

Link

April 2023

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25 April at St
Boniface



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of the podcasts



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Please volunteer
to help on the
day

A magazine for the parishes of
Bunbury and Tilstone Fearnall

Easter services in our parishes



Easter Services

Good Friday

11am – Tilly's Outdoor Service
2pm – Service at St Boniface

Easter Sunday

9.30 – Easter Communion
St Jude's
10.30 – Easter Communion
St Boniface
6pm – Easter Communion
Calveley

St Boniface, Bunbury

Calveley Chapel, Calveley

St Jude's, Tilstone Fearnall

Come and celebrate with us



Follow Bunbury Church on Facebook

Who we are

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The Link

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

Community news

April Contemplative Prayer sessions will be at St Boniface at 2.30pm and 7.30pm on Tuesday 18 April.

The next meeting of **Bunbury Gardening Club** will be a garden trail in Bunbury on Tuesday 18 April starting at 6.30pm. Further details will be sent to members beforehand. New members and guests are welcome, and they can obtain details from Margaret Bourne 01829 260944.

NGS Open Gardens Margaret and Mike Bourne will again be opening their garden at Long Acre, Wyche Lane, Bunbury CW6 9PS for Charity under the National Gardens Scheme on Sunday 16 April from 2.00pm to 5.00pm. There will be tea and cakes, and a plant stall. Admission £5 for adults, children free. Charities supported include Marie Curie, Macmillan Cancer Support, Hospice UK and the Carers Trust. Last year the National Garden Scheme as a whole donated approximately £3m to nursing and health charities and they are naturally trying to increase the figure this year. Please lend your support. The garden is a plant-woman's garden of approximately one acre with unusual and rare plants and trees including Kentucky Coffee Tree, Scadiopitys, Kalapanax picta, and other exotics: bananas, Anthuriums and Medinilla.

The next meeting of the **Bunbury WI** is on 13 April 2023. They will discuss subscriptions and resolutions followed by bingo.

Bunbury Tennis Club has made a significant investment in its court surface and has replaced the two old tarmac courts with Advantage Pro, the UK's most popular surface used by tennis courts. The artificial grass surface can be used all year round. The surface recovers and is playable much more quickly after rain, and is not slippery when wet.

The club currently has around 180 members and is holding an Open Day on 23 of April that will hopefully attract more new members this season. In the meantime, if anyone would like to come and try out the new surface, please contact us at the email below. Bunbury Tennis Club also has floodlight facilities, a court booking system for members and a small clubhouse. A wide range of coaching is available for players of all levels and abilities through Gary Ward from Whack It Tennis.

For more information about membership at the club, contact bunburytennisclub@gmail.com; visit <https://clubspark.lta.org.uk/BunburyTennisClub> or call Gary Ward on 07836 273271.

St Jude's will be holding an afternoon tea at Tiresford on Sunday 2 July. Please save the date!

Christian Aid Week: 14-20 May

Christian Aid Coffee Morning will take place between 10.00am and 12.00pm on **Tuesday 25 April** at St Boniface Church. Please also look out for your collection envelopes in May's edition of the Link. This year we are asking people to drop their contributions in their envelopes either at The Vicarage, Bunbury Lane, or at Sunnybank Cottage, School Lane (Elaine Crotty's home). Otherwise please give online at christianaid.org.uk

A word from the editor

Please support the Christian Aid Coffee Morning on 25 April. The Ukrainian coffee morning was such a success last year; there was a lovely atmosphere and we made a difference. For the eagle-eyed among you, we are sorry that in last month's edition we should have said that Rev Tim's Lent course is taken from the book, "A Cross in the Heart of God" by Samuel Wells. The last reflection in the series will be on 5 April at 10.00am after Communion.



