

# Link

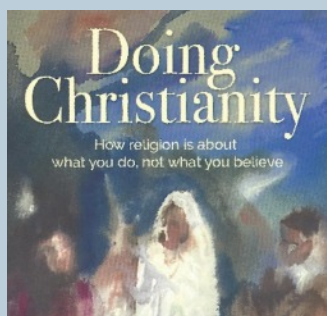
October 2023

## Also in this issue...



6

Bunbury Gardening Club  
Annual show success for  
Len Davies



9

Peter Holloway's  
book review



10

Have you ever  
wondered...

**SONGS FROM THE SHOWS**

Starring *Just Sing!*

With Special Guests **SOVEREIGN SAXAPHONE OCTET**

Tarporley Baptist and Methodist Church  
Saturday 21<sup>ST</sup> October  
7.30PM

TICKETS £10 including glass of wine

Available from:  
Tilley's Coffee Shop – Bunbury  
Ginger & Pickles – Tarporley  
Hair Academy - Tarporley  
or on the door

In aid of DementiaUK

[www.justsingbunbury.co.uk](http://www.justsingbunbury.co.uk)



The photo of a double rainbow is taken by Peter Styles on an iPhone 14pro. An example of Alexander's dark band named after Alexander of Aphrodisias who first described the effect in 200AD.

A magazine for the parishes of  
Bunbury and Tilstone Fearnall



Follow Bunbury Church on Facebook

## IMPORTANT NOTICE

All our contact email addresses have changed. Please see the new addresses on the left-hand column on this page. Emails to the old addresses are still monitored.

# Who we are

## TIM HAYWARD - Vicar

St Boniface, St Jude's, Calveley Chapel  
01829 261511

revtimhayward@stbonifacebunbury.org

### Associate Minister

Rev Claire Wilson  
claire.wilson@stbonifacebunbury.org

### Parish administrator

Kay Carson  
parishadmin@stbonifacebunbury.org

### Pastoral team leader

Amber Middlemiss  
01829 261437  
amber.middlemiss@stbonifacebunbury.org

## St Boniface

### Churchwardens

Si Lees-Jones 07711 227617  
Sean Augustin-Wood  
sean.augustin@stbonifacebunbury.org

### Vice-Chair

David Cox 01829 734008

### Treasurer

Yvonne Wood 01270 528442

### Secretary

John Mason 01829 733971

## St Jude's

### Churchwardens

Elizabeth Marren 01270 528556  
Mike Lightfoot 01829 732611

### Organist

Ann Badrock 01829 260343

## Calveley

### Churchwardens

Si Lees-Jones 07711 227617  
Sean Augustin-Wood  
sean.augustin@stbonifacebunbury.org

### Secretary

Yvonne Wood 01270 528442

## The Link

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

### Advertising:

parishlinkads@stbonifacebunbury.org

### Editorial: Elaine Crotty

t: 01829 260648 or 07860 128427  
parishlinkeditor@stbonifacebunbury.org

### Graphic design: Kay Carson

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

# Community news



On the St Boniface church notice board is a poster showing where the nearest defibrillator is and the full address of the

church to give to the control centre if an ambulance is needed. It also states the phrase WHAT THREE WORDS: **FORGIVES, BLEAK, PACKAGES**. This phrase gives the control room the location down to 3sqm.

Congratulations to **Magnus Arthur Mees**, son of **Emma** and **Thomas Mees**,



who was baptised at St Jude's church and to **Oliver Samuel Drumgool**, son of **Alexander** and **Rebecca** who was baptised at St Boniface.

Congratulations to **Kate Ramscar** and **Carl Weaver** married on 12 August, and



**Martin Hulton** and **Gemma Mcinness** (pictured right), married on 4 August all at St Boniface.



Congratulations to **Fran Millar** and **Alexander Cauldwell**, married at St Boniface on 25 August.

Congratulations to **Emilia Bellis Ferreira**, christened on 3 September amongst her family and close friends in a special forest church ceremony led by Tim and Beth. As well as being part of the Sunday Brunch pop up children's



choir Emilia loves forest church, so she had a very special forest church ceremony in which her brother Henry helped Tim.

Emilia's daddy died when she was only 1, and then Covid hit so Emilia's ceremony was a little later than most at the age of 6. However, surrounded by her huge Welsh family and with her mummy Emma, she had a wonderful ceremony followed by a party back at Tilly's.

**Bunbury WI** meets on the second Thursday of the month at Playing Fields Pavilion starting at 7:30pm. On 10 August 36 members enjoyed a lavish

## A word from the editor

Every three years the PCC (Parochial Church Council) at St Boniface looks for a new local charity to support. The PCC supports three charities – one international, one national and one local – on a rolling three-year programme. The PCC is looking for new nominations. If you know of a worthy charity please get in touch with the Parish editor. [parishlinkeditor@stbonifacebunbury.org](mailto:parishlinkeditor@stbonifacebunbury.org)

It was also decided to increase our advertising space by adding more pages to the Link. Please contact [parishlinkads@stbonifacebunbury.org](mailto:parishlinkads@stbonifacebunbury.org) if you would like to advertise.

Third time lucky. I am very embarrassed to say that the Link team has managed to spell Henry's – the landlord at the Nags Head in Bunbury – surname wrongly (about which his clientele has delighted in teasing him). I am really sorry Henry, but look on the bright side you have had a mention in three consecutive Links. Landlord at the Nag's Head Bunbury **Henry Cunningham** won the Bunbury Parish Council's Cup – sorry, Henry.



cheese and wine evening. We have a varied programme of events planned over the coming months:

12 October: 'History of soap and bathing through the ages' by Matthew Lepp of Tiger Muffin Soaps

9 November: Linda Barton of Bunbury Parish Council will talk about our local defibrillators

14 December: Grace Kelly by Hazel Griffiths

Come along to one of our meetings you will be warmly welcomed. For more information contact Lynda Davies 01829 260084

On 21st October, **Just Sing!** have a concert in Tarporley Methodist Church. See ad on front page for details.

