



# Link

June 2022

*Also in this issue...*



6

**A call out to young artists**



**Bunbury Village day beckons**



**Winning Jubilee pudding recipe**

A magazine for the parishes of Bunbury and Tilstone Fearnall



Follow Bunbury Church on Facebook

## Show off your skill! Bunbury's got talent

Do you have a hidden talent as a craftsperson or artist? Have you made or painted a piece we could display in our summer exhibition, Inspire22 exhibition 15–17 July?

We are looking for local people to display their work.

It can be art, embroidery and textiles, ceramics, sculpture, model- making, metalwork, woodwork, jewellery.

All items will be returned at the end of the exhibition

**Deadline for entry forms 14 June**

Please contact [bunburyinspire22@gmail.com](mailto:bunburyinspire22@gmail.com) or [www.stbonifacebunbury.org](http://www.stbonifacebunbury.org) and click on Inspire22 where an application form can be downloaded.

Tel 07860 128427 for more info.



Local award-winning artist Sophie Parr

### Children and young persons' art competition

Children's art application forms available from: [www.stbonifacebunbury.org](http://www.stbonifacebunbury.org) or Tilly's coffee shop.

The paintings should be dropped off at Bunbury School or St Boniface church (in the named box provided) by Friday 10 June. See p7 inside for details of the entry categories.

Inspire22 invites the community of Bunbury to a viewing of children's art entries at Bunbury School Friday 17 June 3.15–5pm. The winning entries will be displayed at the INSPIRE22 exhibition.

# Who we are

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## The Link

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

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### Graphic design: Jo Mason

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

# Community news

Congratulations to **Emma Waddington** and **Ben Hancock** (below), married on 14 May at St Boniface.



Congratulations to **Megan Carlin** and **Samuel Edwards** (below), married at St Boniface on 29 April,



and to **Harriet Lightfoot** and **Andrew Craig Williamson**, married on 7 May.

The Mayor of Crewe and Nantwich, **Sarah Pochin**, attended the third Sunday brunch and talked about public service, as did **Pam Brookfield**, Chair of the Parish Council. This was followed by a Jubilee tree planting at the playing fields. Congratulations to **Danny** and **Ivy May** on the baptism of **Dougie Arthur** on 30 April, and on 15 May for the baptisms of **Jayne** and **Matt Carnell** and **Rupert**.



The **coffee morning** for the **Ukraine** raised over £1700. Thank you to everyone for their generosity.

Well done to **Emma Barnett** and **Lynne Simpson** and all who attended the fashion show at St Boniface for the DKMS Charity and Pete McCleave, raising nearly £5000.

**Rose Hayward** organised a Teddy Bears Picnic in memory of her Nana and raised over £1000 for Blood Cancer UK. 115



people attended and had a lovely time in beautiful weather. Thank you to Jeannie and James France-Hayhurst for hosting the event.

On 2 April a successful coffee morning was held at **St Jude's** Church Hall which raised £351 towards a new kitchen. The coronation gates are being restored and are hoped to be reinstated in time for the Queen's Jubilee weekend. It is planned to hold a blessing of the gates as part of the Jubilee Service at 9.30am



## A word from the editor

*What an amazing parish we live in people have given so generously to all the charitable events that have been held.*

*St Boniface is focussing on the INSPIRE22 exhibition in July. It promises to be a lovely event and something very different. Please support it if you can.*



TIM HAYWARD

Your Vicar

## "Remember the sabbath day and keep it holy"

on Sunday 5 June, with refreshments in the church hall after the service.

Thank you to **Si** and **Chrissy-Lees Jones** for hosting the Outdoor Service in their bluebell woods in Tiverton on 8 May (pictured below).



After a cancellation of **Contemplative Prayer** in March and a change of date in May, it will meet on Tuesday 21 June at 2.30pm only (no evening gathering).

I wonder how good you are at observing this? It's probably the least well known and observed of the Ten Commandments. We live in a 24/7 age and perhaps find it hard to carve time out for ourselves. And yet the physical, mental, emotional and spiritual benefits of rest have been well documented.

