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MAGAZINE



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APRIL 2019
Issue 26

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O'Mally - Meols

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Cover Photograph - St Michaels Church on the corner of Bridge Street, Chester



Dear Friends,

It's official, Spring is in the air! The nights are getting lighter, the sun is shining, birds are singing (getting ready to make their nests), and everyone

is happier at this time of year.

Now is the time to 'Spring clean' the house, gardens and even the car! If you need any help, a little or a lot, we have super helpers advertising in this months magazine to give yourself a head start!

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Best Wishes
Maxine & Mike



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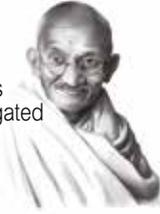
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DO YOU KNOW?

1. Coffee with cream cools about 20% slower than black coffee.
2. An estimated 20% to 25% of people are immune to hangovers.
3. Gandhi Was Extremely Racist towards Africans and even Lobbied for Segregated Entrances To Public Buildings.
4. The King of Norway is 73rd in line to the British throne.
5. In the UK, you can never be more than 70 miles away from the sea.
6. The first President born in the U.S. spoke Dutch as his first language.
7. IKEA is an acronym: "IK" are the founder's initials, "E" is for the farm he grew up on (Elmtaryd), and "A" is for Agunnaryd, his village.
8. Paul McCartney had a dream about his deceased mother, Mary, who calmly told him to **"let it be."** He started writing the song the next day.
9. Barack Obama was the first sitting U.S. president to visit a federal prison.
10. The 3 tallest statues in the world are of Buddha.
11. Whenever Prince Charles visits the U.S., his Secret Service code name is "Unicorn."
12. A man named Bud Weisser was recently arrested for trespassing at the Budweiser Brewery in St. Louis, Missouri.
13. There are 5,865,696,000,000 miles or 9,460,800,000,000 kilometers in a light year.
14. The volcanic system beneath Yellowstone holds enough lava to fill 11 Grand Canyons.
15. During the Cold War, CIA agents used a method of communication based on how their shoelaces were tied.
16. Prince Charles has an Aston Martin that runs on wine.
17. The average meat-eating person eats about 7,000 animals in their lifetime.
18. The Statue of Liberty was originally conceived of as being a peasant Muslim woman in traditional Islamic dress.
19. United Artists offered Stallone up to US\$340,000 to sell them the rights to the screenplay of Rocky if he agreed to not star in the movie. He refused.
20. A bilingual individual can be dyslexic in one language and not the other.
21. In China, there is an "Elderly Rights" law which makes it illegal for anyone who has parents over 60 not to visit them regularly.



22. Titanic II will be a close replica of the Titanic, and is set to sail in 2018.
23. In rich countries, obesity is more common among the less educated, but in poor countries, obesity is more common among the highly educated.
24. Oklahoma's capitol building sits on an active oil well and has an oil rig out front.
25. Of all the countries that celebrate an independence day, 58 are independent of the UK, 26 of France, 21 of Russia and 21 of Spain.
26. The iconic Windows 95 startup sound was composed on an Apple Mac.
27. Only about 1 in 100 marriages in India end in divorce, one of the lowest rates in the world.
28. 1 billion people speak English. That's 1 in every 7 on earth.
29. English words "I", "we", "two" and "three" are among the most ancient, from thousands of years.
30. The longest common English word without vowels is "rhythms".
31. 600,000 hacking attempts are made to Facebook accounts every day.
32. Al Pacino was the first "face" on Facebook.
33. Several people have been murdered for unfriending someone on Facebook.
34. Facebook tracks which sites you visit, even AFTER you have signed out.
35. 10% of the world's population is left-handed.
36. Famous left-handed people include Napoleon, Da Vinci, Michelangelo, Einstein, Newton, Bill Gates, Oprah, Obama and Jimi Hendrix.
37. You don't like the original version of a song because it's better. You like it because it's the one you heard first.
38. Warner Music collected over US\$2 million in royalties in 2008 for public usage of the "Happy Birthday" song.
39. 149 - 0 is the highest score ever made in a Football game. AS Adema 149 - 0 SO l'Eymyren was an association football match played on 31 October 2002.
40. After the whistle to start the game, soccer player Lee Todd said "F*ck me, that was loud" and received the fastest red card in history: 2 seconds.



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ChAPS expand into Warrington

A charity which works to support people with autism and their families has extended their services into Warrington with a variety of activities on offer in the community.

