

Link

November 2023

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Have you ever wondered...part 2

A magazine for the parishes of Bunbury and Tilstone Fearnall



Remembrance Service
Sunday 12 November
10.45am

Preceded by procession leaving the Scout Hut at 10.15am

At the going down of the sun, and in the morning, we will remember them



During the service the names of the departed will be read out - those who have died last year as well as those whom people would like remembered. There will also be an opportunity to light candles in their memory. You can contact Rev Tim Hayward via email at revtimhayward@stbonifacebunbury.org
If you would find it comforting to come along and sit quietly to remember those who are important to you, please do join us.



Follow Bunbury Church on Facebook

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

Here to serve

We have increased the number of pages in the Link to allow us to publicise more local events and support local businesses — see our new notice board on page 14. Please contact the editor if you would like to advertise your charitable event, or parishlinkads@stbonifacebunbury.org if you would like to advertise your business. We look forward to hearing from you!

Community news

Congratulations to **Fran Logan and Alex Caldwell** who were married at St Boniface church on 25 August.



Congratulations also to **Harriet and Jake Wood-Gee** on the baptism of **William Robin** on 17 September. (Photo below)



Congratulations to **Paul and Kim-Louise Bradford** on the baptism of **Amelia Charlotte Jean** on 24 September.

Congratulations to **Helen and Jack Harrison** on the baptism of **Alfie Jack William** on 30 September.

Congratulations to **Harry and Jemima Fildes** on the baptism of **William Charlie** on 1 October. (Photo below)



Nick and Alex Sanders (who are currently living in Cyprus) are pleased to announce the safe arrival of **Sofia**, grandchild number four on 18 September.



St Jude's held its harvest supper on 30 September at the church hall. An enjoyable evening was had by everyone. Many thanks to Lowe's catering. St Jude's carol service is to be held on Sunday 10 December at 3.00pm.



St Jude's has fund raising plans for the coming months including a charity motorbike ride to be led by Bishop Mark next year, and a charity walk between the three parish churches.

St Boniface church looked beautiful for our harvest festival. Thanks go to the team of flower arrangers and Lucy Munro's team of church cleaners. St Boniface can now receive contactless donations in church. Look out for the device in the photo on the right, on the side cupboards, as you come into the nave of the church. Many thanks go to John Mason for all

A word from the editor

Please support our Christingle service on Sunday 3 December. The collection will be donated to The Children's Society. The Children's Society has been supporting children through their most serious life challenges for 140 years. You can find a little more background on The Children's Society and full details for the service on page 5. As Christmas is approaching, let me remind you that you can send your Christmas messages to your friends and family in the parish using the Link. Your donations will support Crisis, the homelessness charity. Please contact me at parishlinkeditor@stbonifacebunbury.org to send your message.

his hard work in not only securing the device, but also making it work without either broadband or fibre connection to the internet, and a famously poor phone signal in the building!



Bunbury WI meets on the second Thursday of the month at 7.00pm at the Playing Fields Pavilion. The meeting on 9 November is the WI Annual General Meeting followed by a talk from Linda Barton of Bunbury Parish Council on our local defibrillators. Come along to one of our meetings, guests

are warmly welcomed. For more information contact Lynda Davies 01829 260084.

The Bunbury Gardening Club will be holding their Annual General Meeting on Tuesday 21 November at 7.30pm in the Village Hall, followed by a hot pot supper. Bring your own drinks. New members are welcome. For more information contact Margaret Bourne on 01829 260944.

News from Peckforton and Beeston Village Hall on page 13.

Dates for your diary

All Souls Memorial Service at St Boniface on Sunday 5 November at 4.00pm.

The Youth Club's Pantomime **Jack and the Beanstalk** will be taking place on Thursday 30 November and Friday 1 December at the Village Hall. Doors open at 7.00pm. Adults £7.50 and children £3.00.

The Rain or Shine theatre company are performing **Frankenstein** on Saturday 2 December also at the Village Hall. Doors open at 6.30pm. Adults £14 and children £10.

Our **Christingle service** at St Boniface will take place on Sunday 3 December at 4.00pm. The collection will be donated to The Children's Society.

Just Sing is holding an open rehearsal at no charge for anyone wishing to join them singing Christmas carols on Monday 4 December at 7.30pm at Bunbury Aldersey School. Just go in through the front entrance.



TIM HAYWARD

Your Vicar

I know I'm biased but St Boniface and St Jude's as well as our daughter chapel at Calveley and their associated churchyards enrich our landscape immeasurably. Their collective importance as part of our heritage is immense but their significance is much broader than their architecture and boundaries.

Our churches and churchyards are much loved and used in all sorts of ways. They faithfully contribute to social capital, providing a physical base where people can meet and be supported, practically, emotionally and spiritually — expressing the church's desire to recognise everyone in our communities as neighbours. Day in, day out, church buildings host groups of all types and all age ranges.