The first use of the word 'holy' in the Bible is not to describe a person or a place, but the Sabbath itself: "Then God blessed the seventh day and made it holy"

Celebrating the Sabbath is an act of faith. God specifically told the children of Israel to stop even during ploughing and harvest. For an agrarian society, this was a radical and seemingly illogical idea. It was one way the Israelites stood out as God's people. There was nothing like it in the ancient world.

Sabbath reminds us to walk in rhythm with God, its regularity encourages us to find God in the ordinary patterns of life. Like the Israelites, each week, as we stop work and let go of the identities that define us there, we can return to our truest identity as the children of a loving God.

Without Sabbath, we can lose perspective. Work becomes an idol, the Sabbath corrects this imbalance and answers the call to a simpler life.

God told the Israelites to observe the Sabbath rest because he also rested after creation. We are made in God's image and designed with the Sabbath in mind. A weekly block of time to rest and recalibrate our emotions and thoughts is part of God's antidote to stress and burnout. It is not a rule made for us to follow arbitrarily, but designed because God knows us – and our needs – intimately.

Over the next three months I will also be taking up the gift of a sabbatical (offered to those who have been ministering in parishes for ten years) - an opportunity to take some time out to refresh and recharge the batteries. I am very grateful to the PCC for their support and look forward to sharing the benefits with you at the end of summer. My plan is simple: to study, to retreat, to holiday and in the process reconnect with my truest identity - as a beloved child of God.

## 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

For more information including entry requirements, contact the administrator  
bunburyinspire22@gmail.com or telephone  
07860 128427 or visit

<https://www.stbonifacebunbury.org> click on  
Inspire22 for T&Cs and application form.

**The copy deadline for the July issue is Friday 10 June. The magazine should be delivered Saturday 25 June. Notices to [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com)**

## Our prayers for June

*We continue to pray for those who are suffering in body, mind or spirit remembering especially **Eileen Wood** and **Val Pennington**.*

*We remember too those mourning a loved one, especially the family and friends of **Guy Johnson** and **John Hinde**.*

*As we mark the Queen's Platinum Jubilee with thanks for her long and loyal service,  
fill our hearts with thanksgiving too Lord for the peace we have in our land;  
for the friendships and love that we find here;  
and for the beauty of our surroundings.  
May we never take them for granted.  
Amen*

# Beeston fete



## Church diary for June

Wednesday 1 June	10.00am Holy Communion	St Boniface
Friday 3 June	10.55am National Bell Ringing for start of Queen's Platinum Jubilee	St Boniface
Sunday 5 June	8.00am Holy Communion	St Boniface
	9.30am Family Worship with blessing for new Jubilee gates	St Jude's
	10.30am Forest Church & Holy Communion	St Boniface
	11.30am Holy Communion, Baptism and Jubilee tea	Calveley
Wednesday 8 June	10.00am Holy Communion	St Boniface
Sunday 12 June	9.30am Holy Communion	St Jude's
	10.30am Family worship	St Boniface
	5.30pm Youth Alpha	Darkie Meadow
Wednesday 15 June	10.00am Please note there will be no 10am Holy Communion due to School Service	St Boniface
Sunday 19 June	9.30am Family Communion	St Jude's
	10.30am Sunday Brunch	St Boniface
	6.00pm Evensong	St Boniface
Tuesday 21 June	2.30pm Contemplative prayer	St Boniface
Wednesday 22 June	10.00am Holy Communion	St Boniface
Sunday 26 June	9.30am Family worship	St Jude's
	10.30am Family communion	St Boniface
Wednesday 29 June	10.00am Holy Communion	St Boniface

# Thank You

## 2022 May Day Fete at Beeston Castle



On behalf of the Church Fete Committee, I would like to pass on our sincere thanks to you all for supporting our fundraising by buying raffle tickets, volunteering, be it setting up, helping during the event, attending the event or assisting in the clearing away.

After nearly three years we had to work harder to host the fete. Without such support we could not hold a successful event.

