



# Link

April 2022

Also in this issue...

## Church fundraiser for Ukraine

The Link is full of dates for your diary so check inside for all that is coming up. Lots of fun events are planned to raise funds for the people of Ukraine – do try to come!



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The Beeston fête is back!

**T424U Parish Coffee Morning At St Boniface**

Tea & coffee morning to try to raise as much as we can for the Ukraine



6

St Boniface family events schedule

**Thursday 21<sup>st</sup> April 10.00 to 12.00**  
**Donations to the Ukraine**  
 Volunteers to help and donations of cakes contact Elaine 07860 128427 or email [elainecrotty2@icloud.com](mailto:elainecrotty2@icloud.com)

Please invite your friends and lateral flow before attending



8

Schools Fest plans

A magazine for the parishes of Bunbury and Tilstone Fearnall

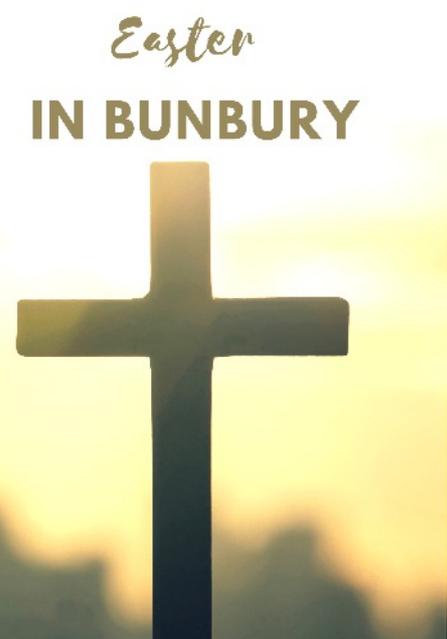
*Easter*

**IN BUNBURY**

*Palm Sunday - 10th April*  
 10am - Palm Sunday Service starting with parade with Murphy the Donkey, leaving from The Nag's Head

*Good Friday - 15th April*  
 11am - Outdoor service at Tilly's making resurrection gardens  
 2pm - Reflective Service at St Boniface

*Easter Sunday - 17th April*  
 8am - Easter Communion at St Boniface  
 9.30am - Easter Communion at St Jude's  
 10.30am - Easter Brunch at St Boniface  
 6pm - Easter Communion at Calveley Chapel



# Who we are

## TIM HAYWARD - Vicar

St Boniface, St Jude's, Calveley  
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### Parish administrator

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bunburyparishoffice@gmail.com

For pastoral visiting team, please call

### Amber Middlemiss

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## St Boniface

### Churchwardens

Si Lees-Jones 07711 227617  
Sean Augustin-Wood  
bunburychurchwardensaw@gmail.com

### Vice-Chair

David Cox 01829 734008

### Treasurer

John Mason 01829 733971

### Flowers

Margaret Bourne 01829 260944

## St Jude's

### Churchwardens

Elizabeth Marren 01270 528556  
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### Organist

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## Calveley

### Churchwardens

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### Secretary

Yvonne Wood 01270 528442

## The Link

Please contact us if you would like to advertise your business or to send us your news, views and pictures.

### Advertising:

parishlinkads@gmail.com

### Editorial: Elaine Crotty

t: 01829 260648 or 07860 128427

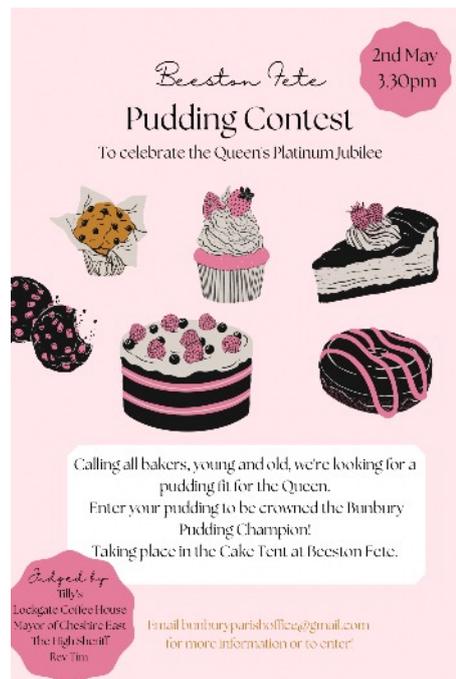
e: parishlinkeditor@gmail.com

### Graphic design: Jo Mason

You can also read The Link online at: [www.stbonifacebunbury.org.uk](http://www.stbonifacebunbury.org.uk)

# Community news

The **St Boniface fête** at **Beeston Castle** is on Bank Holiday Monday 2 May – details on p4. Please remember to bring cash!