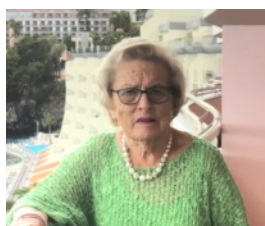
### For your diaries:

Youth Club Pantomime **Jack and the Beanstalk** will be on Thursday 30th November and Friday 1st December.

**Coffee morning** at Lower Hall, Spurstow, CW6 9RR. Saturday 28th October 10am-12pm raising money for the Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, kickstarting Rachel Overy's London Marathon fundraising in aid of the hospital. Everyone welcome!

**Nantwich Choral Society singing day** – see ad on p.11.

**Chester Contemporary** 22 September–1 December. Discover work on Chester's streets, on its unique Rows, in different spaces and places across the city. All artworks are free to visit, and there's no need to book. Take a walk, and see what you can find. Chester Contemporary is a new visual arts event curated by artist Ryan Gander. For the contemporary, international and Chester-based artists, emerging talent, and the city's people have been invited to make and show work for Chester's unique places and spaces, inspired by the theme 'Centred on the Periphery'. Chester Contemporary brings new art to the city's historic streets. Dive in and discover more <http://chestercontemporary.org/>



Sadly whilst the Link has been on holiday there have been a number of funerals. The obituaries will be included over the next few months. On 25th July it was the funeral of Dorothy Basnett, 14th August **Jean Spibey**, 17th August Beryl Mulligan, 30th August **Susan Goldsmith** and 31st August **Beryl Spencer** (pictured left).



TIM HAYWARD

Your Vicar

## It is harvest time again!

There you are, hurtling through the lanes in your car on some mission of huge importance, miserably muttering at cyclists, or should I say mamils (middle aged men in Lycra) inconsiderate enough to want a bit of your road, rounding a bend and coming up behind the ponderous majesty of a tractor and trailer. On closer inspection over the next ten minutes you conclude that it is actually a convoy of three tractors and two trailers and the glory of the aforementioned ponderous majesty begins to wear a bit thin! And I would wager a considerable sum that most of you do not at this point start singing songs of everlasting thanks and praise to our great God for his generous provision, or blessing the farmers for the work they do to put food on our tables.

So here is my challenge for harvest and beyond. If you get stuck on your travels behind a tractor or a combine or a plough, take it as an opportunity for reflection, for thanksgiving and for praise.

Why? Firstly because praising God for what he gives us should become a matter of habit in all of us and secondly because as a nation we owe a huge debt of gratitude to the farmers who are taken totally for granted by most of us who have become emotionally and practically detached from the source of our food.

We cannot and must not take farmers for granted. Farming is not just a job, it is a way of life. It is an inherently risky and volatile industry to work in. Farmers are regularly forced to deal with issues on the farm that are beyond their control, such as animal disease, fluctuating market prices and the weather. Farming can also be a very isolating and lonely occupation.

So the next time I get stuck behind that tractor I'm going to take a deep breath, smile and wave at the farmer and ask for God's blessing on his family and work. Reflect on our relationship to our environment, food and the land as the God given source of all our well-being.

And if I rush in late to take your service on a Sunday morning, you will understand why!

**The copy deadline for the November issue is Friday 13 October. The magazine should be delivered from Saturday 28 October. Please send notices to [parishlinkeditor@stbonifacebunbury.org](mailto:parishlinkeditor@stbonifacebunbury.org)**

Mike Rogers



## A welcome

As many of you will know, I retired from full-time ministry some 10 years ago and on my retirement, Margaret and I moved from Worcestershire to Bunbury.

The move from full-time ministry where, in my case, I had responsibility for a number of wide spread rural parishes (with all that that entails) to having no responsibility at all was, to say the least, a bit of a shock to the system. Just how did one 'minister' in such circumstances – if at all?

I need not have worried.

It soon became very apparent to me that the role of a 'retired' priest is to help where help is needed. As a consequence, I have found myself taking services in churches up and down the deanery and, in some cases, outside the deanery to cover vacancies, sabbaticals, sickness and holidays. In other words, 'have sermon, will travel'!

All this means that I have become adept at coping with a wide variety of Orders of Service and customs and practices when it comes to worship; no two churches are ever the same!

Visiting so many different centres of worship has also shown me just how varied the manner of welcome is in each place I go. And this is true of churches not just here, but also of those I visit when I am away; some have a dedicated full scale 'welcome team' standing at the door before every service, others have someone in the church whenever it is open. Some rely either on a leaflet in the pews or on a notice on a noticeboard. And sadly, still others have nothing.

But one church I know of not only has the full scale 'welcome team' at the door for every service on a Sunday morning it also has a 'welcome' leaflet in every place in every pew. The leaflet has a space for you to fill out your name and address should you so wish but more importantly, it carries the following message from the Vicar: -

No matter where you come from  
or where you are going.

No matter what you believe  
or what you doubt.

No matter what you feel  
or just don't feel today.

No matter whom you love.

You are welcome into this space  
to be met by a God

who knows you by name,

who knows your heart,

who knows your mind, and....

who wants to have a relationship with you.

It fits the bill for me. How about you?