But as well as the many practical contributions our churches and churchyards make to our communities, it would be wrong to ignore their deeper symbolic significance too. During this season of All Hallows, they are not so much haunted as 'thin' to another world in which past, present and future converge. And because within our churches and churchyards we cherish and hold the memories of our loved ones and this particular community, it is important we care for and keep them in good order.

The PCC (Parochial Church Council) is the custodian of these buildings and churchyards which are everyone's heritage and yet maintaining them is increasingly challenging. The appearance of the churchyards will not have gone unnoticed. At St Jude's, where there are a couple of dedicated volunteers, who see their hard work as a labour of love, the churchyard looks lovely. However, at Bunbury, where we are reliant on the local council to provide grass cutting, it often appears unloved and unkempt due to a lack of resources and manpower. And in financial terms we are the least established church in Western Europe: there is no direct government funding for the repair of parish churches. In most other countries there is either a church tax or the state is responsible for the maintenance of historic churches and churchyards. We need your support.

Please do get in touch with us if you would like to be part of our fabric committee or volunteer for our churchyard tidy up. The Wardens and myself will be making a start during December and after Christmas removing perishable items from the churchyard, but we'd love to recruit more volunteers for the spring to assist with a wider programme of maintenance. Let's honour our past, present and future by taking care of our beautiful environment.

The copy deadline for the December issue is Friday 10 November. The magazine should be delivered from Saturday 25 November. Please send notices to parishlinkeditor@stbonifacebunbury.org

Mike Rogers



The Unnamed

Up and down this fair land of ours, at crossroads, in town squares, on village greens and in roadside lay-bys stand countless numbers of war memorials.

On these memorials are inscribed the names of those who gave their lives for our freedom during two world wars. Most of us just pass these memorials by. We pay them scant attention for many, if not most, have stood for around 100 years and they have become part of our landscape. Similarly, few of us stop to read the names inscribed upon them. If you do take the time to do so, you will notice, particularly in respect of the First World War, that a surprising number of the names are drawn from the same family.

And beyond these memorials to local men and women, lie monuments on a grander scale. In London at Tower Hill stands the Merchant Navy Memorial which commemorates the men and women of the Merchant Navy and Fishing Fleets who died in both World Wars and who have no known grave; there are more than 36,000 names inscribed upon it. Closer to home is the Liverpool Naval Memorial. It stands at Pier Head beside the River Mersey in Liverpool, and commemorates nearly 1,400 men from the British Merchant Navy who died on active service with the Royal Navy in the Second World War, and who, like their counterparts named in London, have no known grave.

We are in the month of November, a time when we pause to remember, to give thanks and to commemorate with poppies, which we either bind into wreaths or wear, those who gave their all for our benefit.

It is in this month that these otherwise largely unnoticed memorials come into sharper focus; after Sunday 12 November, Remembrance Sunday, they will be adorned with poppy wreaths.

But this is only part of the story.

Since the end of the Second World War, nearly 7,200 members of our Armed Forces have died on operational service and these are casualties not named on those sentinels to sacrifice that punctuate our landscape. But, like those whose names are recorded, they too were someone's father or mother, husband or wife, son or daughter, brother or sister. They too must be remembered. We forget them at our peril.

As the writer of Ecclesiasticus puts it in his passage about praising famous men (Eccl. 44):

"And there are some who have no memorial, who have perished as though they had not lived... these were men of mercy whose righteous deeds have not been forgotten."

At the going down of the sun, and in the morning, we will remember them

Our prayers

O God of all justice and peace, we cry out to you in the midst of the pain and trauma of violence and fear which prevails in the Holy Land.

Be with those who need you in these days of suffering; we pray for people of all faiths — Jews, Muslims, Christians and for all the people of the land. While we pray to you, O Lord, for an end to violence and the establishment of peace, we also call for you to bring justice and equity to the peoples. Guide us into your kingdom, where all people are treated with dignity and honour as your children, for to all of us you are our Heavenly Father.

In Jesus' name we pray.

Amen

Church diary for November

Sunday 5 November	8.00am BCP Communion 9.30am Morning Worship 10.30am Holy Communion & Forest Church 11.30am Holy Communion 4.00pm All Souls Memorial Service	St Boniface St Jude's St Boniface Calveley St Boniface
Wed 8 November	10.00am BCP Communion	St Boniface
Sunday 12 November	9.30am Remembrance 10.45am Remembrance	St Jude's St Boniface
Wed 15 November	10.00am BCP Communion	St Boniface
Sunday 19 November	9.30am BCP Communion 10.30am Sunday Brunch 6.00pm Evensong	St Jude's St Boniface St Boniface
Tuesday 21 November	2.30pm & 7.30pm Contemplative Prayer	St Boniface
Wed 22 November	10.00am BCP Communion	St Boniface
Sunday 26 November	9.30am Morning Worship 10.30am Holy Communion	St Jude's St Boniface
Wed 29 November	10.00am BCP Communion	St Boniface

Christingle at St Boniface and the Children's Society

Please visit the Children's Society website for all the information about the charity, the work they do and their history at: <https://www.childrensociety.org.uk/about-us> and please support the service on Sunday 3 December at 4:00pm at St Boniface church. From The Children's Society's website: "We are a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect. We support them through their most serious life challenges and we campaign tirelessly for the big social changes that will improve the lives of those who need hope most. We've been doing this for 140 years and we won't stop until we've built a society where hope is alive in every child."