Cheshire Autism Practical Support (ChAPS) already supports people of all ages across different parts of Cheshire, and, with thanks to a confidential donation, has now been able to branch out into Warrington. "We are delighted that our ChAPS activities are now officially up and running in Warrington, and Manager Julie Gerke has been overwhelmed by the warm welcome from existing service providers," says ChAPS Managing Director Jo Garner.

"We are very much looking forward to working in partnership for the benefit of all of our families, and would love to support as many people as possible across Warrington."

Activities up and running include a play session at Warrington Sensory Centre on the first Wednesday of the month (4pm-6pm) and Street Dance at Stage Pro Academy on the first and third Mondays of the month (5pm-6pm).

Bowling takes place at the Tenpin Centre on the second Monday of the month (5pm-6.30pm) and multi-sports and family swim at Lymm Leisure Centre on the fourth Sunday of the month from 12.15pm-2.30pm.

A parents' meeting will also take place on the second Friday of each

month at the Walton Lea Project Café from 10am-noon.

Julie is also finalising details to run a fortnightly Kidz Club at the Warrington Sensory Centre and Youth Club at Daresbury Village Hall. Other activities which could follow include go karting, horse riding, animal therapy and climbing, as well as extending the current training and therapies for both adults and children which take place on a rotational basis in Runcorn, Ellesmere Port and Northwich.

Autism remains the fastest growing condition in the world, affecting one person in 36, and ChAPS has already benefitted thousands of people of all ages who are on the autism spectrum.

Anyone wishing to find out more about ChAPS membership should visit www.cheshireautism.org.uk to register online. For help completing the application, please call 0344 850 8607.





OUR ZOO

What's happening at Chester Zoo.

Small, furry and... related to elephants!
Trio of rock hyraxes born at Chester Zoo



- **Tiny 'rock rabbit' triplets make their public debuts at zoo**
- **Mini mammals are, extraordinarily, genetically linked to elephants**
- **Babies are well developed when born and look just like miniature adults**
- **Species has helped scientists learn more about evolution of animals**

Three baby rock hyraxes - a species with a very impressive claim to fame - have made their public debuts at Chester Zoo.

Each of the tiny triplets, born to mum Daissie and dad Nungu, weighs no more than 250 grams – around the same as a mango – yet they are genetically more closely related to elephants than any other animal.

Just like their much bigger ancestors, rock hyraxes boast two large incisor teeth which constantly grow like tiny tusks, while the shape of their feet and their skull structure is also very similar to an elephant's.



OUR LATEST NEWS & EVENTS



Typically, small mammals undergo a short gestation period but pregnancies in rock hyraxes last for more than seven months. At birth, the species' young are well developed, just like miniature adults.

As its name suggests, the rock hyrax lives in rocky terrain and can be found in large colonies across Africa and the Arabian Peninsula.

Also known as 'rock rabbits,' scientists believe they have their own form of language, communicating via 20 different noises with particular tones conveying different meanings.

The species has long been a point of study, helping researchers to learn about how different animals can evolve and adapt to the environments where they live.

Rock hyrax facts

- ◆ Rock hyraxes live in colonies of two to 26 individuals and to communicate with each other they make 20 different noises. They produce an episode of 'harsh yips' which build up to 'grunts' to defend their territory
- ◆ Hyraxes don't need much water because they get most of it from their food
- ◆ Hyrax feet are built for rock climbing - the bottom of each foot is bare and has a moist, rubbery pad that provides a suction-cup effect to help the hyrax cling to rocks without slipping
- ◆ The zoo's latest pups were born on 19/07/2018 and are comprise of two males and one female
- ◆ When pups are born they look like miniature adults – born with their eyes and ears open and with the same furry coat
- ◆ Hyraxes have a special eyelid (called a nictitating membrane) for sun and dust protection; a bulge in each iris acts as a built-in sun visor. miniature adults – born with their eyes and ears

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NASSAU

Hidden among a group of islands poised between the Atlantic and Caribbean—and only a few hundred miles from the United States' southern coast of Florida—Nassau Paradise Island has sheltered everyone from pirates and freed slaves to blockade runners, rum smugglers and runaway lovers over the centuries. And although times are peaceful now, they still cherish a tradition of people making their own rules under sunny skies.



Musical traditions here reflect both the impact of history on the islands and a homegrown, distinctively national character. All through the islands of The Bahamas, music is woven deeply into the fabric of daily life—so much so that one of the nicknames given to our archipelago is “the Islands of Song”.

