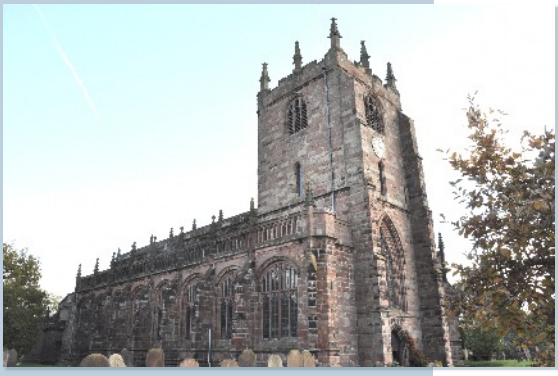

Link

October 2025

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The Link

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Community news

Congratulations to **Natasha Farrell and Daniel Rogers** who were married on 31 July at St Boniface church.

Congratulations to **Charlotte Munson and Illack Chiti** who were married on 7 August at St Boniface church.

Congratulations to **Colm and Kirsty Cannon** on the baptism of their daughter **Ava** on 19 July at St Boniface church.

The award–winning comedian P**aul Kerensa** will be performing at **St Boniface** church on **Friday 14 November**. In the first half of the evening Paul will present his stand-up act which will include a variety of comedy songs with audience participation. The second half will include more stand–up and a Q&A session on comedy, media, faith, and the universe. The evening will conclude with a musical finale. There will be an intermission for refreshments at the bar, where both cash and cashless payments will be accepted. The bar will be available from 7:00pm when the doors will open. Tickets are available on the church's website.

Cantores ad Portam, a new chamber choir based in Whitegate, will be giving a concert in **St Boniface** on **Tuesday 21 October**, starting at 7:00pm. The choir was formed last year from members of Chester St Cecilia Singers and the Lydian Singers, and is conducted by John Naylor. Music will range from Bach to Gershwin and beyond; from the sounds of English Cathedrals to those of American Dance Halls. Tickets priced at £10 are available from John Skinner (skinnerjohna@aol.com) or at the door.

Bunbury Gardening Club will be meeting at Bunbury Village Hall on **21 October** at 7:30pm for a talk by RSPCA Stapeley Grange on hedgehogs, and their work with wildlife.

Bunbury WI meets on the second Thursday of the month at Bunbury Playing Fields Pavilion at 7:30pm. On **Thursday 9 October** Tom Jones will present an illustrated talk on Chester Zoo. The November meeting will be a Social Evening with a quiz. New members and guests are warmly welcomed. For further information contact Lynda Davies 01829 863781

A word from the editor

We hope all our readers had a lovely summer whether you were at home or away. We are back to keep you up to date with lots of events for you to enjoy in the autumn and to report on events that took place during our break.

It was with great sadness that we learnt of the sudden death of Barry Smith. He was a great dahlia grower and kindly donated his dahlias to decorate the church for Harvest festival at St Boniface. At the annual produce show in the village Len Davies created a tribute to Barry, a long time club member, judge, and exhibitor of his beautiful flowers. We send our condolences to his family and all his friends.

The **Bunbury WI** committee organised a "Picnic in the Pavilion" for their August meeting. The buffet was supplied by Henry from the Nags Head — great food and conversation was enjoyed by all. During the evening, Bunbury WI President, Sue Watson, on behalf of all the members, presented Mary Large with a card and a floral arrangement, made up by Margaret Bourne. Sue paid tribute to a lovely lady who celebrated 57 years as a member of Bunbury WI.

Tarporley Probus, a group of retired men who meet monthly at Bunbury's Dysart Arms, undertook a five kilometre walk around Bunbury Playing field in support of **Prostate Cancer UK**, on Monday 11 August. The walk started at 10:00am and was completed by 22 people and supported by a further seven. Cliff Percival, the current chairman said "The group had chosen to support 'Prostate Cancer UK' as it is the most common cancer to affect men, with several of the team walking, undergoing treatment or having experienced prostate cancer." The walk was completed in a great atmosphere, and a Just Giving page is set up to receive donations from friends and family, and members of the group unable to participate. The result as of the 13 August was a total of £2,538 inclusive of Gift Aid. The group would like to thank everyone for their enthusiasm and support.

The copy deadline for the November issue is Friday 17 October. The magazine should be delivered from Saturday 1 November. Please send notices to parishlinkeditor@stbonifacebunbury.org

The gift of laughter

I'm really looking forward to our Comedy Night with Paul Kerensa on 14 November. Please do go to our website and buy tickets before they sell out!

Laughter is one of the simplest, yet most profound gifts that God has given us. We all know that feeling when laughter bubbles up inside and suddenly the world feels lighter. It's something that unites us all and at its heart, laughter is a gift of grace.

