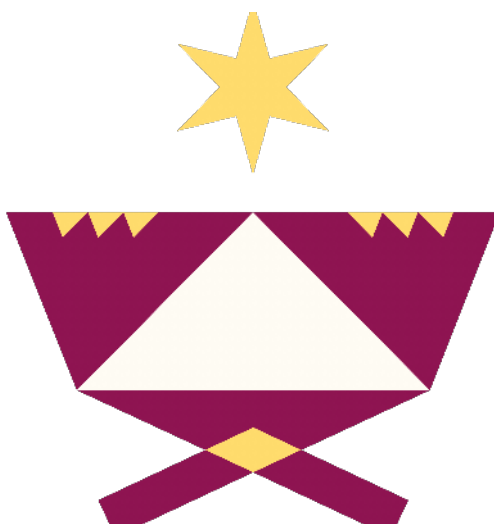
The astronomer Kepler preferred a different explanation — the possibility that the Magi saw a star that had exploded as a supernova. The last supernova that occurred in our own Milky Way galaxy took place in 1604. Kepler reported that the star was so bright you could actually see it in the daytime. Supernovae leave remnants of the explosion which can be detected in large telescopes, but there is none associated with a supernova around the time of Jesus's birth.

My favoured explanation is that what spurred the Magi into action was actually a SERIES of events of great significance that unfolded over a period of months. This was proposed by my good friend Dr Mark Kidger of the European Space Agency.

There was a triple conjunction of Jupiter and Saturn in 7 B.C.: the first in May, another in September and the third in November. These took place in Pisces — a constellation associated with the Jews. The fact that Saturn, the royal planet, was involved meant that a royal event was imminent. But what? The Magi must have pondered long and hard.

A further sign might have been a massing of the planets the following year. Once again this happened in Pisces. Thus, the Magi would have seen four events in Pisces, the constellation associated with Judea, in quick succession. But something even more interesting was to happen on the evening of 20 February 5 B.C. The two-day old Moon passed close to Jupiter, slightly to the east of another pairing: of Mars and Saturn.

Then a final sign would have let the Magi know their wait was over. Not long after these conjunctions, a nova (or new star) appeared in the east and was recorded by Chinese sky watchers. Perhaps this is what convinced them to saddle up their camels and embark on a treacherous desert and mountain crossing of at



least 540 miles. This would have taken several weeks. We know from the Chinese records that the nova was visible for more than 70 days. On arrival in Jerusalem the Magi probably paid their respects to Herod, the scribes, the Pharisees and no doubt other diplomats for several days.

So the star that was originally in the east when first seen, would have moved to the south two months later. When the Magi set out for Bethlehem, they would have seen the star before them at dawn.

For those who wish to find a scientific explanation for the Star of Bethlehem, something that makes it truly unique, this combination of events, culminating with a bright star is compelling. However, we cannot definitively explain the Star of Bethlehem.

But when all is said and done, we have something much better than an explanation. We have a mystery. We have a miracle. And the miracle of the Star of Bethlehem is one of the many wonders of the Christmas story that draws our hearts to worship the Lord each Christmas season.

We are not left in the dark as to the purpose of the star. God's purpose was simply to point the Magi to Christ. God used the star to catch the Magi's attention and bring them to Jerusalem. It was there that they received a fuller revelation of Christ from God's Word, when the teachers of the law opened the Scriptures and pointed them to Bethlehem as the place of Christ's birth.

And then the star went on ahead of them to Bethlehem until it stopped over the place where Christ was. It is at this point that we read:

"When they saw the star, they were overjoyed."

Why were they overjoyed? Not because they saw the star, but because the star had led them to their goal. It had pointed them to Christ.

And that is still God's purpose for the star today. Jesus is the real "star" of Bethlehem. He is the star attraction. He is centre stage. He was the motivation for the Magi's journey and the reason for their rejoicing. He is the reason for our celebration of Christmas today. The purpose of the star is to point us to Christ. And Jesus will be with us on our journey.

There is another thing that strikes me about the verses from Matthew's gospel that we started with. It starts with foreigners from a distant nation coming to worship Christ. And the gospel of Matthew ends with Jesus' commission to the church to: *"go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit."* Jesus is not only the King of the Jews. He is the only Saviour for the world. And so the star also has a missionary thrust. It is a reminder to us that we are to share the good news of Jesus with everyone, everywhere we can, both here where we live, and around the world. We are to make disciples of all nations as we point them to Jesus.

I wonder, who will you share the good news of Jesus with this year?

Bunbury Stargazer

Gardeners' December diary

After an amazing autumn with all its inspirational colours we are now entering winter's drab and gloomy days. However, we can always find something in our gardens to lift our spirits.

