



# Link

March 2022

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to Bunbury



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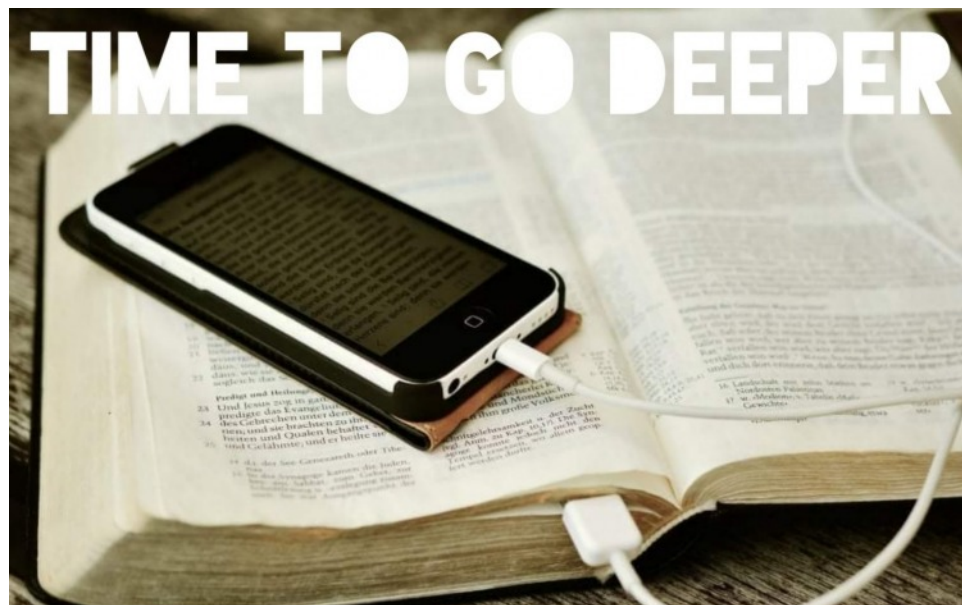


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Tribute to Dr  
Peter and Mrs  
Rita Aston

A magazine for the parishes of  
Bunbury and Tilstone Fearnall

## What does Lent mean to you?



### LENT - WEEKLY DISCUSSION GROUP

Every Tuesday, 7.30pm on Zoom

- 45 minutes
- Every Tuesday during Lent
- Digging deeper into our Lent 'A Time to' theme
- Videos and informal discussion
- All welcome

**EMAIL: [BUNBURYPARISHOFFICE@GMAIL.COM](mailto:BUNBURYPARISHOFFICE@GMAIL.COM) FOR THE ZOOM LINK**



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

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

# Community news

Thank you so much to **Steve Griesau** who is taking over deliveries of the Link in Calveley.

**Bunbury WI Meeting:** Despite the cold, wet and windy weather, a good turnout of WI members and visitors ensured that the first meeting of 2022 got off to a great start in February with not a mask in sight – so nice to see everyone's faces again. After a speedy run through of business and an update from the committee regarding upcoming events, Sue showed us a beautifully embroidered Bunbury WI bunting made for our group by Val Cowlap, who will donate her fee to Wrenbury Church.

After a social interlude with refreshments including wrapped chocolate biscuits (a Covid safety measure) everyone enjoyed a talk that has been on hold for two years due to Covid: Ted Mellor, a volunteer with the Shropshire, Staffordshire and Cheshire Blood bikes, gave us a most interesting and informative talk on all aspects of this amazing organisation, run totally by volunteers. We learnt about the history of the service, what the service covers (not just the delivery of blood), the high level of training, the types of motorbikes used and the complex co-ordination required to ensure items and their riders get safely from one end of the country to the other.

Our next meeting will be held at 7.30pm on Thursday 10 March and a visiting speaker will be talking about **Lasting Power of Attorney**.

With the Methodist Chapel no longer available and wanting to concentrate her time on Bunbury WI, Sue Watson with a heavy heart has dissolved the **Bunbury Craft group** which met every month and was enjoyed by all. After consulting members, the surplus funds were donated to the Food Bank. With Alex Sanders advising on what was needed, £40 was spent on food, toiletries, and sanitary and cleaning products. Thank

you to all members for their support and the happy memories.