Please visit the Christian Aid website where you can see the incredibly valuable work that this charity does working with local partners and communities to bring people opportunities we take for granted. Some of your donations will help farmers plant better seeds, secure a fairer price for their crops, and build happier futures for their children. Christian Aid works with vulnerable communities in 29 countries. When emergencies strike in these countries, they are there before, during and after the disaster, to save lives, and support people in the long term. Christian Aid is also part of the Disasters Emergency Committee which pools the resources of our major charities for maximum impact. The other members of the DEC are: Action Against Hunger; Action Aid; Age International; British Red Cross, CAFOD; Care International; Concern Worldwide; The International Rescue Committee, Islamic Relief; Oxfam; Plan International; Save the Children; Tear Fund; World Vision.



The copy deadline for the May issue is Friday 14 April. The magazine should be delivered from Saturday 29 April. Please send notices to parishlinkeditor@gmail.com



TIM HAYWARD

Your Vicar

What kind of God is this?

What kind of God gets himself killed?

Is it any wonder Christians have been mocked for holding such a strange belief?

Surely the whole point of God is that he is eternal, forever. How foolish, then, to place at the centre of your faith a crucified God.

And yet...

Jesus shows on the cross real power through powerlessness. True strength in the strength of selfless love. His death on the cross, his act of utter, unconditional self-giving subverts and transforms the world by love. As we look upon the cross we see the selfishness of sin is overcome by the selflessness of love.

Jesus by sharing in this death, by succumbing to it, by drawing the sting out of its venom, all of it and forever, defeated death. Forgiveness comes flooding into the world. Love wins.

There is nothing God would not do to show how much he cares, how much he forgives, how much he loves you. In the words of the hymn writer: 'Love so amazing, so divine, demands my soul, my life, my all.'

Eternal God

In the cross of Jesus

We see the cost of our sin

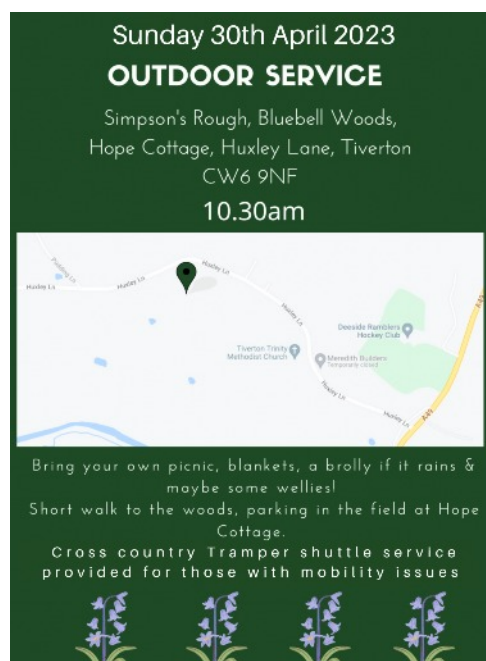
And the depth of your love.

In humble hope and fear

May we place at your feet

All that we have and all that we are.

Through Jesus Christ our Lord.



Mike Rogers

A new life — no empty promise



Church diary for April

Sunday 2 April	8.00am BCP Communion 9.30am Morning Worship 10.30am Holy Communion & Forest Church. Palm Sunday. 11.30am Morning worship	St Boniface St Jude's St Boniface Calveley
Wednesday 5 April	10.00am Holy Communion & Lent reflection	St Boniface
Friday 7 April	11.00am Outdoor service 2.00pm Service	Tilly's St Boniface
Sunday 9 April	9.30am Easter Communion 10.30am Easter Communion 6.00pm Easter Communion	St Jude's St Boniface Calveley
Wednesday 12 April	10.00am Holy Communion	St Boniface
Sunday 16 April	9.30am BCP Communion 10.30am Sunday Brunch 6.00pm Evensong	St Jude's St Boniface St Boniface
Tuesday 18 April	2.30pm & 7.30pm Contemplative prayer	St Boniface
Wednesday 19 April	10.00am BCP Holy Communion	St Boniface
Sunday 23 April	9.30am Morning Worship 10.30am Holy Communion	St Jude's St Boniface
Wednesday 26 April	10.00am BCP Holy Communion	St Boniface
Sunday 30 April	9.30am Morning Worship 10.30am Outdoor service	St Jude's Bluebell Woods