Mahonias, small to medium sized shrubs, have very fragrant flowers at this time of year. *Aquifolium* has red leaves and blue fruits, while a smaller variety called *"soft caress"* is suitable for containers. They do not like drought (although not a problem at the moment) so keep them in cool shady locations.

I love **clematis** and even at this time of year there are some varieties that will flower. One of the best is *cirrhosa freckles*, a stunning plant with red freckles as the name suggests.

I always look forward to January when my **hellebores** appear. I have a number of different varieties and I often walk through the garden to see how they are progressing. A bonus with these plants is that they self seed, so look out for the seedlings. Hellebores can be very colourful — *Harvington* with its double flowers is a lovely variety. The list goes on and before you know it you will have created a winter garden which gives as much pleasure as your summer flowers.



Mahonia "soft caress"

Keith

Bunbury School news



On Wednesday 5 November pupils from our school embarked on a deeply moving and educational visit to Kelsall Methodist Chapel to take part in the Remembrance Hope Journey. Run by volunteers, this special event offered our children a unique opportunity to connect with the past, reflect on the sacrifices made during wartime, and understand the importance of remembrance in our community.

One of the most poignant moments of the day was a conversation with a local resident who was just eight years old when the Second World War broke out. She spoke with warmth and clarity about her childhood experiences, painting vivid pictures of life during wartime. The children listened intently as she described the arrival of evacuees to Kelsall — children who had been sent away from cities to find safety in the countryside. Her stories brought history to life, helping our pupils to imagine what it was like to grow up in such uncertain times.

The children also explored the village war memorial, taking time to read the names and reflect on the lives behind them. This quiet moment of contemplation was followed by engaging workshops that included wartime cooking, learning about Anne



Frank's story, and crafting poppy wreaths — each activity helping to deepen their understanding of the era and its impact.

The week culminated in a moving Service of Remembrance on Friday 7, when we were honoured to welcome representatives from the Royal British Legion and Rev Tim. Our Year 6 pupils read heartfelt poems, and the roll of honour was shared with great reverence.

The children marked the two-minute silence with exemplary behaviour, showing deep respect and maturity throughout the service. As a school, we believe it is vital for this generation of children to learn about the sacrifices made by those who came before us. These experiences help them appreciate the freedoms they enjoy today and foster a sense of gratitude and responsibility for the future. We are incredibly proud of our pupils for the way they engaged with this journey: thoughtfully, respectfully, and with open hearts. It was a week of learning, reflection, and remembrance that will stay with them for years to come.

*Nic Badger
Principal*

The **Sadlers Wells Woodland** trustees publish a bi-annual newsletter for Friends of the Wood in late November and again in Spring. If anyone would be interested in this, it only costs a minimum of £5 per person per year to become a Friend of the Wood and receive the newsletters and invitations to working parties and to support the woodland in general. We get no public funding and although most of the work of looking after the Wood is done by volunteers, there are costs associated with maintenance such as the bridge, the paths, removal of dead trees, insurance, professional surveys and so on.

The newsletter contains reports of our working parties and various other articles, and allows people to keep in touch with what we are doing as they walk around the wood.

To become a friend please contact Dave Clapperton by e-mail at dave.clapperton@gmail.com.

St Luke's Hospice

Christmas Tree Collection

**8th - 11th
January
2026**

**St Luke's
CHESHIRE HOSPICE**
In partnership with
JUST-HELPING

We will collect and recycle your Christmas tree to raise money for St Luke's Hospice!

For a donation to St Luke's Hospice, in January 2026 our volunteers will collect your real Christmas tree, which will be taken away and responsibly recycled. No more trips to the tip and needles in your car.

So when Christmas is over for another year, let us help you out with the dreaded job of getting rid of your tree. Registration is open from 10th November 2025. Book your collection at: www.slhospice.co.uk/christmastree

After costs, 90% of monies raised will go to St Luke's Hospice, the remaining 10% will be distributed to charities in the local community.

Justhelping supports volunteers, businesses and charities to contribute to their community and the environment. Our national Christmas tree collection raises essential funds for hospices and communities.

Scan to sign up!



www.slhospice.co.uk/christmastree

A night of style, community, and purpose in Bunbury

Lynne and Emma, the organisers of the charity fashion show that took place on 6 November at St Boniface, share their memories the night.

St Boniface Church was transformed into a dazzling runway as the local community came together for a charity fashion show in support of DKMS, an organisation dedicated to fighting blood cancer. Hosted by Emma and Lynne of Lizella Clothing, the event was a celebration of fashion, music, and heartfelt generosity.

From the moment guests arrived, the atmosphere was electric. Attendees were greeted with fizz, courtesy of The Dysart Arms, whose team not only provided a fully stocked outdoor bar and delicious food throughout the night but also contributed an incredible £705 from a recent charity dog walk.