*Beeston Fete*  
**Pudding Contest**  
2nd May 3.30pm  
To celebrate the Queen's Platinum Jubilee

Calling all bakers, young and old, we're looking for a pudding fit for the Queen. Enter your pudding to be crowned the Bunbury Pudding Champion! Taking place in the Cake Tent at Beeston Fete.

*Adjudged by Tilly's*  
Locgate Coffee House  
Mayor of Cheshire East  
"The High Sheriff"  
Rev Tim

Email [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com) for more information or to enter!

The next meeting of **Bunbury Gardening Club** will be a talk by Jane Allison entitled **A Countryside Walk** on Tuesday 15 March. The meeting starts at 7.30pm in the Village Hall. New members and visitors welcome.

**Haughton Jubilee Celebrations** will be held on Sunday 29 May at Mark and Nikki Ryder's home at Moss Farm from 3pm in their marquee. Tickets are available from Sarah Thompson on 07973 871769 or Helen Cornwell-Lee on 07500 081608.

**Bunbury Mill** will reopen to visitors on Sunday 27 March and be open every Sunday and Bank Holiday Monday until 30 October from 1–5pm. Guided tours start from 1pm and last about 40 minutes. Tour prices for 2022 are: Adult £5, Child £2.50 (aged 5 to 11), under 5 Free, Family £12 (2 adults + 2 children). Check regularly for updates on their new format website: [www.bunburymill.com](http://www.bunburymill.com). Bookings for private and group events at the visitor centre are now possible – further details are on the 'Visit Us' tab on the website or please email to discuss

your requirements at [event-hire@bunburymill.com](mailto:event-hire@bunburymill.com).

Well done to **Roz Kepke Smith** and **Jan Crompton** for organising car loads of donations to the Ukraine.

**Jonathan Morris** sent the Link this amusing anecdote: "I was in Nantwich a few weeks ago with my youngest grandson, Otto, who recently celebrated his third birthday. After doing a bit of necessary shopping, we went into the church to have a look around. I was examining some inscription or other and had briefly turned my back on Otto.

I then became aware of the muted strains of the 'Happy Birthday' song, followed by what sounded like childish heavy breathing.

Looking round to investigate, I found little Otto very carefully working his way along

## Artist and Craftsperson Open Call



## Arts Crafts Flowers Weekend at St Boniface 15–17 July

Are you an artist or craftsperson? Opportunity to exhibit and sell in 3-day exhibition

New exhibition in beautiful space  
Any specialism (painting, ceramics, jewellery, textiles, embroidery, metalwork, woodwork etc)

Submission deadline 14 June  
More information including entry requirements contact [elainecrotty2@icloud.com](mailto:elainecrotty2@icloud.com)

## A word from the editor

We all watch the news on Ukraine wondering how we can help. The Church of England has put out a well-written and informative document on how to help in the current crisis. Look for the **Church of England Toolkit on Ukraine** at

<https://www.churchofengland.org/resources/community-action/war-ukraine-responding>

It also promotes a charity called Sanctuary Foundation that helps refugees, supports people to host refugees and suggests other ways people can help.

The toolkit specifies two safe and secure ways to give financially: The **Disasters Emergency Committee's Ukraine Humanitarian Appeal** and the **USPG-Diocese in Europe Emergency Appeal**.

If you, or someone you know, can speak Ukrainian, Russian, Hungarian, Polish, German, Czech, Romanian or Moldovan, language skills can be useful in translation work. Translators Without Borders are supporting many refugees in translating and understanding forms.

Please have a look at the toolkit – it is well worth it.

*the lowest line of bright red votive candles,  
extinguishing each one as he sang !*

*Suppressing a bout of unholy laughter, I disengaged  
him from the row of candles and looked in vain for  
matches or other means of relighting them.*

*Having failed in my attempted restoration, I managed  
to dissuade my grandson from moving on to the next  
row and we made a surreptitious, if hasty, exit,  
muttering silent apologies to those whose flames had  
been prematurely blown out."*



Organised by Bunbury Youth Club  
ALL proceeds go to Ukraine refugees.

# Family Quiz Night

Friday 1st April 7pm  
St Boniface, Bunbury

**ADULTS £10**  
**KIDS £5**

**What's happening?**  
THIS IS A QUIZ NIGHT FOR ALL THE FAMILY!  
THERE WILL BE TABLES OF 10  
CHEESE AND MEAT PLATTERS WILL BE  
SERVED AND A BAR FOR DRINKS

Tickets available at  
Burrows and Tilly's



TIM HAYWARD

Your Vicar

## Feeling helpless, powerless?

### Nothing is impossible with God

The situation in Ukraine makes us feel so helpless, so powerless. None of us seriously imagined that in our lifetimes, for the first time for 83 years, one European country would invade another. We just thought it couldn't happen, and we're still speechless with shock and disbelief.

