

Link

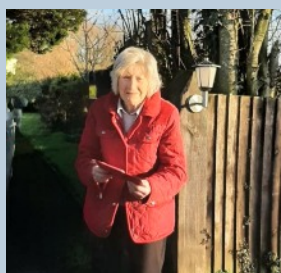
May 2025

Also in this issue...



4

Bickerton Hill



10

Remembering
Joyce Buxton



Please give to St Boniface to
maintain this beautiful
church building

A magazine for the parishes of
Bunbury and Tilstone Fearnall



Follow Bunbury Church on Facebook

Coffee Morning

15 MAY 10:0AM - 12:00PM
ST BONIFACE CHURCH



BRIC-A-BRAC AND PLANT SALE



www.stbonifacebunbury.org

In support Christian Aid and St Boniface church



Join us for a great
day out! If you can
help on the day or
on Saturday 3 May
please contact Elaine
on 01829 260648.

Who we are

TIM HAYWARD - Vicar

St Boniface, St Jude, Calveley Chapel
01829 261511

revtimhayward@stbonifacebunbury.org

Associate Minister

Rev Claire Wilson
claire.wilson@stbonifacebunbury.org

Parish administrator

Kay Carson
parishadmin@stbonifacebunbury.org

Pastoral team leader

Amber Middlemiss
01829 261437
amber.middlemiss@stbonifacebunbury.org

St Boniface

Churchwarden

Sean Augustin-Wood
sean.augustin@stbonifacebunbury.org

Vice-Chair

Elaine Crotty
elaine.crotty@stbonifacebunbury.org

Treasurer

Yvonne Wood 01270 528442

Secretary

John Mason 01829 733971

St Jude

Churchwardens

Elizabeth Marren 01270 528556
Mike Lightfoot 01829 732611

Organist

Ann Badrock 01829 260343

Calveley

Churchwarden

Sean Augustin-Wood
sean.augustin@stbonifacebunbury.org

Secretary

Yvonne Wood 01270 528442

The Link

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

Advertising:

parishlinkads@stbonifacebunbury.org

Editorial: Elaine Crotty

t: 01829 260648
parishlinkeditor@stbonifacebunbury.org

Graphic design: Kay Carson

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

Community news

Congratulations to Andrew and Stacey Broster on the baptism of their daughter Zara Ada on 22 March at St Boniface. Zara's stunning gown has been worn by four generations of the family at their baptisms!



100 Club winning numbers: The first draw for the club took place on 6 April after the 10:30am service at St Boniface church. The winning numbers were: **90; 69 and 49.** Congratulations to the winners!

Bunbury WI meets on the second Thursday of the month at Bunbury Playing Fields Pavilion at 7:30pm. We have a social evening planned for 8 May and the Speaker at the meeting on 12 June is Sallie Bancroft on "The Alexander Technique". We warmly welcome new members and guests. For further information contact Lynda Davies 01829 863781.

Bunbury Gardening Club have a visit planned to The Old Parsonage at

Cotebrook on Tuesday 20 May, meeting outside the property at 6:30pm. Gardening club members and guest visitors are always welcome to attend outdoor visits as well as monthly meetings. There is a small charge £5 for everyone attending the garden visit. They look forward to seeing you all in May

Dates for your diary

Beeston church fête will take place on **Monday 5 May** from **11:00am to 4:00pm**. The church fete committee are looking for volunteers for this year's fun and games. They need help setting up on Saturday 3 May, meeting at the church at 10:00am, to collect everything from the fête shed and then going to the castle to set up. Alternatively, meet at Beeston Castle at 11:00am to set up, finishing by 1:00pm. They also need people to help tidy up and take down on Monday 5 May from 4:00pm. If you are able to help the fête committee would be very grateful. Help is also needed in the tea tent, providing baking, manning stalls, stewarding, and helping with car parking on Monday. Tombola bottle donations and cakes can be delivered to Elaine at Sunnybank Cottage, School Lane, before the day. (Please contact Elaine before delivering 01829260648).

Christian Aid Week — 11–17 May

<https://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week>. Look out for your collection envelopes in this edition of the Link. Please drop your contributions in your 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

Christian Aid Week coffee morning will take place on **Thursday 15 May**

A word from the editor

This month our focus is on the annual fundraiser for Christian Aid. Christian Aid envelopes are attached to the magazines for you to use. The envelopes can be delivered to the Vicarage or to Sunnybank Cottage, School Lane. Please also support the **Christian Aid Coffee Morning** with its plant sale and bric-a-brac stalls from 10:00am until 12:00pm on **Thursday 15 May**. Your support will go to help Christian Aid and St Boniface church to bless the vulnerable in the international community and in this parish.

Many thanks to all those who have bought tickets for the Italian Wine Tasting evening at St Boniface. (At the time of going to print the event has not taken place.)