## Restart a Heart Day - 16 October

On 16 October every year the Resuscitation Council UK, the British Heart Foundation, British Red Cross, St John Ambulance and the NHS Ambulance Services work to raise awareness of cardiac arrest across the UK, to increase learning about Cardiac Pulmonary Resuscitation (CPR) and Public Access Defibrillators.

**How can you get involved?** On Saturday 14 October in the Village Hall, Bunbury Parish Council is holding a 'Restart a Heart' session to learn about CPR and how to use a defibrillator. Two sessions are offered: 10am and 11am. Each session lasts around 40 minutes, including a short slide presentation, a 5 minute video of a defibrillator being used and the opportunity to examine one of the village defibrillators, along with Q&A and discussion.

**Why is this important?** Approximately 30,000 out-of-hospital cardiac arrests happen every year in the UK; around 80% in the home. Knowing how to perform CPR and how to access and use a defibrillator can significantly increase the chances of survival.

**Where are the defibrillators in Bunbury?** There are three defibrillators in Bunbury: on the outside wall of the Village Hall, the outside wall of the Pavillion building on the playing fields and behind the bar at the Dysart pub. They are a great resource if people can use them.

**Would you know what to do?** Many members of the public are frightened to intervene, worried they might do harm or the wrong thing. These are common fears so learn what to do and see how easy a defibrillator is to use.

**How do I take part?** Email Max Clay at [bunburyclerk@aol.co.uk](mailto:bunburyclerk@aol.co.uk) indicating which session you would prefer. Max will confirm a time with you. Please come along, the session is relaxed, informal and you would be most welcome.

## Church diary for October

Sunday 1 October	8.00am BCP Communion 9.30am Harvest Communion 10.30am Holy Communion & Forest Church 11.30am Holy Communion	St Boniface St Jude's St Boniface Calveley
Wed 4 October	10.00am BCP Communion	St Boniface
Sunday 8 October	9.30am Holy Communion 10.30am Morning Worship	St Jude's St Boniface
Wed 11 October	10.00am BCP Communion	St Boniface
Sunday 15 October	9.30am BCP Communion 10.30am Sunday Brunch 6.00pm Evensong	St Jude's St Boniface St Boniface
Tuesday 17	2.30pm & 7.30pm Contemplative prayer	St Boniface
Wed 18 October	10.00am BCP Communion	St Boniface
Sunday 22 October	9.30am Morning Worship 10.30am Holy Communion	St Jude's St Boniface
Wed 25 October	10.00am BCP Holy Communion	St Boniface
Sunday 29 October	9.30am Morning Worship 10.30am Morning Worship	St Jude's St Boniface

# “Just one thing” for a healthier life: Think yourself stronger



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

This sounds perfect – but sadly it doesn't mean we don't need to exercise at all! However, just thinking about doing a specific form of exercise can make you stronger, improve accuracy and speed up recovery after injury. Athletes use this technique to improve their performance. Doing 15-20 minutes of motor imagery for 5 days is highly effective in increasing muscle strength; the muscles don't get bigger but more of the muscle fibres are activated. It can improve accuracy, speed and strength by improving the planning and motor programming stages of exercise, but of course it doesn't actually improve cardiovascular fitness.

You need to imagine doing the action at the speed it would happen, and carefully imagine how it would feel in your body. This sends neural signals are sent to the parts of the body involved, so those pathways are being more finely tuned and learning to function more effectively. Ideally try the activity physically first so you know what it feels like and then alternate, eg do 4 cycles of motor imagery and then one of physically doing it. Practising in the location is best, even holding any piece of equipment that is relevant, but it can be done at home on the couch if necessary.

However, actual resistance exercise is even better for your brain, and very good for your heart, so do not neglect your actual press-ups or squats and other forms of exercise.

### **Drink water**

Boost your concentration and energy levels and improve your skin by drinking water. Having a glass of water with every meal improves cognition, reduces fatigue, improves your mood and may even help you to lose weight. Better hydration can also reduce regular headaches.

Our brains are 90% water and our bodies are 60%, and even mild dehydration can impair cognitive function – short term memory, attention and working memory. Drinking half a litre of water before a meal also results in fewer calories being consumed, and more weight loss. Using thirst as a measure of your hydration is not great as we tend to already be down 1 or 2 % of our total body mass before we feel thirsty, which is enough to affect our physical and mental abilities and our mood. A better measure of hydration levels is frequency of passing urine; the aim is 6 or 7 times a day, if it's only 3 or 4 times you are not drinking enough. Water is constantly lost through breathing, sweating and urine losses, so we need to replace it. EU guidance is 2 litres of fluid per day for males and 1.6 litres for females (adults). Most people are falling short of the recommended intake, so adding a glass of water with every meal is likely to correct the deficit, and is very easy to do. Caffeinated drinks such as tea, coffee, coke and energy drinks can actually make you more dehydrated because of their diuretic effect, so only consume them in moderation.

## **ALIVE news**

The lunch group has continued to meet each Tuesday at the Nags Head. Recently the Age UK Scam Awareness team came to talk to us. We discussed many scenarios and how we should deal with them. Have you heard of the 159 service? None of us had until now! If you think someone is trying to trick you into handing over money or personal details STOP, hang up the phone, wait five minutes, as the scammers will still be on the line for some time, then dial 159. This works in the same way as 101 for the police and 111 for the NHS. 159 can safely and securely connect you to your bank's fraud service. All the major banks have signed up to this system. It is fast and you do not have to waste time looking up your bank details.

For more information on how to avoid scams contact: [ageuk.org.uk/scams](http://ageuk.org.uk/scams) or ring the Advice Line for free on 0800 1696565.