Caring for St Boniface's churchyard

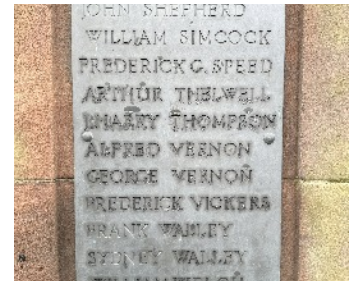
St Boniface's churchyard is a special place. It is managed and maintained reflecting the provisions contained in the Churchyard Regulations 2007, as set out on the Diocese of Chester website. The PCC is responsible for maintaining the churchyard. Grass cutting is done on regular basis by volunteers. St Boniface's ancient churchyard is maintained by Cheshire East Council. The PCC recognises the importance of respect and dignity for those who have died and also of its ministry to those who visit this churchyard to remember a loved one. The following policy is intended to clarify the way in which those aims might be met for the mutual benefit of all those who come here to seek comfort and reassurance.

Diocese of Chester churchyard rules and regulations

- Graves are not owned by family members — this means only fresh flowers can be placed on the grave. Anything else needs permission from the Vicar and PCC. Silk and other good quality artificial flowers, which are appropriate to the season, may also be placed on graves without permission (plastic flowers are not allowed).
- Please remove wreaths and cut flowers when they have withered. The churchyard maintenance team will remove wreaths and cut flowers when they are withered. Faded or decaying artificial flowers will also be removed.
- No fencing, kerbs, edging or other artificial enclosure is allowed.
- Chippings and similar materials to cover the surface of a grave are not permitted.
- Spring and autumn bulbs may be planted in the soil of any grave in a position adjacent to the headstone — but not trees, shrubs and other plants.
- This is a Christian churchyard and graves are to be treated as memorials and not shrines — no pictures, photographs or other personal items are to be placed on the graves.
- Anything left on graves is placed there at your own risk and we regret that we cannot accept any liability for loss or damage.
- The wardens and Rev Tim have agreed that on 15 December the maintenance team will tidy up the churchyard removing all items which are not permitted. The items will be placed in a container at the entrance to the church where they can be collected.
- If you have any questions please email Rev Tim at revtimhayward@stbonifacebunbury.org.

Remembering Private Harry Thompson

By special request, Seb Neal who lives in Alpraham and is a history teacher at The King's School in Chester, remembers a Bunbury man lost in the First World War.



Behind every name on Bunbury's war memorial a story lies. As a history teacher and occasional battlefield guide, I often find myself amid the cemeteries of the world wars. I try to look out for those with whom I have some sort of connection, including men from the local area.

Planning a visit to the battlefields of the Great War this summer, I wondered if there were any local servicemen whose grave or memorial lay on my path. Unfortunately, none of those whose commemoration details were readily available were. I had to see if I could find where the small remainder were buried or commemorated. One of these was 'J. Harry Thompson'.

With a common name and no service details the odds were against me, but perhaps that initial 'J' would be helpful. The Commonwealth War Graves Commission (CWGC) website yields no results for 'J. Harry Thompson' and only eight Great War casualties for 'J. H. Thompson'. Possibly local newspapers could narrow it down. Bingo. In January 1917, the Nantwich Guardian reported the death of Private Harry Thompson of Bunbury. But when I looked him up on the CWGC website, his first initial is shown not as 'J' but as 'T' for Thomas.

I was puzzled. Could the CWGC have made a mistake? Unlikely, as families were asked to confirm details before headstones were carved. With the Bunbury connection clear from the newspaper report, it had to be the same Thompson as on the war memorial. Moreover, the 1901 census shows the family living at 5 Church Yard Side in the village. Harry was nine then, the second of seven children born to Thomas and Harriett. CWGC records list Thomas as Harry's next of kin, although Harriett was paid Harry's war pension of six shillings and sixpence a week.

Fittingly, Private 24300 Harry Thompson served in the Cheshire Regiment. Joining up in January 1915, he went to France with the 13th (Wirral) Battalion that September and saw service north of Arras and on the Somme before moving to Ploegsteert Wood in early November 1916. Known as a quiet sector, 'Plugstreet' — as the Tommies called it — despite its mud and

denuded trees must have been thought a relief after the dangers of the Somme. But no part of the line was entirely safe.

22 January 1917 marks no great battle; the regimental history makes no mention of the action in which Private Harry Thompson was killed. Unusually, however, the battalion war diary account spans eight pages. At 1:40pm an intense enemy bombardment began, followed by trench raids. It was mayhem. Telephone wires were cut; some British troops fled only to be ordered back to the front line; Germans and British alike suffered from friendly fire; gas shells, the battalion war diarist remarks with astonishing understatement "caused serious inconvenience".