It's almost three years since the last **Beeston Castle Fete** but the committee is back in harness and working hard planning this year's event on Bank Holiday Monday, 2 May. As usual, our small committee is looking for volunteers to help. Could you spare a couple of hours on the Saturday before (30 April) to help put up marquees and gazebos at the Castle? Or on the day itself could you or your family run a stall, sell ice creams, bake a cake or serve teas for an hour or so? There's always lots to do and we'd love to hear from you. Please contact Lucy Munro, 07580 066153. The Fete is St Boniface's biggest fundraiser, particularly important this year. Please put the date in your diaries, it is always a great day of old fashioned family fun!

## Arts and Flowers weekend at St Boniface 15-17 July

After two years of Covid-related disappointments and disruption, a small team at St Boniface is planning an exciting new event this summer. Called **Inspire22**, it will be a weekend of flowers and the arts, with our beautiful church





## A word from the editor

The Lent weekly discussion group on Zoom starting on Tuesday 8 March looks really interesting. As the group is on Zoom people can simply listen in if they prefer not to speak – with or without camera on. It is much less daunting than a face-to-face meeting for those who are a little tentative. Email the parish office [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com) if you would like to take part.

It was lovely to see **Leila Potter** featured in the Paper. The Link team would like to thank Leila for all that she has done over the many years that she has lived in Bunbury.



showcasing spectacular floral displays created by Margaret Bourne and her team, alongside a selling exhibition of local artists and craftspeople.

We are also hoping to revive the very popular children's art competition run for many years by the Bunbury Society, and the winning entries will be framed and displayed alongside the professionals.

Inspire22 will also include an all-day cafe, a programme of live music and craft demonstrations and an exhibition of photographs taken by Bunbury Photography Group.

We hope to have lots of visitors from Bunbury and beyond, and will be looking for helpers for all sorts of jobs nearer the time, from making cups of tea to stewarding and arranging flowers. Please look out for more information in the Link over the next few months and contact Elaine Crotty to volunteer.

If any artist or craft person (textiles/wood/metal work/ceramics) would like to exhibit please contact Elaine Crotty on 07860 128427.

**The copy deadline for the April issue is Friday 11 March. The magazine should be delivered starting Saturday 26 March. Notices to [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com)**



**TIM HAYWARD**

Your Vicar

## Time is everything

All of us are slaves to time. We wear wristwatches to keep us on schedule. We have digital clocks in our car and alarm clocks on our nightstands. Many of us have smartphones or some other high-tech computerised personal assistant.

I ate lunch with a man who put his mobile phone on the table beside him when we sat down at the restaurant. And in case his phone didn't work, he had a beeper and a pager attached to his belt. All to ensure that he stayed on schedule and didn't miss any important messages.

Time is money. Researchers tell us that time is the new currency. Today time is more important than money. People will spend money to save time whereas an earlier generation would spend time to save money. In a world where most of us feel stressed out, we value our free time more than a few extra pounds in our pocket.

How much time do you have left? No one knows for sure. Life is so uncertain. No one knows how long they have to live. However, the statisticians have figured out the average life expectancy for people of every age. There is even a website called Death Clock that will tell you how long you will live according to the charts. It gives you a projected date of death, that takes your breath away if you think about it. I realise that date is based only on certain mathematical calculations, but it is sobering stuff. Some may say this is morbid, but I think it's the ultimate reality check.

Psalm 90: 12 says, "Teach us to number our days that we may gain a heart of wisdom." Martin Luther said we should live with the day of our death constantly before our eyes. It keeps us from the ultimate folly – thinking we will live forever and therefore giving us excuses to put off doing what we know we ought to do.

Lent is all about making the most of our time. We are encouraged during this short season to make time for ourselves – our well being, our health, our relationships with each other and most important of all, our relationship with God.

We'd love to help you... so do please join our Lent series either in person or online. It's only 30 minutes of your time each week to think about the stuff that matters. And if you want to explore deeper and join our online discussions why not set aside 45 minutes every Tuesday evening with a glass of your favourite tippie and join in from the comfort of your own home. Set your timer now!

## St Jude's coffee morning

St Jude's is holding a Coffee Morning in the church hall, Tilstone Fearnall, on Saturday 2 April 10am–12pm. Proceeds will go towards a new kitchen for the church hall. Entry £3.00 payable on the door. Any questions contact Heather Lightfoot on 01829 732611.



# Incoming High Sheriff plans year ahead

*Bunbury's Jeannie France-Hayhurst is honoured to have been chosen to take over as High Sheriff of Cheshire in April. Here she shares with Link readers her hopes for the year ahead.*



Over the last couple of years, we've all found that plans and hopes have been dashed by lockdown regulations but, at last, it really does seem that we are all going to be able to get together to celebrate life once again.