Our prayer for April

Alleluia, He is risen!
Let us lift up our hearts in joy for new life, new hope,
and renewed love in Jesus Christ, our risen Lord. Amen

The Christian belief about Easter is that it signals a time of great promise, a time of great hope and a time of renewal. The Resurrection of Jesus is, without doubt, a triumph of life over death. Here, in the United Kingdom, Easter is always associated with Spring. Already the fields around us are full of lambs, the snowdrops are over and wherever you look, the daffodils are out and the grass is growing again. These signs of new life from nature provide a powerful reminder of the central theme of Christianity — that through His death and His resurrection Christ has redeemed us all and we are all offered the chance of new life.

And it is that connection with new life that made me stop and think about the impact of the international response to the appeal for help is having in those areas affected by the terrible earthquakes that hit Turkey and Syria in early February this year. For what the incredible and heart-warming worldwide response to that terrible event has done is to help the victims of it to begin to rebuild their shattered lives, to start again and to know that they are not alone.

By providing help in the only way we realistically can, namely by giving money and by remembering the victims and those who are helping them in our prayers, we have become a part of the overall effort to provide new life and a new start for so many. And I see that as a vivid illustration of how our love for our neighbour (something I wrote about last month) can and does transcend every boundary.

So, to those who might want to ask the question 'What is the relevance of the Easter message today?' or 'Where is God at work in our world?' I would point them towards the huge international response to the earthquake. There they will find a graphic illustration of a worldwide community drawn together and looking outward to see the need and the plight of others. And by responding to that need and to that plight, we have all discovered a way of reaching people outside our own communities. By making our response we have shown that the Easter message of a new start, a new beginning and a new life is no empty promise.

And for that, thanks be to God.

Our well-being expert reviews the successful Radio 4 series

Stand on One Leg

Take a breath

Conscious control of the breath can reduce blood pressure, heart rate, anxiety and chronic pain, and improve decision-making, research shows. It's maybe no coincidence that it forms the basis of most meditation and yoga practices. Practising a simple ratio of breathing in to the count of four and out to the count of six changes the CO2 levels in the blood which decreases the output of nor-adrenaline in the brain, and this slows everything down, reduces stress hormones, breaks the 'fight or flight' cycle of fear and anxiety, and improves clarity of thought — it essentially acts like a mini tranquilliser. It is so simple but we often forget to do it when busy and stressed, and our breath tends to become more rapid and shallow. Consciously practising four:six breathing for a minute a day helps to reset the brain to a calmer state, which helps with digestion too. And you can even do it in a meeting or social situation without anyone knowing.

Listening to music alters our blood pressure, heart rate, breathing rate, and reduces anxiety in patients undergoing chemotherapy. If you sing along to music you like for five minutes a day the positive effects are greatly enhanced, and if you sing in a choir the effects are greater still. Singing releases dopamine, a feel-good hormone, and endocannabinoids which have similar effects to cannabis — 30 minutes singing increases their levels by 40%. They increase immunity, reduce stress feelings, improve mood and lung function, and memory in dementia patients. They also



reduce snoring, improve posture and reduce chronic pain. Many GPs across the country now prescribe singing in a choir as a treatment for chronic pain. As singing is a very primitive behaviour, used for group bonding and healing rituals for thousands of years, this is perhaps not surprising, but many of us have been put off by being told at an early age that we can't sing. Of course there are social benefits to singing in a choir too - reducing isolation and increasing self-confidence. So the message is that everyone should sing, even if it's in the shower or the car, and if you can hold a tune then join a choir (see below!)