We feel powerless but powerlessness is where the Easter story begins. Remember the story of the passion, the cruel torture?

And because we have a Lord who was caught up in simmering and often violent conflict between his people and an occupying force, we know that hope is mostly not a victory march but a small, whispered Hallelujah.

Although Ukraine is a fair distance away, the conflict will undoubtedly affect us over the next few years, even if warfare is contained within the current region. The UNHCR estimates there could be 4 million refugees, maybe more. We cannot allow Ukraine's neighbours to shoulder that alone.

At Easter, we gather to worship the God of Jesus Christ. We confess our sin, and so realise that humans are capable of terrible violence, greed and destruction. We worship a child laid in a manger and a man nailed to a cross, and recall that powerlessness doesn't work the same way in the kingdom of God. We pray and share food, and so connect with the whole church, living and departed, in bunkers in Kiev and protest groups in Moscow, through the power of the Holy Spirit. Nothing is impossible with God.

Easter teaches us that God will turn even our worst sins into part of a story of grace. God will lift up the downtrodden and uphold the oppressed. And God will take our prayers and make them the threshold of the kingdom.

The story of Easter reminds us that nothing is impossible with God. Goodness is stronger than evil. Love is stronger than hate. Light is stronger than darkness. Life is stronger than death.

### Our prayers for April

*Christ, you are risen from the dead.  
May our life never deny this eternal life,  
This peace and hope and joy.  
Amen. Alleluia!*

*From a New Zealand prayerbook*

The copy deadline for the May issue is Friday 15 April.  
The magazine should be delivered starting Saturday  
30 April. Notices to [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com)

# Fete: can you help?

The Beeston Fête Committee is looking for volunteers to help at the fête on Monday 2 May. If you can spare a few hours to run a stall or man the car park, we would be very grateful.

We are also looking for help to set up the fête on Saturday 30 April at 11am or to help clear up at the end at 4pm on 2 May.

We are also looking for contributions of bottles for our very popular tombola, alcohol, non-alcoholic drinks, sauce bottles. Any bottle would be gratefully received. Please leave in the porch at St Boniface.

Please contact Lucy Munro for any information on 07580 066153.

## Church diary for April

Sunday 3 April	8.00am Holy Communion 9.30am Family Worship 10.30am Forest Church & Holy Communion 11.30am Holy Communion 5.30pm Youth Alpha	St Boniface St Jude's St Boniface  Calveley Darkie Meadow
Tuesday 5 April	7.30pm Lent course	Zoom
Wednesday 6 April	10.00am Holy Communion	St Boniface
Sunday 10 April Palm Sunday	9.30am Holy Communion 10.30am Family Worship – parade leaves Nags Head 10am 4.00pm Jeannie France– Hayhurst Inauguration Service as High Sheriff	St Jude's St Boniface  St Boniface
Tuesday 12 April	2.30pm Contemplative prayer 7.30pm Contemplative prayer	St Boniface St Boniface
Wednesday 13 April	10.00am Holy Communion	St Boniface
Friday 15 April Good Friday	11.00am Outdoor service 2.00pm Reflective service	Tilly's St Boniface
Sunday 17 April Easter Sunday	8.00am Easter Communion 9.30am Easter Communion 10.30am Easter celebration brunch and Easter egg hunt 6.00pm Easter Communion	St Boniface St Jude's St Boniface  Calveley
Wednesday 20 April	10.00am Holy Communion	St Boniface
Sunday 24 April	9.30am Family worship 10.30am Family communion	St Jude's St Boniface
Wednesday 27 April	10.00am Holy Communion	St Boniface
Sunday 1 May	Services as Sunday 3 April	As above
Monday 2 May	11.00am Fête	Beeston Castle



**A GREAT FAMILY DAY OUT  
ON MAY DAY BANK HOLIDAY  
ENJOY A DAY OF TRADITIONAL FUN**

## STAR ATTRACTIONS

**PAWS FOR THOUGHT -  
AN AMAZING DOG DISPLAY TEAM**  
**HOLY BANDITS MUSIC GROUP**  
**146 NORTHWICH SQUADRON  
AIR CADET BAND**  
**JUBILEE PUDDING COMPETITION  
(WITH SPECIAL GUEST JUDGES)**