The psalmist writes: "Our mouths were filled with laughter, our tongues with songs of joy" (Psalm 126:2). When joy is so overwhelming it spills out in laughter. And think of Ecclesiastes: "There is a time to weep and a time to laugh." Our faith does not deny the reality of pain and sorrow. We all know life brings tears as well as smiles. Yet laughter has its God–given place in the rhythm of life. It is a reminder that joy is woven into creation itself, and that even in difficult seasons, God's Spirit can surprise us with moments of gladness.

Shared laughter breaks down barriers. It softens our pride, heals wounds, and draws us closer together. A shared smile or a moment of humour can be an act of grace. It says: we belong together, and God's love is bigger than anything that divides us. It reminds us not to take ourselves too seriously and rekindles childlike wonder. And it keeps us attentive to God, who delights in His creation and rejoices over us with singing.

Laughter can even be an act of faith in dark times. When life is heavy, to laugh can feel almost like defiance, a sign that despair will not have the last word. Jesus himself said, "Blessed are you who weep now, for you will laugh" (Luke 6:21). That is a promise that joy is coming. A promise that laughter will echo in eternity, when every tear is wiped away. To laugh is to taste heaven. It's a sign that sorrow is never final, and that in Christ, joy will always have the last word.

Our prayers

Loving God, we thank You for the gift of laughter, for the joy that lightens our hearts and the smiles that draw us closer together. Teach us to rejoice in Your goodness, to find delight even in ordinary moments, and to share that joy generously with others.
When life feels heavy, remind us of Your promise that sorrow will not last forever, and that in Christ, joy has the final word. Fill us with the laughter of heaven, that we may live as people of hope, and bear witness to Your love in the world, through Jesus Christ our Lord.
Amen.

Humility

Amber Middlemiss is the Pastoral Worker at St Boniface

Is there such a thing as true humility, without resorting to false modesty or having low self-esteem? One dictionary definition is this: to have an accurate opinion of oneself, including strengths and weaknesses, and to have an open mind and a non–imposing mentality, whilst being able to act and express oneself if appropriate. That's quite a lot to think about and to aspire to. But why should we aspire to be humble? Jesus encouraged his followers, to give up the places of honour and serve one another. The Apostle Paul encouraged his followers to give way to one another out of reverence for Jesus, and not to think more highly of themselves than they ought to. What would a world where we all acted with humility look like? If that is a better world, how do we find the power to give way to others and to give to others without fear of loss?

The diaries of Etty Hillesum, a young Dutch Jewish woman, written in 1942 with the threat of imminent deportation to the concentration camps hanging over her, describe the growth of her rich inner life, something that Dr Victor Frankl (an Austrian neurologist, psychologist, philosopher, and Holocaust survivor) also noted to be the foundational quality of those who flourished spiritually in those desperate times. He noted that the actions flowing from this inner life were ones of service, love and selflessness. It seems there is a strong link between the inner life, humility and right living.

Etty described this inner life as regular visits to the inner well which is God in us, from where she was able to draw unlimited courage and dignity in the face of all the fear and chaos around her. She neither trivialised nor catastrophised her failings and weaknesses, but embraced and worked with them, which somehow led to this remarkable springing up of cheerfulness and generosity, which she poured out to those around her, right up until her death in Auschwitz in 1943.

Richard Rohr, the priest and theologian, expands the idea that to become truly humble is to learn to know ourselves fully; to be able to embrace the parts of us we are ashamed of (and we all have them) — not to hate them but to see through and beyond them, and know that we, just like everybody else, are our own mix of good and bad. To do this we need to visit our deep inner place frequently — the place where God is — and to be prepared to let go of our preconceptions so that we are open and able to be worked upon. The word "repent" actually means to change our minds, and this is no doubt what God wants to do to us, but we generally resist as hard as we can.

These ideas are also found in the teachings of Carl Jung, whose central premise was that we have to make conscious as much as possible of our unconscious self, otherwise it will direct and control us and keep us trapped in unhealthy ways of being. Somehow, by deep inner prayer, and often with the insight of a counsellor, spiritual companion or wise friend, we have to work upon ourselves, and allow God to work on us too. And this work will in time help us to develop deep self-awareness and, ultimately, humility, once we have learned to accept and forgive all those shadowy things in ourselves. And we will be reaching for that deep union with God whereby we need no reward for humility because we are already living in the kingdom of God, free from fear and judgment, surrounded by love.