Inevitably, there were casualties, 13th Cheshires losing one officer killed, 25 other ranks wounded and eight killed, one of whom was Private Harry Thompson.

Possibly, he was one of the four victims of a gas shell, but we can't be sure. At least he has a grave, meaning that his body could be positively identified. Not all were so fortunate. Now he lies not far from where he fell in Berks Cemetery Extension, one of those 'corners of a foreign England'. Like all the 'silent cities' on the Western Front and

elsewhere, today it is a place of beauty and tranquillity unrecognisable from the horror and filth of 1914-18. Why Bunbury's War Memorial lists 'J.' and not 'T. Harry Thompson' remains to be discovered. I'd love to find out, but either way the simple act of visiting his grave has taught me something about him and, although the Great War is beyond living memory even if war itself sadly is not, Harry Thompson is remembered.



Seb Neal

Have you ever wondered...

part 2

Ronald made several escape attempts from Poznan and in May 1941, with two other British officers, he successfully escaped by hiding in a modified handcart carrying rubbish to a pit outside the camp. They were able to make contact with the Polish underground movement in Warsaw but Ronald was finally recaptured in Bulgaria, after eight months of freedom.

Next stop for Ronald was Colditz Castle, the infamous Oflag IV-C prisoner-of-war camp for 'incurable' Allied officers who had repeatedly attempted to escape from other camps, where he arrived in July 1942. There had been many ingenious escape attempts from Colditz, mostly unsuccessful, but Ronald was determined and in October 1942, together with three fellow officers, he made a daring escape through an old cellar that drained out into the dry moat surrounding the castle. Ronald was able to evade capture and made the dangerous journey to neutral Switzerland. He then left Switzerland, together with another fellow officer who had escaped earlier from Colditz, and travelled across unoccupied France before crossing into Spain in January 1943. However they were arrested by the Spanish authorities and taken to a military prison at Figueras, where they were held in filthy cramped conditions until 22 February when they were handed over to the British Consul in Barcelona. Taken first to Gibraltar they finally reached Bristol, becoming amongst only a handful of British escapees from Colditz to ever make a 'home run'.

For his escape and actions whilst in activity he was awarded the Distinguished Service Order

After a short leave in Bunbury, visiting his now widowed mother, when he would have seen our severely bomb-damaged St Boniface Church with destroyed roof and windows, Ronald returned to active service.

An extract from our Parish Magazine of July 1943 reads:

"We have been quietly but prayerfully awaiting the event and now at last it has happened. Major R. Littledale D.S.O. returned to his home some days ago. It is to be hoped he will at some convenient date publish his experiences from the Calais epic till his return to Bunbury about three years later. For stirring episodes as the result of an inflexible determination to escape the clutches of the enemy, such an account should render the ordinary tale of adventure rather tame reading. He is to be congratulated on his decoration, but one confidently feels that with a soldier of his stamp even this is only an earnest of greater things to come."

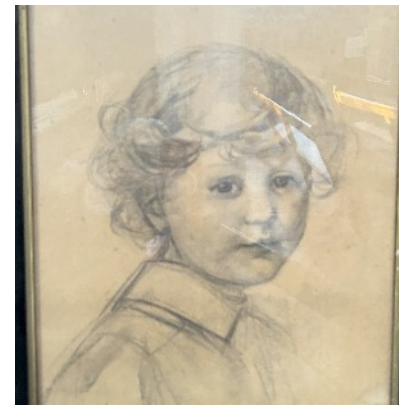
Sadly, along with so many others, he was to make the ultimate sacrifice. He was killed in action on 1st September 1944, aged 42, commanding the 2nd Battalion of the King's Royal Rifle Corps and is buried at Airaines Cemetery in France.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. We will remember them.

Notes

The Littledale Memorial on the north wall of St Boniface Church was erected 12 July 1948.

Ronald's widowed mother, Clara Violet Littledale, died in 1949 and is buried with Ronald's father, John Bolton



Littledale in the lower south cemetery extension. The memorial stone reads simply "Sacred to the memory of/ J.B. LITTLEDALE/ born 1868, died 1942/ And of his wife/ Clara Violet LITTLEDALE/ born 1872, died 1949" Ronald Bolton Littledale is included on our West Gate Memorial Plaques together with more than 50 other local men from the two World Wars who never returned.

David Kendrick

News from Bunbury School



On Friday 6th October Bunbury Aldersey CE Primary school journeyed to St Boniface church for the Harvest Service. This year the theme was based around the UN rights of the child and generosity, which is the Christian value focus for this half term. Bunbury Aldersey CE Primary is an accredited Rights-Respecting school and currently holds the silver certificate. At present, the school are aiming for gold and hope to have this confirmed within the next few weeks. A Rights Respecting School is a place where children can all feel confident with themselves and are encouraged to use their voice. It helps to build confidence and raise awareness of injustice in the world. Together young people and the school community learn about children's rights, putting them into practice every day. The award is not just about what children do but also, importantly, what adults do. In Rights-Respecting schools children's rights are promoted



and realised, adults and children work towards this goal together. There are four key areas of impact for children at a Rights-Respecting school; well-being, participation, relationships and self-esteem. The difference that a Rights-Respecting School makes goes beyond the school gates, making a positive impact on the whole community. Children are healthier and happier. Children feel safe. Children have better relationships. Children become active and involved in school life and the wider world. It was fantastic to see so many parents and carers supporting the Harvest Service and seeing the work of the children around the theme of generosity and the Rights of the Child. At Bunbury School it is so much more than academic learning, and the children proved this with their words, poems and songs through the service.