We were all relieved that the weather was dry, with minimum wind and warm attracting 950 visitors. In fundraising terms, it was a very successful day achieving a record net profit of approximately £9,200!

Always the money raised is set aside for maintenance of our grade 1 listed church building. Following the 2018 Quinquennial building inspection, we needed to spend £25k on urgent items.

Thanks for your support in 2022.

Yours sincerely, on behalf of St Boniface Church

David Cox  
(Fete Secretary)



What a day! Thank you to all those people who volunteered to help and visited the fete. A neighbour who visited said: "Our children are so lucky to have these events."

There is something "old fashioned about the fete" that has continued for many years. Thank you to Kate and her team at the castle for making us so welcome. The setting makes the event so special.

Well done to Katie Everton who won the Jubilee Pudding Competition (pictured right with the judging panel). See recipe on p8.





# Sky notes for June: Too much light?

June nights are very short. In fact, it doesn't get properly dark at all. Midsummer's Day is on June 21, with the longest period of daylight and the shortest night. The June solstice occurs at 10:13 British Summer Time. The North Pole of the earth will be tilted toward the Sun, which will have reached its northernmost position in the sky and will be directly over the Tropic of Cancer at 23.44 degrees north latitude. This is the first day of summer (summer solstice) in the Northern Hemisphere and the first day of winter (winter solstice) in the Southern Hemisphere.

Stay up all night and you'll enjoy a procession of planets rising in the east. Saturn is first up at about 00.30am. Jupiter rises about 1.30am, with Mars nearby. Venus surges above the north-east horizon at about 3am.

The light June nights means it's difficult to spot faint stars. But it's artificial light that pollutes our night skies that I want to

draw attention to this month. When I came to Bunbury 18 years ago, the skies were very dark. This was one of the main reasons for moving here. But, like in so many places, increasing artificial lights from developments, from "security" lights and from people choosing to light their gardens at night is gradually robbing our children of their heritage: to look up and wonder at the night sky in all its glory. This has already been lost to urban dwellers - let's hope this won't happen in rural Bunbury.

The fact is that much outdoor lighting used at night is inefficient, overly bright, poorly targeted, improperly shielded, and, in many cases, completely unnecessary. This light, and the electricity used to create it, is being wasted by spilling it into the sky, rather than focusing it on to the actual objects and areas that people want illuminated.

A growing body of evidence links the brightening night sky directly to measurable negative impacts including increasing energy consumption, disrupting the ecosystem and wildlife, and harming human health. And too much light in the wrong place can affect crime and safety. Overly bright security lights produce shadows for burglars to hide. Glare from streetlights can make driving at night difficult.

The good news is that light pollution, unlike many other forms of pollution, is reversible and each one of us can make a difference:

- Only use lighting when and where it's needed



North Wales has some of the darkest skies in the UK



Light pollution in Britain has increased by around 30% since the 1990s

## THE QUEEN'S JUBILEE CELEBRATIONS

Join us to celebrate the  
Queen's 70th Platinum Jubilee in the  
Parishes of Bunbury & Tilstone  
Fearnall

<b>2nd June</b>
9.45pm - Lighting of the Jubilee Beacon at Beeston Castle

<b>3rd June</b>
10.55am - National Bell Ringing to mark the start of the Queen's Platinum Jubilee Celebrations.

<b>5th June</b>
9.30am - Blessing for new Jubilee Gates at St Jude's
10.30am - Holy Communion at St Boniface and Jubilee Forest Church in churchyard
11.30am Holy Communion, Baptism and Jubilee Tea at Calveley Chapel


[www.stbonifacebunbury.org](http://www.stbonifacebunbury.org)

- If safety is a concern, install motion detector lights and timers
- Properly shield all outdoor lights (and avoid the really dazzling lights that are increasingly available these days)
- Keep your blinds drawn to keep light inside.

For more information and learn more about combatting light pollution, visit the Commission for dark Skies: <https://britastro.org/dark-skies/>

In the meantime, do enjoy the night skies that Bunbury still can offer.