Church diary for October

Sunday 5 October	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion & Forest Church 11:30am Harvest Communion	St Boniface St Jude St Boniface Calveley
Wednesday 8 October	10:00am BCP Communion	St Boniface
Sunday 12 October	09:30am BCP Communion 10:30am Morning Worship 11:30 Morning Worship	St Jude St Boniface Calveley
Wednesday 15 October	10:00am BCP Communion	St Boniface
Sunday 19 October	9:30am Holy Communion 10:30am Third Sunday Brunch 4:30pm Evensong	St Jude St Boniface St Boniface
Wednesday 22 October	10:00am BCP Communion	St Boniface
Sunday 26 October	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wednesday 29 October	10:00am BCP Communion	St Boniface

Bunbury VJ Day 80 Commemoration: August 2025

2025 marks the 80th anniversaries of VE Day (Victory in Europe Day) on 8 May and VJ Day (Victory over Japan Day) on 15 August. While VE Day marked the end of the war in Europe in May 1945, many thousands of Armed Forces personnel were still engaged in fighting in the Far East. Victory over Japan would come at a heavy price, and VJ Day marks the day Japan surrendered on 15 August 1945, which ended the Second World War.

Members of Bunbury and District Royal British Legion, together with 25th SW Cheshire Bunbury and District Scout Group, Girlguiding Bunbury, St Boniface bellringers and others from our village, recently took part in a number of events to commemorate the 80th Anniversary of VJ Day.

On 14 August members of 25th SW Cheshire Bunbury and District Scout Group, Girlguiding Bunbury along with their leaders and Rev Mike Rogers ascended to the tower roof of St Boniface Church to assist the bellringers in raising a special VJ Day 80 flag. On VJ Day itself (15 August) an outdoor service was held by St Boniface Church Memorial Gates, led by Rev Mike Rogers. It was attended by over 30 people including members of the Bunbury and District Royal British Legion, 25th SW Cheshire Bunbury and District Scout Group, bellringers, and others from the village as well as some passers–by. As part of the service Mike Rogers reminded all of the importance of VJ Day saying: "This 80th anniversary of VJ Day is a moment of profound significance for our nation. It is a time to remember with deep gratitude the courage and fortitude of those who fought for the freedoms we enjoy today. In an increasingly dangerous world, we gather to give thanks, to remember sacrifices made, to offer prayers for peace and, as we honour the past, to affirm our commitment to building a more peaceful and just world for all."

St Boniface church bells were rung to join towers in over 600 churches across the UK as part of a national VJ Day 80 bellringing event to commemorate this poignant anniversary. Even more poignant for our tower is that one of our ringers now in his 80s, was there on VJ Day in 1945.

The Bereavement Journey

The Bereavement Journey is a seven-session course that provides a safe space to talk with others who understand the pain of grief, to explore the impact of their loss, and to consider ways they might resolve issues they are facing, for a healthy and positive future.

The course was developed at Holy Trinity Church, Brompton, and has been refined over 23 years. It is now used by churches of all denominations across the country. Although it is run by Christian volunteers it is available to people of all faiths and none; the only "faith" session is the final one, which is optional. The course is for anyone 18 years or over, bereaved of any person at any time, by death, whatever their relationship to the deceased. It will run at St Boniface every Thursday from 30 October to 11 December, from 2:00pm to 4:15pm, in the Tower Room. There is a charge of £20 per participant which will cover the cost of a grief manual. Anyone not in a position to cover the cost of the course please contact Rev Tim Hayward at revtimhayward@stbonifacebunbury.org or Amber Middlemiss at amber.middlemiss@stbonifacebunbury.org who will be able to access help.

As a church-sponsored event we will be operating under our safeguarding policy which follows the House of Bishops' policies and guidelines and which can be found on our website. For those who cannot attend in person, there is a UK-wide course, run online three times per year by The Bereavement Journey.org.

Bunbury Medical Practice October news

Staff news

We would like to welcome Laura, our new reception manager, to the Bunbury team. Laura has previous experience within General Practice, and we look forward to working with her. In addition to Laura joining our reception team, we also recently welcomed Kate as a receptionist.

As we are a training practice, we have registrars working at the surgery. Dr Fiona Mellor and Dr Michael Evans joined us over the summer, and they will work alongside Dr Arfa Ayob for the next few months.

Michael Hutchison, MSK specialist, is a new addition to our physiotherapy team.

Musculoskeletal (MSK) Specialists

With the arrival of MSK specialist, Michael, we are taking the opportunity to remind patients about our physiotherapy team who are based here at the surgery. Ruth Court works in the surgery on a Monday; Helen Thompson covers all day Tuesday and a Wednesday afternoon and Michael will be working here all day on a Thursday. Our physiotherapy practitioners are trained to a high level and can investigate and diagnose joint and muscular problems. They can arrange additional physiotherapy and imaging (including MRI scans) if felt needed, and can also make referral for orthopaedic and pain management assessments. If you have a musculoskeletal problem, seeing one of our MSK practitioners is invariably quicker than waiting to see a GP and indeed our GPs would recommend that you see one of our MSK practitioners instead for musculoskeletal issues, due to their specialist training. Appointments are bookable by calling our reception team; there is no need for a GP consultation beforehand.