The gentle hum of spring

I heard a lovely 'Thought for the day' on BBC Sounds whilst looking out on the cherry blossom in the churchyard: when you pass a tree in blossom, stand quietly underneath and you will hear the bees buzzing as pollination takes place. Later in the day, when the road was quiet, I tried this experiment. It took a moment but there it was, the gentle hum and buzz. It felt good to tune in to some slower news.

As I write we are in blossom tide, peak blossom. People in parks and streets everywhere are bumping into each other. Not because they're looking down at their phones but because they're looking up at the riot of pink and white falling on them in the breeze. The National Trust is inviting us to take a "blossom break"; their research finds that we all feel more positive when we spend time in nature. Nine in ten of the people it polled said the sight of blossom on trees or hedgerows made them happy. The blossom signals spring and invites our cocooned wintry spirits to bloom.

The blossom coincides with the Christian season of Easter, and at the heart of the Easter story are a whole series of people bumping into each other, all at the same time, and it all happens in a garden. One book in the Bible has a number of references to secret meetings in a garden. And that book is the Song of Songs. The Song of Songs is about intimacy, passion and love. In the coming together of two lovers, Song of Songs invites us to see that God's deepest desire is for us and our deepest desire is for God. But there's a reason why the Song of Songs is particularly significant. Jesus' death took place at Passover. At each of their five great festivals the Jews read one of the shorter Old Testament books, known as the Scrolls. The scroll they read at Passover is the Song of Songs. And repeatedly the Song of Songs refers to a garden, and represents the garden as a place of secret rendezvous and fertile growth.

In the Middle East, gardens aren't very common. They're very special. The climate is dry, the ground is dusty, rain can be rare. In Arabic the word "garden" has a particular resonance. The Arabic word for "garden" is "paradise". That's where the whole notion of paradise comes from. Paradise means flowing water in a desert, green shoots in dry ground, lush beauty in the midst of arid wastelands. Easter is a glimpse into paradise.

In the 4th century, Augustine described two books of revelation: the book of nature and the book of scripture. And there's a practice called *terra divina* — a kind of imaginative walking meditation out in the wild. It is a contemplative way of relating with the natural world — a tree or river, a beach or bird — in which nature is recognised as sacred text. John Muir, sometimes called the founder of the modern conservation movement, recommended that we allow nature's peace to flow into us "as sunshine flows into trees". So maybe today you might find yourself a blossom tree, sit quietly underneath and listen to the gentle hum of spring.



between **10:00am and 12:00pm** at St Boniface church. There will be a plant sale stall, a raffle and a new small vintage bric-a-brac stall. Please come ready to browse and buy! If you have any pretty treasures you'd be happy to donate (ceramics, glass, costume jewellery etc.) please contact Lucy on 07580 066153. To donate cakes and raffle prizes please leave a message for Elaine on 01829 260648. Proceeds this year will be split between Christian Aid and St Boniface church.

Party in the Garden at Tilstone Lodge in aid of **St Jude church** on **Sunday 1 June from 2:00pm**. By kind permission of Mr & Mrs E Reeves. Tickets are available from Mrs Elizabeth Marren 01270 528556 or Mr Mike Lightfoot 01829732611 at £20 each, including a buffet lunch.

Bunbury Village Day will take place on **Saturday 14 June** and this year we're turning up the volume with a celebration of music and a day of Summer Sounds See page 10 to find out more about the plans for the 56th BVD.

Just Sing concert, "A Summer Beat", including jazz, pop and gospel songs, will take place at Tarporley Baptist Church on **Saturday 28 June at 7:30pm**. Tickets include refreshments and will be on sale at Tilly's in Bunbury, and Ginger & Pickles in Tarporley at £10.

The copy deadline for the June issue is Friday 16 May. The magazine should be delivered from Saturday 31 May. Please send notices to parishlinkeditor@stbonifacebunbury.org

The National Trust at Bickerton Hill



Our pastoral worker, Amber Middlemiss is part of the volunteering team at Bickerton Hill

"Bickerton Hill" comprises Bulkeley Hill, Rawhead, Bickerton Hill and Larkton Hill, and contains a significant example of rare and threatened lowland heath, defined as a broadly open landscape on poor, well-drained, acidic and shallow peat soil characterised by the presence of heather, dwarf gorses and bilberry. Until the 1940s Bickerton was entirely an area of lowland heath with very few trees, which would have developed following prehistoric woodland clearance, and kept open through the centuries by grazing sheep and cattle, and cutting trees for timber and bracken for livestock bedding. After the Second World War the site was used as a military training area, grazing ceased and self-seeding birch overran the area, preventing the growth of natural heathland vegetation. In 1979 parts of it were notified as Sites of Special Scientific Interest (SSSIs) and, in 1983, 160 acres were donated to the National Trust.