Liv Weller

...**Just Sing!** Following on from the convincing evidence presented above, Bunbury's own Community Choir, Just Sing, is able to offer several half-price memberships this year, due to a generous grant for this purpose from Bunbury Parochial Charities. BPC recognise the health and social benefits of singing in a choir and wish to support Just Sing in growing and being available to whomever in the community might need it. As the cost of living has risen so steeply it was felt that the subscription fee might be prohibitive for many, and hence their offer to fund several at half-price, which makes it £30 per school term rather than the usual £60. Anyone who would like to make use of this offer please come along to a rehearsal (Mondays, 7.30pm in Bunbury School hall, during term times only) or contact us on 01829 260997 or email karen.grimwood60@gmail.com There is no need to declare your financial status — we will assume you want the reduced rate when you apply unless you say otherwise. You do not need to be an experienced singer or even to be able to read music (though it does help) and there are no auditions; our emphasis is on having fun and enjoying all the health benefits that come with it. We look forward to seeing you and singing with you! justsingbunbury.co.uk.

News from Bunbury School

On Thursday 2nd March Bunbury Aldersey CE Primary took part in World Book Day. World Book Day changes lives through a love of books and reading and is a charity that operates in the UK and Ireland. Its mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is the single biggest indicator of a child's future success - more than family circumstances, the parents' educational background or income.

As a charity, the vision is to see more children, particularly those from disadvantaged backgrounds, have a life-long habit of reading for pleasure and the improved life chances that this brings them.

As part of our celebration of World Book Day this year, Bunbury Aldersey hosted a 'bookswap' on the school playground. Children and adult books were donated to the school which were then displayed on the playground for children and adults to browse and take away (for free) at the end of the school day.



As always, the children were welcome to come to school dressed as a character from a book on World Book Day. There were some fantastic costumes and familiar and favourite characters around school. Gangster Granny from the book written by David Walliams arrived at school on a mobility scooter!

During the day there were lots of fun activities planned by our English lead, Mrs McShane.

Stop, Drop & Read was extremely popular throughout the day. During the day the school bell was rung at various intervals and the children had to stop, collect a book and take it anywhere in school to read. Nowhere was off limits and Mrs Badger's office proved to be a very popular place for the children to arrive at and read. We also had a visit from Bunbury's resident children's book author, Mrs Morrisroe who joined the school to do an assembly around her latest children's book "How to Grow a Dragon".

Bunbury Youth Group Q&A

About me... I'm Oscar Williams, I'm 12-years-old and attend Tarporley High School. My favourite subject is history with Mr Gibbons because of how funny he is. My best mates are Ollie and Harry.

How long have you been going to Youth Group? I haven't been going that long. I started last year just before the summer holidays and found it very interesting.

What do you do? Normally we will play games like pool, just dance, ping pong and table football. Then we all come together and play exciting group games such as mafia, hide 'n' seek and food 'n' water. In the summer, we go outside and play wild hide 'n' seek and capture the flag.

What's the atmosphere like? There's never a dull moment, whether it's Rose, Nell, Elsa, Beth, Tim, Kathleen, or Gill leading it. You're always involved and having a great time whilst getting to know people. They all come up with cool ways to entertain us.

Would you recommend it? Totally, it's something I look forward to all the time. It's a great opportunity and you get to do stuff like panto! There are really cool field trips too; this year we went paint-balling, ice-skating and Flipout at Bounce Park.

What impact does having Youth Group have on the Bunbury Community? It helps me feel more confident about myself and makes me overall a happier person. It helps give me a break from technology as there is a no phone policy! It's overall just a wonderful thing to be a part of.

How is Youth Group different to other clubs? When I left primary school, my friends went to three different High Schools and without Youth Group, I wouldn't see my friends as much. I also get to hang out with people from different year groups, which means it's a really nice mix of older kids, those who have just gone up to High School and us in the middle.

Sky notes: April

The Evening Star puts on a show and a meteor shower.