Flu Vaccinations

Tis the season of mists and mellow fruitfulness ... and also of flu vaccinations. As in previous years, appointments will be available from early October; please look out for invites to attend, which will be sent out by text or post. All patients aged over 65 are eligible to receive a flu vaccination. Patients under 65 may also be eligible; please contact the surgery if you are unsure.

Waiting area

As planned, the surgery waiting area was re–decorated over the August Bank Holiday weekend and the information screen is finally back in action, providing useful information to our patients. We are still happy to accept donations of artwork for the waiting area walls.

Training Day

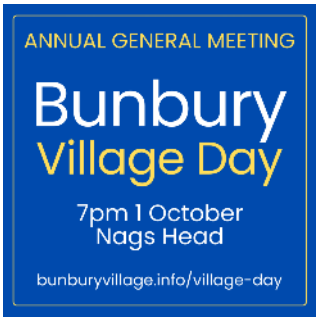
The practice will be closed from 13:00 on Wednesday, 8th October 2025; it will reopen the following day at 08:00am

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

SCREENING SAVES LIVES

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

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



The Annual General Meeting for Bunbury Village Day will take place on Wednesday 1 October at 7:00pm in the Nags Head, Bunbury. If you would like to find out more and perhaps join the team and help plan Bunbury Village Day 2026, please come along and join us! We are specifically looking for a volunteer to lead our Community BBQ!

If you can't make it to the meeting but would like to get involved, you can email us at bunburyvillageday@gmail.com

Sky notes for October

Three bright planets are on view this month: Saturn, Jupiter and, by far the brightest, Venus.
Saturn, the ringed planet, is well placed for viewing this month. Visible all night, it sets around 5:00am. On the night of **5/6 October**, the Moon passes above Saturn, so this is a good opportunity to spot it.

Jupiter rises around 11:00pm, so you will have to stay up late (or rise early) to get a good view of him. The last quarter Moon passes above Jupiter on the night of **13/14 October**.

Venus greets early risers, itself rising around 5:30am. It is a very bright object in the east before dawn, sometimes referred to as the Morning Star. Look out for a pairing of Venus and the Moon on the morning of **19 October**. The Moon will be to the upper right of Venus.

October is a good time to view the Andromeda Galaxy. This is the neighbour of our own Milky Way galaxy, lying 25 million light years away. It's the furthest object you can see with the naked eye.

How to find the Andromeda, looking north east on a dark October evening

To find the Andromeda Galaxy, locate the constellation Cassiopeia (a W-shape) in the northern sky. Use the deeper part of the "W" as a guide, imagining it as an arrow, and follow the line of the arrow about three times its length. The faint smudge you see there is the Andromeda galaxy. For best viewing, find a location with minimal light pollution and no bright Moon in the sky.

A useful observing tip when trying to spot faint objects like the Andromeda Galaxy is to use averted vision. If you look slight to the side of the object you are trying to see, it causes the light to fall on the most sensitive outer region of your retina (the central region evolved to perceive fine detail, but is not as sensitive to light). The galaxy will be a little clearer in binoculars. Here, averted vision will work as well. Try it!

Image of the Andromeda Galaxy by Steve Knight of the British Astronomical Association on August 21 using a Seestar S30

The night of **21/22 October** is the peak of the Orionid meteor shower. In dark skies you might spot a few meteors per hour, especially on the early hours and before dawn.

Don't forget that British Summer Time ends at 2:00am on 26 October. You'll need to put your clocks back by one hour. Clear skies!

Bunbury Stargazer

A beautiful summer day brings community together for Pet Service and cricket

What a gorgeous day it was in the village — blue skies and sunshine so hot that many had to take cover under umbrellas or seek out shaded patches of grass to stay cool. The atmosphere was welcoming, with families and friends gathering to enjoy a wholesome day out.
The event featured some very special animal guests, including Jim Bob I and Jim Bob II snails, and the adorable guinea pigs Cinderella and Marshmallow. Not to be forgotten was Lord Dexter, also known as Lord Bunbury, a sprightly 14-year-old dog, and Foxy, a clever lamb named for her daring escape from a dog. The music was uplifting, with classic hymns that added to the warmth of the gathering. The service was followed by a thrilling cricket match that kept spectators on the edge of their seats, going right down to the final over.
It was a day for all ages, an event that truly captured the spirit of the village — friendly, fun, and set in stunning surroundings. A wonderful reminder of the community's strength and joy in coming together.
A big thank you to the cricket club for making this event possible!

Share your passion

In this edition Faye Holley shares her passion for decluttering

Even as a child, I found joy in organising and would happily help friends tidy their rooms (even when they thought it was the worst chore imaginable!). As an adult, I've experienced first–hand how a cluttered space can impact daily life.