Bunbury Stargazer

# School news

During May the official statutory testing timetable returned to primary schools across the country. This had been absent from schools' calendars for the past two years due to Covid. From May onwards children in Year 1, Year 2, Year 4 and Year 6 in Bunbury and across the country take part in some form of statutory testing as listed below.

Year 1 - Phonics Screening test

Year 2 - End of Key Stage 1 tests in reading, writing and maths

Year 4 - Multiplication tests

Year 6 - End of Key Stage 2 tests in reading, writing and maths.

There are many different views on the place of testing within the primary curriculum, but at Bunbury Primary the testing process is kept in perspective for the children. All the staff at Bunbury ensure that the children are prepared adequately so that they can achieve their potential. This year the children have worked incredibly hard deepening their learning. As headteacher I am extremely proud of each and every one of them.

For some children the process may be quite challenging; emotionally some may be on a roller-coaster and others take it all in their stride. It is

not easy being tested as a child at any age, but there is something that the children of Bunbury school are asked to remember: none of the tests listed above measure what makes them special and unique. The tests do not measure singing, dancing or creativity. The tests do not measure how kind the children are to their friends or classmates. The tests do not know how far the children can run, ride a horse or how many goals they have scored. Tests do not show that children have overcome hurdles and obstacles and certainly do not show how special, unique and amazing they are as individuals.

The results from these tests will tell us something, but not everything.

At the end of the Year 6 week of testing we provided our children with the opportunity to celebrate, thus beginning the start of the transition process from primary to secondary. The children enjoyed a picnic and games afternoon with their classmates as well as the tradition annual water fight with Rev Tim, Miss Hickson and myself.





# ◆ BUNBURY ◆ VILLAGE DAY — GOES MEDIEVAL —

The highlight of Bunbury's social calendar will take place on Saturday 25 June with a Medieval Theme!

We are delighted to announce that our guest of honour is the High Sheriff of Cheshire, Jeannie France-Hayhurst. Jeannie is one of 55 High Sheriffs installed in counties and cities all over the UK, all of whom were appointed by Her Majesty the Queen, to promote the wellbeing and prosperity of their region, to keep the peace, uphold the law and support the Judiciary.

We are excited to share the news that we will be joined by a large group from HistoriaNormannis who will be bringing the late 12th century to life, with a mix of craft displays, combat demonstrations and living history. The group love to share their passion for

history and look forward to giving us all the chance to handle weapons, armour, and get a sense of what the world was like 800 years ago.

We are also thrilled that we will be joined by our friends from English Heritage's Beeston Castle who will be setting up a Medieval HQ selling dress up weaponry, providing an opportunity to find out more about their work, as well as a chance to try your hand at junior jousting.

Our evening entertainment will be courtesy of two great bands. The Lost Boys, a Bunbury based covers band, playing R&B with a sprinkling of Rock/Britpop, followed by Green Bullet, a band with a great reputation for delivering a high energy mix of rock, punk and indie covers to suit all tastes.

Of course, no Bunbury Village Day would be complete without a well-stocked bar, a mouth-watering BBQ, a splendid parade led by Chester Brass Band, Bunbury Royalty - the Rose Queen & King, a myriad of stalls, the traditional WI café, a host of thrilling fairground rides and a classic vehicle display.

And don't forget, we are keen to encourage everyone attending - of whatever age - to get on board with the Medieval theme and we are looking forward to seeing an array of Knights, Princesses, Jesters and Villagers. Medieval characters are most welcome to join the parade... and don't forget there will be prizes for the best dressed!