COZUMEL

One of the top diving destinations in the world for its bright storybook coral reefs, the island of Cozumel is also home to a variety of natural beaches. Choose a beach with soft white sand for relaxing, or snorkel off a rockier vista. A destination for both adventure and romance, Cozumel has a year-round Caribbean climate, untrammelled jungle and abundant nightlife.



COZUMEL

The most common method of transportation to the island is by boat. There is a ferry service that connects Cozumel to Playa del Carmen for pedestrians, and a ferry out of Calica.

The ferry connecting to Playa del Carmen runs quite frequently, there are three ferries on duty.

If you fly into Cancun, take either an airport-shuttle to Playa del Carmen, or a bus from the airport to Cancun City, and then a taxi to Playa.

From Playa del Carmen you can take the ferry to Cozumel.

Once in Cozumel, there are lots of places within walking-distance, or you can take a cab, rent a car, or even a scooter.

Wear really comfortable clothing (beachwear), shoes (flip-flops!), plus sunscreen and repellent.

For all travelers, divers, and snorkelers, please do not touch the marine life or pick them up. Let's work together to preserve this beautiful place.

Organize your day and take care in the sun while you are at the beach to avoid heat stroke; always carry water and a hat or cap with you.

Your holiday will finally finish back in Miami, giving you enough time to take in a few more sites.

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COMMUNITY NEWS

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Going the Distance - 480 Years of Racing at the Roodee A new exhibition to launch at the Chester Grosvenor Museum



Once likened to racing on 'green velvet' by jockey Lester Piggott, Chester's hallowed Roodee turf is uniquely positioned at the heart of the city of Chester. With less than 50 days to go until a new season of racing at Chester and as the racecourse celebrates another milestone in its illustrious history, a new exhibition at the Chester Grosvenor Museum will soon open to commemorate 480 years of racing at Chester.

Opening on Saturday 20 April, this exhibition will present objects and images from Chester Race Company and the Grosvenor Museum that will explore the origins and heritage of the oldest racecourse still in operation in Great Britain, if not the world.

Members of the public are invited to visit the exhibition and learn the fascinating story of the evolution of the racecourse and its famous site which dates back to the Roman period. From archaeological excavations and racing firsts to tales of legend and stories of gallant victors, the timeline of the Roodee paints a rich tapestry that will stand the test of time.

Chief Executive Officer of Chester Race Company, Richard Thomas said,

"We have been working closely with the museum over the last 12 months in a new Corporate Partnership capacity to bring our story to the general public. Many will be aware of some of the more famous facts, faces and stories of the Roodee and we are thrilled that a fascinating collective narrative of the racecourse's history will be brought to life this year to commemorate 480 years. We are proud to have built a strong relationship with the museum and celebrate our connection with the city of Chester and its people."

Running the duration of the 2019 Chester racing season, members of the public along with racegoers visiting the

city are invited to enjoy this exciting exhibition and even get involved by imparting their own mementos or memories into the narrative. The museum is interested in hearing from anyone who holds anything from race badges, programmes and photographs to hats and fascinators from the past 480 years.

Councillor Louise Gittins, Cabinet Member for Communities and Wellbeing, Cheshire West and Chester Council, said:

"Our Corporate Sponsorship Scheme started in September last year, businesses can play a vital role in developing arts and culture. The new Partnership Scheme is helping to safeguard an essential part of Chester's Heritage for current and future generations."

"I'm looking forward to seeing this new exhibition telling the story of the oldest racecourse still in operation in the country. Please contact the Museum if your business would like to become a partner."

To be part of the story, email grosvenor.museum@cheshirewestandchester.gov.uk or telephone: 01244 972197 before the end of March. Visitors to the exhibition will also have the chance to leave their story for others to read and a digital capsule will be made public via the Chester Racecourse website once the exhibition closes at the end of September.

For more information visit <http://events.westcheshiremuseums.co.uk/event/going-the-distance-480-years-of-racing-at-the-roodee/> Entrance to the museum is free, but object as well as monetary donations are gladly welcomed.

Tickets and badges to all fixtures across the 2019 Chester racing season are currently available to purchase online at <http://www.chester-races.com> or from the Chester Racecourse Box Office - 01244 304 600.

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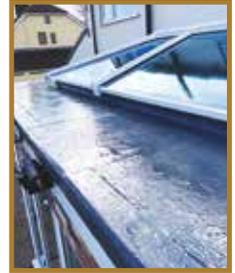
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What to do in the Garden in April

April's here and spring has sprung at last! As the weather warms and early flowers start to bloom, all of a sudden it feels like there's plenty to do in the garden again.