All three of our nearest neighbour planets are on view in the evening sky this month: Mercury, Venus and Mars. Venus is dazzling away in the west after sunset. The Evening Star, as the planet used to be called, doesn't set until midnight. On 11 April it passes to the left of the Pleiades star cluster. On 22 April the thin crescent Moon is to the lower right of Venus and the following evening Venus is just below the crescent Moon. Mars is visible all evening in the west, setting at 2.30am. It's bright and you should be able to spot its ruddy hue. On 25 April the Moon lies to the right of Mars. Mercury, the closest planet to the Sun, is one of the hardest planets to spot as it clings very close to the horizon. Look for it a few days either side of 11 April, the date on which it is farthest from the Sun. Find somewhere with a good western horizon and start looking low in the west just after sunset. Binoculars might help, but make sure the Sun has properly set so as not to damage your eyes. You have a chance of spotting some Lyrid meteors towards the end of the month. Lyrids are debris from the long-period comet C/1861 G1 Thatcher and the Earth passes through this dust every April. The dust particles enter the Earth's atmosphere and burn up resulting in what we see as a shooting star. The Lyrid meteors generally put on a display from the 14

until the end of the month. The peak is on 22-23 April. This is around the time of New Moon, so the skies will be nice and dark which will help with spotting these shooting stars. You might spot up to 18 meteors an hour. The shower is likely to produce its best displays in the hours before dawn. Clear skies!

Bunbury Stargazer



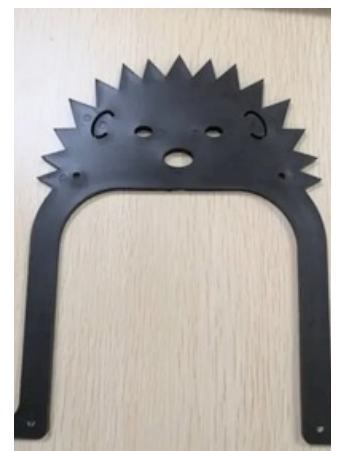
A meteor seen through a gap in the clouds above Duffus Castle in Moray (image: Alan Tough)

Hedgehogs in your garden

Did you know?

1. Hedgehogs have the ability to camouflage themselves from predators by licking certain objects or food until a frothy saliva forms, then rubbing it onto their skin and spines, which is believed to make them smell less palatable.
2. Hedgehogs are omnivores and make the most of the countryside larder with a diet that includes insects, berries, birds' eggs, mushrooms, mice and amphibians.
3. Much like humans and their milk teeth, young hedgehogs outgrow their baby spines, which are gradually replaced by adult ones as they develop.
4. Hedgehogs, along with dormice and bats, are the only British mammals that hibernate, although they may become active during mild winter periods.
5. A hedgehog's behavioural response to perceived threat (especially noise) is to roll into a ball, which unfortunately offers very little protection against the cars and lorries on our roads, and strimmers in our gardens.
6. Hedgehogs have recently been voted Britain's favourite wild animal and interest in them and their protection has never been higher.

You can do your bit to help hedgehogs by installing a Hedgehog Highway Surround in your garden. A Hedgehog Highway Surround is a five-inch lined gap in a fence or wall allowing access for hedgehogs. These gaps are essential in the battle to prevent the extinction of our endangered spiky friends, especially if your garden has solid fencing all around it and borders other gardens or farmland. Money from the sale of every Hedgehog Highway Surround is donated to help the rescue of sick and injured hedgehogs. Anyone can buy one, for £3, from Spurstow Parish Council; contact Katherine Hutchinson, chair@spurstow.org.uk - they have purchased 50 for this purpose.



Haughton hedgehog lady

Bunbury Medical

Practice news: April

Successful Trial of Texting

Over the past month, many of our patients will have received text messages from the surgery, asking for simple medical information, for example up to date blood pressure readings or smoking status. There has been a very positive response to these texts and thank you if you did respond. Some patients wondered if these texts were a scam; we can reassure patients that they were not. Moving forwards, texting will be used more for this kind of information gathering or sharing, as it is a quick and efficient way of obtaining patient information which can be added to patient records to maximise patient care. Please do not worry about texts you receive from us; if you are concerned, simply delete the text, or do not respond. We will soon be sending out NHS health check invites by text. The text will include an online link and telephone number for patients to use if they are interested in engaging in this service. There will be no need to call reception.

