



August - September 2026

Link

A magazine for the parishes of Bunbury and Tilstone Fearnall



Remembering Rita Kendrick
see page 8



Above all, it takes faith.

Faith that people will give their time. Faith that gardens will come together, artists will exhibit and musicians will perform. Faith that the community will embrace the vision and that visitors will come. Inspire reminds us that communities flourish when people believe in one another and are prepared to step out together with confidence and trust. It is one of the things I love most about village life.

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Follow Bunbury Church on Facebook

A big thanks to everyone
for Inspire 26
see page 6

WHO WE ARE

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The Link

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

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Please give to St Boniface to maintain our beautiful church building

A WORD FROM THE EDITOR

Firstly thank you to all those who deliver the Link and to anyone who contributes to the Link in any way. You now have a well deserved summer break.

Inspire was inspiring for me. It was the companionship of so many people working together that I loved. One special memory: one beautiful night, after watering, a small group of us sat outside the church watching the swifts fly around the church tower. Looking at the church Peter Styles commented that every piece of sandstone for the church was either dragged or brought by cart to Bunbury. Every piece was hand carved and then put together to make such a beautiful building. The church building is what really makes Inspire and the people who make it happen in any way.

The Link team hope everyone has a lovely summer.

The copy deadline for the October issue is Friday 11 September.

The magazine should be delivered from Friday 26 September.

Please send notices to: parishlinkeditor@stbonifacebunbury.org



Our prayers

Dear God,

In this season of long days and abundant light we give you thanks for the beauty of your creation. During this time of summer, as many travel and find refreshment, be with those who cannot rest, those who are lonely, grieving, ill, anxious or burdened by hardship. May they know your presence, your comfort and your peace.

Amen.

Faith Hope & Love

Three Days, Three Events, Three hundred Miles



Over the course of just three days last weekend, I travelled more than 300 miles and found myself at three very different events. One was here in the heart of Bunbury, another in the beautiful setting of Cholmondeley, and the third took me much further afield to a gathering of 1500 men in a big top in a field outside Swindon.

On the face of it, they had very little in common. One celebrated arts, gardens and village life. Another centred on a charity cricket match. The third was a Christian conference filled with stories of lives changed by faith. Yet, as I reflected on those three days, I realised they were all bound together by the same three words that St Paul wrote about nearly two thousand years ago: faith, hope and love.

The first stop was Inspire: Bunbury's very own celebration of arts, gardens and community. Anyone who has been involved in organising an event like Inspire knows it doesn't simply happen by accident. Long before the first visitors arrive, there are months of planning, hundreds of volunteer hours, countless acts of generosity and no small amount of nervous anticipation.

Above all, it takes faith.

Faith that people will give their time. Faith that gardens will come together, artists will exhibit and musicians will perform. Faith that the community will embrace the vision and that visitors will come. Inspire reminds us that communities flourish when people believe in one another and are prepared to step out together with confidence and trust. It is one of the things I love most about village life.

The following day I found myself at the Lord's Taverners charity cricket match at Cholmondeley. There are few finer

settings for a game of cricket, but the day was about far more than runs and wickets. Every pound raised helps create sporting opportunities for disadvantaged and disabled young people who might otherwise never have the chance to experience the joy, confidence and friendships that sport can bring.

That is what hope looks like.

Hope is much more than wishful thinking. It is giving someone opportunities they never thought possible. It is opening doors that might otherwise remain firmly closed. Watching players, spectators, volunteers and supporters come together reminded me that generosity can change lives, often in ways we never fully see.

The third day took me to a men's gathering outside Swindon. Men from across the country came together to worship, pray and share deeply honest stories of lives transformed through faith in Jesus Christ and through the love they had encountered in local churches.

One statistic shared over the weekend was deeply sobering: around one million young people aged between 16 and 25 are currently not in education, employment or training. Behind that figure are countless stories of disappointment, isolation and lost confidence.

Yet what struck me most was not the scale of the problem but the power of love.

Again and again, men spoke of church communities that had welcomed them when they felt forgotten, friendships that had offered acceptance instead of judgement, and people who simply refused to give up on them. Many described encountering the love of Christ through ordinary Christians who listened, cared and walked alongside them. In a world that can sometimes seem quick to write people off, these stories were a powerful reminder that love still has the power to restore hope and transform lives.