The night began with an inspiring talk from Peter McCleave, whose personal journey with DKMS reminded everyone why this cause matters so deeply. His words resonated across the room, reinforcing the importance of registering as a stem cell donor and supporting life-saving research.

Then, the spotlight shifted to fashion. First up was the Queens of Archive showcase, by the talented Nicola Orme. Her collection blended vintage glamour with modern edge, captivating the audience with timeless elegance. Guests were thrilled to learn about exclusive discounts and private styling opportunities.



Following this, Dr. Caddy from Enigma took the stage to share insights into the services offered at their Tarporley-based clinic, highlighting the importance of wellness.

The second catwalk featured Lizella Clothing, marking Emma and Lynne's fifth charity fashion show in St Boniface Church. Under the glow of stunning lighting provided by Events Equipment Ltd, local models brought the clothes to life with confidence and charm, and the audience responded with enthusiastic applause. Throughout the evening, guests enjoyed browsing stalls from local businesses, bidding on silent auction items, and purchasing raffle tickets for a chance to win fabulous prizes all generously donated by local businesses and individuals.

Every contribution helped create excitement and raise vital funds for DKMS. The talented Caroline White of White Portraits captured every special moment, ensuring memories of this magical night will last forever.

None of this would have been possible without the generosity of sponsors, including Illingworth Seddon, D&D Tyres, Barnes Logistics Ltd, and Gascoigne Halman Estate Agents, whose support helped turn a vision into reality. Equally vital were the volunteers and models — local women who brought their unique style and spirit to the runway.

As the evening drew to a close, one thing was clear: this was more than a fashion show. It was a testament to Bunbury's community spirit, creativity, and commitment to making a difference. Emma and Lynne are incredibly appreciative of everyone who gave up their time to help make this event happen — from volunteers and models to those working behind the scenes. Your efforts made all the difference.

We will be announcing the final figure raised very soon, and we can't wait to share the impact your generosity has made.

Bunbury Medical Practice

December news

Polite reminder/request

With winter demands on the NHS, please be mindful that if your request is of a non-urgent nature and you do not require urgent medical assistance or an urgent, same-day appointment, please call or visit the surgery after 11:00am. It is helpful that patients observe this approach all year round, but with the increased demands of winter, it becomes more important at this time.

Christmas closure dates

Christmas Day, Boxing Day and New Year's Day.

Appointments system

In the New Year, we will be making changes to our appointment system. Updates regarding the changes will appear via the waiting room information screen, recorded telephone messages when you call the surgery and on our website and social media platforms. We ask all patients to be aware of the updates over the coming weeks; more information to follow.

Training Day – December 2025/January 2026

There are NO training days in December or January. All Training Days for 2026 can be seen on our website.

Calling all knitters!

We would like to thank the patients who were in the surgery on 11 November at 11:00am and who joined staff in the waiting room for the two-minute silence.

Looking ahead to future years, we are creating a Remembrance Day display to honour those who served, and we would like your help. If you enjoy knitting or crocheting, please join us in making handmade poppies to add to our display. Whether you make one or many, each poppy will help us remember and reflect together. We will be leaving a red bucket at the reception desk for all donations. Let us knit/crochet together in remembrance and gratitude.

Patient Participation Group (PPG) by Bunbury's Chair, patient, Neil Timperley

Each GP practice has its own PPG which is made up of patient representatives (lay members), GPs and representatives from the practice team.

The primary aim of the PPG is to be a "critical" friend to the surgery and a key part of our role is communication. We advise the surgery on the patient perspective and provide insight into the responsiveness and quality of service. We also provide assistance to the practice in managing patient expectations in light of ever-challenging financial pressures and the impact of a rapidly ageing population.

We work with the practice, as well as with other local rural surgeries, to encourage patients to take greater responsibility for their own health. Any patient aged 16 or over and registered at the practice can become involved with the PPG to strengthen our voice on local surgery issues, but importantly in the context of rural Cheshire also. We are an informal group which meets approximately every three months at the practice. We would welcome new members; anyone interested should contact Stephanie Adams, Practice Manager at Bunbury Medical Practice.

Please remember that help is available through the surgery with non-medical issues which are affecting your health and wellbeing:

Our wellbeing co-ordinator, Keli, can offer help to patients over 18 who are:

- Feeling lonely or isolated
- Needing help with housing support, debts or benefit claims
- In need of carers or bereavement support
- Wanting access to social groups or activities in the area

You do not need a GP appointment to be referred to Keli; any practice staff member can help you.

We wish you all a healthy and happy festive season.

Christmas messages from our readers to you

Wishing everyone a very happy Christmas and a peaceful New Year. With love from **the Melia family**.

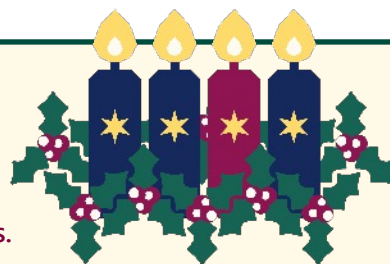
We wish everyone a very happy Christmas and peaceful New Year from **the Crottys**.