• • • • •

**TOMBOLA**  
**CIRCUS DISPLAY BY JAMES BASLE**  
**TEA TENT**  
**BBQ**  
**VINTAGE STALLS**  
**TILLY'S COFFEE AND SNACK BAR**  
**BAR**  
**CIRCUS WORKSHOP**  
**FAMILY FUN DOG SHOW  
(ALL DOGS WELCOME)**  
**HOOPLA**

**JOIN IN ALL THE FUN AT THIS FAMOUS  
CHESHIRE BEAUTY SPOT**

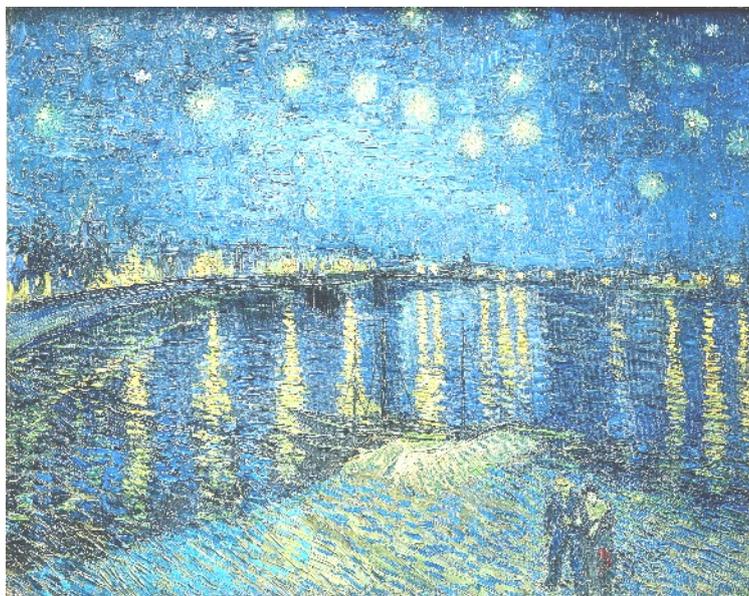
**FREE PARKING AVAILABLE**

# Sky notes for April

April is when the Plough is positioned highest above the horizon in the early evening. The iconic group of stars is so well known that it's easy to forget that it's only the brightest portion on the constellation of Ursa Major, the Great Bear. The Plough's resemblance to a ladle or spoon has led to its more usual title of the Big Dipper in the US.

We dub the two leading stars of the Plough, Merak and Dubhe, the Pointers since the line through them points conveniently towards Polaris, the North Star. This makes finding true north a simple matter - assuming it is clear! Polaris is in the constellation of the Little Bear, Ursa Minor.

Polaris's status as our pole star is not permanent. The wobbling of the Earth's axis, called the precession of the equinoxes, means that it will be closest to the pole as this century ends, but will then drift away. Indeed, for centuries around 2800 BC the star Thuban in the



Van Gogh's *Starry Night over the Rhône*

constellation of Draco, the Dragon (shown on the chart) was the closest bright star to the pole - even closer than Polaris is now. It was still the pole star when the Egyptians were aligning their pyramids.

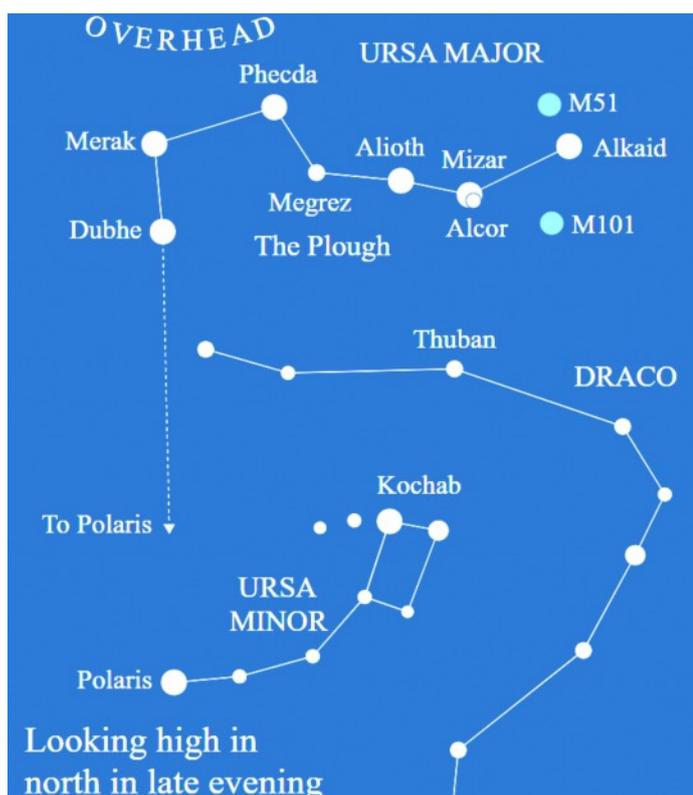
The Plough has been depicted in many art forms over the years. One of the most famous is Vincent van Gogh's stunning painting, "Starry Night". Painted in September 1888, it shows the night sky over the River Rhône at Arles.