If all goes to plan, on 10 April, at a Declaration Service at St Boniface, I'll be installed as High Sheriff of Cheshire. It's a formal process which involves making a public declaration of loyal service to Her Majesty the Queen and witnessed by a High Court Judge. It's a ceremony which will be repeated throughout the country in late March and April by the 55 new High Sheriffs for each county and city. The office dates from the tenth century and pre-dates the Norman conquest so it's very much part of our heritage.

We each promise to promote the peace, well-being and prosperity of the county and to support all those who give their time and skills for the benefit of others. We also promise to uphold the law, support the Judiciary and those who protect and serve their fellow citizens. Our thanks go to all involved in the operation of the legal system, at all levels.

It's a wide-ranging position and during the year I hope to meet with and thank the countless people who,

through their work, improve the lives of so many. This includes all of the blue-light services and the countless volunteers who work so hard to improve the lives of others. Cheshire can appear to be an affluent county but there are many pockets of significant deprivation and we all need to be aware of what needs to be done to improve this. Cheshire Community Foundation supports a wide range of local charities which help countless Cheshire residents in all sorts of different ways so this is my chosen charity and the focus of my fundraising during the year.

## Coming together in celebration

Traditionally, a High Sheriff has a theme for the year and mine will be to promote the coming together of communities and groups, not only to commemorate the Queen's Platinum Jubilee, but also to celebrate the opportunity of simply being together after such a tough couple of years. I'm hoping that there will be even more music, singing and dancing this year, with more performances at all levels and will do everything possible to promote and encourage participation. There will be a spectacular concert at Chester Cathedral in July, bringing together a wealth of local musical talent : watch out for Platinum Proms.

Throughout my working life I've been fortunate enough to be involved with issues affecting children, either through my practice as a child-protection and family barrister, or as a director of Alder Hey Children's Hospital. If we can get childhood right, we can create a better society, reduce crime, substance abuse and violence. I'm determined to support and enable those groups and organisations working with young families and young people to make a difference.

The office itself is a terrific honour and can seem rather grand but I hope that I remain grounded throughout the year. I'm still the person you know, walking my dogs through the village and queuing up at Burrows and the Co-op. Thankfully, Rev Tim has agreed to be my chaplain for the year – who better to keep me on the straight and narrow?

# Sky notes for March

Early risers will be able to see Venus in the south-east before dawn. The Morning Star blazes away and is unmistakable, being the brightest "star" in the whole sky. It reaches its maximum separation from the Sun on March 20. Through a small telescope you'll see it as a thick crescent, broadening during the



Venus near half phase. Drawing by Paul Abel

month until it looks like a mini half-moon on March 21. This is known as

dichotomy. After this, it will take on a gibbous phase.

You might be able to spot Mars below and to the right of Venus, but much fainter.

On March 20 at 3.33pm we reach the Spring Equinox, when day and night are equal. British Summer Time starts on March 27 at 1.00am –o don't forget to put your clocks forward an hour!

Our constellation this month is Gemini, the heavenly twins of Greek mythology. Most people see Gemini as just two bright stars - Castor and Pollux. These two stars aren't really twins. Pollux is brighter and more golden in colour. Castor is slightly fainter and white. But both stars are bright, and they're noticeable for being close together in the sky. From time immemorial, people have thought they looked like brother stars.

Find Castor and Pollux using the chart. They lie above and to the left of Orion.

Castor is actually a family of six stars. Through a small telescope, you can see



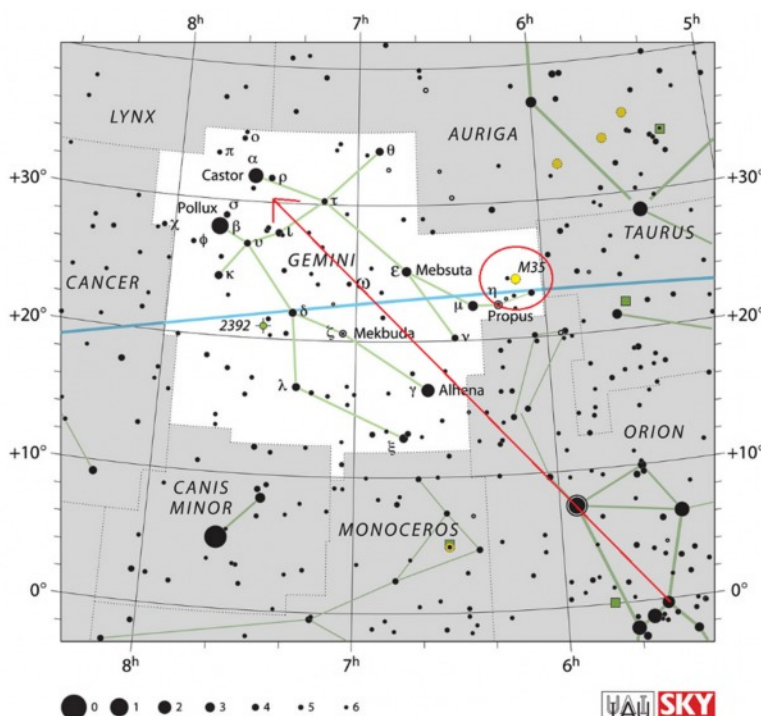
A photo of Castor and Pollux showing their colour differences. (Image via Rogelio Bernal Andreo/ RBA Premium Astrophotography)