To keep up to date with plans:

[www.facebook.com/BunburyVillageDay](http://www.facebook.com/BunburyVillageDay)

[www.instagram.com/bunburyvillageday](http://www.instagram.com/bunburyvillageday)

[www.twitter.com/BunburyDay](http://www.twitter.com/BunburyDay)

For press queries and questions:

[debbypulford@gmail.com](mailto:debbypulford@gmail.com)

[contact@bunburyvillage.info](mailto:contact@bunburyvillage.info)

[www.bunburyvillage.info](http://www.bunburyvillage.info)

Bunbury Village Day, Jubilee Playing Fields, Hurst Close, Bunbury, Cheshire, CW6 9QP

## Children's art competition

Inspire22 Flowers, Arts and Craft event will host a children's art competition. The aim is to encourage young people to 'be inspired' and produce a piece of artwork



### Age categories:

- Pre-school 0-4 years
- Key Stage 1 4 -7 years
- Key Stage 2 7-11 years
- Key Stage 3 11-14 years
- Key Stage 4 14 -16 years

### Artwork specification:

- 2D piece of artwork
- No larger than A3
- Any medium (e.g. pencil, charcoal, watercolour, acrylic etc)

### Theme:

'Be Inspired' - whatever inspires you; be it nature, people, places... the list is endless.

### Timings:

Closing date: Friday 10 June. Judging to take place w/c 13 June. Winners in each category will be displayed in St Boniface as part of 'Inspire 22'

### How to enter:

Entry forms will be available from Monday 9 May from [www.stbonifacebunbury.org](http://www.stbonifacebunbury.org) Look for What's on and click on Inspire22 or pop into Tilly's coffee shop.

Katie Everton's fête pudding  
competition winning

# Jubilee Pudding



## Ingredients

For the white  
chocolate layer

100ml double cream  
200g white chocolate ,  
chopped  
2 large lemons , zested

For the raspberry layer

450g frozen  
raspberries, defrosted  
2 tbsp lemon juice  
600ml double cream

160g golden caster  
sugar

For the pistachio  
shortbread

100g unsalted butter,  
softened  
50g golden caster  
sugar  
135g plain flour  
50g pistachios , finely  
chopped, plus extra to  
serve

Blueberries, mint and  
edible violas, to serve

## Method

### STEP 1

For the white chocolate layer, heat the cream in a saucepan until steaming and bubbles appear around the edge. Add the chocolate and lemon zest and stir until melted. Set six short tumblers tilted on their sides in a muffin tin (this is how you get a slanted layer). Pour the mixture into the glasses, then chill for 4 hrs, or until set.

### STEP 2

For the raspberry layer, put all the raspberries in a food processor and whizz until puréed. Push through a sieve using a wooden spoon directly into a jug, then stir through the lemon juice. Put the cream and sugar in a saucepan and warm gently until the sugar melts. Increase the heat and boil for 3 mins, stirring continuously. Remove from the heat and stir through the purée. Cool for 15 mins before sitting the glasses upright and pouring over the white chocolate layer. Chill for 4 hrs or until set.

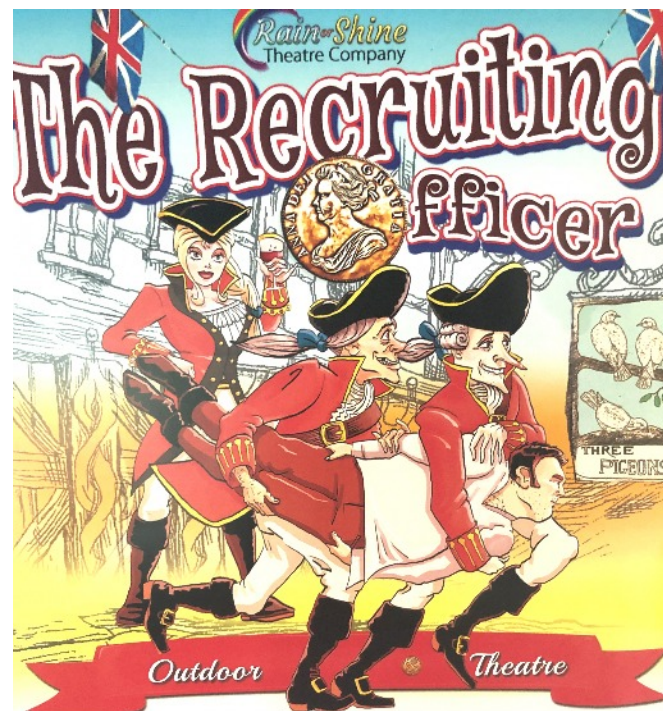
### STEP 3

Heat the oven to 170C/150C fan/gas 3. Line a baking sheet with non-stick parchment. To