Three days. Three hundred miles. Three very different events.

Yet wherever I went, I found people investing their time, energy and resources for the good of others. I saw faith that inspired action, hope that created opportunity and love that changed lives.

As I returned home, I couldn't help but give thanks for all those who quietly make these things possible: volunteers, organisers, fundraisers, church members, neighbours and friends. They may never make the headlines, but they are helping to build communities where people can flourish.

Perhaps that is something worth remembering this summer. Whether we are opening a garden, supporting a charity, encouraging a neighbour or welcoming someone into church, every small act of faith, every word of hope and every gesture of love reflects something of God's kingdom.

And, as St Paul reminds us, "these three remain: faith, hope and love. But the greatest of these is love."



Community News

Congratulations



to **Harriet Walker** and **Gilbert Gregory** who were married at St Boniface on 13 June.

And to **Helen Jones** and **Andrew Cooke** who were married at St Boniface on 19 June.

And to **Kira Scott** and **Sam Edwards** who were married at St Boniface on 20 June.



And to Georgina and James Cawson on the baptism of **Ellis Martin George** which took place at St Boniface on 5 July.



Tilly's Bunbury, the award-winning independent café in the heart of Bunbury village, has been named a finalist in the Café of the Year category at the prestigious Cheshire Life Food & Drink Awards 2026. The winners will be announced at the awards ceremony on 20 July at Carden Park Hotel.

Calveley Church hosted the Deanery Service on the 26 June. Thank you to all those who supported and to those people who made the refreshments.

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 5 July were 33, 51 and 36. Congratulations to the winners!

There will be a **Macmillan Coffee Morning** at St Boniface on Thursday **1 October** 10:00am — 12:00pm. Delicious cakes and raffle. All proceeds to Macmillan.

Bunbury WI meets on the second Thursday of the month at the Bunbury Playing Fields Pavilion at 7:30pm. Our August Meeting is a members only social with cheese platter and wine. In September we will welcome Hazel Griffiths to talk about Polar Explorer Fridtjof Nansen, and in October we have planned a craft evening led by Val Cowap. Bunbury WI extends a warm welcome to visitors and new members. For further information contact Lynda Davies 01829 863781.

We are saddened to relay the news that **Celia Kinnersley** has died, and also sadly **Morag Taylor**. There will be tributes to them both in the October Link.

Sunday 20 September Tower Open Day

at our church as part of 2026 *Heritage Open Days*:

England's largest festival of history and culture. This year the Heritage events include a focus on learning about and demonstrating "cherished rituals" — one of which is the centuries old and unique UK practice of full circle bell ringing. The tower will be open from 11:30am to 2:00pm on Sunday 20 September to learn how the bells are rung and to see the bells themselves — one of which is amongst Cheshire's oldest church bell being cast in the early 1500s. During your visit there will also be the opportunity to have a go at "tolling" a bell. Entry is free and there is no need to book. Just come along to the church between 11:30am and 2:00pm. Please wear sensible footwear and clothing as there are a large number of steps to climb up to the tower.



The Annual Pet Service held at the Cricket Club was a lovely service supported by lots of owners and their pets. It was followed by the annual cricket match. The cricket club won with 139 runs from 16 overs; the church posted a total of 138 runs from 17 overs. It was a brilliant game showcasing some young talent, the future is bright for Bunbury. Thank you to Bunbury Cricket Club for making it happen.



What's on

SAVE THE DATE!

NORTHERN CHAMBER ORCHESTRA

A COMMUNITY EVENT - BE PART OF IT

AT ST BONIFACE CHURCH, BUNBURY

A NIGHT OF BEAUTY AND MUSIC THAT WILL MOVE YOU



12 SEPTEMBER

FROM 18:30 - 20:30
(INCLUDING 20 MINUTE INTERVAL)