The children proved that they are great ambassadors of change for the future with their messages of kindness, hope, generosity and love. All the children spoke clearly and confidently and for our youngest learners in Reception it was the first time they had taken part in a school service.

I am incredibly proud of all the children and extremely grateful to work with such a dedicated staff team who ensure the children are performing and presenting such important messages to such a high standard. We were blessed with an abundance of very generous donations of food which have been donated to the local charity Chance Changing Lives.

Forest Church news

The challenge for Forest Church on 1 October was to create a shelter that would weather a storm (teenagers throwing buckets of water at your den whilst you're inside??).

We had a number of impressive constructions that kept those inside mostly dry although our teens did show quite a lot of enthusiasm! We reflected on how our faith in God can help us weather life storms but we must also look out for those around us whose shelter might be vulnerable. When we come together in love, God is there.



Sky notes for November

Jupiter, Venus and a meteor shower

Giant Jupiter closest to Earth

The giant planet Jupiter is closest to earth on 1 November. It is still 596 million miles away though! Two days later it is in opposition to the Sun. This means that a straight line can be drawn from the Sun, through Earth and ending at Jupiter. As a consequence, the planet will be due south at midnight and visible all night long. It will also be at its brightest. Look out for Jupiter's four largest moons if you have a pair of binoculars or a small telescope.

The accompanying picture shows all

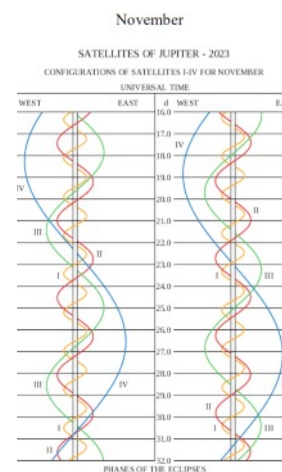


four: Io, Europa, Ganymede and Callisto, called moon I, II, III, and IV. In this image there are two on each side of the planet, but this is not always the case. One night you might seem them like this and another night you might find three on one side and one on the other. Some nights one might be hidden behind (or in front of) Jupiter's disk.

The diagram shows how the positions change throughout the month. Io (Satellite I — orange in the diagram) is closest to Jupiter and is darting backwards and forwards quickly, where Callisto (IV —blue) is much more leisurely. On 25 November the Moon passes near Jupiter.

Venus on show

Venus rises around 3:00am and early risers will have a wonderful view of this beguiling object, by far the brightest thing in the night sky apart from the Moon. It can even cast shadows. The crescent moon is very close to Venus on the morning of 9 November.



Leonid meteor shower

The Leonid meteors, so called because they appear to shoot out from the constellation of Leo the lion, should put on a good show this month. Maximum occurs on the night of 17/18 November. These shooting stars are dust left behind by the comet Temple-Tuttle. If you are very lucky you might even spot a fireball, the term given to a very bright meteor, brighter than Venus. Clear skies!

Bunbury Stargazer

Foodbank update

Thank you to everyone who managed to contribute to the foodbank during the repair work to the Village Hall porch. All is back to normal now.



Thinking ahead to Christmas the foodbank was asked about the most useful way to support those in need; enclosed are sections of Zoe's response.

"Thank you for your email and for the continued support from the Bunbury community.

We do get given a lot of mince pies and chocolate in the run up to Christmas, as well as donations from Cadbury's — so that side of Christmas treats is well covered.

What we try to do in the food parcels distributed throughout December is to add special items that can contribute to a celebratory meal: stuffing, tinned meat; cranberry sauce,

bread sauce, gravy granules, custard (we can't distribute brandy sauce), puddings, cheese crackers, pickles, chutneys, crisps and snacks that come in the tubes so they don't get squashed in transit (twiglets, mini cheddars, cheese balls, peanuts etc). We need smaller sizes of these items as we support many single people, so perhaps individual puddings. Ideally we need the Christmas related items with us by the end of November so we have time to pack them into the food parcels to distribute during December.

Going through into January we need staples: tinned meat, biscuits, tinned desserts (custard and rice pudding), tinned fish and cleaning spray. One thing we are always asked for and never have enough of is washing detergent, not glamorous, but very much needed."

Please note that the volunteers at the distribution point are always pleased to see us and comment on the generosity and thoughtfulness of those using the Bunbury drop off point.

Anne James

Bunbury Medical Practice news: November

Flu Season

Update – flu vaccinations are well underway in the Practice and over 1,000 patients have booked their vaccine appointment. We would encourage all eligible patients to contact reception to book their free flu vaccine. As mentioned last month, Covid vaccines are available for eligible patients through the NHS national booking system online on the NHS website.