We plan to visit Bridgemere garden centre again in September. Then in October Win Bond is kindly taking us on the Cholmondley bus to Corwen for a train trip to Llangollen.

We plan to launch the “warm hub” in the Nags Head again from the 1st November, where all pensioners are welcome to enjoy a hot cup of tea or coffee for free in a warm friendly environment.

ALIVE is open to anyone over the age of 55, it is fun and you will always receive a warm welcome, so do come along.

For more information contact: [patriciablackwood47@yahoo.com](mailto:patriciablackwood47@yahoo.com)



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](mailto:bunburybranchrbl@gmail.com)

# News from Bunbury School



On Tuesday 4th September Bunbury Aldersey Primary School opened its doors for 200 pupils to return after their summer break. It was wonderful to see so many smiling faces running into school that morning – even on day 1!

A very warm welcome was extended to our 30 new reception children who joined us for their very first day at school as well as those who had moved into the area and joined new classes across the school. We are delighted that they have all chosen our school and we welcome them into our Bunbury family.



We have also been joined by a new teacher: Mrs Rebecca Dewsbury has joined us as the Year 3 teacher.

At the start of a new school year I am always filled with optimism about the wonderful things we can achieve again this year. Not only within our four walls but within the school and village community. The dedication of our Bunbury staff

team is outstanding and I am always amazed at the lengths that they all go to, ensuring that learning is as it should be – inspiring, motivating, engaging and above all fun!

Our first few weeks back in school have been as inspirational as ever and it has been fantastic to once again hear our corridors and classrooms filled with the buzz and excitement of learning. This could not happen without such a dedicated team all making outcomes for children the best that they can be. I know over the next 12 months in school we will have many special and precious moments to really celebrate that love for learning and ensure that all are given the opportunity to "let their light shine".....

If you would like to join our Bunbury family, we currently have Open Days planned for our Reception 2024 starters.

Open Days for Reception 2024

Throughout the autumn term we will be holding open days for those children who are due to start school in September 2024. Individual appointments can be booked throughout the day, whereby Mrs Badger will provide a school tour, answering any queries you may have.

Dates available are:

Saturday 23rd September	10am-12pm
Wednesday 4th October	9.30am-2pm
Monday 9th October	9.30am-2pm
Friday 17th November	9.30am-2pm

## Bunbury Gardening Club

9th September was Bunbury Gardening Club's annual show. Considering the wet July and August there were a reasonable number of entries, although the inclement weather had an impact on the number of fruit and vegetables entered. The plant and creative sections had some interesting displays, including floral arrangements,

cookery, photography and arts & crafts.

Visitors enjoyed a refreshing drink and a scrumptious selection of homemade cakes.

Many thanks to our amazing judges, hardworking show secretaries and volunteers who made it such a success. Well done to all the show exhibitors for growing or creating such wonderful exhibits, we look forward to seeing you in 2024!

Parents, guardians, and grandparents: let's encourage our younger generation to have fun, get creative and grow some entries for next year's show. Garden club usually meets in the village hall, 7.30pm every 3rd Tuesday in the month. The AGM is on 21st November. New members are always welcome; contact our membership Secretary Kath on 07905 932805 or come along on the night.



# Sky notes: October

## *By Jove, what's that in the sky?*

The giant planet Jupiter, or Jove, dominates the night sky in October, rising around 7pm. A small telescope will reveal his four bright moons, often called the Galilean Moons as they were first recorded by Galileo Galilei. It will also reveal two, perhaps more, dark bands cross the planet. Sometimes it might be possible to see the Great Red Spot though to me this is more salmon pink in colour. It is a huge storm in Jupiter's atmosphere than has raged for more than 400 years.

We have some fine alignments of Jupiter with other celestial objects to enjoy this month. On 1 October, the Moon is just above Jupiter and the following night the Pleiades star cluster lie to the left of the Moon, with the giant planet to the right. Then on Oct 3 the Moon passes between Aldebaran, the brightest star in the constellation of Taurus the Bull, and the Pleiades.

### **Partial eclipse of the Moon**

On 28 October there is another event to look out for. This is the night of the Full Moon, which will undergo a partial eclipse. Only 12% of the Moon will fall into shadow, appearing as a small slice of the lower edge of our satellite. It begins at 8.35pm



**Jupiter showing his Great Red Spot on 21 August (drawing by Paul Abel)**

and ends at 9.53pm, so there is only a small window to see it.

### **Venus and debris from Halley's comet**

Venus is an attractive sight for early rises. It rises at about 3 am and appears as the dazzling Morning Star in the eastern sky. It is joined by the crescent Moon on the morning of 10 and 11 October.

On the night of 21/22 October you might spot some shooting stars from the Orionid meteor shower. These are caused by debris left behind by Halley's comet, which last visited in 1986, crashing into Earth's atmosphere. The later in the night you can

observe the better. It is also worth looking a couple of days before and after. Some of the meteors leave persistent trains for a few seconds after the shooting star has gone in a blaze of glory/

British Summer Time ends on Sunday 29 October at 2 am. Not only will you have an hour longer in bed that morning as the clocks go back, but it will get dark an hour earlier. For all keen stargazers this means an hour longer to observe the night sky before bedtime!

Clear skies!