My husband has ADHD, and when things are out of sight, they're out of mind. We once discovered brand–new clothes he'd forgotten he even owned buried under piles in a chaotic wardrobe. That moment led me to create a simple, accessible clothing system, ostensibly to help my husband, but making the space work better had a huge impact on us both. It showed me just how much a cluttered space was affecting our wellbeing, and completely changed our daily routine — getting ready went from being a stressful chore to a pleasant experience!

My IKEA hack 'wardrobe'! We can see each item so nothing becomes lost.

I also realised this was something many friends, relatives, colleagues, and neighbours, were struggling with in some way. Passionate about organisation, I noticed whenever I brought up the subject, most people had a "dreaded" area, be it a spare room, loft or garage, sometimes a room they could no longer use for it's intended function! (Think dining tables covered in mounds of paperwork!). Upon more research, I learned that clutter is not just an aesthetic issue — it can affect mood, drain energy, and stifle productivity. Research has shown [perceived] clutter can be linked to elevated cortisol, often referred to as the stress hormone. Stimulus overload can lead to mental fatigue and difficulty focussing, and the persistent sense of being over–whelmed by clutter can really impact our emotional health.

It's important to consider the mental weight of clutter, too — even if it's hidden away. Those clothes you'll "get back into one day"; half-finished projects sitting around causing feelings of guilt. I'm a big believer in living in the "now"; your possessions should reflect who you are today, not who you once were or might be, particularly if those items cause feelings of guilt, low self-esteem, or being overwhelmed.

I began to read more about the subject, including the popular books by Marie Kondo. I found myself nodding along as I read, eager to not only ensure my own space brought me joy, but wondering if I could somehow help others change their life in this way too!

After helping lots of my friends declutter their kitchens, overhaul their wardrobes, or sort their understairs cupboard (a popular clutter culprit!), I realised there was a real need for some support with decluttering and organising — not everyone relishes the thought of a good old sort out! (Who knew!?) So, I decided to set up my own decluttering and organising business at the start of this year.

So far, I've helped organise pantries, offices, play rooms, bedrooms, wardrobes, garages and even tools on a building site! And I LOVE it! I called the business "Journey to Space", not just because I love a play on words, but because decluttering really is a journey, often encompassing many emotions along the way. The journey allows for pauses and reflection, and like any journey, there are maps (plans), rest stops (taking breaks), and destinations (peace, clarity, safety).

We often think of "space" as just physical, but clearing clutter creates mental and emotional space too. Creating space in our homes can help create space in our hearts and minds for what really matters.

Like many of us, I enjoy a good "before and after" show, so when a friend told me about the BBC show "Sort Your Life Out", I was hooked! Families previously struggling with too many possessions and cluttered living spaces were able to let go and enjoy their homes, free time or hobbies again! And all it took was some support – granted, from a huge TV crew with a huge budget, but the principle is the same, sometimes you just need to ask for a bit of help!

Decluttering isn't about having less — it's about uncovering what you love, use, and need. I love helping people see the value of what they choose to keep and let go. Rediscovering a previously "lost" item and giving it pride of place, to be cherished and enjoyed every day. I also like to think of decluttering as a way of blessing others. There is a lovely community angle to having a clear out — you might donate to a local charity or school or church jumble sale or raffle, send books or toys for Children in Need, items for women's refuges or homeless shelters, old towels to a pet rescue centre, ill–fitting bras to a bra–bank, spectacles for overseas charities, the list is endless!

Perhaps you have a cupboard you don't want to open, or a drawer that WON'T open, or even that dreaded understairs cupboard. Start small; are there any quick wins you can remove immediately, e.g. pens that don't work, food way past it's best before date, broken utensils? Are you passing the charity shop this week, could you take that old coat you never wear — it could keep someone in need warm this winter? You don't need a film crew to empty your whole house, just making a small start really does encourage you to keep going, I promise! And if you need my support, I'm always happy to advise, I love to chat all things decluttering and creating space for what truly matters!

“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.

Walk backwards

So-called ‘retro-walking’ originated in China a very long time ago, and is still popular there, as shown by their expression “a hundred steps backwards are worth a thousand steps forwards”. And a man named Patrick Harman walked backwards all the way from San Francisco to New York over a hundred years ago (I don’t know how long it took)!

Walking backwards has now been proven to improve balance and boost brain power, and is used by physiotherapists as a treatment for lower back pain and to improve gait and stability. Very different muscles are used compared to normal walking, and the calves, shins and quads are particularly activated, which stretches hamstrings and improves flexibility, all of which reduce strain on the lower back. It also uses 30% more energy (calories) than walking forward, so helps to burn fat and lose weight. It has been shown to significantly activate the pre–frontal cortex in the brain, which helps with problem–solving, and boosts memory, thus improving cognitive skills.