Merry Christmas to friends and neighbours and every good wish for 2026 **Anne James**.

Wishing a very happy Christmas and a healthy New Year to friends in the village **Frances Furber**.

Mike and Hilary Watson wish everyone a very happy Christmas and a very peaceful, happy, and healthy 2026.

Nick and Alex Sanders wish all their friends in the village a blessed and happy Christmas: we look forward to catching up in the new year after our return from Cyprus.



“Just one thing” for a healthier life: be kind

We have chosen to continue with this series of articles based on the popular podcast by the late Dr Michael Mosley as testament to his life's work and passion for educating and helping people.



As is fitting for the season of goodwill to all men, new research shows that performing regular acts of kindness is beneficial to the giver as well as to the receiver. In 2023 people with mild depression, anxiety or stress were randomly allocated to one of three groups; one practised acts of kindness, one group tried to be more sociable, and a third followed a standard CBT (cognitive behavioural therapy) protocol for anxiety and depression. The group performing acts of kindness showed significantly greater reductions in symptoms compared to either of the other groups. Brain scans have shown that an area called the striatum is activated when we do rewarding things — and being kind is one of them.

A slightly macabre recent study found that receiving painful electric shocks (or giving or receiving blood) was perceived to be less painful if participants were simultaneously deciding to donate money to charity, suggesting that acts of kindness can help us to manage pain more effectively.

Dr Tristan Inagaki from the San Diego State University conducted two studies which showed that kindness can also lower stress hormones and chronic inflammation. They took blood from adults aged between 25 and 76 and discovered that those who were giving to more people and organisations (giving of time, not money) had significantly lower IL6 levels than those who did less.

IL6 is an inflammatory marker that is helpful in short-term stressful situations but not if present longer term, when (as part of chronic inflammation) it is associated with higher rates of diabetes, cancer, depression and cardiovascular disease.

Other studies conducted over five, seven and twenty years consistently show that those people who are giving more to others are living longer. Originally, these results were thought to be only a result of increased interaction with people and the consequent reduction in loneliness and activity, but these studies show that the effect is more specifically related to acts of kindness.

Dr Mosley suggests that you try it for yourself, aiming for maybe three conscious kind acts per week. They do not need to be big gestures — maybe making a coffee for your partner or house mate, or making a cake for a neighbour, or writing a note to someone who is struggling — things that involve effort, rather than spending money. Try to vary the acts and the recipients and see how good you feel about yourself, knowing that you are improving the lives of others and at the same time getting some benefits for yourself.

Happy Christmas to you and yours, and now your New Year's resolutions are sorted!

Liv Weller



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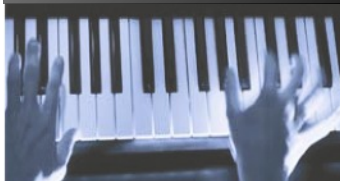


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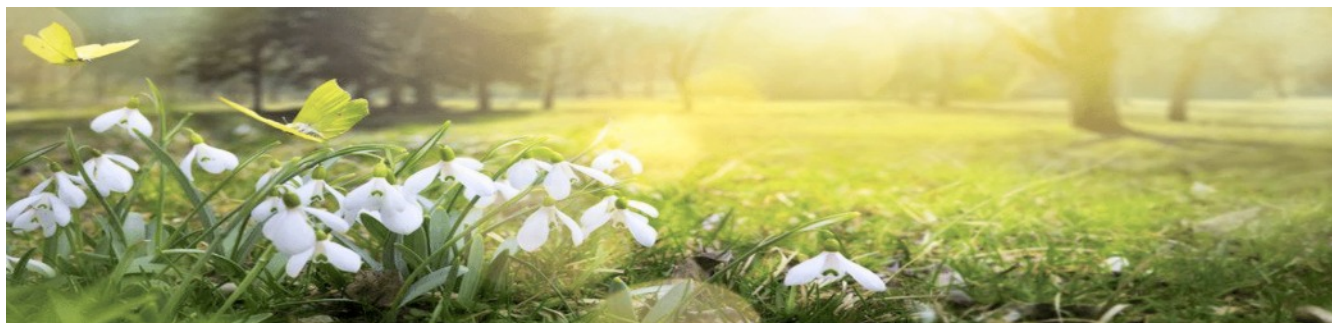
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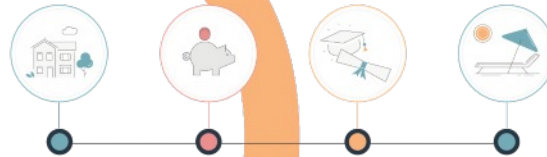
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