One thing has always struck me as odd about the Great Bear: the fact that it has a long tail (as does the Little Bear). Bears usually have very short tails, so stories were created to account for this peculiarity. The Greeks said that Zeus threw the bears into the sky by swinging them from their tails, thus stretching them out.

Finally, do look out for Venus which appears low in the South-East before dawn. Queen of the morning sky, and rising around 5am, it will be the brightest "star" in the sky.

Clear skies!

Bunbury Stargazer



# St Boniface Family Update



## Mens weekend away!

It's easy to get caught in the 'Rat Race' and no matter how hard we try, it can suck us in.

The desire for more, more, more! Living in the Rat Race is never ending and it is draining. Sometimes we just need it to stop! To get off. To take time out. To have a break. To rest. To think. To re-focus.

An XTREME CHARACTER CHALLENGE is the antidote to the Rat Race....it's a way to break free.

Is that what you need? Then an XTREME CHARACTER CHALLENGE is for you.

21st- 24th April 2022

For more details contact Kev Yates 07812 672501

## Upcoming Events

**Family Quiz Night | 1st April | 7pm**  
Bunbury Youth Group are hosting a family quiz night at St Boniface church. All proceeds go to Ukraine Refugees. Tickets available at Tilly's and Burrows.

**Good Friday | 15th April | 11am**  
An outdoor service outside Tilly's whilst our children will be making stunning Easter gardens followed by hot cross buns for all!

**Easter Sunday | 17th April | 10.30am**  
A family service followed by a huge Easter Egg hunt!

**Beeston Fete | Bank Holiday Monday | 2nd May | 11am**

Come and join us for our Church fete. A brilliant family fun filled day and enter our **Jubilee pudding competition.**

**Family picnic | Saturday 14th May | 11am**  
Stunning gardens, games and a pool! All proceeds go to Leukaemia UK.

Please visit our website [stbonifacebunbury.org](http://stbonifacebunbury.org) for more info

**For More Information contact**  
Rev Tim Hayward 01892 26151

## Help needed!

We have a wonderful, friendly team of helpers for our Sunday Brunch. We are looking to expand this team.

Would you like to help with teas and coffees? Setting out the craft for the kids? Operating our projector? Setting up the tables and chairs?

Please contact Lucy Oates 07825 501622

## Did you know...

1st Sunday of the month is **Forest Church**

3rd Sunday of the month is **Third Sunday Brunch**

2nd and 4th Sunday of the month is **Sunday Club** for the kids so you can enjoy the peace and quiet of the service!

# March comes in like a lion and goes out like a... BEE!!

I hardly need tell you that the mid-March weather is very unpredictable. Yesterday I was clearing my greenhouse in the sunshine ready for the onslaught and Ros was gardening. Now as I type this, I'm looking out at a very rainy afternoon.

However, things are now very much on the move in the Top Bar and every other type of hive (see photo) The bees can scent Spring in the pollen in the air and are getting things in order, constructing comb for the first broods of adult workers (and a few male drones) to hatch from, in only a few weeks. That means that the Queen and her over-wintering acolytes have already been busy indoors, laying thousands of eggs every day.

It is hard work and means the bees are using up energy and getting hungry with a real possibility of starvation, if the supply of stored honey has already been consumed. There isn't a huge, if any, supply of nectar. This week, I started giving some sugar syrup (see photo) which is ordinary sugar dissolved into a thickish water solution. This is only a stop-gap until the wonderful world of flowers fully appears and the bees can get enough pollen to supply their other requisites. The feeding will stop as soon as possible, as it is only an interim solution.

Before too long brand-new bees will emerge from the hive on a sunny afternoon and have their first orientation flight. The bees will fix their location by flying round remembering visual clues so that they can return after searching for nectar and pollen. The insulation hasn't been removed from the



roof, but I will soon have to be bold enough to have a thorough investigation to see how the bees have fared after the winter. I'll report on those findings, for better or worse, next month.



## Parish Council: "This is your chance"

Bunbury's Neighbourhood Plan, which came into effect six years ago, is already at risk of becoming out of date and less effective due to changes to planning legislation. These changes have been brought in by the government and the Local Planning Authority (Cheshire East Council).