It can be done on a treadmill — probably the safest option as there are handrails to hold onto — but you can also do it at home, if you clear obstacles out of the way first, or outside, when it’s preferable to have someone with you who can look out for obstacles. Sometimes people do it in pairs, with one facing one way and one the other, holding hands, walking for a minute in each direction. Start with a minute a day and work up to five or ten minutes after a week. One study with elderly adults where they did fifteen minutes a day, five days a week, for four weeks, found they had significantly improved stability and balance after just two weeks, thus helping with fall prevention and general wellbeing.

Liv Weller

Tree of the month

As summer comes to a close, we can begin to see the rewards of spring's blossoming, with colourful berries and fruit ripening on our trees. One of the earliest and brightest of these is the Rowan Tree. It is a tree with many names and much mystery: Mountain Ash, Witch Wiggin tree, Keiran and more. Its formal name is *Sorbus aucuparia*.

It will grow to about 15m and can live for up to 200 years. It has long been a popular tree in gardens, both in towns and the countryside. Mythology suggested that the tree was effective at warding off evil, and if you used the wood to stir milk, it wouldn't curdle. All of which may account for its popularity in days gone by.

However, today we enjoy the white blossoms in spring and the vibrant scarlet berries of early autumn. A great store of food for birds, attracting blackbirds, redstarts, and thrushes, among others. Many examples can be found around our village, but this Rowan is a good-sized example at the end of Queens Street. Full height and loaded with those spectacular fruits. It also has a younger companion.

Peter Gorman

Thank you so much if you are one of the 450 Co-op members that have already chosen to support the 25th SW Cheshire Bunbury & District Scout Group.

If you shop at the Co-op in Bunbury (or elsewhere) there is still time for you to sign up! The more Co-op members that choose to support us, the more funds we'll receive at the end of the funding round in October 2025. And it’s super easy to do so here: https://membership.coop.co.uk/causes/93147. Choose 25th SW Cheshire Bunbury & District Scout Group as your Local Community Fund cause on the Co-op app. Then click the “Discover” tab at the bottom of the Co-op app and tap on Member Prizes for a chance to win £500 for you and £5,000 for us.

Bunbury Garden Club Show

Rhubarb, potatoes, carrots and crafts — all were on display at the annual Bunbury Garden Club Show. One might have thought that it would be a poor growing season with the heat and lack of rain. However, we enjoyed one of the best shows ever with many entries and a large number of visitors.

Len Davies at ninety two years of age, put on a stunning display of dahlias. Len only began growing dahlias four years ago with expert help and encouragement from the late Barry Smith. A fitting tribute.

Visitors to the show were surprised at the variety of fruits, vegetables and flowers on display. The arts and crafts section showed some outstanding drawings and paintings. The combined works from Mr and Mrs Stewart won a trophy.

Photography was also a popular category and the baking entries of bread and cakes were amazing. At the end of the afternoon many certificates and trophies were awarded.

The success of this year's show is down to the hard work of the show committee, a big thank you to them. Also thank you to the members who provided the delicious refreshments enjoyed by so many. An excellent turn out of Bunbury residents made the afternoon — let's hope we can build on this success next year.

Keith Blackwood

Alpraham and Calveley Village Day

Alpraham and Calveley residents celebrated the first anniversary of the opening of their new Village Hall on 6 September with their first Village Day for many years! Held on the playing fields, the new hall became an integral part of the event.

It was lovely to see so many new residents and their families enjoying the bouncy castle and slide. The games provided excitement and fun. The wellie wanging was hilarious and the tug of war as the grand finale was fiercely fought!

Thank you to all who brought their precious vehicles and bikes and to everyone who put so much effort into making the afternoon a success.

Monthly Coffee, Chat & Craft sessions will resume in October. Details of all ACVH activities can be found on Facebook and at www.acvillagehall.co.uk

Chatty Cafe launch at Tilly's Bunbury

We were very lucky to have Mayor David Edwardes, Aphra Brandreth, MP, Councillor Becky Posnett, local residents and also a Crewe resident, Charles, at the launch of our Chatty Cafe.

The Chatty Café is a great way of encouraging people to talk to others. The scheme is the brainchild of Alexandra Hoskyn, who founded it after a miserable day at a supermarket cafe with her infant son, where she noticed that no one was talking to each other. She found that by simply putting 'Chatter & Natter' signs on tables in cafes it created a space for people to talk. .

Charles was the inspiration for Tilly's Bunbury choosing Thursday mornings to host our Chatty morning.

Charles is 86 years young (almost 87). He drives to Bunbury every Thursday morning for breakfast at Tilly's Bunbury at 8:30am. We look forward to our weekly catch up talking about anything and nothing!

We are very lucky to have regular groups meeting at Tilly's, but we are also aware that there are some people who don't have a group to come with so when we saw the national chatty scheme we wanted to join!

It is open to all, no age or gender barriers. At Tilly's we are already very welcoming to everyone and want this to extend to give people an opportunity to choose to

sit at the chatty table, for however long they wish, but also give people the option not to!