On the summit of Larkton Hill are the earthworks of an Iron Age hill fort known as Maiden Castle which are a scheduled monument, meaning that trees must be kept off it in case their roots damage the structure. There are sandstone caves, and near Gallantry Bank are remnants of a copper-mining engine house chimney. Quarrying for sand and sandstone has taken place at various sites since the 17th century, and the Sandstone Trail footpath traverses much of the site.

Rawhead is the highest point on the Mid-Cheshire Ridge, at 227m elevation. The SSSI heathland has huge biological importance, with a substantial population of the rare lobed maidenhair spleenwort, and several scarce species of spiders, moths, beetles and butterflies, including both Green and Purple Hairstreaks. It also hosts common lizards, and adders and slow worms have been spotted in the past; restoration efforts will hopefully coax them back. Bird residents and visitors include cuckoo, redstart, stonechat, linnet, raven, woodcock, peregrine, kestrel, owls, hobby; and a ring ouzel sometimes stops in on migration. Very scarce is the Nightjar; an iconic ground-nesting bird whose distinctive churring call has been heard the last couple of summers and we hope will breed more successfully as restoration work progresses.

The Ranger and a small team of volunteers work hard at restoring the heathland and maintaining the infrastructure, including paths, gates and fences and they also litter-pick. New ponds and boggy areas have been created alongside Pool Lane Car Park, which are now hosting hundreds of frogs and toads, which have produced quantities of spawn this spring. A significant part of restoration is removing encroaching birch trees to allow the heather and bilberry to regenerate; a local farmer grazes 20 Highland cattle in summer to aid controlling new birch growth, and they also

embed seeds by the churning action of their feet; luckily they are generally very gentle-natured.

There are still significant areas of woodland, and small clumps of young oak, birch and rowan are left across the heath to provide nesting opportunities for willow warblers, one of the main hosts of the cuckoo. Dead birch trees are pulled out and used to make dead hedges, which help to define paths and also create excellent shelter for mammals, birds, reptiles and invertebrates; a series of new hibernacula are also planned, to create hibernation sites for amphibians and reptiles. A hibernaculum is an underground chamber loosely filled with rocks, stones, and wood and lightly



covered with earth.

The Trust's aim is for people to enjoy the beautiful landscape whilst also maximising conservation of this priority habitat.

Dogs present a major threat to ground-nesting birds if allowed to run freely off leads during the summer months; research shows that dogs off leads roam an average 20 metres from their owners, and repeatedly disturb large areas; therefore we ask that all dogs are kept on a three metre lead from April to the start of September. Dog fouling is another issue; faeces not only present a health hazard to humans and other pets, but bacteria and parasites can infect wild animals, disrupt delicate ecosystems, and enrich the soil which encourages lush vegetation beside paths, ruining the natural boundary between heath vegetation and sandy paths which is important to reptiles. Sadly, the council does not provide bins for dog waste on the site and so we ask that dog owners bag up all dog poo and take it home with them.

Heather is also very susceptible to trampling, so we ask that walkers stay on the paths, and bikes are prohibited. Horse riding on certain paths is allowed via a purchasable permit. New signage is due soon to make it much clearer which are designated footpaths and bridleways. We hope that many of you come and enjoy the hills this summer, and if you see the Ranger and/or volunteers, come and say hello! Sam Jones, Ranger: 01829 782725 sam.jones@nationaltrust.org.uk



Christian Aid works with some of the world's most vulnerable communities in 29 countries in Africa, Asia, the Middle East, Europe, Latin America and the Caribbean. They work with local partners and communities to fight injustice, respond to humanitarian emergencies, campaign for change, and help people claim the services and rights they are entitled to. Their belief that poverty can be ended is based on their understanding of scripture and the work of a creative, loving God.

Christian Aid is also part of the **Disasters Emergency Committee (DEC)** which brings together 15 leading UK aid charities to raise funds quickly and efficiently at times of humanitarian crisis overseas. They are now appealing for donations to support the rescue efforts in Myanmar following the catastrophic earthquake on 28 March. Julie Mehigan, Christian Aid's Head of Asia, Middle East & Europe, said: "Myanmar is one of the lowest-income countries in the world. Even before this heartbreaking earthquake, we know conflict and displacement has left countless people in real need. Every prayer and every gift will bring hope to people hit by disaster."

St Boniface will be collecting money for Christian Aid between 11 and 17 May. On behalf of all who will benefit from your generosity, we say thank you.

The statements in this article were taken from Christian Aid's and DEC's websites.