Dispensary News

From 1st April 2023, patients who usually pay for their HRT prescriptions, will be able to purchase an annual HRT pre-payment certificate for £18.70 which equates to two single prescription charges (price correct at the time of writing). To apply for this pre-payment certificate, please visit www.nhsbsa.nhs.uk. You will need to show this certificate each time you collect your HRT medication and the exemption applies to HRT only. We are pleased to announce that the Rural Alliance have employed a Pharmacy Technician. Sarah Jones will be working with our Pharmacist, Diane Bolton, to assist with medication reviews.

Enhanced Access

As of the first week in April, Bunbury Medical Practice will be the hub for the Rural Alliance Enhanced Access Service. This service will be available to patients within our Primary Care Network (PCN) which consists of Bunbury, Malpas, the two Tarporley practices, Tattenhall, and Kelsall. Enhanced Access offers appointments for patients to see a GP or nurse outside of core surgery hours. Appointments will be available Friday

18:30-20:00 and Saturday 09:00-17:00. Although Bunbury surgery is accommodating this Enhanced Access arrangement, it will not be manned by our staff and our dispensary will not be open. However, if you need an appointment and struggle due to work and other commitments to make usual surgery times, you can phone Bunbury reception to book an appointment.

Bowel Cancer Awareness

NHS England's new bowel cancer screening campaign has launched featuring the engaging 'Ribbon Dancer' creative. This latest phase of NHSE's 'Help Us, Help You' campaign is designed to encourage people who are sent the NHS bowel cancer screening home test kit to complete and return it. Bowel cancer is the fourth most common cancer in the UK. Yet the latest data shows that almost one third of people in England who were sent a screening kit last year, did not go on to complete it. Early diagnosis is vital as detecting bowel cancer at the earliest stage makes you up to 9 times more likely to be successfully treated. The campaign aims to increase the number of people returning a completed bowel cancer screening test by raising awareness that it can detect signs of cancer before a person notices anything wrong and addressing the main barriers preventing people from completing the test. The campaign is targeting people aged 56 to 74, to align with the age of eligibility for being sent a home test kit. We often receive notifications that Bunbury patients have not returned screening kits, and this is a timely reminder of the importance of this screening opportunity.

Calling all blood pressure monitors and pulse oximeters!!

The practice has loaned out a number of items in good faith, but unfortunately, many of them have not been returned, which then limits the care we can give other patients. If you have one of our monitors, please would you return it to reception so that it can be given to other patients. Many thanks.

Join the Church Fete Helpers 2023!

St Boniface church fete at Beeston Castle will take place on 1 May. The Beeston fete committee are looking for volunteers for this year's fun and games. Can you help? We need help setting up on Sunday and tidying up from 4pm on Monday; we also need help in the tea tent, manning stalls, stewarding, and with car parking. Please contact Lucy if you would like to be involved on 07580066153.



Marianne Young

Marianne was very well known as a lovely lady in Bunbury, and was interviewed by the editor about her love for birds for The Link some time ago. This is her son's Chris eulogy.

Marianne and Philip loved Flanders and Swann; their music and the comedy of Laurel and Hardy filled their house when Chris and Stephen were growing up. Stan Laurel once said "If anyone at my funeral has a long face, I will never speak to them again!" Marianne would have agreed with this sentiment.

Marianne adored birds, adored nature, in fact, and she fed the birds religiously every morning, snack at lunchtime, and early evening. The birds got used to this daily routine. They knew that when Marianne drove up the drive, food was imminent. Chris used to joke with Marianne that in years to come, ornithologists would discover that birds in just one small part of Bunbury were beginning to lose the ability to fly, but were developing strong legs, as they didn't need to hunt for food.