£35 PER TICKET



THE PROGRAMME

Mozart - Clarinet Concerto
Elgar - Serenade for Strings
Beethoven - Symphony No7

GET YOUR TICKETS AT
FOR MORE INFORMATION

NCORCH.CO.UK/NCO_EVENTS/NCO-AT-ST-BONIFACE-BUNBURY/
PARISHADMIN@STBONIFACEBUNBURY.ORG

Church diary for August

Sunday 2 August	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion	St Boniface St Jude St Boniface
Wednesday 5 August	10:00am BCP Communion	St Boniface
Sunday 9 August	9:30am BCP Communion 10:30am Morning Worship	St Jude St Boniface
Wednesday 12 August	10:00am BCP Communion	St Boniface
Sunday 16 August	9:30am Holy Communion 10:30am Morning Worship 6:00pm Evensong	St Jude St Boniface St Boniface
Wednesday 19 August	10:00am BCP Communion	St Boniface
Sunday 23 August	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wednesday 26 August	10:00am BCP Communion	St Boniface
Sunday 30 August	9:30am Morning Worship 10:30am Morning Worship	St Jude St Boniface

Church diary for September

Wednesday 2 September	10:00am BCP Communion	St Boniface
Sunday 6 September	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion and Forest Church	St Boniface St Jude St Boniface
Wednesday 9 September	10:00am BCP Communion	St Boniface
Sunday 13 September	9:30am BCP Communion 10:30am Morning Worship	St Jude St Boniface
Wednesday 16 September	10:00am BCP Communion	St Boniface
Sunday 20 September	9:30am Holy Communion 10:30am Third Sunday Brunch 6:00pm Evensong	St Jude St Boniface St Boniface
Wednesday 23 September	10:00am BCP Communion	St Boniface
Sunday 27 September	9:30am Harvest Communion 10:30am Harvest Communion	St Jude St Boniface
Wednesday 30 September	10:00am BCP Communion	St Boniface
Sunday 4 October	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion and Forest Church 4:30 Harvest Communion	St Boniface St Jude St Boniface Calveley Chapel

BUNBURY GARDENING CLUB Present our: VILLAGE SHOW!

SATURDAY 5TH SEPTEMBER @
2PM

CASH ONLY EVENT - please bring change
BUNBURY VILLAGE HALL

Celebrate & enjoy the skills of our local
artists, crafters, photographers,
gardeners, cooks & bakers!

Tea and cakes will be served from 2pm



SCAN QR CODE FOR SHOW SCHEDULES
&
TOP TIPS FOR ENTRIES
FUN AND FREE TO ENTER

Or Contact: Margaret Bourne on
01829 260944 or email: mjb@bourne249@btiscall.co.uk
Facebook users: Join BUNBURY GARDENING CLUB GROUP

BUNBURY VILLAGE HALL
Tuesday 20th OCTOBER 7:30pm

GUEST SPEAKER:
Frank Pilkington



**Come & learn all about
'WORM COMPOSTING'**

New members always welcome to attend meetings,
Contact: Margaret Bourne on
01829 260944 or email: mjb@bourne249@btiscall.co.uk
Facebook users: Join our BUNBURY GARDENING CLUB page

Thank you Thank you Thank you

Where do we start ?

The weather was beautiful although hot. The visitors came. The church looked beautiful inside and out and many memories were made.

Thank you to our great village community who helped in so many ways.

To those who helped fundraise beforehand.

To those who baked cakes and manned the cafe.

To those who moved the pews, they had to be moved twice (a horrible job as they are so heavy) and then hanging the kneelers back up.

We can't thank you enough.

To the person who mowed the grass regularly for the outside garden and staked off the areas.

To those who were stewards on the door and in the church.

To those who created the beautiful flower arrangements inside the church, including the tea tables, all so individual, growing plants and using flowers from Firs Flower farm and Marsh Farm Flowers.

To those who made the jigsaw puzzle of plants and vegetables that were delivered into the gorgeous gardens outside the church.

To those who grew plants and vegetables to put in the gardens outside the church or lent plants for the green jungle.

To those who came and watered the plants outside every night from Tuesday evening onwards.

To those who lent artefacts of all sorts to decorate the outside gardens (a bench, chimney pots, a shed, tables, chairs, beehives, the list goes on)

To those who fetched and carried to the church and helped to move heavy objects into place.

To those who helped to receive the artwork into church and take payment of the entries.

To the team who helped to hang and number over 200 pieces of art.

To those who put out the parking cones and tape and collected it all up again.

To those who played the organ or piano during the weekend.

To all the artists who entered the event making it so special.

To those who live around St Boniface who had to cope with the extra cars coming to the church.

To Hirerequirements Ltd who do such a good job and make things so much easier (provider of the display boards)

To Okells Garden Centre who lent us plants (dropping off and picking them up)

To HSS Hire who lent us a portaloos for the weekend.