that it is a close double star, with a fainter companion lying further away. And all three of these stars are themselves tightly knit pairs.

Gemini also contains a delightful star cluster, M35, shown on the chart. It's just visible to the naked eye, and a fine sight through binoculars or a small telescope.

Clear skies!

Bunbury Stargazer



## SERVICES FOR LENT AND HOLY WEEK

### LENT: A TIME TO...

Lent 1 - Sunday 6th March | A time to grow

Lent 2 - Sunday 13th March | A time to let go

Lent 3 - Sunday 20th March | A time to be still

Lent 4 - Sunday 27th March | A time to unite

Lent 5 - Sunday 3rd April | A time for passion

Palm Sunday 10th April | A time to die

Easter Sunday - 17th April | A time for new love



# Why do we need foodbanks?



## Alex Sanders explains a bit more about the foodbank system

For a variety of reasons, some people sometimes have no money to buy food.

### Why does this happen?

One of the most common reasons is a delay in receiving benefits. When someone in need applies for Universal Credit, for example, it is typically five weeks before the first payment is received. (There is a system for applying for a loan to help you through this time, but it must be repaid.) Payments can also be reduced if benefits are sanctioned; this can happen if someone

misses an interview, for instance. This results in a shortage of money for food for a while.

Sometimes, following an accident or illness, a self-employed person might be unable to work and would not be eligible for statutory sick pay.

Another common reason is when individuals or families are 'only just managing'. They can balance a monthly budget, but if an unexpected additional expense comes along, then they find themselves short of money for food. A

typical example is needing to buy shoes or a coat for a growing child, or something critical breaking in the home. A week or two's food boxes means that the family can stay afloat, using their earmarked 'food money' to deal with the unexpected one-off expense.

### Do people use food banks long-term?

Not usually. Some clients with mental

health needs are not able to manage their money and may be repeat clients, but part of the Trussell Trust Foodbanks' role is to help people find financial and professional support both immediately and in the longer-term to help them resolve the causes of their difficulty.

All clients are referred to the foodbank by someone such as a social worker, a head-teacher, a health visitor or the Citizens Advice Bureau. People do not refer themselves. Emergency food packs contain enough food for all family members for three days; support can be continued for three weeks in some cases. Thank you to all the many people who donate food via the Bunbury Foodbank Box outside the Village Hall. Your donations make life a little easier for people in need. You can always give financially if you would rather go to <https://www.trusselltrust.org/get-involved/ways-to-give/>

"Food banks offer emergency support to people during a crisis. As well as relieving the initial pressure by providing essential food items in the short term, food banks can give additional support so people don't need to come back to the bank again."

## Church diary for March

Wednesday 2 March	10.00am Holy Communion	St Boniface
Sunday 6 March	8.00am Holy Communion 9.30am Family Worship 10.30am Forest Church & Holy Communion 11.30am Holy Communion 6.00pm Youth Alpha	St Boniface St Jude's St Boniface Calveley Darkie Meadow
Tuesday 8 March	7.30pm Lent course	Via Zoom
Wednesday 9 March	10.00am Holy Communion	St Boniface
Sunday 13 March	9.30am Holy Communion 10.30am Family Worship	St Jude's St Boniface
Tuesday 15 March	2.30pm Contemplative prayer 7.30pm Lent course	St Boniface Via Zoom
Wednesday 16 March	10.00am Holy Communion	St Boniface
Sunday 20 March	9.30am Family Communion 10.30am Sunday brunch 6.00pm Evensong	St Jude's St Boniface St Boniface
Tuesday 22 March	7.30pm Lent course	Via Zoom
Wednesday 23 March	10.00am Holy Communion	St Boniface
Sunday 27 March	9.30am Family worship 10.30am Family communion	St Jude's St Boniface
Tuesday 29 March	7.30pm Lent course	Via Zoom
Wednesday 30 March	10.00am Holy Communion	St Boniface

## WAYS TO GIVE

Our vision is for a UK without the need for food banks, because everyone has enough to afford food.