Bunbury Stargazer

## **Our prayers**

*May God bless and protect all who are suffering loss and tragedy at this time*

*Look upon our frail humanity*

*Care and protect the survivors of war, devastation, flood and fire especially those in Morocco and Libya*

*Help us to do what we can from afar to help rebuild their lives and communities, May strong leadership emerge from the chaos*

*so that this may not have been in vain.*

*May we all be reminded to treat our unpredictable world with care.*

*Rejoicing in its many and bountiful resources,*

*to work with nature and our fellow people.*

*To make our world a better place for all.*

*Amen*

### **Prayer for October**

*Dear Lord, as harvest is completed*

*we are reminded of your generous provision for us.*

*Help us to share what we can with others – our time, our money, our attention and our love.*

*Amen*

## **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](mailto:Treasurer@tarporleyrotary.org.uk)

# Bunbury Medical Practice

## news: October

### Staff News

Over the summer we were joined by our new registrar, Dr Joanna Rayner who will be with us for one year.

### Flu Season

The flu season is now upon us, and all eligible patients will receive an invitation either via text message or letter. This year we have introduced new functionality within our text message service and patients will be sent a link to directly book an appointment within one of our flu clinics rather than having to call and book via reception.

The flu vaccine is given free on the NHS to adults who:

- are 65 and over (including those who will be 65 by 31st March 2024),
- have certain health conditions,
- are pregnant,
- are in long-stay residential care,
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick,
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis.

If you think you are eligible and have not yet received an invitation, please contact the practice to book an appointment.

### Shingles

This year the NHS has launched a new shingles campaign which will run over the course of the next 10 years. The Practice will be contacting patients eligible within the first year (Sept 2023 – August 2024) inviting them to attend for a shingles vaccine, invitations will be sent via text message or letter. If you think you are eligible within year 1 of the campaign and have not been contacted, please speak to a member of reception.

Year 1 eligibility -

If a patient is severely immunocompromised, they will be eligible from their 50th birthday.

Patients who will turn 65 or 70 between 1st September 2023 – 31st August 2024.

Patients born on or before 31st August 1953 up until their 80th birthday.

### Patient Feedback

We always welcome patient feedback and would like to encourage all patients visiting the Practice to complete a friends and family survey located within the waiting room, this can also be completed electronically via our practice website.

### Mobile Phone Numbers

Moving forwards, we plan to increase the use of our text facility to keep patients up to date and also to be able to allow patients to self-book certain appointments.

It is therefore important to let us know if you change your contact details.

### Training Day

The surgery will be closed on Tuesday 17th October 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.

### Disabled/Ambulance Parking

You may have noticed that we have had our parking bays re-painted.

Please leave the ambulance bay clear at all times in case of emergencies.

Please also leave the disabled spaces available for those who need them.

### Restart a Heart Day

Monday 16th October is Restart a Heart Day; the aim is to raise awareness of cardiac arrest across the UK and how you can help.

We feel this is an appropriate moment for a reminder of where the defibrillators are in Bunbury, when the surgery is closed:

Village Hall - on the outside wall.

Pavilion building, playing fields – on outside wall.

Dysart Arms – behind bar.

On Saturday, 14th October, the Parish Council are offering residents the opportunity to attend an informal 'Restart a Heart' session to learn about CPR and how to use a defibrillator.

If you are interested in joining one of the sessions on the morning of 14th October, please email Maximillian Clay, Clerk of the Parish Council at [bunburyclerk@aol.co.uk](mailto:bunburyclerk@aol.co.uk)



## Book review

# “Doing Christianity” by Paul Higginson 322pp, Columba Books, £10.99

First, I have to confess that it's a long while since I read a book about Christianity, but I happen to know Paul Higginson so was keen to find out what was in his new book. Paul taught Religious Education and Politics for 35 years and was Assistant Principal at St Dominic's Sixth Form College in Harrow. He has a postgraduate diploma in Social Ethics and among other things has worked for St Mother Teresa's Missionaries in Calcutta. Paul is a Roman Catholic, but he conveys how little denominations, or even different religions, matter.

Paul Higginson structures his book as if he was our spiritual guide on a medieval walking pilgrimage of 121 miles from London to Walsingham, so there are 121 concise chapters providing a range of spiritual insights. These are organised within nine larger steps along the journey, and they invite us to take a fresh look at the words of Jesus. Each chapter begins with a short extract from the Gospel and Paul is especially admiring of John's Gospel and at one point suggests reading it through in its entirety.

The underlying premise of the book is that with Christianity belief is the easy bit (some may disagree!), but by far the hardest thing, as well as the most crucial, is putting faith into action. The key reference is the too often overlooked verse in James (2:17) "If good works do not accompany faith, it is dead." In the chapter "Know them by their Fruits" (Matthew 7:16) Higginson again highlights the heart of the Gospel message "religion is not primarily about what you believe, it is about what you do....It is no good having a wonderfully coherent set of theological principles in our heads, if our beliefs do not bear fruit in our daily "works" or actions...It's easy to say "I believe" or "I'm a Christian" but the hard bit is

the doing: forgiving others, loving the unloved and building up the community." With chapters including "The Problem with Religion", "Doubt is our Friend", and thoughts about the Good Samaritan and the Woman at the Well, there is much to ponder

here. The story about the Woman at the Well, in John 4, has always seemed powerful to me, perhaps because I used to sing the gospel song, Jesus Met the Woman at the Well, and loved the Peter, Paul and Mary version! Paul Higginson reminds us that Jesus wasn't interested in the woman's gender, marital status, or Samaritan