make the shortbread, put the butter and sugar in a bowl and beat with an electric whisk until pale and fluffy. Mix in ¼ tsp fine sea salt, the flour and pistachios to get a stiff dough, then bring together with your hands into a smooth ball. Put between two sheets of baking parchment and roll out to around ½cm. Chill for 20 mins. Cut into 20 rounds about 4cm and place on the baking sheet. Bake for 20-25 mins, then slide off the sheet onto a wire rack and leave to cool.

### STEP 4

When ready to serve, top the possets with the blueberries, violas and mint and serve with the pistachio biscuits. The pistachio biscuits look lovely dipped into melted chocolate and sprinkled with crushed pistachios or rose petals.



**Bunbury Cricket Club**  
Sunday 19<sup>th</sup> June at 4:00pm

Tickets: £15.00 adults, £7.00 child (5-15yrs)

Tel: 03306 600541 For more information  
Judy - 07714759374 / Pam - 07713597089  
gates open 3:00pm for picnics \* please bring own seating

School Ln, Bunbury,  
Tarporey, CW6 9NR

Available Online



Decibellas  
presents

*You raise me up!*  
Songs to lift your spirits

Saturday 9 July  
7.30pm (doors open at 7pm)

at St Boniface Church, Bunbury

Tickets available from Tilly's Bunbury and online at [www.decibellas.co.uk](http://www.decibellas.co.uk)

Decibellas is a registered charity: 1197363





## Claire Wilson

### Transforming grace

*An ex-convict is turned away by innkeepers, leaving him to sleep on the street, angry and rejected, until Bishop Myriel of Digne takes him in. The bishop feeds him, giving him shelter, only to be repaid by the ex-convict stealing his silverware as he sleeps. When the local policemen drag the ex-convict back to the bishop's residence, Myriel hands him two candlesticks as well saying that he forgot to take them earlier. The words and actions of the bishop save the ex-convict from spending the rest of his life in prison and set him up with enough money to become a "respectable businessman".*

*If you have ever read Victor Hugo's classic 1862 French novel, or watched the spectacular musical Les Misérables, you will recognise this as part of the redemption struggles of his protagonist, Jean Valjean.*

*This example of covering another's sins with grace is not simply the work of fiction. Thomas Merton, in his book Wisdom of the Desert, tells us of the experience of an elder in a monastery. Some robbers had entered his cell, gathering the monk's belongings they told him they were going to take everything, and he agreed that they could. They stuffed their bags full and fled. However, the elder noticed that they had left a small bundle hidden from view, so he chased after them to give it to them. The robbers were so amazed at the graciousness of the elder, that they returned everything*

*back to him, saying, "this one is really a man of God!"*

*These actions seem so counterintuitive, why would you give so generously to those who are treating you wrong? Well, here's Jesus's answer given in The Message Bible:*

*Love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the supple moves of prayer for that person. If someone slaps you in the face, stand there and take it. If someone grabs your shirt, gift-wrap your best coat and make a present of it. If someone takes unfair advantage of you, use the occasion to practice the servant life. No more payback. Live generously."*

*"Here is a simple rule of thumb for behaviour: Ask yourself what you want people to do for you; then grab the initiative and do it for them! If you only love the lovable, do you expect a pat on the back? Run-of-the-mill sinners do that. If you only help those who help you, do you expect a medal? Garden-variety sinners do that. If you only give for what you hope to get out of it, do you think that's charity? The stingiest of pawnbrokers does that."*

*"I tell you, love your enemies. Help and give without expecting a return. You'll never-I promise-regret it. Live out this God-created identity the way our Father lives toward us, generously and graciously, even when we're at our worst. Our Father is kind; you be kind."*

## Mike Rogers

### A promise



A husband and wife were out shopping one day. The shopping centre was packed and, as the wife walked round searching for 'just the right thing' to wear at the wedding they were going to, she was surprised to discover that her husband was nowhere to be seen.