Big or small, every gift takes us a step closer to ending the need for food banks in the UK - and we couldn't do what we do without your support.



### MAKE A ONE-OFF DONATION

Make a single donation using a debit/credit card or cheque or by text, and help us work towards a future where food banks are no longer needed.

Donate



### MAKE A REGULAR DONATION

Donate regularly by Direct Debit or Standing Order and help us create a fairer society where nobody is facing acute poverty.

Become a Friend

giftaid it

### GIFT AID YOUR DONATION

Boost your donation by 25p of Gift Aid for every £1 you donate.

Gift aid your donation

# February can be the cruellest month!

This time of year is quite worrying for a beekeeper. Whilst a beekeeper does everything, he or she can in the autumn to get the girls ready for winter, one can never be sure. The bees should have a reasonable stock of honey and so they settle down or at least what is left of them, (about 10,000 out of the 60,000+) with their sole task to make sure the Queen gets through the winter to restart the colony in Spring. The trouble is the Queen might have already done a couple of seasons and laying that many eggs takes it out of her. The bees' job is to cluster in a ball round the Queen keeping her at a toasty temperature and themselves fed by eating the honey stores. I have two hives active at the minute the hive pictured is on the island between the Goway and the Mill Race at Bunbury Mill.



The recent winters where it's freezing one day and really quite warm the next, aren't good for bees. The bees can't make their minds up whether it's time to start venturing out looking for sustenance (and in fact there are quite a few catkins with pollen around). It's better to have properly defined seasons so that the bees don't really rouse themselves until the days are longer, the temperatures are stabler and there is plenty of nourishment to bring home to get things humming again!

Although beekeepers should really be stoical, one can't resist going to check to see that they are still alive and buzzing (and Elaine wants a piece for February pronto). It doesn't take much poking around to make the bees come and see what's what and pictured below the bees are on the landing board to give me a warning to stop pestering them. I nearly got a sting for my troubles as these are a grumpy bunch (like beekeeper, like bee, some uncharitable folks might add!)

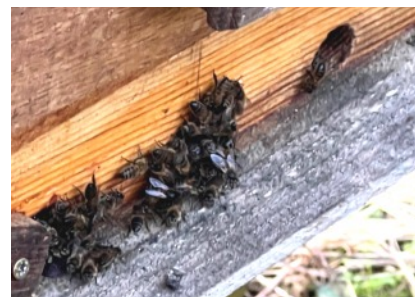
However, at least I was reassured that there are a fair number of ladies prepared for any intruder. I found out that someone else (probably a mouse) had been taking advantage of the insulation and weatherproof roof to see the winter out. The

occupant wasn't there or had scurried away when I lifted the lid but had added a few decorations of leaves. The mice can't get down into the hive because the bars form a continuous seal and the bees would make sure that they knew they weren't welcome.

I made a sharpish and undignified exit with the knowledge that if the bees can hold on a few more weeks. We might be "out of the woods" metaphorically if not literally.

It's a worrying life keeping bees!

The Bunbury Beekeeper



## Bunbury gardening club

After two years of uncertainty we are now able to forge ahead with our 2022 Gardening club schedule. January's Fizz and Quiz saw a great turnout of old and new members. Coming up:

15 March: Jane Allison will talk about "a Countryside Walk", giving us inspiration to get out into our beautiful countryside.

19 April: Malcolm Mollart on "Birds, Bees and Broad Beans". I can imagine this will be amusing, especially the broad beans!

17 May: Garden visits begin with a trip to Adswold in Mollington, 45 minutes from Bunbury, followed by a meal in a local hostelry.

21 June: The Well House in Tilston belonging to Sally French-Greenslade. Just a short hop across county.

19 July: A trip to Ashton Grange owned by Martin and Kate Slack.

16 August: A Village Garden Trail. It is some time since we have had a trail; we hope villagers will volunteer to allow a glimpse of their gardens.

3 September: The Gardening Club annual show in the village hall. Schedules from Burrows Butchers and Tilly's coffee shop.