The Neighbourhood Plan Group has been reformed to update the Plan in the light of the new planning rules. The Group is made up of local residents and led by Parish Councillor Andrew Thomson. A Consultation Document has been drawn up and the Neighbourhood

Plan Group aims to deliver a copy to every household in Bunbury by the end of March, with hopes that residents will complete and return it. Through this consultation the Neighbourhood Plan will help to identify the aspects of village life that are most important to the community. It also allows the community's voice to be heard in the planning process and to ensure as far as possible that future development takes place in a way and at a pace that suits Bunbury. The Neighbourhood Plan cannot prevent all future development. Filling in the Consultation Document is your opportunity to tell the team what

you like about Bunbury, what your concerns are and where you would like to see improvements. Anyone aged 16 or over and living in Bunbury can complete the Consultation Document. If you need more copies they are available to pick up at Tilly's, the Co-op and Burrows, where you can also return your completed forms. Or you can fill in a copy on line at <https://bunburyvillage.info/bunbury-neighbourhood-plan-questionnaire/> So please look out for your copy of the Consultation Document and have your say in shaping the future of Bunbury.

# Bunbury school news: Schools Fest is back!

During the pandemic Bunbury Aldersey School staged an in-house residential for the children. Whilst other schools were having to cancel their planned trips, Bunbury held their Schools Fest experience on-site knowing that we would be able to provide the residential experience and activities for the children. The event was a huge success.

As there are still undulating Covid cases within our school community and the uncertainty this brings when planning events, the decision has been made to hold Schools Fest 2022 on-site again, with off-site residential visits starting next year. The school aims to ensure that Schools Fest will be an enjoyable and memorable event for all the children with new events.

The week will involve exciting outdoor challenges, incorporating physical games and expressive arts activities on school premises with the addition this year of some off-site challenges. School Fest will be held the week beginning 16 May.

Early Years and Key Stage 1 will undertake several daytime activities over the week, and years 3-6 will enjoy multiple daytime challenges and one overnight camp per year group. Activities will have a strong emphasis on building skills, problem solving and encouraging collaboration but ultimately, will be an opportunity to create memorable learning experiences and to have fun with their friends.

School Fest is of a huge benefit to our children's mental health; group activities develop the children's self-belief, resilience, co-operation and problem solving skills, and improve well-being. We are aware that education is more than the acquisition of knowledge and by improving young people's skills, values, relationships, and personal development, we can significantly enhance learning and achievement.

For the event we are looking for anyone who has skills with art, drama, music, dance, storytelling as well as outdoor activities. All activities will be supported and accompanied by a member of staff, at no point would anyone be left in charge of a group of children.

The school is also looking for sponsorship of the School Fest activities. If there

is anyone locally who runs a business or would be interested in sponsoring it would be greatly appreciated. Costs for activities range in price from £100-£1000, so any amount would be gratefully received, either a general donation or sponsorship of a whole activity. Making a positive social impact is important to many businesses and this is a great opportunity to support our children's development and contribute to the community.

Please contact the school office at: [admin@bunburyaldersey.cheshire.sch.uk](mailto:admin@bunburyaldersey.cheshire.sch.uk) if you think you can support.

We look forward to being able to share with you lots of images and reports from the children.





# Claire Wilson

**"Mud, mud, glorious mud, there's nothing quite like it for cooling the blood, so follow me, follow, down to the hollow, and we will wallow in glorious mud!"**

O to be a hippopotamus, lounging around in mud all day to cool down from the heat of the day! The mud I've been experiencing comes with buckets full of rain. And lately dog walks have been like doing a mudder race! Over fields, down canal towpaths, swimming in deep, swampy mud. Every part of me and the pooch covered in stinky slime, slipping up and down banks. Each step like wading through treacle, making the going incredibly tough, muscles aching and slowing me down to a crawling pace. The usual pleasant saunter becomes a chore and endurance challenge. Then it's home to dry, clean, wash, ready for the onslaught of the next outing.



Life can very much feel like that, heavy going and difficult. The last two years has been evidence of this. A global pandemic was scary and isolating. A breeding ground for worry about death, long-term illness, finances, housing, family and friends, mental health. And now a war on our continent. The state of the world feels out of control, leaving us worrying about what the future holds and questioning decisions in the past. We find ourselves stuck

and unable to move forward, paralysed by fear.



Psalm 40 says the Lord will lift us from the desolate pit, out of the miry bog, and set our feet upon a rock. God who reaches down to us in our difficulties. Jesus says to cast your burdens to him because he cares for us. It doesn't mean that he takes them away, there's no magic wand that makes everything better, but he promises never to leave us or forsake us. He walks with us at times, he carries us at others. Worrying about the future is futile as we cannot control it, dwelling on the past is pointless because we cannot change it. Standing in this present moment, acknowledging the reality of lives, with its complexities, uncertainties, and difficulties, is sometimes all we can manage.