Timely tips



Start with these four garden tasks this month:

Order your summer bedding and hanging basket plants online now - *it's your last chance!*

Give your greenhouse a thorough scrub (if you haven't already) with hot soapy water. This will get rid of pests and diseases and let in more light.

Prepare beds for the growing season. Dig in a 5cm (or more) layer of compost or well-rotted manure. You can also work in a general-purpose fertiliser, such as pelleted chicken manure, or fish, blood and bone.

Check your container plants aren't drying out - the warmer weather will quickly affect soil moisture levels.

In the flower garden



Here's what to be getting on with in the flower garden this month:

This month, there's plenty to sow and grow. But there's plenty more to do besides sowing and planting out. Here are your main garden jobs this April.

- Lift and divide perennial plants now, to improve vigour and create new plants for your garden.
- Divide hostas before they come into leaf.
- Pinch out the tips of fuchsia shoots and sweet pea plants, to encourage bushy plants this summer.
- Divide primroses once they have finished flowering.
- Move evergreen shrubs and trees now, provided the soil isn't frozen or waterlogged.
- Feed trees, shrubs and hedges with a balanced, slow-release fertiliser, by lightly forking it into the soil surface. Roses, in particular, are greedy plants and will greatly benefit from feeding as they come into growth.
- Tie in climbing and rambling roses.
- Check any tree ties to make sure they're not cutting into the trunk. Loosen any that are tight, to allow the trunk some room to expand.
- Prune your penstemons now - cut back all the old shoots to the base, provided there is new growth at the bottom of the plant. If there are no new shoots at the base, cut just above the lowest set of leaves.
- Finish cutting back any dead foliage on perennials and ornamental grasses (if you haven't done so already), to make way for new growth.
- Prune forsythia as soon as they have finished flowering, cutting back to strong, young shoots.
- Trim winter-flowering heathers as the flowers disappear, to prevent plants becoming leggy.
- Tie in new honeysuckle and clematis stems. These plants will be putting on growth now, and you'll need to train them along their supports.
- Continue to remove faded flowers from winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring.
- Deadhead daffodils and tulips as the flowers finish, but leave foliage intact, allowing it to die back naturally.

So as you can see you will be quite busy!



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COMMUNITY NEWS

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Chester MP praises Local NHS Trust's 'Outstanding' care



CWP staff who have been rated 'outstanding' for caring

A local MP in Chester has praised the outstanding care provided by Cheshire and Wirral Partnership NHS Foundation Trust (CWP), following a Care Quality Commission (CQC) report.

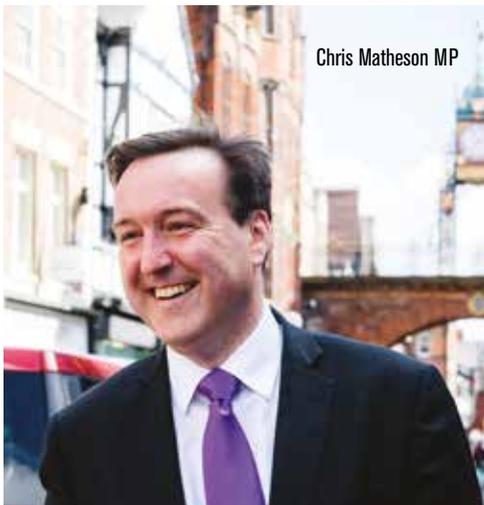
The CQC's findings came after an inspection was carried out, at CWP, in 2018. In their report, the national health watchdog found that CWP were, once again, **'Outstanding'** in the caring category, the highest accolade they can give.

CWP are the only NHS provider in Cheshire to receive an **'Outstanding'** rating for caring, and the only NHS mental health services provider in the North West to receive this rating, also. MP for City of Chester, Chris Matheson, said: *"I wish to offer my congratulations regarding the excellent results of the Care Quality Commission's recent inspection. The services provided by the Trust are truly vital, meeting the often complex needs of some of the most vulnerable individuals in our community, and I am very pleased to see that the hard work and dedication of staff has been recognised in this way."*

In their report, the CQC looked at a range of different categories through which to inspect CWP services. As well as rating the Trust 'outstanding' for caring, they gave CWP a 'Good' rating overall.

CWP chief executive, Sheena Cumiskey, was thrilled by the news. She said: *"The award of our 'outstanding' rating for caring is fantastic news for our organisation and a wonderful tribute*

to the hard work and dedication of our staff. As a Trust, we are committed to providing the most compassionate, person-centred care possible to those who access our services. We recognise that there are areas we need to work on, and we will strive to improve in those areas, so that our already-outstanding care can be improved."