Paula Robinson

One Friend Running "Ring O Fire" 2025

Last year a few weeks after sitting through the amazing funeral service that celebrated one of the great characters to walk this earth, Simon Lees–Jones, I came across an event, The Ring O Fire; a circumnavigation of Anglesey, one of his favourite places. Could I take this on as a way to celebrate not only Si, but also treasured friends and family who lived such full lives but died too soon?

I was most unsure, but in December having already set about training I thought I'd better enter to keep my options open. I love exercise, but some of it was long and lonely, but I hoped this would give me the mental fortitude I would need. I was so full of doubt it took a few months to even share my plan with the family.

All was going reasonably well until June when my body decided running was not a good idea, so I took to the shed and did my hours on the cross trainer or bike. This was backed up with weights and walking.

Mid–July saw me back running and getting in the miles, and working out how to get enough calories down me. The week before meant tapering, a period of reduced training and carb loading; this really did make me feel awful, although that was perhaps nerves.

Friday 29th and I was on the start line in sunshine, thankfully not the predicted rain. With nothing to lose, I'd just give it my best shot.

Once on the move I felt great, sticking to my strategy to run comfortably and walk the hills. The people of Anglesey were out in force supporting, ringing their cow bells. I could have been in the Alps. My support crew popped up periodically to also cheer me on and keep the supplies going. Just before Lligwy I was boosted by hugs (and banana cake) from Si Lees–Jones' family.

Moelfre signalled 50 miles, I handed in book pages I'd collected to prove no corners had been cut! Refuelled, I

continued. As the light faded I headed out to Penmont Point and spotted the big wheel at Beaumaris and my spirits rose, but were then dashed as the route veered me away and it turned into a long slog on the tarmac. Eventually I rounded Beaumaris Castle to checkpoint 4.

There was an option to rest but I felt strong and so continued. I headed off into the night, the streets were deserted and the silence only broken by my awful singing occasionally hitting a note. As I approached St Mary's church on the Menai Straits my torch failed so I thought I would try to get some rest. I gave it a couple of hours but couldn't drop off so once again headed out into the darkness. Despite opting to walk in the darkness, I wiped out for a second time which probably didn't help my cause. What finally broke me was the soft sand of Newbrough Forest, even the sight of a red squirrel didn't lift my mood. I once again tried to rest but couldn't, my spirit wasn't broken, but my thighs were and my race was run.

One sleep on I was debating if only, but considering the stairs were challenging, I was dreaming.

Now this bit is a little unconventional as I have already attempted my challenge, I sadly fell short of the mark, but having been encouraged by others I am going to gain a positive from my efforts by raising funds for charity. If you think this is bare–faced cheek I apologise, I desperately wanted the glory of that finish line, but the charities need the funds.

The inspiration was dear friends and family who lived such full lives but unfortunately left us far too soon.

The ambition was to complete the Ring O Fire —132 miles (216km) of the Anglesey Coastal Path, in a non stop race.

The result was 151.3km before I couldn't go on and despite the band of angels' efforts to carry me through I was truly broken.

I have a **just giving** site https://www.justgiving.com/crowdfunding/fiona-chesworth?utm_medium=FA&utm_source=CL (can also be found by searching Fiona Chesworth on the just giving website) I have chosen to support; **Papyrus —** Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. https://www.papyrus-uk.org/

The Christie — A Manchester based hospital delivering care and pioneering research for cancer patients. https://www.christie.nhs.uk/the-christie-charity

Fiona Chesworth

"Ancient Villages — Seven Miles Round Nantwich" New exhibition at Nantwich Museum

Nantwich Museum aims to record the past of not just the town itself but also the surrounding countryside. This year the museum's Research Group have focused on villages around Nantwich, many of which are older than the town itself. "Ancient Villages – Seven Miles Round Nantwich" has opened at the Pillory Street Museum and is due to run until Saturday 11 October.

The exhibition was inspired in part by Nantwich historian James Hall's notebook: "7 Miles Round Nantwich", which will be on display during the exhibition, on loan from the Grosvenor Museum in Chester. The notebook was compiled at the end of the nineteenth century encompassing census details, notes about the local villages and interpretations of a range of topics. From this base, the Research Group has developed an informative and interactive exhibition covering a wide range of local village-related topics including place names, churches and chapels, rural pubs, transport, zoos, prominent people all interspersed with quirky stories.

Nine countries and 710 miles in nine days

Recently I was fortunate enough to take part in a cycling challenge tackling nine European countries in nine days. The team consisted of five friends from the North East, with some of whom I completed the Lands End to John O'Groats ride in 2021. Starting in Dunkerque, our aim was to spend one night in Belgium, Netherlands, Luxembourg, France, Germany, Austria, Lichtenstein, Switzerland and finish in Italy. We gathered outside Dunkerque railway station at 9:00am, for the obligatory team photo.