18 October: Steve Halliwell on "The Hornbeam and Handkerchief Tree". As I am growing a Handkerchief Tree I will be "all ears".

15 November: Our AGM – as lighthearted an evening as possible (helped by everyone bringing wine!).

All our indoor meetings are in the village hall starting at 7.30pm. We meet at the gardens we visit during the summer months at 6.30pm.

Do come along and join us. You will receive a warm welcome.

Keith Blackwood, Chairman

# Bunbury school news:

## Developing the curriculum

As a headteacher I am always looking at ways Bunbury School can improve both as a place of teaching and learning and the environment that is provided for the children, writes **Nic Badger**. Recently work has begun on improving our learning space with the addition of a Forest School outdoor classroom as well as other planned projects.

Bunbury School is strongly committed to helping the children grow and develop the skills required to be successful in life. The connected curriculum is designed to promote every child's individuality giving them skills, knowledge and understanding. The curriculum nurtures fascination and imagination and promotes an appreciation of creativity and individuality. It also works in strong partnership with parents and carers to ensure high standards, engendering a strong sense of community.

As a school, varied opportunities are provided throughout a child's time with us, which promote independent, interactive and collaborative learning. This builds on the children's natural curiosity and eagerness to learn. Children are taught to aspire to be the best possible version of themselves.

### So why would we want to enhance our curriculum further?

Research consistently shows that there are gender gaps in specific areas of the curriculum. In children's reading and in STEM (Science, technology, engineering and maths) Literacy should not just be about learning to read.

STEM education engages girls and boys by applying their literacy - children read to learn - in a critical use of complex information, assessing evidence and writing arguments and explanatory narratives. Similarly, STEM education supports the development of numeracy skills by engaging students in identifying trends, patterns, measuring, comparing, and creating models to solve real world problems.

Whilst not a quick fix, STEM is a catalyst to improve the quality and gender-responsiveness of education. Supporting boys with their reading and writing and girls with the opportunities for them to think of themselves as innovators. Our enhancements look at developing our current connected curriculum sequence by linking our study themes with local STEM industries. Below is our intended enhanced curriculum map outlining the areas that will be explored with each class during the autumn, spring and summer terms in our long-term plans.

As a school, we are very keen to develop links within our community whether that be with local businesses or local people who work in these industries. If you feel you could come and talk to the children about your industry related to these areas or indeed know of local companies who would be happy to support either class talks, activities or even workshops please contact me at school on:

principalbunbury@rcsat.cheshire.sch.uk

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn study theme</b>	<b>Flight</b>	<b>Construction</b>	<b>Water</b>	<b>Animals</b>	<b>Nutrition</b>	<b>Genetics</b>
<b>Autumn STEM local link</b>	<b>Manchester Airport</b>	<b>Local building contractors</b>		<b>Reaseheath Veterinary Science</b>		
<b>Spring study theme</b>	<b>Mechanisms</b>	<b>Clothing</b>	<b>Light</b>	<b>Changes of state</b>	<b>Food Industry</b>	<b>Inventors</b>
<b>Spring STEM link</b>					<b>Roberts Bakery</b>	
<b>Summer study theme</b>	<b>Boats</b>	<b>Digital Media</b>	<b>Plants and Garden</b>	<b>Electricity</b>	<b>Space</b>	<b>Sustainable Energy</b>
<b>Summer STEM link</b>	<b>Bunbury Lock</b>					





## Claire Wilson

### Compound consistency: forming healthy habits

Many of us will have made New Year's resolutions and most of us will have given up on them already. Our resolutions tend to have a large end goal attached to them:

I want to have lost three stone by the end of the year.

I am going to go to the gym



for an hour four times a week.

Whilst having end goals in sight is very admirable, very few people make it to them. Something within our psyches gets disappointed or disillusioned when we suffer setbacks and the goal seems so far away, to the point that we give in and give up on them.

What if we turn our resolutions on their heads? Instead of setting abstract goals, why don't we ask ourselves what kind of person I want to be? Then each day make choices based on what that kind of person would do. All the little daily wins would incrementally form consistent habits that compound together to create change.

For example: I am a healthy person.

Therefore, when faced with the choice of whether to eat a banana or chocolate bar, I would choose the banana.

The more times I choose the fruit option, the more I



become a healthy person and more likely I am to lose weight as a by-product of my choices.

Or: I am a gym-goer.

So, when faced with the choice of whether to go to the gym or not, I would make space to go to the gym once a week for half an hour. They say the heaviest weight at a gym is the front door! When I have mastered that over a few weeks, I might add either an extra half an hour onto that visit or add an additional half hour session in the week. All the small visits to the gym create a habit that grows gradually, making me a regular gym-goer.