She was quite upset by this as she really did not want to choose something without her husband's approval, so she rang him on his mobile phone to ask him where he was.

In a quiet voice, he said: 'Do you remember the jewellers we went into about five years ago? It was the one where you fell in love with that diamond ring that we simply could not afford. If you recall, I promised that I would buy it for you one day.'

The wife choked up and her eyes filled with tears. 'Yes,' she said, I do remember that shop. I remember it very well.'

'That's good,' the husband replied, 'because I'm in the pub next door!'

On 21 April 1947, her 21st birthday, the then Princess Elizabeth made a promise which was broadcast to the Commonwealth.

She said: 'I declare before you all that my whole life, whether it be long or short shall be devoted to your service and the service of our great imperial family to which we all belong'.

Unlike the husband who was out shopping with his wife, this is a promise she has honoured and kept faithfully, both as a Princess and, for these last 70 years, as our Queen.

And for that, thanks be to God.

## Foodbank changes

All the local foodbanks are short on food and big on customers – business as usual! They are particularly grateful for food donations as the rise in fuel costs is beginning to hit, especially for families who have been 'just about managing'. Tinned ham, biscuits, long-life fruit juice, tea bags, tinned puddings and tinned custard are in short supply right now.

One change: our local foodbanks have reviewed their areas and we have been welcomed into Mid-Cheshire foodbank (based in Winsford/Northwich) both for donations and for food parcels being prepared and delivered to people in Bunbury. All food donated to all foodbanks is eaten by people who need it, so wherever you can make a food donation, it will be used and appreciated; thank you so much for your continuing help.

Food placed in the collection box outside the Village Hall will now be taken to collection points for Mid-Cheshire foodbank to support the foodbank that provides for our own village when and if we can.

Finally, the time has come for me to stand down as Volunteer Foodbank Co-ordinator for Bunbury. Could YOU take on this role? It involves preparing and circulating the monthly rota for our volunteer drop-off drivers who empty the donations box; being a point of contact in the village; and preparing posters and publicity for the foodbank from time to time. If you might be interested, please phone or text 07813 326313. Thank you.

Alex Sanders

# Bunbury Medical

## Practice news: June

### Staff Update

As mentioned last month, after nearly two years of being Covid-free amongst our staff, quite a number of our team have been ill with Covid. At the point writing, we are all back and well.

### Dispensary

You will have no doubt noticed that the outside dispensary window has finally closed, and patients have been invited back into the building to collect their medication. This decision was taken after we took account of updated NHS guidance.

Part of this guidance means that we need patients' co-operation to mitigate risk when attending the practice. We have tried to create separate areas for waiting room and dispensary visitors but as we cannot guarantee that the patient next to you does not have Covid, please bring a mask when attending the surgery and continue to use the hand sanitiser. We would also be grateful if only four patients at a time are in the queue for dispensary.

We have noticed that Friday afternoons is by far our busiest time for medication collection, so you may find it helpful to attend earlier in the week. If you have allowed four working days since requesting your prescription, it should be ready and there is no need to telephone to check.

### HRT Supply Issues

The supply of HRT medication is an ongoing manufacturing issue, however, we would like to reassure our patients that dispensary is managing this situation. In most cases, prescriptions are being fulfilled with the usual brand, but some patients may need to be prescribed an alternative; this applies particularly to patients using Oestrogel.

### Reception News

If you have symptoms of Covid, please avoid attending the surgery, but call reception for advice.

We are planning to move the booking in screen to be between the dispensary and reception counters and we would be grateful if patients would use this whenever possible.

### PAMAN

The PAMAN remote monitoring system that we mentioned in the April edition, has now gone live. It allows a pharmacist or pharmacy technician to watch patients via a docking bay as they take their medication at home, to ensure that it is taken correctly. There is no cost to the patient for the device/service as it is funded by the Health and Social Care Government budget.