Face masks

We are noticing an increase in respiratory illness amongst our patients. We therefore ask that if you are attending the surgery with a respiratory-related problem (cough, cold, sore throat etc), PLEASE wear a face mask. This is not only to protect vulnerable patients in the waiting room but also our staff. Wearing a mask will reduce staff absence and avoid clinics having to be cancelled. Thank you.

Dispensary News

With Christmas just a month away, we want to make patients aware that we are only closed for two days over Christmas Week – Christmas Day and Boxing Day; we will be open again on Wednesday, 27 December. We will also be closed on New Year's Day. We would appreciate it if patients would order their medication as normal.

The surgery is planning to roll out a new IT system in dispensary during November; this is an investment by the practice to improve service and quality within the dispensary.

We are also hoping to have recruited a new member of staff who will be working at dispensary front of house.

Stock levels – some HRT medications such as Utrogestan are now back to normal stock levels, however, HRT patches are still in short supply.

We always endeavour to fulfil patient prescriptions but on occasion, we are unable to do so due to nationwide manufacturer issues. An updated list is on display in dispensary and when possible, we will contact patients via text to let them know of any stock issues; please be aware that this is not always possible as we prioritise texting for medications that are complete and ready for patients to collect.

Training Day

The surgery will be closed on Wednesday, 15 November from 1.00pm for this month's staff training session. Please note that the surgery will not re-open at 5.00pm as it has done in the past.

A full up to date list of training days appears on the practice website.

Winter Warm Hub - Bunbury

Following the success of last winter's "Warm Hub", the ALIVE initiative, which was set up by our Patient Participation Group, will be re-starting the "warm hub" at the Nags Head in Bunbury. Starting on 1st November, the warm hub will be open from 10:30am, Monday to Friday.

Pensioners are welcome to enjoy a free, hot cup of tea or coffee and biscuits in a warm and friendly environment.

Decibellas charity Christmas concert

Decibellas' Christmas concert is at St Boniface Church, Bunbury on Saturday 9 December. The choir will sing a selection of Christmas songs and carols traditional and modern. Tickets will be available through the website www.decibellas.co.uk, from a choir member or from Stitch, High Street, Tarporley.



“Just one thing” for a healthier life: Stand up and eat beetroot



Our well-being expert brings us more ideas from the successful Radio 4 series

Sitting for most of the day has become the scourge of modern life, associated with higher blood sugars, increased obesity and heart disease, and lower bone density. One study showed that women who sit most of the day have increased signs of cellular ageing (shorter telomeres) compared to those who are more active. The effect of getting people to stand for at least two or three minutes in every hour (preferably on two or three different occasions) was to make them less anxious, less fatigued, and more engaged with their work. It is estimated that compared to the 1950s most of us sit for double the time people did then — up to 70 or 80% of our waking hours — and we are designed to be active most of the day, as hunter-gatherers. Standing up means the body has to work gently but steadily against gravity, which improves cardiovascular function, strengthens the bones and lowers blood sugars. Doing it frequently, ideally incorporated with some walking about or other gentle exercise, is of most benefit. Those who sit all day and then do a gym session benefit less from that session than those who have been moving frequently during the day. Having a standing desk, or standing up to take phone calls is an easy way to incorporate this into your daily routine. Happy standing!

Eat Beetroot

Beetroot is one of the few real super-foods. It contains

high levels of nitrates which are converted by bacteria in our mouths into nitrites, which are in turn converted into nitric oxide, which is a vasodilator. This means that it improves blood flow all around the body, including to the extremities; apparently the Romans used beetroot as an aphrodisiac for this reason. The improved circulation reduces blood pressure and inflammation, and if eaten a few hours before exercise (to allow time for the various conversions to occur) can significantly improve muscle efficiency, leading to better performance and less perceived fatigue. These benefits were discovered around 2009 and apparently during the London 2012 Olympics beetroot juice could not be bought anywhere in the city because the athletes had taken it all! If taken in significant quantities (two to three medium-sized beetroot a day, or beetroot ‘shots’) for several weeks, systolic blood pressure can come down by 5-9 mm of mercury. As nitrates are water soluble, it is better to bake or roast beetroot, as if you boil them and discard the water you are likely to be losing most of the nitrates. And remember not to be alarmed if you notice that your urine turns pink after eating large quantities!

Liv Weller

Cheshire choir raises funds for Chester mental health charity

Cheshire choir **Decibellas** has gifted Chester-based mental health charity Platform for Life over £2,000 this year, raised from their summer concert and awarded in a grant.

Decibellas, a 75-strong choir for upper voices based in Tarporley, invited Platform for Life to hold a collection at their concert in St Boniface Church in Bunbury, which raised over £1,140. The choir also awarded a grant of £1,000 to the charity, a family-based mental health charity offering free, easy to access counselling and play therapy to low-income families.