To Bunbury School and Emily Badger and the infants for creating a garden.

To the Dysart who gave us Pimms for our preview evening.

To Dawn and Mike Dodds for creating a lovely garden.

To Mornflake Oats and Jacqueline Wilson for sponsoring the event.

To the Earl of Chester Fund for giving us the money to pay for the display boards.

To the Bunbury villagers who visited the exhibition, sometimes coming twice.

This was such a community event and truly remarkable for all your support.

It's difficult to express our thanks in words. There are too many involved to name personally.

There have been so many lovely comments about the event.

Thank you for giving up your time.

We can't thank you enough .





Fables the bookshop

has its origins one Saturday in 1976. Becky Sowray, who owns the Fables bookshop, was out with her mother in the everlasting summer of that year. Their trip included a grocery shop and that, in its turn, a Ladybird book. Becky remembers the especial delight of that book and all the other books that came before and after it.

If our childhoods set the compass of our lives, then books have featured largely in Becky's. A love of reading and writing has led to copywriting work and a burgeoning collection of books.

From those things the idea of Fables, the bookshop, was conceived. Operating for a brief time as an online bookshop Becky saw an opportunity when the old Beeston Station Sweet Shop came up to let in the Spring of 2025.

A few weeks later the lease was signed and plans put in place. The shop has been repainted, inside and out, with sunshine in mind.

The books range from much loved children's classics like Julia Donaldson's "Room on the Broom" right across to Jennifer Worth's "Call the Midwife". Categories of books stocked include History, Politics, Science, Gardening, Young Adult and many more besides. All the books are second hand.



The shop includes a space for tea and coffee as well as biscuits or home-made cake, giving you the chance to take a step away from the everyday and escape for a moment or two. Fables is keen to minimise its environmental impact; all our food offerings are suitable for vegetarians or those on a plant-based diet.

Fables has welcomed many locals over these first few days of opening.

It is a friendly space to enjoy books and a space for time to stand still for a while. Opening hours are 10:30am to 5:00pm from Tuesday to Saturday. **Fables is "The little bookshop with big ideas".**

Remembering Rita Kendrick

Rita was born on 23 November 1950 in Rudheath to John and Joan Burgess, the youngest of their three children, with her older brother Robert and sister Irene. From an early age she was bright, thoughtful and caring. She attended Northwich Girls' Grammar School before training to become a teacher at St Katherine's Teacher Training College in Liverpool – a profession that suited her perfectly because she had such patience, kindness and encouragement for young people.

David and Rita's story began in 1971 at a friend's party in London. For David, it was love at first sight. They married the following year, in 1972, at the Methodist Chapel in Weaverham, and together began an adventure that would take them to places they could never have imagined.

They first lived in Rudheath, where Rita worked briefly at Ilford in Mobberley before their son Matthew was born in September 1973. Then, in 1975, they moved to the Isle of Man, living first in Castletown and later Port Erin. Those were happy years, made even happier when daughter Sarah was born in Douglas in 1977.

In 1980 they returned to the mainland, settling in Tilston, where Rita taught at Shocklach Primary School. Before long, however, overseas called once again and they embarked on what became one of the greatest adventures of their lives – moving to Qatar.

Qatar in the early 1980s was a very different country from the one we know today. Rita taught at the Dutch School in Doha while Matthew and Sarah attended Doha English School. It was an expatriate life full of contrasts: wonderful friendships, trips into the desert, weekends on the beach, sparsely stocked shops and roads that could only be described as chaotic. Yet Rita, who had never sought excitement for its own sake, quietly took it all in her stride. She even learned to drive confidently in Doha, transporting a car full of lively children to school every day without complaint.

David's original work secondment was meant to last three years. In the end, it became nine. Throughout that time Rita made every place feel like home. That was one of her greatest gifts.

Returning to Britain brought its own challenge. Their beloved Mauritian rescue dog, Brookes, had to spend six months in quarantine before the days of pet passports. Every single day Rita travelled to sit with him in his kennel, simply because she couldn't bear the thought of him

feeling abandoned. That quiet faithfulness said everything about the kind of person Rita was.