There seems to be less room for shame and guilt for non-achievement of goals and more opportunity for celebrating small yet consistent, compound success in forming good habits. You become who you say you are!

Inspired by podcast conversation on "Atomic Habits" a New York & Sunday Times Bestseller by James Clear

## Mike Rogers



### I don't feel like it...

In the church's year we are just beginning the season of Lent. Most of us are familiar with Lent being a time when we give up something we enjoy, say chocolate or wine or some other treat as a penance. The lack of whatever pleasure it is we have denied ourselves serves to remind us of the time Jesus spent in the desert as he prepared himself for his public ministry.

So, just how is your Lenten fast going? How are you managing without the odd glass of wine, the sugar in your tea or the occasional chocolate? Sometimes denying ourselves life's pleasure is hard and sometimes we give up, saying 'I don't feel like it'.

And quite often, the same is true of our faith. We are sometimes too casual about it. Having made a decision to go to church from time-to-time or to spend some time with God wherever we find him most readily, we too easily slip back into an emotional attitude to our faith which gives us a let out of 'I don't feel like it'.

But to follow the Christian faith requires a bit more than an emotional feeling - it requires a decision and a commitment as well as a healthy dose of will-power because there is always a moment when the effort needed to go to church or to spend time with God or to do some Christian act of neighbourliness is countered or frustrated by laziness or some other activity we enjoy, or simply because we 'don't feel like it'. But we are not alone in that. As we shall discover as the story of Holy Week unfolds, Jesus' disciples 'forsook him and fled'. (You may read about it in Mark Chapter 14 Verses 32-50).

It was not a very edifying spectacle, but do we behave any better when personal safety, fear of embarrassment, or fear of the consequences are the real reasons behind us choosing not to come to church or not spending time with God? I suspect not.

As a discipline of denial, Lent is there to teach us all the value of countering the tendency we all exhibit from time to time to say 'I don't feel like it'.

And who knows what might come from you spending more time with God, either in your own way or with others in one of our churches?

### Our prayers for March

*Loving God,  
as these weeks of Lent arrive  
we are reminded of how much you gave us in your son Jesus.  
Coming to love us, teach us, and give us hope  
He was rejected, beaten and nailed to a cross to die.  
Help us to prepare to celebrate His victory over death,  
love overcoming hatred, when Easter Day comes. Amen*

# Bunbury Medical

## Practice news

Over the past few months, we have given you details of each department and its staff members. Inevitably there will be changes:

**Dr Caroline Hickley** is now on maternity leave and **Dr Kath Darnborough** has retired.

We have been joined by **Dr Keith Gillespie** who works every Thursday afternoon and alternate Fridays. **Dr Lizzie Harding**, who is a former registrar here at the surgery and who now works as a GP for a practice in Chester, will locum for us every Tuesday and Wednesday afternoon. **Dr Victoria Woodhouse** has joined us from Tattenhall and works all day on a Tuesday and Thursday.

With additional GPs, the practice is now able to offer more appointment slots than ever before, be this a telephone consultation in the first instance or a face to face appointment. And as we keep mentioning, you can contact the surgery using E.consult which is accessible via our website and guides you through the process.

### Building work!

You may have noticed the building site which has appeared to the front of the surgery. We hope that the building works will not create any disruption for patients visiting the surgery as all contractor vehicles are to remain away from our car park. We would be grateful if you would let us know if you have any issues accessing the surgery during the works.

This site is one of quite a few in the Bunbury/Beeston area and with the building of more new houses, we will have more patients registering with the surgery.

### Covid News

Since the beginning of the pandemic in March 2020, the staff at Bunbury have managed to find a way of working safely which has enabled the surgery to remain open and we have had very few cases of Covid amongst our staff. However, with the fast-spreading Omicron variant, we have, after nearly two years, had a few staff cases which have caused nurse appointment cancellations as well as delays in dispensary. Thank you for your patience during this disruption.

Despite the government announcement that Covid restrictions are to be lifted, it is likely that the NHS will continue to operate with restrictions in place. What that means for our patients at Bunbury is that we will

continue to wear face masks and patients entering the building will be required to do so also. We will also continue to dispense from the window for the time being as we have done during the pandemic. We still need to be mindful of our vulnerable patients who are often seen here in the surgery.

This continuation of restrictions and in particular dispensary arrangements will be reviewed by the partners and the PPG (Patient Participation Group) on a month by month basis.