Watching the birds, reading books (four a week on average), seeing her friends, going to her art classes, going to the history society, loving and being with her family, and occasionally visiting the Yorkshire Dales, was everything to her. Marianne loved life, was very content with her lot, and did not feel the need to spend a lot or do exotic things to find happiness. Marianne was also fiercely independent. A few days before being admitted to hospital at age 87, she was still driving herself around, still living in the house she loved and had shared for so many years with her husband Philip, and sons Stephen and Chris. It was her independence that kept Marianne going. She didn't want to move to a single-storey house as she feared what she called "Bungalow legs". Instead, she saw walking up and downstairs as exercise and therapy.

This indomitable spirit, stoicism in the face of occasional adversity, gentleness, and kindness was what made Marianne who she was: a great Mum, a loyal friend to many, and someone whose default position was to help people and make things feel better if she could. It was therefore fitting that for Marianne's entire working life she was a nurse.

Marianne was born in Wimborne in Dorset in 1935. She had a twin sister Anne who unfortunately died at just aged six, and joined four elder sisters, Joan, Ruth, Grace, and Pamela. When she was two they greeted the arrival of brother Tony. Marianne's mother and father were senior members of the Salvation Army, which meant a childhood of many moves around the country. Marianne began her nursing career in her early 20s, and while still quite young she moved to nurse in Canada. Early on in her career Marianne qualified as a nursing sister, and worked in various roles and departments in a number of hospitals in Canada and the UK before eventually settling in Bunbury and becoming the district nursing sister, a role she undertook and enjoyed immensely for many years. She was based out of Bunbury surgery which used to be by the church. It was nursing that brought Marianne and Dad together. Marianne and Philip met on a blind date. In the truest sense of the phrase it was love at first sight, they agreed they would get married that very day, less than 12 hours after meeting. They were together from that point until Philip's untimely passing in 2009.

Marianne and Philip moved to Bunbury in 1968. They loved the village, loved each other, brought up Chris and Stephen, and made

great friends many of which lasted a lifetime. It was a very happy childhood for Stephen and Chris. In 1984, their son Stephen died at aged just 21 whilst a music scholar at Jesus College Cambridge.

Marianne got through this period through a mixture of faith, forbearance, and the strength of the love she had for her husband and Chris. A few years after this, Marianne retired, and then Philip sold his business. During retirement they went on some wonderful trips across the world, did river cruises, went to live in France in Aix-en-Provence, and just enjoyed life. Marianne became an advisor on the medical board at the surgery, and read for the blind, and joined various societies.

Being brought up in a house with the District Nurse in Bunbury was like being brought up with James Herriot in Skeldale House in All Creatures Great and Small. The family got to know all the local characters. The stories from Marianne's rounds with friend and fellow nurse Edie Dutton, who travelled the district with her, are endless. The family befriended a lovely old soldier called Major Beeston Bancroft. He was a walking history book, and when Marianne went on one of her visits, she took Chris and Stephen. Marianne popped out to the car, to return to see the Major (in his 90s and not that steady) waving his battle sword from the campaigns in South Africa about an inch from Chris's nose.

Marianne went with Dr Aston to rescue a pilot who had ejected from a fighter jet by Beeston Castle. She went to a retired farmer who greeted her saying he felt a bit peculiar as he wielded his loaded double-barrelled shotgun around. There was a gentleman in Spurstow who used to serve Marianne tea from a teapot he kept topping up and left in the oven for days (it was apparently like drinking soil), and another man in Alpraham who was 95 and because he was a farmer and didn't go to war, had never been further than 10 miles from his house in his entire life. Chris used to ring his Mum every night to catch up on the day and even up to a few weeks before she was taken ill, she told him people were coming to the door asking her to patch them up. Over the years Marianne looked after many people, and was important to so many families around this area.

Tears are sometimes an appropriate response to death. When a life, however, has been lived completely, honestly, and successfully, the correct response to death's perfect punctuation mark is a smile. Marianne will be greatly missed by Chris and Marie and all those who knew her.