Chris Matheson MP

AutoReview

by **Tony Yates**

Keeping you motoring

Kia Niro '3' 1.6 GDi 1.56kWh lithium-ion 139bhp 6-speed auto DCT



I love Kia, and I'm sorry if you don't like the idea of that, but I do. I am a great fan of this brand because you get so much for so little money. So, to cut a long story short, buying a Kia right about now is probably one of the best things you could possibly do.

Of course, you are probably thinking I'm quite mad – but there are many reasons why you should buy a Kia - and I could spend many hours of my life telling you all reasons why you should – but my editor wouldn't be very impressed which is why I have to finish it here.

But, before I go, I will tell you this - many of my friends own one as well as my own parents – mainly because I told them they should of course. So, now we have all that out the way, I'm going to knuckle down and try to explain to you why I think the Niro is a great little crossover.

Power and Efficiency:

The Niro I had on test was fitted with a 1.6-litre direct-injection unit that develops 104bhp and 147Nm of torque which I have to say feels lively and more than happy to be revved hard on the motorway or rumble around in the urban towns where it really does come into its own to help you save fuel and make motoring in our busy streets just that little easier.

Of course, as it's a Hybrid – the engine is paired with an electric motor that is powered by a 1.56kWh lithium-ion polymer battery. Together, the two power units produce around 139bhp – which is very pleasing for all those times you need to overtake in urgency or when you just want to get going as quickly as possible. The important part here though is the fuel return or should I say MPG or miles per battery life? Well,

whatever we call it - I managed with very little effort 63.5 mpg plus - now that's pretty good in my book.

On the road:

As I already said - the Niro is a hybrid, which means that most of the time the petrol and electric power units are working together. However, I didn't really take it blasting into the corners because actually, I wanted to see how the Hybrid systems functioned as a whole around town and urban highways rather than battle the sweeping corners and fast motorways. The driving position is also good and the bumps and potholes are all dealt with effectively thanks to a good chassis and a suspension setup that just glides. Of course, you are probably thinking that carrying a large battery pack would have an impact on the ride itself - but it doesn't truth be told and it feels just like any other crossover you care to mention

Design & Technology

As I said earlier - Kia give you a lot for very little money in my book, and the Niro does not disappoint here either. Some of the standard equipment on my test car included; an 8" Touchscreen Satellite Navigation with European

Mapping, 8-speaker JBL® Premium Sound System, Kia Connected Services Featuring TomTom®, Black Leather Upholstery, Front Parking Sensors, Heated Front Seats, Heated Steering Wheel, Wireless Mobile Phone Charger. There is lots more on offer, but I'm short on space, so you will have to nip down to your nearest Kia dealer to find out a little bit more.

To sum up:

The Niro is one of the first Hybrid's that I have liked. No fuss - just a really good stylish crossover. Five stars from me Kia.

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Spring into summer



As I write, members of Chester Rambling and Hill Walking Club are happily looking forward to our annual spring jaunt, when we do the civilised thing and stay in a hotel for a couple of nights. This year our destination is Keswick, giving us the opportunity to tread the magnificent mountains, fells and lakesides of the Lake District. Hot on the heels of the Lakes weekend is our spring coach trip, which will whisk us off for a day's hiking in the Yorkshire Dales, with three grades of walks on offer in the Grassington, Malham and Wharfedale areas. This is the time of year when lengthening daylight hours enable us to head a little further afield than during the shorter days of winter. Spring is just around the corner, hopefully bringing with it some drier and maybe sunnier weather – perfect for a day in the hills!

Looking ahead, our just-published Summer programme promises lots of glorious hiking over the coming months. Seeing the intriguing range of walks – A, B and C grades – that our leaders have planned for us always gives me a bit of a buzz. Alongside the more familiar destinations are hills we've noticed on the OS map before but never ventured near, as well as walks in rural Cheshire that are new to us, or variations of routes that we have tackled before. Flicking through the booklet, I spot a C walk labelled, 'Manley and Delamere – 3 Trails', and think to myself 'That sounds intriguing, we must do that one'. Then I look more closely and see that my other half and I offered to lead a B walk at Behwys-y-coed on the same day! No matter how hard we try, we've never yet managed to find a way of doing two hikes at the same time, which is a bit frustrating, given the choices on offer. Our Tuesday evening walks kick off again in May, and are a lovely way to end a summer's day. Last year, these were all blessed with gorgeous weather – is it greedy to hope for more of the same? Our Wednesday programme will this year be themed around the region's well-known trails, so expect to see the Sandstone Trail, the Wirral Way and more, with both linear and circular routes on offer.