Ten years later they found themselves moving overseas again, this time to Germany, taking cat Tiger and rescue dog Rags with them. They lived in the beautiful riverside town of Kaiserswerth on the Rhine, famous as the place where Florence Nightingale trained before the Crimean War. They were the only English family living there. Rita became the local English teacher, helping neighbours improve their language skills with the same patience and warmth that had always marked her teaching.



Eventually they settled back in Cheshire, first in Nantwich and finally here in Bunbury.

Wherever Rita lived, she quietly became part of the community.

At St Boniface she served faithfully as a sidesperson for many years and was a devoted supporter of Calveley Chapel. She never wanted recognition. Rita was always happiest in the background, making tea, washing up, helping wherever she was needed. She was always involved with Beeston Fete, volunteered with Meals on Wheels for over ten years, belonged to the Tarporley Ladies Walking Group, and was an active member—and later President—of Tarporley Ladies Inner Wheel, where she could invariably be found helping in the tea tent at the annual carnival.

She also enjoyed her weekly "French for Fun" classes.

Walking was one of her great pleasures. Together David and Rita enjoyed walking holidays in France and Germany and explored the mountains of southern Oman. At home, Rosie (the dog) ensured that Bickerton Hills became part of Rita's daily routine.

As Rita's family grew, her greatest joy was being Mum and then Grandma. Sarah built her career in Dubai, Matthew in Kuwait, and this gave Rita and David wonderful opportunities to visit them and explore the Middle East once again. One of the happiest occasions was attending Matthew and Carmie's wedding at Kuwait Cathedral, followed by the arrival of their beautiful twin granddaughters, Valerie and Doreena, in 2020. Rita adored them.

Yet life also brought profound sorrow. In 2022, David and Rita experienced every parent's worst nightmare when their beloved daughter Sarah died suddenly and unexpectedly from sepsis. The shock was overwhelming, and the grief beyond words. In the midst of their heartbreak, they made the decision to move house so that they could care for Sarah's much-loved dogs—a practical expression of the love they still longed to show her.

Bunbury Aldersey School



A fond farewell to our wonderful Year 6 pupils

As the school year draws to a close, Bunbury School bids a fond farewell to our wonderful Year 6 pupils – the Class of 2026. What an incredible group of young people they have been, and what a fantastic way they chose to mark their final weeks at primary school.

One of the highlights of the term was their outstanding performance of A Midsummer Night's Dream. Taking on Shakespeare is no small task, but the Year 6 children rose to the challenge with confidence, enthusiasm and remarkable talent. The production involved an enormous amount of line learning, rehearsing and preparation, alongside a range of wonderful songs that brought the performance to life. Every child played their part brilliantly, demonstrating dedication, teamwork and resilience throughout the process. Whether delivering lines on stage, singing with confidence or supporting their classmates behind the scenes, the children were simply incredible. Their performance was a joy to watch and a lasting memory for everyone lucky enough to see it.



We ended the week with a beautiful Leavers' Service at St Boniface Church. This special occasion gave the children the opportunity to reflect on their time at school and share some of their favourite memories and experiences.

Listening to their thoughtful words reminded everyone of how much they have grown during their journey through primary education. There were smiles, laughter and a few tears as their achievements were celebrated.

The Class of 2026 have been a truly special year group. They have contributed so much to school life through their kindness, humour, determination and leadership. They have been excellent role models for the younger pupils and have embraced every opportunity that has come their way. They leave Bunbury school with many happy memories and will be greatly missed by staff and children alike.

A huge thank you to our dedicated Year 6 team Mrs Smith and Mr Wyatt, who have done a tremendous job supporting the children throughout their final year of primary school. Their care, commitment and encouragement have helped every pupil to flourish.

Those who knew David and Rita saw not only the depth of their sadness but also their remarkable resilience, their steadfast devotion to one another, and the quiet faith that carried them through. It was a burden they never imagined they would have to bear, and yet, together, they bore it with courage and grace.

And over these last eighteen months their lives changed dramatically when Rita was diagnosed with terminal cancer.

Throughout her life, Rita's faith was never something she wore on her sleeve. It was something she lived quietly, day by day, in kindness, faithfulness and humble service. She reflected something of the gentle love of Christ.

Rita had a smile that would light up the room.

That beautiful smile will remain with everyone. In the words of the poem: "We can shed tears that she is gone, or we can smile because she has lived."