A cycling adventure from Land's End to John O'Groats

Around Britain in 50 days — is the new book by Gareth Lyon, which documents his journey around the UK in 2022, to raise more than £50K for Prostate Cancer UK. And the fundraising doesn't stop there; all proceeds from the sale of the book will go to Prostate Cancer UK. Gareth set off from his home in Tarporley in May and cycled 3,871 miles around the coast of Britain to mark his 50th birthday and raise much needed funds for a charity close to his heart. Gareth was joined by friends and colleagues at various points along the way who cycled with him for sections of this ride. He was also supported by his dad, Bill, who celebrated his 73rd birthday during the ride — "I was very proud to be able to support Gareth on this challenge. I've done it twice before, when he did Land's End to John O'Groats and around Wales. Gareth said, "I was delighted when dad agreed to join me by driving the all important support vehicle. When we lead such busy lives it's so special to spend precious time together". The book tells the story of taking on the biggest endurance ride of his life, cycling almost 4,000 miles around the coast of mainland Britain, over a 7-week period. It provides the perfect inspiration, along with practical advice for anyone considering a similar challenge in the New Year. The book describes Gareth's Great Tour of Britain, including preparing for the challenge. It details the training regime, route planning, logistics and meeting Mark Beaumont, the world record holding endurance cyclist. A daily diary of the ride provides a "warts

and all" insight into the trials, tribulations, and joy of riding around this beautiful island. The after-effects of the ride and reflections on this epic adventure include the difficulties of adjusting to real life, after such extreme mental and physical exertion. Gareth said "it was really tough at times but incredibly satisfying to complete such an epic challenge in my 50th year". Gareth's main motivation for taking on the challenge was to raise money for Prostate Cancer UK. Prostate Cancer affects one in eight men, or one third of men like Gareth and Bill, who have a family history of this dreadful disease. Thanks to the hard work of his family, the team and the generosity of the public, Gareth has already presented a cheque for £50,000 to Prostate Cancer UK. **To get your copy of the book, visit Amazon <https://tinyurl.com/2eyau3s5>**



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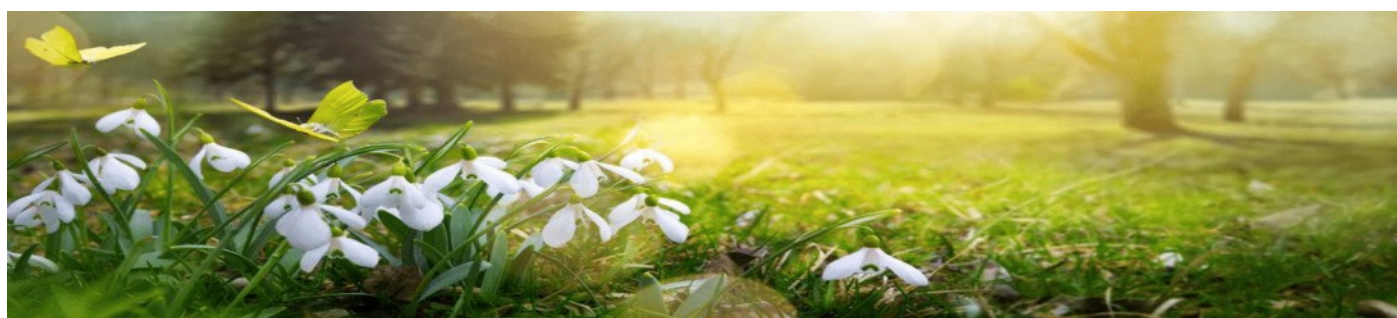
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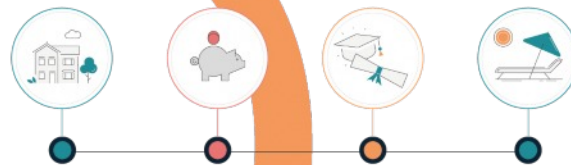
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