### Notes from the Nurses

New guidance has been received regarding the treatment of urinary tract infections with antibiotics. If you have symptoms of a urinary tract infection, please talk to the triage nurse in the first instance (**by telephoning the surgery between 8am and 10.30am**); please do not just drop a urine sample into reception before speaking to anyone.

### Other News

A donation of £265 was recently given to the Food Bank in Nantwich. This sum was made up of the coins collected in dispensary from patients who drop their change into a charity box, along with money donated by staff in lieu of giving each other Christmas cards and a donation from the partners.

Our PPG wondered if it was possible to have a suggestion box in reception; there has been a suggestion box on the reception desk for many years, so this is just a reminder that the box exists if you would like to use it, but please be aware that it is not for repeat prescription requests.

**The Social Prescribing team would like us to make you aware of the community groups that they currently have available:**

- Wellbeing Walks which are taking place in Tarporley and Tattenhall.
- Quiz and coffee at The Morris Dancer in Kelsall
- Art sessions via Zoom

**If you would like to become involved in any of the above, please contact reception and ask to be referred to the Social Prescribing team who will then contact you with more information.**

# Memories of Dr Peter and Mrs Rita Aston

Peter and Rita were part of village life for nearly 60 years. Peter met Rita whilst she was nursing in Leeds, and he was a newly qualified doctor. They married at St Mary's church Conwy in 1955, giving birth to Simon on New Year's Day in 1957. A few years of travel between the UK and Tasmania followed, with Rita giving birth to David on the first trip out, and to William on the second. In 1963 Rita and Peter settled in Bunbury, and in 1967 they moved into the family home 'Birchfield', just a few yards from St Boniface church, where they lived for 53 years.

Peter was born in Prestatyn but spent most of his formative years in Manchester. He first came to Bunbury in the 1950s, as part of his training whilst a medical student, returning as village doctor in 1963; a role he would occupy for more than 30 years. At the beach one day when he was 15, Peter saw an 11-year-old boy drown and knew he wanted to be a doctor. Having failed to get into medical school initially, he tried again and was accepted at Liverpool – showing early on the commitment that would mark his professional life.

The family recalled the constant stream of calls out in the middle of the night, the triumphs and tragedy of road accident assistance or times Peter would stop the car, having seen someone in need of care. Whilst it cannot be said that Peter met all calls without complaint, such demands were always met.

Not that Peter's life as a doctor didn't afford his family some lighter moments. There was the novelty of having a radio telephone in the car, long before mobile technology was imagined, installed to

expedite emergency medical assistance (as well as less urgent calls home to ensure his children had baked beans on toast or fish fingers for tea).

Josephine Rita, Josephine after her father Joe, but known by the name Rita, was born in Nottingham and spent her early life in Rhyl. Somewhat unusually for a woman of her generation she was not baptised until her teenage years when she decided to become a Christian. She worshipped at St Boniface for nearly six decades and was, for a period, involved in leading activities for young people. In later years, she delighted to spend time with her grandchildren and was an avid reader, taking the opportunity to study for a degree in English and Education. The world of family life and the roles of mother and wife afforded her the greatest joys.

Peter met his cancer diagnosis with stoicism and grace, living life fully to the end; into his last few days, he was phoning family from the hospice, enjoying the best gin and tonics money could buy, listening to rousing classical music, and even planning a family holiday!

Peter died at the age of 90 in June 2020. Rita died in September 2021, living long enough to blow out the candles on her 91st birthday cake. Their lives were lived to the full yet they were marked by one great tragedy, the death of their second son David in 2009. It is a tribute to Peter and Rita that they kept going, caring and providing for their family, but especially for David's wife and children.

All who knew and loved Peter and Rita extend their thanks for their lives well lived and best wishes to the Aston family.

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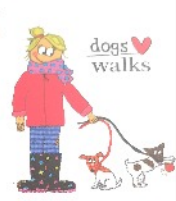
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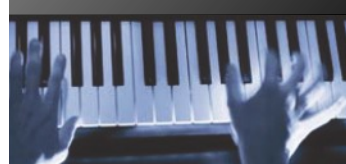


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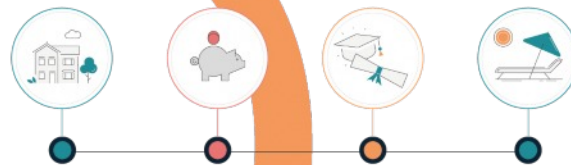
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