As mentioned in April, the system allows the pharmacist to see the patient and although a 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 therefore 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:

- Patients are supported in self-medicating correctly.
- The pharmacist can provide advice.
- The pharmacist can manage repeat prescriptions
- Daily calls can provide contact for isolated patients.

If you are interested in using PAMAN, please call 07712 789118 and they will discuss your options with you.

### Frequently Asked Question!

***"Why should I wear a mask inside Bunbury Medical Practice when mask wearing in general is no longer compulsory?"***

Our Partners, Dr John Berry and Dr Nicholas Dixon have given this reply: "Mask wearing is still recommended by Public Health England and the World Health Organisation in GP practices, to help protect patients and staff from exposure to Covid. Covid levels remain high in the community and the wearing of masks remains in place in other healthcare settings, including hospitals.

As people return to a more normal life and access to lateral flow tests is reduced, we cannot guarantee that Covid positive patients are not entering the building to see health care staff or to pick up prescriptions from dispensary.

And so, mask wearing is to protect you as some patients in the building may have covid and not know about it.

It also protects vulnerable patients in the waiting room such as patients on chemotherapy, patients with suppressed immune systems, patients who are elderly and frail as well as pregnant patients.

It also protects the staff. In the past two months more staff at Bunbury have been unwell with Covid and unable to work than in the entire two years of the pandemic combined. This could have impacted on our ability to safely provide a good service for Bunbury patients.

Moving the dispensary inside and a return to a more normal service is a positive move but it does increase the risk of spreading Covid unless people wear masks, use common sense and keep a distance from other people.

Thank you for your help in keeping everyone safe".



# Sarah Lucie Kendrick

Sarah was born on 12 April 1977 in Douglas on the Isle of Man. She was the younger of two, 3½ years younger than her beloved big brother Matthew.

She had a gentle nature which stayed with her throughout her life. She spent her early years on the Isle of Man and then at the age of four attended the Doha English Speaking School when the family moved to Qatar in the Middle East.

Sarah was a very diligent pupil and bright. She enjoyed ballet and music and was excellent at swimming - winning all her awards and a bit of a daredevil on the diving boards.

Sarah went to Moreton Hall School in Oswestry when she was eleven and her seven years there helped shape her into the confident young woman she became.

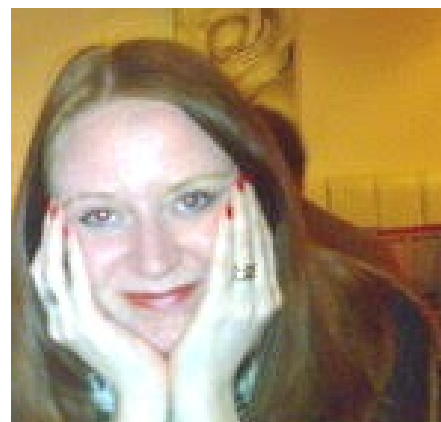
She went on to Cardiff University where she studied ancient history and archaeology and

after graduating her first job was with British Airways in Caerphilly before moving to Cheshire and starting work with Bentley Motors. There Sarah excelled across various departments and had a distinguished career of nearly 20 years, having spent six years with them in Dubai before returning to the UK two years ago as Sales Operations Manager Middle East.

Sarah was a citizen of the world and was always very confident in multi-cultural environments.

Many friends and colleagues from Bentley attended and took part in the funeral service and tributes to Sarah were received from the Bentley "family" from all around the world.

Sarah's kindness and goodness was evident in how she loved her two rescue dogs from Dubai - Jebel and Jais - and this compassionate side shone through when she moved to Bunbury late 2019 and was



quick to volunteer for the Bunbury Good neighbour scheme - which was set up at the start of the pandemic.

She will be remembered for her love of life and her willingness to always help and consider others. Sarah was a much loved daughter, sister, colleague and friend to all who knew her.

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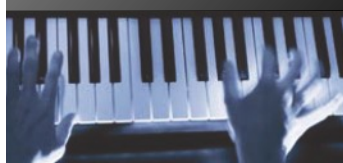
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