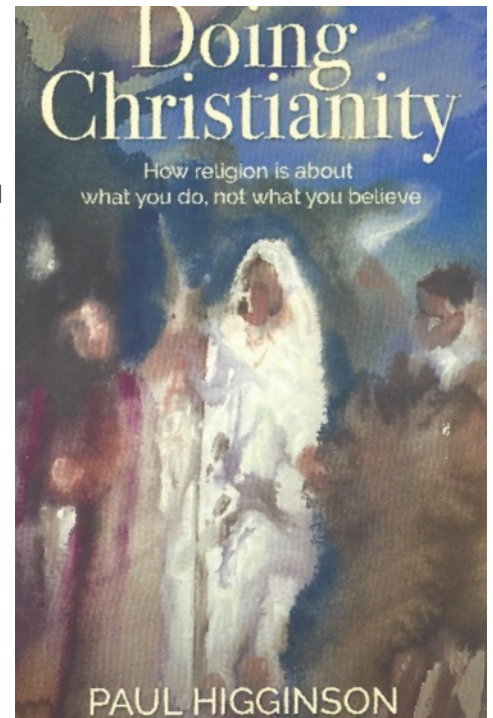
background, he simply saw her as someone in need of help. Higginson says that the Gospel challenges us, threatens our complacency and shakes us up but "before we can be transformed, we must first be disturbed and made uncomfortable." And added to these uncomfortable thoughts is his assertion that "traditional church-going Christianity in the West will disappear completely, unless something changes".

As well as being a thought provoking read, *Doing Christianity* is also nicely produced, with a superb front cover painting of the Road to Emmaus by Royal Watercolour Society artist Thomas Plunkett. Higginson has some thoughts about the Road to Emmaus too: he notes that Luke only names one of the two walkers (Cleopas) and asks if perhaps we are the other one?

Finally, much of the book talks about themes of compassion and forgiveness, reflecting the emphasis Jesus placed on these actions in his teaching.

*Doing Christianity* didn't allay all my doubts, and I'm sure it wouldn't claim to try, but the underlying premise is profound, and I think the book will succeed in making many readers ask themselves what more they can put into action. Meanwhile, Higginson has inspired me to read the second Christian book in a long while, and it's called...the Gospel According to John.

Peter Holloway



# Have you ever wondered...

Looking at the beautiful 700 year old church of St Boniface do you ever wonder what history and stories lie behind the many things that you see before you ?

As Remembrance Day approaches one of the stories has special significance

On the North wall of the nave, to the right hand side of the ancient 1640 North door, there is a sketch of a four year old boy with cascading curly locks of hair and an angelic, if somewhat mischievous looking smile.

The small plaque beneath the sketch simply says ' Ronald Littledale aged 4'

A clue to the incredible story behind it can be found in the marble memorial plaque higher up the North wall.

Ronald Littledale was born in Sandiway House Hartford in 1902, the only son of Captain John Boton Littledale and his wife Clara Stevenson . The family moved to Bowes Gate Road Bunbury in 1911 and young Ronald was educated at St. Aubyn's Rottingdean and then Eton College before attending the Royal Military College, Sandhurst.

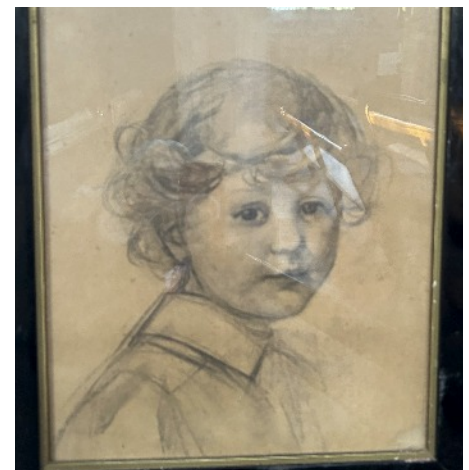
After passing out from there he was commissioned as a second lieutenant into the Kings Royal Rifle Corps serving in Germany with the British Army of the Rhine, India, Palestine and Northern Ireland, rising through

the ranks during the 1929s and 1930s and was appointed as a staff captain serving in Palestine during the Arab Revolt.

But the dark clouds of war were gathering over Europe and Ronald was promoted on 1 February 1940 to major,[10] and by 26th May 1940 found himself taking part in the defence of Calais, where he was captured by a German patrol near the fort at the harbour mouth. With other captured officers he was marched across northern France for about 10 days then taken by train from near Luxembourg to Trier, Mainz and onward to Oflag VII-C Laufen in mid June 1940. In March 1941 he was transferred to Stalag XXI-D, Poznan in Poland.

Back in Bunbury both his parents had been 'doing their bit', with John being Divisional Chief Warden A.R.P and Clara being part of the Women's Mobile Unit A.R.P., when the war suddenly came much closer to home when a German floating bomb was dropped on Bunbury, landing just to the north east corner of our St Boniface Churchyard and only yards from Ronalds family home in Bowsgate Road. But that's another story. Meanwhile Ronald's life as a prisoner of war was just beginning.

David Kendrick



To be continued...

## Bunbury Village Hall needs you!

We have a fantastic resource in the Village Hall for the benefit of everyone in Bunbury and the surrounding villages. Many Bunbury residents already use the hall; whether that's to attend the regular dance, keep fit or other indoor sporting classes that are on offer each week, or to hire the space for private events, such as children's parties or other special occasions. And of course, it's where the annual panto is staged each Christmas.

The hall is overseen and managed by a small group of volunteer Trustees and committee members, and we now looking for volunteers to add to our numbers.

### The role of the Trustees

This is an overseeing role to ensure that the village hall is being managed appropriately. You'll join an experienced Board of Trustees whose purpose is to:

- ensure the charitable aims (objects) are adhered to

- oversee financial information
- ensure health and safety legislation and risk assessments where necessary are in place

This is expected to be fulfilled at an Annual General Meeting in March each year.

### The role of the committee

Concerned with the smooth running of the hall, you'll join an experienced committee whose shared purpose is to:

- ensure the building is maintained effectively
- manage bookings
- ensure adherence to health and safety legislation and producing risk assessments where necessary
- ensure statutory checks are undertaken
- ensure licensing is lawful

As well as these activities, the committee meets as required throughout the year.