So what else lies ahead? Summer camping holidays are planned, heading up north to Hadrian's Wall in June, and down to Much Wenlock in early September. Our second coach trip of the year takes us across to Barmouth on the Welsh coast, a good base to step out onto the mountains of Cadair Idris or Diffwys, or easier terrain along the Mawddach estuary. Whichever walk we choose to do on the day, there will, weather permitting, be some wonderful views over Cardigan Bay.

However much we love our regular stomping grounds in North Wales and Cheshire, it's always good to venture further occasionally. Our pool of experienced leaders all have their

favourite walking areas, with tried and tested hikes to suit all abilities. What better reason to join a walking club? Walk somewhere new, appreciate the varied landscape of our glorious country, and spend time with people who share your passion for the great outdoors.

So, back to our upcoming trip to the Lakes, where hopefully the climate will be kind to us. Last year, we spent a bitterly cold few days in Portmadoc, when some of the planned walks were curtailed or amended due to challenging weather conditions. A fun time was still had by all, despite the blizzards, which made a great talking point over dinner at our cosy hotel later. Our spring weekend away is always a lucky dip weather wise, but we take it all in our stride and pack a holdall of walking gear to cover every eventuality, be it rain, wind, snow or maybe even brilliant sunshine!

Check out what we're up to during the spring and summer months by visiting our website: www.chesterwalkingclub.com or take a look at our new Facebook page to see photos of some of our recent walks.

Maria Owen, Press Officer,
Chester Rambling and Hill Walking Club

CHESTER RAMBLING & HILL WALKING CLUB

CHESTER RAMBLING & HILL WALKING CLUB

We are a Chester-based walking club, offering up to 3 grades of walks on Sundays, and alternate Wednesdays, and a programme of short summer rambles on Tuesday evenings. The summer season also sees a flurry of camping activity, when we pack up our tents, hook up the caravans, book B & B's and cottages, and head off to destinations slightly further afield for a few days.

Led by experienced leaders, our Sunday and Wednesday walks last approx 6 hours, so bring picnic, flask and water. These hikes cover Snowdonia and North Wales, Cheshire, Shropshire, Lancashire and Derbyshire. Sorry - no dogs or under 18s allowed on our walks.

The club runs mid-week social evenings during the winter, including supper evenings, quiz nights and the ever popular Christmas party!

Why not come and join us on a trial basis without paying the fee?

Find out more by emailing chesramclub@yahoo.com or head over to our website for more details: www.chesterwalkingclub.com



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Best Foot Forward... The Snowdon Trek

Saturday 27th April 2019



Step Out! on a spectacular trek up Snowdon. Join us to raise funds for the **Memory Lane Project.**

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Take on Snowdon for 2019

Why not do something truly amazing, get some fresh air, some real fresh air, stay fit, meet new friends and at the same time raise money for the Memory Lane Project at The Countess of Chester Hospital.

Join the Countess Charity Team on **April 27th 2019** on a spectacular trek that's challenging but worth every penny. This spectacular trek starts at Pen Y Pass on the Pyg track, the shortest route up Snowdon at 5.5km. A pause for breath at almost at almost any point on this walk will give you the opportunity to look around at some of the most breath-taking scenery in the UK! With a guided walk up and down Snowdon, transport to and from Snowdon and a refreshment stop on the way home this is the best way to take on Wales' highest peak.

Funds raised from the walk will support the Memory Lane Project. The first phase of which was open to patients and staff prior to Christmas. This projects aims are to enhance the environment on wards 50/51 that specialise in care for the elderly, a growing number of vulnerable patients over the age of 65 with dementia or cognitive problems. Enhancing facilities to improve dignity and develop a more appropriate environment for this growing group of patient who may need longer periods of inpatient care.

To be part of this fantastic event and raise much needed funds that will help your community, simply contact Hanna at The Countess Charity (hannaclarke@nhs.net / 01244 366 397) and she will send you all the details.



Dani Naylor Ward manager 51
Jeni Polavni Jones specialist dementia nurse
Emma Rudolfson Ward manager 50





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2019

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Jodrell Bank will now be hosting their popular Telescope Walking Tours daily for 2019 where you can join one of their friendly Explainers as they take you for a stroll around the base of the impressive Lovell Telescope.

You'll find out more about how the Grade 1 listed Telescope works, explore its fascinating history and discover some of its ground-breaking research.