Sky notes: eclipses and shooting stars!



Looking West on 12 August at 7:10pm. The Moon covers 92% of the Sun with a tiny sliver left at the top – see viewing warning in article (Sky Safari Pro)

Summer brings the perfect opportunity to get outside and gaze up at the night sky. Not only is it the best time to see the Milky Way, which appears as a band of light stretching across the starscape, but there's also a meteor shower and two eclipses to look forward to in August.

Solar eclipse

There is a wonderful opportunity of seeing an eclipse of the Sun on the evening of Wednesday **12 August**. Whilst some parts of the world get to experience a total eclipse, from the UK we will see a partial eclipse — one of the best for many years!

The eclipse begins at 6:14pm and is at its maximum at 7:10pm when 92% of the Sun will be hidden by the Moon. There will be a sliver of Sun still visible at the top of the Sun's disc and therefore it won't go dark.

The Sun is quite low in the western sky at this point, so make sure you have a clear horizon in that direction. The eclipse ends at 8:04 pm with the Sun close to setting.

Never look directly at the Sun with your unprotected eyes or, especially, with a telescope or binoculars. It can blind you permanently.

The Royal Observatory Greenwich has some guidance on observing a Solar eclipse safely; <https://www.rmg.co.uk/stories/space-astronomy/how-see-12-august-2026-partial-solar-eclipse> Jodrell Bank will be putting on an eclipse viewing evening on 12 August (see their website for details).

Lunar eclipse

The next partial lunar eclipse visible from the UK will take place on **28 August**. This is the night of Full Moon. The eclipse will begin at 3:33am and deepen until maximum eclipse at 5:12am when around 93% of the Moon will be immersed in Earth's umbra, the darkest part of its shadow.

As the eclipse progresses, the Moon will sink lower towards the horizon, so a location with an unobstructed view to the south-west will offer the best chance of seeing the event.

By contrast to solar eclipses, lunar eclipses, are completely safe to watch with your eyes, binoculars or a telescope. Sometimes the eclipsed Moon takes on an orange or red colour. Keep a look out for that and perhaps try to take some photographs.

Perseid meteor shower

The Perseid meteor shower is regarded as one of the best displays of shooting stars of the year.

Occurring when Earth passes through the debris left behind by Comet 109P/Swift-Tuttle, it is one of the brightest and fastest meteor showers.

It is known for producing bright "fireball" meteors. Stargazers in perfect dark sky conditions may be able to see 60 meteors per hour on the night of maximum which is the night of **12/13 August**. This is the same night as the solar eclipse, which means that it will be New Moon, so there is no danger of the shooting stars being obscured by moonlight.

The shower will be active between **17 July and 24 August** so you might see some shooting stars in the nights leading up to maximum or just following it.

The best way to observe meteors is from a sun lounger or deck chair. Look towards the general direction of the East, though shooting stars might be seen in any part of the sky.

Clear Skies!

Bunbury Stargazer



CQC Inspection

We recently had a CQC inspection at the practice and are pleased to confirm that we have once again been rated as Good.

The full report is yet to be published to the public and when available, it will be put on our website.

Achieving this outcome is a reflection of the hard work, commitment and care by all members of the Bunbury team.

The report contains many positive comments about the practice. The final report will include a summary of key findings and any areas where we can continue to improve.

Maintaining a Good rating is something we are very proud of, but we also remain committed to learning, developing and providing the best possible care for our patients.

August Bank Holiday

The surgery will be closed on Monday 31 August; please allow sufficient time when ordering your prescriptions.

Repeat Prescription post box

There is now a new box located to the right-hand side of the main front door of the surgery for patients who wish to deliver repeat medication requests outside of surgery hours. The box is emptied at 8:30am each day, Monday–Friday.

Training Days for 2026

There is no training day in August.

The practice will be closed from 1:00pm on Wednesday 9 September; it will reopen the following day at 8:00am. All training days for 2026 can be seen on our website.

Bunbury Medical Practice

News – August & September 2026

Private Medical Work

Due to unexpected sickness absence within our GP partner team, we are currently experiencing reduced clinical capacity for completing private (non-NHS) medical work.

As a result, the turnaround time for private requests, including insurance reports, DVLA medical forms, holiday cancellation forms, and other non-NHS paperwork, will temporarily increase from 28 days to 56 days.