## Foodbank update

Thank you to everyone who puts contributions in the box located just through the gates of the village hall. All contributions are welcome, but since the energy crisis and the kindness of Roberts bakery, anything to make sandwiches is the top priority: tuna, tinned cooked meat, spreads, peanut butter, jam etc. For some reason custard is asked for, don't ask me why!

Several people have asked if they can make a financial donation – the answer is YES you can. Please type midcheshirefoodbank into your search engine. There is a donations tab that will give options.

Thank you again for all your contributions, they are so appreciated and, unfortunately at the moment, so very much needed.

Anne James

Advertise your business with us and 'talk' directly to our 3,500 regular readers, please email [parishlinkads@stbonifacebunbury.org](mailto:parishlinkads@stbonifacebunbury.org)

**WALKEEZ**  
Local Dog  
Walking  
Service

Call Liz on:  
07813 918029  
Beeston  
CW6 9LA



**Bunbury Property Maintenance**

**Paul Griffiths**

01829 260975  
07814 403479

[paulgriff15@msn.com](mailto:paulgriff15@msn.com)



**4 Star**  
\*\*\*\*

*New Farm  
B&B  
Caravan Park*

**Five en-suite rooms  
Touring Caravans  
Course Fishery (4 lakes)**

- Locally sourced food
- Set in the heart of Cheshire
- Ideal for the Tarporley area
- Perfect for family holidays/occasions

[www.newfarmcheshire.co.uk](http://www.newfarmcheshire.co.uk)  
telephone 01270 528 213  
long lane wettenhall cw7 4dw

**Piano tuning, repairs  
& restoration**

**Andrew Dean**  
(Dip. NTC, CGLI, AVCM)

01829 261222  
07713 321117  
[andrew@pianodean.co.uk](mailto:andrew@pianodean.co.uk)



Nantwich Choral Society

**SINGING DAY**

Come and Sing

**English Church Music**

Saturday 7th October 2023

10.00 – 17.30

St Boniface Church, Bunbury

with

John Naylor (conductor)

Simon Russell (piano and organ)

For full details and booking form see

<https://www.nantwichchoral.org.uk/programme/20222023/2023-singing-day/>

**HJ Lea Oakes**

**Wardle Country Store  
& Service Station**

FUEL STATION  
CONVENIENCE STORE  
HOT FOOD & DRINKS TO TAKEAWAY  
FARM, EQUINE, PET & SMALLHOLDER STORE

NANTWICH ROAD, WARDLE, CW6 9JS  
[www.shop.hjlea.com](http://www.shop.hjlea.com) | 01829 260304

**MORNFLAKE**  
*Mighty Oats.*

**GIVING BRITAIN  
MIGHTY  
MORNINGS**

SINCE 1675

MADE WITH 100% BRITISH OATS

SEE OUR FULL RANGE AT MORNFLAKE.COM

at your SERVICE...

If you would like to advertise your business with us and 'talk' directly to our 3,500 regular readers, please email: parishlinkads@stbonifacebunbury.org



## Jacqueline Wilson

Independent Funeral Services Ltd

[www.jwifs.co.uk](http://www.jwifs.co.uk)

Over 25 years local experience

NAFD Qualified

24 hours a day Personal Service

Private Chapel of Rest

Pre-paid Funeral Plans



HILL VIEW  
HIGH STREET  
CLOTTON  
TARPORLEY  
CHESHIRE  
CW6 0EG

TEL: 01829 781572

EMAIL: [jackie@jwifs.co.uk](mailto:jackie@jwifs.co.uk)

40A MAIN STREET  
FRODSHAM  
CHESHIRE  
WA6 7AU

TEL: 01928 643078

EMAIL: [frodsham@jwifs.co.uk](mailto:frodsham@jwifs.co.uk)

TARPORLEY ROAD  
TARVIN  
CHESTER  
CHESHIRE  
CH3 8NF

TEL: 01829 740002

EMAIL: [tarvin@jwifs.co.uk](mailto:tarvin@jwifs.co.uk)

74 WESTON GROVE  
UPTON  
CHESTER  
CHESHIRE  
CH2 1QL

TEL: 01244 952540

EMAIL: [upton@jwifs.co.uk](mailto:upton@jwifs.co.uk)



Golden Charter  
Funeral Plans



  
**SOVEREIGN**  
W·I·N·D·O·W·S

Est. 1984

TEL: 01829 772577



Providing you with  
**QUALITY UPVC**  
windows & doors since

**1984**

**VISIT OUR SHOWROOM**

Unit 4, New Russia Hall, Chester Road,  
Tattenhall, Nr Chester CH3 9AH

[www.sovereignwindows.co.uk](http://www.sovereignwindows.co.uk)

[info@sovereignwindows.co.uk](mailto:info@sovereignwindows.co.uk)

Opening Hours:  
Mon-Fri: 8AM-4PM  
Sat: 9AM-12PM



**CALL US TODAY  
TO TAKE ADVANTAGE  
OF OUR  
UNBEATABLE  
PRICES!**



Solidor

FENSA  
Registered Company

Come & visit our impressive showroom  
with over 70 settings on display.  
We offer a free measuring, advice &  
quotation service.