The Beaches and the harbour of Dunkerque will be forever remembered for the evacuation of 338,000 Allied soldiers,

during Operation Dynamo. We depart 85 years on from that moment. By late morning we enter the city of Ypres, the stunning architecture is quite something. As a member of the Royal British Legion and the Bunbury Branch Standard Bearer, Ypres is somewhere I've always wanted to visit. We stop for a coffee not far from the Menin Gate — a memorial to the missing. The large hall of the memorial contains the names on stone panels of 54,395 Commonwealth soldiers, who died, but whose bodies have never been found. The Menin gate is a very emotional place to visit. By early evening we reached our destination for the evening, Ghent.

Day Two: Ghent to Maastricht — 97 miles

Today we got our wish, a westerly wind, as we head east to Maastricht. We bypass north of Brussels and head through the city of Mechelen. During WWII Mechelen was the home of a transit camp, where 25,000 Jews and Romani were sent by rail to Auschwitz-Birkenau. The site of the transit camp now houses a museum to the Holocaust and human rights. On approaching Maastricht we pass over the canal Briegden-Neerharn and leave Belgium and enter the Netherlands.

Day Three: Maastricht to Vianden, Luxembourg — 95 miles

Heading south out of Maastricht, using mainly cycle paths, we cross the border back into Belgium. Between the villages of Merckof and Henri-Chapelle we pass the Henri-Chapelle American cemetery and memorial, the largest American WWII memorial in Belgium. Here 7,992 US soldiers are interred. Standing overlooking the thousands of white crosses, just brought home the ultimate sacrifice given by these brave boys. A ten–mile climb now faces us, so it goes very quiet, as breathing becomes more important.

Day Four: Vianden to Sarreguemines, France — 98 miles

The ride today consists of following various rivers. We head south following the river Our.

Day Five: Sarreguemines to Hornberg, Germany — 101 miles

We follow the Canal de la Marne au Rhin for about fourteen miles, taking us to Strasbourg. As we approach Strasbourg we pass the European Court of Human Rights and the Agora Council of Europe building.

Day Six: Hornberg to Bregenz, Austria — 110 miles

After the descent from the hotel, we are immediately into a five–mile climb, averaging at eight percent — this was probably the toughest test we had encountered so far. After a couple of smaller climbs we then descend to the shores of Lake Constance, cycling through numerous holiday resorts, mostly on the Luxembourg side of the border. We briefly cross into Germany and the river Our flows into the river Sure. We then cross the river Moselle, and then join the river Saar.

Day Seven: Bregenz to Nendelin, Lichtenstein — 24 miles

Rest day, just a 24–mile ride to Lichtenstein. After 22 miles we cross the border and for the first time we show our passport. Two–mile ride to the hotel. Lichtenstein is Europe's fourth smallest country.

Day Eight: Nendelin to Thusis, Switzerland — 47 miles

We join a cycle path on the side of the river Rhine; after five miles we cross the river and enter Switzerland. We cycle past the capital of Lichtenstein, and get a good view of the Rhinepark Stadium, where international matches take place. Soon we see Vaduz Castle which is the residence of the Prince of Lichtenstein. After reaching the village of Tamins we leave the Rhine and join the river Hinterrmein, a tributary of the Rhine. After some steady climbing we reach our hotel in the town of Thusis.

Day Nine: Thusis to Colico, Italy — 58 miles

Setting out from Thusis we continue to follow the river Hinterrmein and pass through the Viamala Gorge. After 16 miles of constant climbing we reach the village of Splugen. From here we start a five–and–a–half–mile climb over the Splugen pass (photo below). On reaching the summit we

cross into Italy, and start our 37–mile descent (happy days!). We pass both lake Montespluga and lake Mezzola on the descent. Eventually we reach Colico and our hotel on the shore of Lake Como.

A very enjoyable trip. My thanks go to Ian Stephenson for organising the whole trip; Mark Paxton, our van driver and café finder; Kevin Rutherford; Graeme Wells and John McNeil, my cycling comrades.

The Bunbury branch of the Royal British Legion (RBL) is still very much in operation, but active members are very much needed. If you feel like you would like to do something to help with the continuing act of remembrance, or support service personnel and their families, past and present, you can join the RBL online by going to www.britishlegion.org.uk. The branch meets on the second Monday of the month. Attendance is not compulsory, and you do not have to have any service background.

The Splugen Pass

Andy Lawrence

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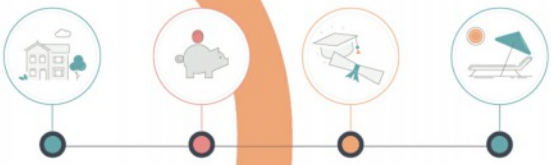

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