Our prayers

From the Christian Aid website:

*Creator God,
You loved the world into life. Forgive us when our dreams of the future are shaped by anything other than glimpses of a kingdom of justice, peace and an end to poverty.*

*Incarnate God,
You taught us to speak out for what is right. Make us content with nothing less than a world that is transformed into the shape of love, where poverty shall be no more.*

*Breath of God,
Let there be abundant life. Inspire us with the vision of poverty over, and give us the faith, courage and will to make it happen.*

Church diary for May

Sunday 4 May	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion and Forest Church	St Boniface St Jude St Boniface
Wednesday 7 May	10:00am BCP Communion	St Boniface
Sunday 11 May	09:30am BCP Communion 10:30am Morning Worship 11:30 Morning Worship	St Jude St Boniface Calveley
Wednesday 14 May	10:00am BCP Communion	St Boniface
Sunday 18 May	9:30am Holy Communion 10:30am Third Sunday Brunch 6:00pm Evensong	St Jude St Boniface St Boniface
Wednesday 21 May	10:00am BCP Communion	St Boniface
Sunday 25 May	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wednesday 28 May	10:00am BCP Communion	St Boniface

Link distribution

We are looking for new volunteers to help distribute the Link magazine in all areas of the parish, but in particular in Wardle and Alpraham. You can distribute as many or as few as you wish. You can also join a small team on the last Saturday of each month (except in August and January) to organise the bundles for distribution — only about an hour a month. If you can help us please contact Elaine at parishlinkeditor@stbonifacebunbury.org

Bunbury School news



Bunbury School Easter service at St Boniface

On Thursday 3 April, Bunbury Primary School held a special Easter service at St. Boniface Church where the children played an integral role in the worship. The service was a beautiful celebration of the Easter story, as all the children took part in retelling the narrative through poems, words, and songs. The event offered a meaningful way for the children to reflect on the significance of Easter and share this with their families and the local community.

The service was made even more memorable by the presence of members from the local Alive group, who have become close partners with the school throughout the year. The Year 6 pupils have had the opportunity to connect with the Alive group through a pen-pal program, fostering relationships that have extended beyond letters. The collaboration has allowed both groups to build lasting

friendships and share experiences, enhancing their understanding of one another. In addition to their correspondence, members of the Alive group have also visited the school through the year to spend time with the children, joining in



games and fun activities, such as board game afternoons. These visits have been an enriching experience for everyone involved, creating a sense of community and shared learning.

The Easter service was a powerful reminder of the importance of connection and reflection, with both the children and the local group coming together in unity to mark this

significant time in the Christian calendar. The service was a true testament to the strength of the relationships formed between the school, the church, and the wider community. As the children sang and performed, it was clear that the collaboration between Bunbury Primary School and the Alive group has brought much joy and a deeper understanding of community, kindness, and the spirit of Easter.



Nic Badger
Principal

Silver pennies and dusty feet: the royal Maundy ceremony

Until the 18th century, the tradition of the reigning monarch washing the feet of a (selected few!) poor people was, perhaps reluctantly, continued every Easter in emulation of Christ's actions described in John 13:1 —17.

By the time of Charles II's restoration in 1660, the King had decided against such close physical contact with the "great unwashed" and it was therefore decreed that food, clothing and sums of money would be distributed instead. This money was to be specially struck in silver, in denominations of one, two, three and four pennies.

By the beginning of the 19th century, the food and clothing had been abandoned, and the Maundy gift again commuted to simply cash. These sets of silver coins were minted every year to be distributed at the Maundy ceremony every Easter, on the day preceding Good Friday.

In Victorian times, these sets of special coins were made available to officials involved in the Maundy ceremonies and also for purchase by the general public, which somewhat diminished their value and significance. However, in more recent times the number of sets is strictly limited to the number of intended recipients.

Today's beneficiaries of Maundy Money are elderly men and women chosen because of Christian service given by them to the Church or the community. Each receives a white leather purse containing an amount of money equating, in pence, to the age of the Sovereign. Consequently, the more advanced in years is the monarch, the more money one receives!

Jonathan Morris

Sky notes for May

SpaceX Falcon 9 rocket visible over Bunbury

I was taken completely by surprise when I was coming out of my observatory on the evening of 24 March. I happened to glance up to the northern sky and I saw a totally baffling sight: a large ring of cloud surrounding a Pacman-shaped bright object. The ring was expanding and transforming before my eyes to what I can only describe as a jelly fish!

Was this a UFO? Well to me it was, at least briefly. It was certainly unidentified in my mind, but, regaining my composure, I looked it up on the internet, having taken the obligatory picture with my iPhone which is shown here.



SpaceX Falcon 9 rocket propellant dump as seen from Bunbury

What I had seen was a propellant dump from the SpaceX Falcon 9 upper stage that launched from Florida just before 6:00pm. The Falcon 9 is a reusable rocket. After launching, the first part takes its satellite into space. The second stage ejects any leftover propellant, which freezes instantly due to the altitude. Light is then reflected off the frozen fuel, making it visible on Earth. And that's what I saw over the Bunbury rooftops.

In some part of the country the frozen propellant formed a spiral pattern, as shown in Jane Radbourne's iPhone image, because of the rocket's rotation as it fell back to Earth.

The story was featured in the BBC Ten O'Clock News later that evening and in the papers the following day. I hope you might have had the chance to see it.