**Bathrooms  
and  
Tiles**

**by  
Pebbles**

**Tel: 01829 261319**

**Unit 3, Botterley Court, Nantwich Road,  
Calveley, Nantwich CW6 9GT  
Opposite Countrywide**



# The Dysart Arms



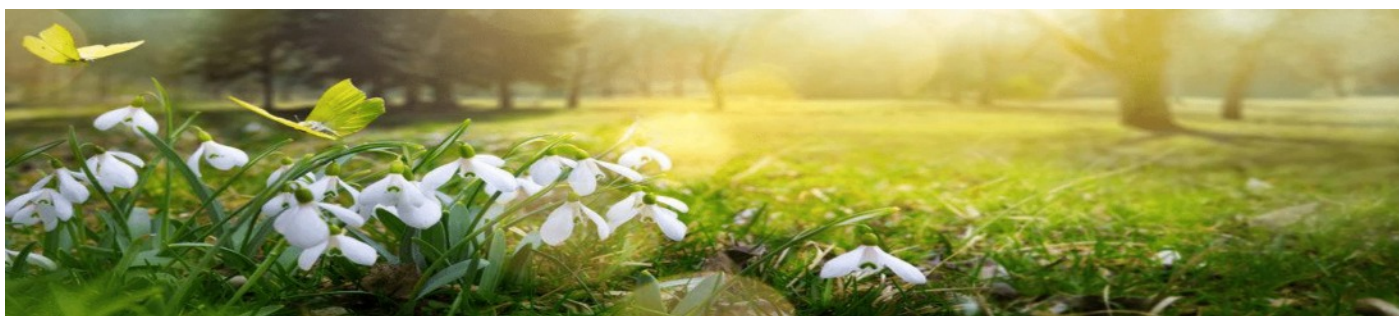
A truly classic English village pub with open fires, bookcases, lots of old oak and a lovely garden.



Daily menus of fresh food, local ales and a decent wine list.

01829 260183 ~ [www.dysartarms-bunbury.co.uk](http://www.dysartarms-bunbury.co.uk)

Bowes Gate Road • Bunbury • Tarporley • CW6 9PH



## A.W. Burrows & Son

Independent Family Funeral Directors



ESTABLISHED: 1841



Complete Funeral Arrangements, Funeral Plans Arranged,  
Personal Day and Night Service,  
Private Chapel of Rest in Peaceful Rural Surroundings  
Snowdrop Villa, Swanley, Nantwich, Cheshire, CW5 8QB



**01270 524243 / 07711468917**

Email : [barb.burrows2@gmail.com](mailto:barb.burrows2@gmail.com)

[www.awburrowsnantwich.co.uk](http://www.awburrowsnantwich.co.uk)

Say It with Flowers



brambleandblooms.co.uk

**WILLIAM & MAURICE**  
KITCHENS • BATHROOMS • TILING

DISCOUNT ON ALL GOODS



Complete Design, Supply and Installation Service  
Contact us today for your new bathroom, wetroom, kitchen  
or to use our professional tiling service

01829 262462 or 07980 748065

[www.william-maurice.co.uk](http://www.william-maurice.co.uk)

[info@william-maurice.co.uk](mailto:info@william-maurice.co.uk)

NO VAT ON INSTALLATION



**TARPORLEY  
DENTAL CENTRE**

Accepting New Patients

High quality Private, general  
and cosmetic dentistry.  
Implantology and orthodontics.

Finance options available

13 Nantwich Road, Tarporley, CW6 8UN

01829 732213

[info@tarporleydentist.co.uk](mailto:info@tarporleydentist.co.uk)

[www.tarporleydentist.co.uk](http://www.tarporleydentist.co.uk)

[info@tarporleydentist.co.uk](mailto:info@tarporleydentist.co.uk)



Birch Heath Road  
Tarporley

**Tarporley  
Service Centre**

Servicing & repairs  
MOT testing  
Tyres, exhausts & batteries

**The local garage with  
the expert touch ...**

Trading Standards approved  
Fast, efficient & friendly service

01829 732253/733737

[www.tarporley-service-centre.com](http://www.tarporley-service-centre.com)



**'Everybody Needs Somebody'**

Elderly Care in the Home • Companionship • Housekeeping  
Live in • Daily • Respite • Permanent • Temporary

*Private and Independent Elderly Care in the Home  
with Care Fees Solutions*

t: 01829 260280

e: [info@bunburycarers.co.uk](mailto:info@bunburycarers.co.uk)

w: [bunburyagency.com](http://bunburyagency.com)



**ELSON ELECTRICAL**

NAPIT part P registered

Free quotations

Contact Peter

07572 772352 or

01829 260529

[elson.electrical18@gmail.com](mailto:elson.electrical18@gmail.com)

**DM  
AUTO SERVICES**

YOUR LOCAL INDEPENDENT  
GARAGE

Servicing and repairs  
MOT testing station

Free collection and delivery  
Courtesy car available  
Fast, friendly & efficient  
service

Unit 1, Bank Farm, Calveley  
Hall Lane, Calveley CW6 9LB

Tel: 01829 738663



## At Illingworth Seddon, we don't over complicate things.

We follow a 3 step process to create a bespoke financial plan which ensures you are fully aware of where your finances are today, and where they could be in the future.

### Plan

Starting with an honest, in depth discussion about your goals, we'll plan your roadmap to financial peace of mind.



### Design

Considering where you are today, and where you want to be in the future, we'll craft a financial solution which is bespoke to you and the life you want to live.



### Review

The review process never really ends. We'll stay by your side year after year, making sure your financial plan stays on track.



Sound interesting?

Contact us or visit our new website to find out more

01829 771 707

[info@illingworthseddon.co.uk](mailto:info@illingworthseddon.co.uk)

[www.illingworthseddon.co.uk](http://www.illingworthseddon.co.uk)

- Cheshire
- Merseyside
- Cumbria