Ceri George, CEO of Platform for Life, said “Good mental health is the foundation of a more fulfilled, happy and healthy life, yet many families struggle to access the help and support they need to achieve it.” Platform for Life offers free local counselling and play therapy for families

who would otherwise not be able to afford it. “I would like to thank Decibellas for their generous grant and concert collection to Platform for Life. This will help fund 20 free, community-based counselling, play or art therapy sessions and will directly benefit children or young people from low-income families. We know that accessing therapy from Platform for Life can be life changing for children and young people and in some cases life-saving. The importance of a service like ours cannot be overstated, and we wouldn’t be able to do our vital work if it wasn’t for support from organisations like Decibellas.”

Decibellas, a charity in its own right, has chosen to support charities in the area of children’s mental health during 2023.

A life on a page: Peter Holloway

From the editor: Peter wrote our book review last month and he has also had a really interesting career, so I asked him to write about it for the Link.



A few weeks after leaving Watford Grammar School, I found myself at the wheel of a seemingly massive Chevrolet Impala in British Columbia, driving the Bishop of Cariboo round his diocese. An unusual job for sure. The bishop was the Right Reverend Ralph Dean, and Ralph was a long-standing family friend. When he offered me the chance to go to Canada it was too good an opportunity to turn



down.

Ralph's diocese was the size of England and encompassed a mix of towns and villages along with First Nation settlements. In one First Nation church I sang Children's Special Service Mission choruses with the congregation, helped along with my guitar. An account of the time in Canada with a charismatic and inspirational man and seeing something of this vast, spectacular landscape could easily fill several pages, but for now, how did I get from there, all those years ago, to living today in the parish of Bunbury and spending so much of my time in museums and historic sites?

I returned from Canada unsure what to do next. Sidetracked for a while, working in a bank, I was despondent. One memorable aspect, though, was fishing out pre-decimal coins of certain dates for Liz Fraser, the glamorous Carry On film

actress who was a customer and avid coin collector. After flirting with teacher training I moved into retail with the John Lewis Partnership which led to a good grounding in retail management from this well-respected company. I worked in several stores in, or near, London and was then a buyer with an independent store. It was interesting, but far from satisfying. Following a sabbatical cycling the length of New Zealand I turned my kitchen table into a mini job centre and after just a few weeks a speculative letter and CV led to almost 20 years working for the National Trust. I was a member of the Wales management team and was responsible for income generation for the charity through shops, catering and holiday cottages across Wales. It was an amazing time and I'd never worked with such dedicated and committed colleagues.

In 2002 I decided to go it alone and launched Retail Thinking, a consultancy specialising in retail advice and training for the cultural sector, namely museums and galleries, historic houses, heritage sites and cathedrals. Over the past 21 years I've been privileged to work with a varied range of clients from Westminster Abbey, Leeds Castle and Bristol Museum and Art Gallery to Clifton Suspension Bridge, Clan Donald on the Isle of Skye, and the Florence Nightingale Museum.

So, what do I actually do? Typically, my work features one or a mix of the following: retail reviews with recommendations for action, support with implementing the recommendations; advice on buying and merchandise, including developing bespoke product; advice on specific aspects of the retail business and training on retail

management skills in a cultural shop context. To give a current example, I'm advising Loughborough Bellfoundry Trust on setting up a shop in their new museum as part of a much larger refurbishment project. In a nutshell my aims are to help clients in this cultural sector make their shops more professional and profitable and also to help make them a more interesting and enjoyable part of the visitor experience.

Am I still working? Yes, but less than full time. I'm now mainly working with existing clients and hopefully making progress towards achieving that fabled work-life balance.

What do I do with my free time? Most of all I love spending time with my wife, Pam, in our home and garden in Tiverton or walking the Anglesey coast. We're just within Bunbury Parish but attend St Thomas' Eaton close to where we lived before. We sing with two close friends (four voices, two guitars and a tambourine) and call ourselves the "Eatoniens". We usually sing at St Thomas and St Peter's Delamere but also at non-church venues. And much of our time is also devoted to helping with the Jessie Hughes Village Hall in Eaton where we enjoy a tremendous community spirit. Sometimes I think back to the days in Canada with Bishop Ralph. He had a custom of singing The Doxology when the milometer chuntered over to praise the Lord for another 1,000 miles of accident-free motoring. I doubt anyone witnessed a bishop and young English lad singing away as the Chevrolet Impala sped by. But the occasional moose or caribou may have done! "Praise God from whom all blessings flow..."