The moral of the story? Keep looking up! You never know

what interesting sights you might see. We have previously covered appearance of the northern lights, meteors and comets.

Mars passes through the Beehive

The Beehive is a small cluster of stars in the constellation of Cancer, the crab. The Beehive contains about 1,000 stars. These are mostly young stars, with an approximate age of 600 million years. For comparison, the Sun is 4.5 billion years old.

Between 3 to 5 May, the Beehive gains a new member. Much brighter than the other members, and ruddy in colour, the planet Mars brushes the northern reaches of the cluster. You will need binoculars to see the stars in the Beehive.

On the evening of 3 May, the Moon is close to Mars and the crescent Moon lies to the right of Mars on 31 May.

Bid farewell to Jupiter

The giant planet Jupiter has been gracing our evening skies for the past several months. But May is the last chance to see him before he disappears into the Sun's glare. The planet lies low in the north-west after dark. It is brighter than any other star, so should be obvious. It sets about 11:00 pm.

On 28 May you might spot the very thin crescent Moon just above Jupiter.

Venus at dawn

A sight for the early risers amongst us: Venus rises about 4:00am and is a brilliant Morning Star low in the east before sunrise. The Moon is nearby on the morning of 24 May.

The previous morning, 23 May, the Moon lies between brilliant Venus and much fainter Saturn.

Clear skies!



Falcon 9 over London (Jane Radbourne)

Bunbury Stargazer

Bunbury Medical Practice

May news

Staff Update

Having started work at Bunbury 42 years ago, Caroline Jones has decided to retire. The staff will be enjoying a celebration with her later this month. We would welcome any patient reminiscences of her time at Bunbury.

We have been asked for a reminder of which clinicians work each day:

Monday: Dr John Berry and Dr Nick Dixon with Steph Burrows as Advanced Nurse Practitioner (ANP). Emma Perry is Practice Nurse and Amanda Naylor has a morning phlebotomy clinic.

Tuesday: Dr John Berry and Dr Caroline Hickley with Steph Burrows as ANP. Emma Perry is Practice Nurse and Kate Bloor is Healthcare Assistant.

Wednesday: Dr John Berry, Dr Nick Dixon and Dr Lizzie Harding with Steph Burrows as ANP. Kate Bloor is Health Care Assistant. **Thursday:** Dr Nick Dixon, Dr Caroline Hickley and Dr Charlotte Webb (standing in for Dr Woodhouse) with Ruth Thomas as ANP. Kate Bloor is Healthcare Assistant and Amanda Naylor has a morning phlebotomy clinic.

Friday: Dr Nick Dixon and Dr Charlotte Webb work alternate Fridays with Ruth Thomas as ANP. Emma Perry is a Practice Nurse.

Registrar appointments are also available each day.

Dispensary Update

An NHS Prescription Payment Certificate (PPC) could save patients money if they pay for scripts and need multiple items each month. The certificate covers all NHS prescriptions for a set price and will save money if more than three items in three months, or 11 items in 12 months are needed. For more information, search NHS Prescription Prepayment Certificate (PCC).

We have had further confirmation from NHS England that we should only provide three months' worth of prescriptions for patients who are travelling abroad to temporarily live/work. For further medication after this time, patients will need to seek local medical/pharmacy services.

Training Day — May 2025

The practice will be closed from 1:00pm on Wednesday 14 May; it will reopen the following day at 8:00 am

All Training Days for 2025 can be seen on our website.

We will also be closed for Bank Holiday Mondays, 5 and 26 May.

Hay Fever Season!

The best hay fever treatments are all available over the counter. Regular antihistamine (such as Loratadine or Fexofenadine), steroid nasal spray (such as Beconase/Flixonase) and regular eye drops sodium cromoglycate, can all be started one to two weeks before the hay fever season starts, and continued throughout the summer if needed; this regime should help to alleviate symptoms.

National Walking Month

May is National Walking Month for 2025. Active Together is running a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking. This month-long event is the perfect opportunity to explore the great outdoors, improve fitness and connect with others in a healthy, enjoyable way.

How to get involved:

- Participate in walking challenges; join local or online walking challenges to stay motivated and connect with a community of walkers.
- Organise group walks; set up walking groups with family, friends or colleagues to explore local parks, nature trails or urban walks together.
- Share your walks on social media; use social media to post pictures, routes and stories from your walks to inspire others to join in.

And the benefits of walking:

- It can be done anywhere and anytime
- It is free/low cost
- Regular walking can allow you to keep fit and meet new friends
- It can help reduce stress and aid sleep
- It can help maintain weight and maintain healthy bones, muscles and joints.

Share your passion returns next month with line dancing

“Just one thing” for a healthier life

We have chosen to continue with this series of articles based on the popular podcast by the late Dr Michael Mosley as testament to his life's work and passion for educating and helping people, which is what we believe he would have wanted.