One thing I know about mud is that as the sun's warmth touches it the soil once again returns to solid ground, making our way easier. When the warmth of God's love permeates our lives, the foundation beneath our feet solidifies, even in troubling times.

From the  
Archbishops



*Dear Sisters and Brothers,*

*Peace I leave with you, my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid. John 14.27*

*Many of us will have troubled hearts as we watch with horror the attack by Russia on Ukraine. As we have already said, this attack is an act of evil, imperilling as it does the relative peace and security that Europe has enjoyed for so long. The attack by one nation on a free, democratic country has rightly provoked outrage, sanctions and condemnation.*

*We lament with the people of Ukraine, and we pray for the innocent, the frightened and those who have lost loved ones, homes, and family.*

*We continue to call for a ceasefire and the withdrawal of Russian forces as well as wide-ranging efforts to ensure peace, stability and security.*

*These events remind us powerfully that peace is precious and it is fragile. In Chapter 14 of John's Gospel, Jesus speaks to his disciples at the Last Supper and he leaves them his peace. This is not a mere greeting, but rather something deep and abiding. This peace is something that only Jesus gives; for it is a gratuitous gift, a way of living, something to be received for the gift of peace is the gift of Jesus himself. That is why the Lord is able to offer reassurance to our hearts, why those who receive the gift of the peace of Jesus Christ at the deepest of levels should not be afraid.*

*Peace, therefore, is so much more than the absence of war. It is a gift, and it is also a decision, a gift that must be received. It is a choice we make that shapes the way we live well alongside each other. It characterises our relationship with God. It comes into being by seeking justice.*

*In these days of uncertainty and fear, we pray that each of us might again turn to the Lord and receive God's gift of peace, work for God's justice, know God's reconciliation and love, and choose paths not of hatred or destruction, of violence or retribution, but God's way of justice, mercy and peace.*

*As Christians, our response to a crisis must always be rooted in prayer. And so we invite you to join with us in praying most earnestly for an outpouring of the Spirit of God, that the world may once again choose peace, strengthening those international bodies that enable us to work and live together as one humanity inhabiting one world.*

*We pray for those in Ukraine who suffer grievously, for all who take decisions around the world, and for the people and leaders of Russia too.*

*However and whenever you pray, pray that the world may choose peace, and be assured of our prayers for you.*

*With every blessing,*

*The Most Revd & Rt Hon Justin Welby Archbishop of Canterbury*

*The Most Revd & Rt Hon Stephen Cottrell Archbishop of York*



# Bunbury Medical

## Practice news: April

### Staff update

Physiotherapists - We have been joined by Serina Jenkin-Davies, an additional Physio First Therapist who will be working alongside Ruth Court and Helen Thompson, providing physiotherapy here at the practice.

Ruth, Helen and Serina are trained to a high level and can investigate and diagnose joint and muscular problems. They can also arrange additional physiotherapy, x-rays and scans if felt needed and they can make hospital referrals. If you have a musculoskeletal problem, seeing one of our physiotherapists is often quicker than seeing a GP. Appointments with a physiotherapist are available on a Monday and Wednesday; bookable by calling Reception; there is no need for a GP consultation beforehand.

### Notes from the nurses

Please remember that triage is from 8am until 10.30am only. Also, that triage is for urgent medical conditions that have just started, not for a problem that a patient has been experiencing for a couple of weeks. Urgent conditions appropriate for triage would be something like a child with ear-ache, any patient with a chesty cough, rectal bleeding, suspected urinary tract infections, lumps and bumps. We hope this helps.

Patients calling after 10.30am will be asked about their problem and either booked a routine GP call or asked to ring triage the following day. Our receptionists are trained to ascertain the most appropriate pathway for our patients.

### Covid news

As we suspected would happen and as mentioned last month, NHS England and Public Health England have now advised us that face coverings and social distancing in healthcare settings is to remain in place for the time being. We wanted our patients to be aware that this is national guidance and not something we are choosing to enforce. Thank you for your continuing understanding regarding this.

### Dispensary

Bunbury practice has been asked by our CCG (Clinical Commissioning Group) to trial a new patient care service called 'PAMAN'. This is a remote monitoring system which allows a pharmacist or pharmacy technician to watch patients living at home when they are taking their medication to ensure that it is done correctly. The system involves a docking bay which uses 4G network and goes in a patient's home. There is no cost to the patient for this device/service as it is funded by the Health and Social Care Government budget. The system allows the pharmacist to

see the patient and although the patient cannot see the pharmacist, they can talk to them. It is hoped that such a system will reduce the incidence of patients not taking their medication appropriately and thereby help patients to remain independent. The pharmacist can only see the patient when the patient accepts the incoming call which would be at a pre-arranged time each day (or more times per day if needed). Benefits include:

- Patient is supported in self-medicating correctly.
- Pharmacist can provide advice.
- Pharmacist can manage repeat prescriptions.
- Daily calls provide contact for isolated patients.