Walking Tours last around 45 minutes, will take place indoors if wet, are available on a drop-in basis and are free with general admission. Talks are aimed at adults and children aged 10+

Monday - Sunday 15:00 - 16:0



Now until 30th April 2019
Easter Eggsplora

**Various Locations, Chester,
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Bring the Family into the City Centre this Easter to go on an free Egg-splora Egg trail finding the coloured eggs in our diverse City Centre Businesses.

Find 10 eggs in the stores and write the correct colours on your competition form to win a Fab prize!
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Sunday 14th April 2019
Chester Wedding Fayre

**Brook Mollington Banastre Hotel
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Saturday 13th - 14th April 2019
Sandbach Transport Festival

**The Commons car park, Congleton
Road, Sandbach, CW11 1HJ**

The annual transport festival takes place in Sandbach with a variety of vehicles and a parade through the town.

Saturday - Sunday 10:00 - 17:00



Friday 19th - 22nd April 2019
**Easter British GT & British F3
Championships 8am - 18.00pm**

**Oulton Park Circuit, Little Budworth,
Tarporey, Cheshire, CW6 9BW**

The British GT Championship will kick off its 2019 season with two races on Easter Monday, complete with pit-stops and even Le Mans-style driver changes. There will be plenty of intrigue on track in this one, from a grid of mouth-watering supercars including Aston Martin, Mercedes and Lamborghini.



Sunday 28th April 2019
**Spring Plant Hunters' Fair at
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Are you up for a Challenge? The Countess Charity Challenge that is....



The Countess Charity Challenge is back for 2019. Working with Events Station based at Carden Park teams of five will compete against each other in various mental and physical challenges to be crowned The Countess Charity Challenge Champions. The Challenge is to take place on the green at the front of the Countess of Chester Hospital on May 18th 2019.

Activities will include the Segway Ice Bucket Challenge and Total Wipeout as seen on the TV programme Total Wipeout with Richard Hammond. Along with the Toxic Drop, Stomp buckets, roller ball and Football darts as the deciding game for the Countess Charity Challenge Champions! Refreshments will be provided for those taking part. We would love to see spectators - participant's friends and family are welcome to come down to watch the event and cheer their team on. There will be prizes for 1st and 2nd place teams, most sponsorship money raised, best fancy dress and various individual prizes.

The Countess Charity is asking teams of five to raise £500 each this includes the teams registration fee. This can be

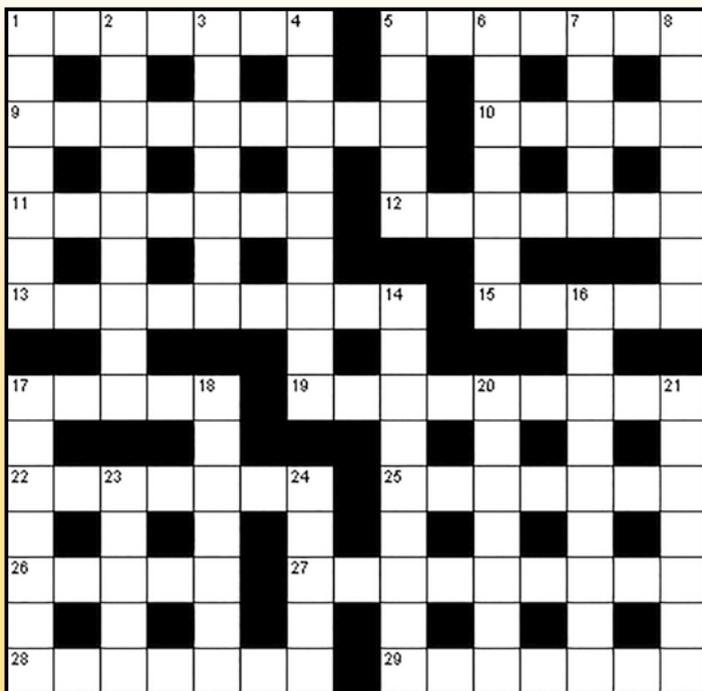
raised through individual and team fundraising or from a one off donation or a combination. We can help you achieve this!

Hanna Clarke Corporate and Events Fundraising Manger at the Countess Charity is really excited about the Countess Charity Challenge "I am really excited about this year's Countess Charity Challenge. Last year's event was such a great day raising over £3000 for the Countess Charity. It is something fun, energetic and engaging for teams to take part in."

Team events such as The Countess Charity Challenge are great for team building and raising morale within the work place. Teams don't have to come from businesses you can get a group of friends or family together to take part, all are welcome.