Pilates (pronounced pee-lah-tees) is a low-impact form of exercise that strengthens core muscles and improves strength, balance, posture, and flexibility. It was invented by Joseph Pilates who was born in Germany in 1883 but moved to England 1912 where he was a boxer, circus performer, and taught self-defence to police forces. He had been a sickly child, with asthma, rickets and rheumatic fever, so he devoted his life to improving his physical fitness, inventing his system of integrated exercises which he saw as coordinating the mind, body and spirit; he called it “Contrology”.

Pilates focuses on the breath, and small movements of the core muscles in the lower back and abdomen, and activates deep muscles that are not commonly used in day-to-day movements, which gives greater stability to the body. It teaches controlled inhalation through the nose and exhalation through the mouth, which lowers anxiety as well as improving oxygenation of the lungs and other organs. One hour's practice a week brings significant improvement in core strength, and regular practice improves middle-

distance running speeds and even the speed of tennis serves! A study showed that after an eight-week programme of supervised Pilates, a group of people with chronic lower back pain showed significant improvement compared to those who received standard treatment and anti-inflammatories.

It is helpful for all genders, ages and abilities; a study in Brazil of older women doing Pilates twice a week for 12 weeks found strong improvements in dynamic balance, core stability and lower limb strength, and also better cardiovascular endurance, measured by how far they could walk in six minutes. All of this leads to less risk of frailty and falls and therefore a much better quality of life in old age. Apparently the English Rugby League squad practises Pilates as part of their fitness regime!

So the message is: start now, whatever age you are; it is very adaptable and safe and just a few repetitions of the exercises, ideally two or three times a week, will make a difference to your strength and wellbeing.

Liv Weller

Gardeners' May diary

At the time of writing, looking out at the garden, the sun is shining, the sky is clear blue and the days are wonderfully



warm. However, the nights have been quite cold between zero and three degrees. Very unusual weather indeed. Looking through my diaries, where I recorded weather conditions, I find that there has not been anything like this for ten years! With these exceptional extremes, and it being very dry, the spring plants and early perennials are coming out very fast. We would usually have some showers at this time of year but without any the flowers are going over very quickly. So how do I fill the spaces they leave?

My greenhouse is full of summer annuals, tiny at the moment but they will grow strong with care and attention.

It is not too late to start. Red and blue poppies, cosmos, modern varieties of forget me not and many others all make excellent space fillers. You can also plant summer bulbs, gladioli, Iris, oxalis. It is worth exploring the many varieties on offer.

Remember I am writing this in April but there are many plants and seeds you can plant throughout May, it is still very early in the gardening year.

Happy gardening!

Keith

Photo courtesy of Cathy Dewson-Smyth

Remembering Joyce Buxton

Below is the eulogy given by Joyce's family at her funeral and a tribute from a friend. We all miss her very much.

Joyce was born in Shotton, Flintshire on the 10 June 1933 to Ethel and Bert Coppack, joining her much loved brother, Ray. During her early years she, along with her cousin Audrey (here today!), enjoyed the simple freedoms which children today, sadly, are less able to enjoy, such as going on excursions on the train in the Connah's Quay and the Flintshire area, as her grandfather was the Station Master at Shotton. Joyce always recounted this as having been a great treat, especially since she travelled for free. Unfortunately, this came unstuck when she and Audrey made the return journey on the bus, discovering that this wasn't fare-free! Just prior to the Second World War, the family moved to Abbots Park in Chester and it was here that they lived throughout the war.

A great sadness was that her beloved father was in the Royal Navy and didn't have home leave for the duration — five years. Her brother Ray became the man of the house throughout this enormously difficult time. It was during this period that Mum met her great friend Ann at School — this close friendship continued throughout their lives until Ann's sad death during Covid.

Ann and Joyce took their first holiday and first overseas trip following the end of the war, to Germany on a school trip. Joyce had many memories of this, but was particularly overwhelmed by the cakes that were available in Germany whilst back in England rationing was still the order-of-the day. This was the start of many trips with Ann.

A particular memory of Joyce after they were both married, Ann to Brian and Mum to David, and had their children, was of Saturday afternoons when they would put all five children in Ann's Mini. Joyce and Ann were in the front and the five children on the back seat to take excursions to Chester Zoo or to go around Chester Park. These Saturday 'happy' afternoon get-togethers continued for Joyce and Ann for many years, after the children had left home.

Joyce spent her school years at the Queens School Chester, and it was during that time that she taught at the Sunday School in Chester Cathedral. It was here that she developed a love of teaching and decided that this was to be her direction in life. It was also the place where she cemented her enduring and strong faith in God. After she finished her education at the Queens School, she went on to teacher training college in Hereford.

Joyce loved teaching. Her devotion to encouraging and supporting her pupils went way beyond learning to read and write. She would buy pumps, Daps to some of us, and



socks to keep in the cupboard in the classroom as she said that some of her children would arrive with wet, cold feet so how could they learn if their feet were cold and wet. She would put the wet socks and shoes on the heater and provide them with warm ones.