We appreciate that this may cause some inconvenience and kindly ask patients to submit any requests as early as possible to allow sufficient time for completion.

We apologise for any inconvenience this temporary change may cause and thank you for your patience and understanding while we work through this period.

Patient Reminder

If you change your mobile phone number or email address, please remember to contact the surgery so that we can amend your patient record.

This will ensure that the correct contact details are included on any referrals which are made for further care.

If you are one of those people who doesn't struggle to get to sleep or stay asleep, but does struggle to get yourself to bed in good time, this is for you.

A Harvard-led study of 800,000 people showed that those who go to bed earlier have fewer negative thoughts than those who go later. Depression seems to be linked to the timing of the midpoint of your sleep – that is, halfway between your going-to-sleep time and your waking-up time. Going to bed even one hour earlier therefore makes that midpoint half an hour earlier, and is linked to a 20% reduction in risk of depression; two hours earlier can be up to a 40% reduction.

The exact mechanism isn't known but is thought to be due to more exposure to light earlier in the day, which releases more of the "feel-good" hormones like serotonin. Also, we sleep deepest in the early part of the night, and that is when many toxins are cleared from the body; in particular, a wave of CSF (cerebro-spinal fluid) rushes in and clears toxins from the brain and spine.

Another, British, study of 100,000 people found that those

who went to bed between 10:00pm and 11:00pm had a 20% lower risk of developing heart disease in the next five years than those who went to bed at midnight or later. And early nights can help with weight loss too; sleep deprivation is known to trigger the release of the hormone ghrelin, which stimulates hunger and cravings for carbohydrates. A group of 80 overweight people were randomised and half were given sleep hygiene interventions to improve their sleep quality and duration, resulting in an average of an extra 1.2 hours of sleep per day. These same people, with no other intervention, consumed 270 fewer calories per day, and they also reported having more energy, better mood, and better alertness. Their only gripe was that they had less time to watch TV and keep up with social media!

So the evidence for the old maxim "early to bed and early to rise makes a man healthy and wealthy and wise" is good (although the wealthy bit is not guaranteed!). It's best to find your own bedtime routine to stick to, and make sure that you do things that relax you before you try to sleep, and avoid stimulating activities such as work, TV and social media. If you generally have trouble sleeping then Dr Mosley's "Sleep Special" episodes are for you; they will be covered in a future article.

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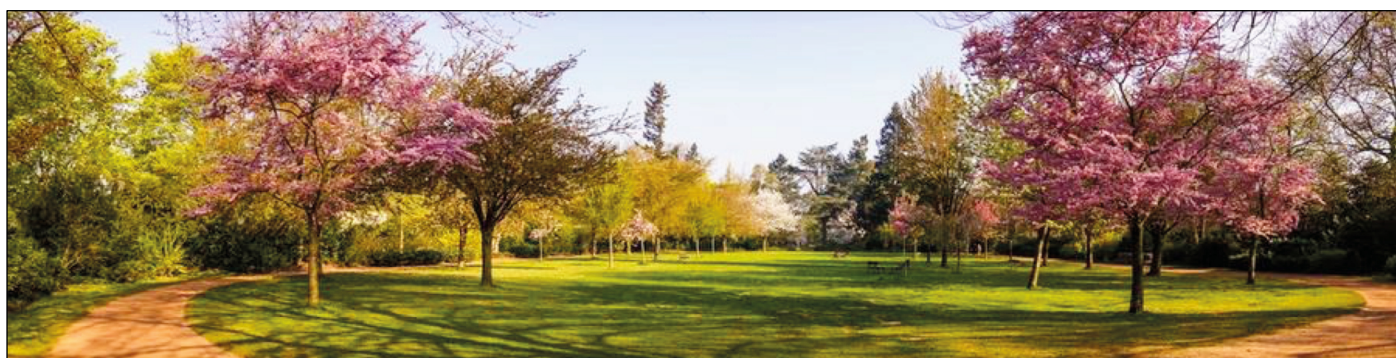
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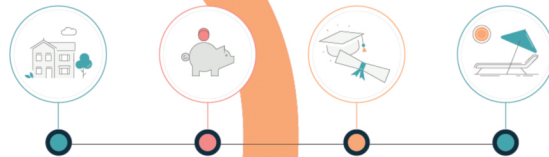
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