Bunbury is one of six practices in the area to trial PAMAN and we are looking for 50 suitable patients for this trial. If you are interested in helping with this trial, please come to the surgery and ask for Lisa, Diane or Rachel, as it will depend who is on duty. They will then give you further information.

### Other news

In response to the crisis in Ukraine, our Healthcare Assistant, Kate, co-ordinated a collection of clothes, sleeping bags, toiletries/nappies and emergency first aid kits from Bunbury staff which she took to the collection point in Whitchurch.

### SCREENING SAVES LIVES

Ladies between 25 and 64 - you may have seen the national advertising campaign promoting cervical screening. If you receive an invite for cervical screening, please do not ignore it or the reminder letters that we send out to you. Cervical screening is done here in the practice with one of our nurses; appointments can be made six weeks in advance, Monday to Friday and we would urge you to keep up to date with your checks.

Gentleman over 64 - you are eligible for AAA screening (Abdominal Aortic Aneurysm). This screening is a way of checking whether there is a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy; it can be serious if it is not spotted early on, as it could increase in size and eventually rupture. Once you are over 65, you will receive a screening invitation and you can then arrange an appointment that suits you. If you are over 65 and have not been screened before or you have not received an invitation, you can ask for a test by contacting our local service to book an appointment. Screening involves a quick and painless ultrasound scan of your tummy. AAA clinics take place every 8 weeks here at the practice, but you will need to call the booking service on 0151 706 4767 and not the surgery.

# Easter Simnel Cake



Simnel Cake is a traditional cake made at Easter linked to Mothering Sunday which **Barbara Croley** has been making for St Boniface for over 25 years. We are delighted that she has shared her recipe with readers. Link designer Jo Mason says she has never forgotten the first time she tasted it at St Boniface and can't wait to attempt it – though it might take 25 years for hers to match Barbara's!

## Ingredients

170 g butter plus 2 teaspoons	cherries chopped
170 g flour	grated rind of a lemon
30g rice flour	2 tablespoons finely chopped candied lemon peel
1 teaspoon baking powder	1 teaspoon grated orange rind
170g castor sugar	800g marzipan
3 eggs	2 tablespoons apricot glaze
170g sultanas or seedless raisins	
170g currants	
115g glaze	

## Method

Grease a 18cm (7") cake tin lined with greaseproof paper. Preheat oven to 180°C. Sift the dry ingredients into a mixing bowl.

In a large mixing bowl, cream the butter, stir in the sugar and beat well until the mixture is smooth and creamy. Beat in the eggs one at a time, adding a tablespoon of the flour mixture after each egg.

Using a large metal spoon, fold in half of the remaining flour mixture, add the dry fruit and stir. With a metal spoon fold in the rest of the dry mixture until everything is combined.

Spoon half of the mixture into the cake tin and smooth the surface.

Cut off one third of the marzipan, shape into a circle slightly smaller than the size of the tin. Put the marzipan on top of the cake mixture.

Place the cake in the centre of the oven and bake for 1½ hours. Reduce the oven temp to 150°C and bake the cake for a further 1–1¼ hours or until a skewer comes out clean and the cake has shrunk slightly away from the sides of the tin.

Remove the cake from the oven and cool it for 5 minutes, then turn the cake onto a wire rack.

When cool, brush the top of the cake with most of the apricot glaze. Cut the marzipan in half. Sprinkle a worktop with cornflour and roll out one piece of marzipan the same size as the top of the cake. Roll the remaining marzipan into 11 balls. Dip the balls in the remaining apricot glaze press them around the edge of the cake. Preheat the oven to 220°C. Place in the oven for 5 to 8 minutes until the balls are golden brown. Remove from the oven and cool. Enjoy!

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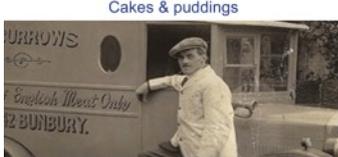
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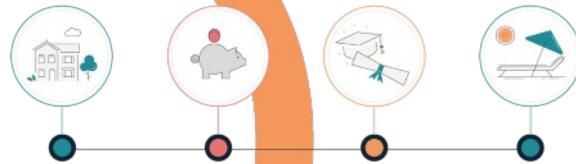
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