Joyce continued to teach at Woodfield Primary School until her retirement at the age of 60. It is a testament to how well she was thought of that many former pupils still remember her. One little boy, who arrived with limited English, and no local friends, was especially embraced by Joyce, and he continued to surprise and delight her, by sending her chocolates and other treats from Finland each Christmas right up to the present day.

Throughout her teaching career she remained faithful to the Church, but now she had the more time to devote to helping and supporting the community that is St Boniface. Because of her love of children, she was constantly giving tours of the church to children, staying in Beeston Education Centre on school trips.

Her kindness and thoughtfulness to children shone through as she would provide them with drinks and home-made cakes during these visits. Everyone remembers Joyce baking her cakes and millionaire shortbread. She was constantly baking. There was always a reason, someone's birthday, someone in need of cheering up or a coffee morning or a village fete. Joyce hosted the Christian Aid Coffee morning — a particular highlight of her year. Joyce loved helping to raise a huge amount of money to support Christian Aid. It was at the beginning of her retirement that her beloved grandchildren started arriving. David and Emma to Nick

and Sue, and Charlotte, Camilla and Ellie to Caroline and their father Nick. Joyce was so proud of her grandchildren and all their achievements. It was also at this time Joyce met her faithful companion, Doug; they shared 30 years of friendship and they made many, many memories together sharing holidays and days out. Joyce loved St. Boniface. Her faith remained strong throughout her life and the family would like to thank the St. Boniface community for its unwavering love, support and prayers. Joyce was a marvellous, kind, generous, and loving woman who will be immensely missed. She was an example to everyone of how to live a good life.

Joyce, my neighbour

Her brilliant smile as sweet and genuine as could be
Kindness and the need to help others her only aim
God's creatures large but particularly small, a dinner never forgotten
Their visits to her back door laden with treats, a constant joy.
Oh, how she will be remembered and missed by all.
A natural and caring teacher to many grateful pupils,
Always a favourite of colleagues and parents alike
So many never to let her memory go, so many to be influenced and her legacy grow
Oh, how she will be remembered and missed by all
Bunbury history lovingly shared to visitors and locals together
Large and small inspired by never ending enthusiasm.
Christian Aid a passion for ever, certainly 30 years or more
And never forget those Link magazines, millions I'm sure,
delivered by Joyce, in that little grey car, with Doug at her side and a message of cheer
Oh, how she will be remembered and missed
Always a lady with a heart full of joy,
So right her name should start with Joy
Small in stature she might have been but large in impact on all she knew.
A beautiful person inside and out who brought out the same in others.
Oh, how she will be remembered and missed
But oh, how lucky the heavens will be to have her home.
Thank you for being you Dear Joyce

Lynn

To advertise your business with us and speak directly to our 3,500 regular readers, please email parishlinkads@stbonifacebunbury.org



THINKING OF EXTENDING, RENOVATING OR A NEW BUILD?
THEN PLEASE GET IN TOUCH



The Bunting Partnership Ltd, Chartered Architects, create quality and imaginative designs to improve your lifestyle. For enquiries, please call 01829 863663, visit our website buntingpartnership.com or contact cathy@buntingpartnership.com

To advertise your business with us and speak directly to our 3,500 regular readers, please email parishlinkads@stbonifacebunbury.org



SOVEREIGN
WINDOVS

Est. 1984
TEL: 01829 772577



Providing you with
QUALITY UPVC
windows & doors since
1984

VISIT OUR SHOWROOM
Unit 4, New Russia Hall, Chester Road,
Tattenhall, Nr Chester CH3 9AH
www.sovereignwindows.co.uk
info@sovereignwindows.co.uk

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

CALL US TODAY
TO TAKE ADVANTAGE
OF OUR
UNBEATABLE
PRICES!



Solidor 
Registered Company

WILLIAM & MAURICE
KITCHENS • BATHROOMS • TILING



DISCOUNT ON ALL GOODS

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

01829 262462 or 07980 748065
www.william-maurice.co.uk
info@william-maurice.co.uk

NO VAT ON INSTALLATION

4 Star

*New Farm
B&B
Caravan Park*

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

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




www.newfarmcheshire.co.uk
telephone 01270 528 213
long lane wettenhall cw7 4dw

Piano tuning, repairs & restoration

Andrew Dean
(Dip. NTC, CGLI, AVCM)

01829 261222
07713 321117
andrew@pianodean.co.uk



Birch Heath Road
Tarporley

Tarporley Service Centre

Servicing & repairs
MOT testing
Tyres, exhausts & batteries


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

Trading Standards approved
Fast, efficient & friendly service

01829 732253/733737
www.tarporley-service-centre.com



Introducing...
The Deli
AT THE INN AT HUXLEY
DELI • STORE • BUTCHERY




**TARPORLEY
DENTAL CENTRE**

Accepting New Patients

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

Finance options available

13 Nantwich Road, Tarporley, CW6 9UN
01829 732213
info@tarporleydentist.co.uk
www.tarporleydentist.co.uk
[@tarporleydentalcentre](https://www.instagram.com/tarporleydentalcentre)