To take part please contact Hanna Clarke, Corporate and Events Fundraising Manager at The Countess Charity phone 01244 366 397 or email Hannaclarke@nhs.net all details can also be found on our social media pages.

PUZZLE CORNER



Down

- 1 Asthma medication dispenser (7)
- 2 Pillaged (9)
- 3 Zilch (7)
- 4 A sedimentary rock (9)
- 5 Washer and ____ (5)
- 6 Solemn promises (7)
- 7 Breed of dog (5)
- 8 Jagged (7)
- 14 Loathsome (9)
- 16 Marimba (9)
- 17 Infant (7)
- 18 Caterwauling (7)
- 20 Responded (7)
- 21 Detectives (7)
- 23 Heir (5)
- 24 Cut wood (5)

Across

- 1 Normally found at the start of paragraphs (7)
- 5 Portrays (7)
- 9 Reluctance (9)
- 10 Mistake (5)
- 11 Weirdos (7)
- 12 Masts, spars and sails (7)
- 13 Churchgoing (9)
- 15 Twice thirty (5)
- 17 Stuffed bear (5)
- 19 Girds (9)
- 22 Disinherits (7)
- 25 Something to be imitated (7)
- 26 Fifty-eight in Roman numerals (5)
- 27 Vest (9)
- 28 Failed to fulfill a promise (7)
- 29 Female deity (7)

Sudoku Puzzle

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid.

There is only one correct solution to each sudoku. Good luck!

Difficulty level: **Easy**.

Solutions can be found on our website:
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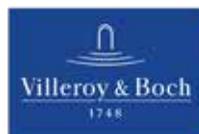
	6	8		4				
				6	8	1		
					2	9		
	1		4		6		7	
5								
		4						3
7							2	4
							9	
1		5		7			8	

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COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!
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The Jan Modelski Community Orchestra

The Jan Modelski Community Orchestra is an amateur orchestra based near Chester, it was founded in 2001 to enable musicians of all ages and abilities to participate in a performing amateur orchestra. The atmosphere is friendly, informal and geared towards encouraging the best performances from its members and aiding their musical development. The orchestra has an "open admission" ethos - which means that there is no audition and no one is ever turned away, the only requirements are a basic ability to read music, a desire to play with other performers and a sense of humour.

There are 3 separate orchestras; Introductory, Intermediate and the "Main" Orchestra, so there is sure to be an orchestra suitable to most playing abilities. The average attendance is between 60 and 70 players and a number of players participate in more than one orchestra. All three orchestras share the common goals of enjoyment, encouragement and

development.

The orchestra is led and conducted by our Musical Director, Jan Modelski. Jan is an established music teacher and he has an enviable record in taking his students to a high level of success. He is passionate and vibrant about making music and encouraging others to do so. All three orchestras perform two concerts each year.

The orchestras rehearse on Saturday mornings in term time at **Barrow Village Hall (CH3 7LN)**, the Introductory and Intermediate Orchestras start at 09.15 am and the Main Orchestra at 11.10 am.

www.thejanmodelskiorchestra.co.uk



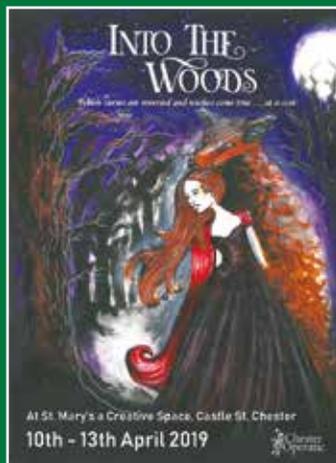
10th to 13th April 2019 - INTO THE WOODS

St Mary's Creative Space, Castle Street, Chester, CH1 2DW

Chester Operatic Society stage *Into the Woods*, Stephen Sondheim's multiple Tony award winning musical masterpiece, featuring a host of fairy tale characters, thrown together in an action-packed story of desire, deceit, greed, magic, parenting and betrayal.

Performances are at 7.30 pm Wednesday 10th to Saturday 13th April as well as 2.30 pm on Saturday. Tickets cost £16 and are available from 01244 375662, www.ticketsource.co.uk/chesteroperatic and Chester Visitor Information Centre, Town Hall, Chester.

This show is not recommended for children.





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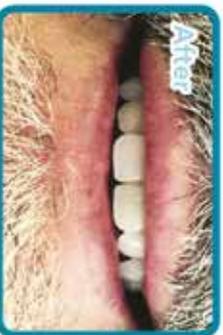
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