News from Peckforton and Beeston Village Hall

Tucked away on the junction of Hill Lane and Stone House Lane in the centre of Peckforton is Peckforton and Beeston Village Hall, a popular local amenity for not just the two villages but the wider community. The hall hosts a variety of regular events including the Peckforton Pit-Stop Café on the last Sunday of each month, a Craft and Chat session every Wednesday afternoon and weekly health and wellness classes such as Pilates, Tai Chi, Restorative Movement and Sound Bath sessions. The hall is a registered charity and is run by a local committee of volunteers who ensure it is maintained in good condition and deal with all booking requests. Because the hall also needs to cover its running costs, the committee also organise a number of events throughout the year to help raise funds. Forthcoming events include:

Saturday 4 November at 7.30pm:

Ghost Stories by Candlelight read by professional actor Christopher Lee Power. Admission £11 on the door or book in advance at www.wegotickets.com/event/592760. Free drink on arrival. Spooky fancy dress optional. NB: Not suitable for very young children. Doors open: 7:00pm

Saturday 18 November from 12.00-6.00pm:

Peckfest – family-friendly live music event in aid of Prostate Cancer UK. Local bands and singers plus raffle, quiz, treasure hunt and other fun stuff. Tickets: £15 adults, under 16s free. Book at

www.justgiving.com/fundraising/peckers-charity-gig-48468

Friday 1 December Eyes Down: 7.00pm

Bingo Night – lots of great prizes plus prize raffle and refreshments. Admission on the door: £14 for 12 games plus 2 flyers. More information on all these events can be found at www.peckfortonparish.org.uk/PBVH or you can follow the hall's Facebook page for automatic updates: www.facebook.com/PBVillageHall. The hall is also available for hire by the hour, day or half day at reasonable rates. It offers a fully equipped kitchen including glasses and crockery, spacious enclosed garden and ample parking - ideal for parties, meetings, classes and private events. To find out more just visit www.peckfortonparish.org.uk/PBVH or email: pvhcommittee@gmail.com.

Quiz Night at Peckforton and Beeston Village Hall



The Royal British Legion: Bunbury Branch
Skittles Night

at The Bickerton Poacher

Monday 6 November at 6:30pm

Cost £15.50 incl. food

Contact Roger Morris

07922 165783 or bunburybranchrbl@gmail.com

Community notice board

St Boniface

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10.30am

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BUNBURY VILLAGE DAY

SATURDAY 8 JUNE 2024

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Rotary Club of Tarporley collects coins for South African Knysna Education Trust Appeal

All monies collected will be sent to the Knysna Education Trust, which provides support to unfunded preschools in their area:

- * Providing practical accredited teacher training
- * Providing essential services to the Early Childhood Development sector
- * Entrenching literacy and numeracy in the classroom
- * Training and support to primary caregivers/parents;
- * Providing access to nutritional support.

Donations can be handed to any Tarporley Rotary Club member, addressed to the Treasurer, or put into the collecting bucket at the monthly Tarporley Village Market. Please donate whatever you can. Thank you!

More information from: Treasurer@tarporleyrotary.org.uk

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Craft at the Mill

We are pleased to present a series of workshops at the Mill this Autumn, run by tutor Rachel Davies. Come and join us. These relaxed crafting sessions are designed for up to 10 adults, however over 12's are welcome, if accompanied by an adult.

Please note that different workshops have different booking formats.

Date	Booking contact	Time	Activity	Image
10 th Oct	contact judithagray@hotmail.com	10.15-4.15pm £45	Secret Garden Embroidery workshop. A workshop to create an embroidered garden on a small 10x10cms contemporary chunky canvas with two simple stitches. It is suitable for beginners with little sewing experience, as well as those who feel confident. During the session everyone can learn two stitches: French knots and straight stitch, as well as using ribbons for embroidery. The final block can stand on a shelf or go on the wall.	
28 th Oct	To book please visit www.craftcourses.com https://www.craftcourses.com/course/s/woven-bag-workshop-with-rachel-davies	10.15-2.15 £35	Create a woven bag My morning bag weaving workshop using preloved fabrics to make a unique sustainable bag. The morning is relaxing and fun, with continuous tea, coffee and biscuits. You will be able to rummage through my multiple bags of fabrics and recycled beads, buttons and jewellery.	
7 th Nov	To book contact Judithagray@hotmail.com	10.15-1.15 £25	Scandinavian style Christmas card workshop using recycled envelopes and newspaper. We will experiment with simple templates of hearts, robins and trees, and use recycled envelopes, incorporating stamps and water marks. We will embellish them with black, white and red cross stitch.	
25 th Nov	To book please visit CraftCourses.com https://www.craftcourses.com/course/s/hand-embroidery-secret-garden-with-rachel-davies	10.15-4.15 £55	Winter Berry Embroidery Workshop A simple stitch workshop to produce a small 10x10cms contemporary chunky canvas with just straight stitch and simple beading. It is suitable for beginners with little sewing experience, as well as those who feel confident. The final block can stand on a shelf, or go on the wall.	
6 th Dec	To book a place contact judithagray@hotmail.com	10.15-1.15 £25	Create Christmas angels from dolly clothes pegs. Produce multiple angels to go on the tree, or onto presents or in stockings with wire and beads with a little paint. You could even add names for family members.	

Follow Rachel on Instagram @rachedaviesstudio search for Rachel on www.CraftCourses.com

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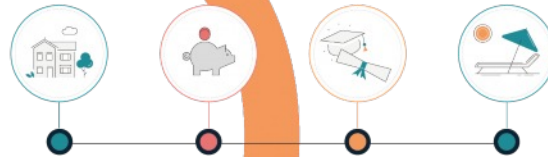
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