**DM
AUTO SERVICES**

YOUR LOCAL INDEPENDENT
GARAGE

Servicing and repairs
MOT testing station
Free collection and delivery
Courtesy car available
Fast, friendly & efficient
service

Unit 1, Bank Farm, Calveley
Hall Lane, Calveley CW6 9LB
Tel: 01829 738663

To advertise your business with us and speak directly to our 3,500 regular readers, please email parishlinkads@stbonifacebunbury.org

MORNFLAKE
Mighty Oats

**GIVING BRITAIN
MIGHTY
MORNINGS**

SINCE 1675

MADE WITH 100% BRITISH OATS

SEE OUR FULL RANGE AT MORNFLAKE.COM

HJ Lea Oakes

Wardle Country Store & Service Station

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

NANTWICH ROAD, WARDLE, CW6 9JS
www.shop.hjlea.com | 01829 260304



The Dysart Arms



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



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

01829 260183 ~ www.dysartarms-bunbury.co.uk

Bowes Gate Road • Bunbury • Tarporley • CW6 9PH

To advertise your business with us and speak directly to our 3,500 regular readers, please email parishlinkads@stbonifacebunbury.org

Jacqueline Wilson



Independent Funeral Services Ltd

www.jwifs.co.uk

Over 25 years local experience

NAFD Qualified

24 hours a day Personal Service

Private Chapel of Rest

Pre-paid Funeral Plans



HILL VIEW
HIGH STREET
CLOTTON
TARPORLEY
CHESHIRE
CW6 0EG

TEL: 01829 781572

EMAIL: jackie@jwifs.co.uk

40A MAIN STREET
FRODSHAM
CHESHIRE
WA6 7AU

TEL: 01928 643078

EMAIL: frodsham@jwifs.co.uk

1 CROWN BUILDINGS
LATHAM AVENUE
HELBY
CHESHIRE
WA6 0DX

TEL: 01928 391699

EMAIL: helsby@jwifs.co.uk

TARPORLEY ROAD
TARVIN
CHESTER
CHESHIRE
CH3 8NF

TEL: 01829 740002

EMAIL: tarvin@jwifs.co.uk

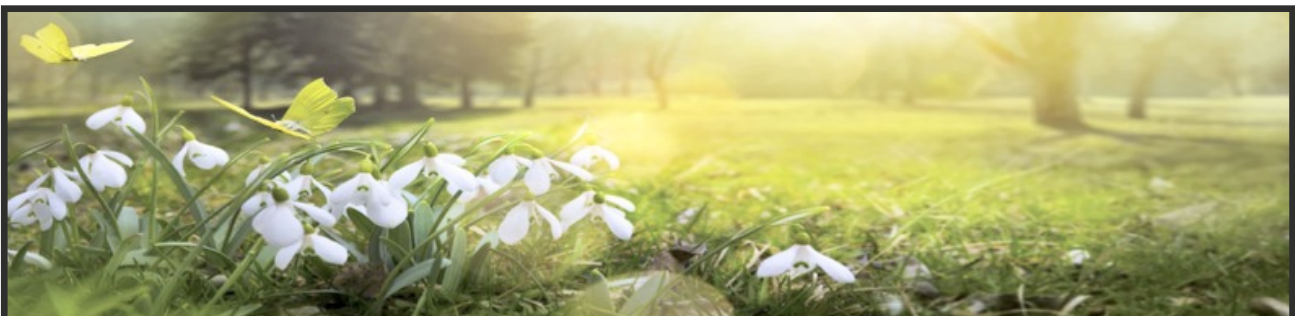
74 WESTON GROVE
UPTON
CHESTER
CHESHIRE
CH2 1QL

TEL: 01244 952540

EMAIL: upton@jwifs.co.uk



Golden Charter
Funeral Plans



A.W. Burrows & Son LLP

Independent Family Funeral Directors



ESTABLISHED: 1841



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



01270 524243 / 07711468917

Email : info@awburrows.com

www.awburrowsnantwich.co.uk



Illingworth Seddon

Chartered Financial Planners

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

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

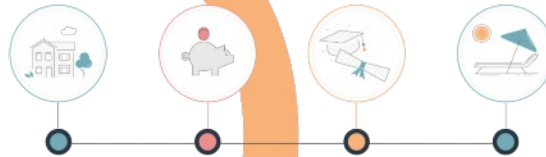
Plan

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



Design

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



Review

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



Sound interesting?

Contact us or visit our new website to find out more

01829 771 707

info@illingworthseddon.co.uk

www.illingworthseddon.co.uk

- Cheshire
- Merseyside
- Cumbria

