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MAGAZINE



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JULY 2020
Issue 39

Monthly Business & Community magazine delivered in & around Chester

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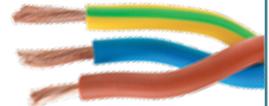
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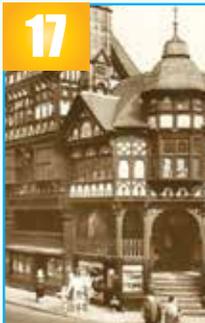
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Cover Photograph: View of residential houses alongside River Dee and Queens Park Bridge in Chester.



Dear Friends,

Finally we have had some beautiful weather to cheer us all up! Lets hope it continues. We can all appreciate what a lovely part of the country we live in when it's so nice.

Hopefully we are starting to get back to some normality as lockdown gets gently lifted and business can start to function if not slightly different from before lockdown and support local businesses by buying locally.

Don't forget you can keep up to date with all our magazines online through your pc, tablet, ipad, iPhone or Android phone, it's so easy to use!

Each month we run many editorials, from recipes and gardening to motoring and holiday destinations, plus Charity Events and Community News to name a few!

We not only have **Love Wirral** magazine we have now branched out to **Love Wrexham** magazine, run by Stefan and Adam so look them up too.

Keep up to date with us on facebook and our new facebook group, twitter & visit us at:

www.love-chester.com

Best Wishes
Maxine & Mike



Circulation of this **FREE** magazine is distributed to Chester and its surrounding villages.

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Forshaw/Murray - Bebington

We are very happy with all the work and the high standard that was attained.

O'Mally - Meols

"Scott and the team certainly gave us best in class service whilst they worked on our extension, kitchen and bathrooms. They kept us informed all the way and worked around our diaries to deliver the programme on time. We highly recommend them to anyone."

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Each month Phoenix Legal Solicitors will answer your legal problems.

This months topic – I lost my job because I asked for Personal Protective Equipment in work – What are my rights?

We have seen a lot of reports in local, national and international press about workers being sacked because they have asked for PPE equipment during the Covid pandemic so what are your rights as an employee?

- ❖ You should never be placed in a situation whereby you feel unsafe. When faced with a dangerous working environment every employee has the right not to suffer detriment if they leave, or refuse to attend their place of work under s.44 of the Employment Rights Act 1996. You should advise your employer of your concerns and if they cannot find a solution you can go home, but this should be a last resort, until such a time as the danger has passed or reasonable adjustments have been made to minimise the risk.
- ❖ We recommend making any requests for PPE in writing and if you are then spoken to by your employer we recommend following this up with an email to confirm what was discussed and ask them to confirm their agreement in writing as to the conversation and your understanding of what was said. All verbal communication should be followed up with an email. This way you have it in writing what was discussed.
- ❖ You have the right to a colleague or union representative to accompany you to any disciplinary meeting. We recommend that you make notes during the meeting and then email them to your employer to advise them

that this is what you believe was said in the meeting and can they confirm that it is correct.

- ❖ You have the right to appeal any decision or termination and we would recommend seeking help from a specialist when doing this.
- ❖ You have a right to make a claim against your employer, even if you have not been with them very long, if they do not reinstate you and pay you your lost pay, to make a claim through an employment tribunal for compensation. For whistleblowing claims you do not have to have been with your employer for 2 years or more.
- ❖ You only have 3 months from the date of the incident to make a claim so get advice as early on as you can. You should contact ACAS within the 3 months to advise them of your potential claim.
- ❖ Evidence is key and so you should keep a diary, make notes, send follow up emails etc.

Most firms will work on a no win, no fee basis and deduct a percentage of your compensation at the end of the claim, usually 25%.

If you want help on an Employment issue contact Alisha Butler at Phoenix Legal Solicitors on

ab@phoenixlegalsolicitors.co.uk or call on 0151 306 3694

Next month we will be discussing Furlough, Redundancies and your rights?

If you have a legal question you would like to know the answers to then email ab@phoenixlegalsolicitors.co.uk and we will get back to you your question may feature in a future edition.

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HAVE YOU BEEN THE VICTIM OF MEDICAL NEGLIGENCE?

We all put our trust in the medical judgement and information we are given by qualified health professionals and practitioners, but sometimes their advice or treatment can result in things going wrong.

There are many points from the first doctor's appointment to treatment options where errors can be made, and unfortunately these cases are on the rise.

Our Solicitors specialise in all areas of medical negligence including:

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- Birth Defects
- Misdiagnosis of Fractures
- Spinal and Neck Injuries

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DO YOU KNOW?

1. Norway's Coat of Arms has a lion depicted, although there are no lions in Norway.
2. The two parts to the word "helicopter" are "helico" meaning spiral, and "pter" meaning one with wings, like pterodactyl.
3. The cuckoo in the world's largest cuckoo clock weighs 330 pounds.
4. The largest print photograph ever taken was 111 feet (34 m) wide and 32 feet (9.8 m) high.
5. In Bolivia, llama droppings are used to purify water.
6. The longest time between two twins being born is 87 days.
7. The world's deepest postbox is in Susami Bay in Japan. It's 10 metres underwater.
8. In 2007, an American man named Corey Taylor tried to fake his own death in order to get out of his mobile phone contract without paying a fee. It didn't work.
9. The oldest condoms ever found date back to the 1640s (they were found in a cesspit at Dudley Castle), and were made from animal and fish intestines.
10. In 1923, jockey Frank Hayes won a race at Belmont Park in New York despite being dead — he suffered a heart attack mid-race, but his body stayed in the saddle until his horse crossed the line for a 20–1 outsider victory.
11. Everyone has a unique tongue print, like fingerprints.
12. Female kangaroos have three vaginas.



13. Light doesn't necessarily travel at the speed of light. The slowest we've ever recorded light moving at is 38 mph.
14. Casu marzu is a Sardinian cheese that contains live maggots. The maggots can jump up to five inches out of cheese while you're eating it, so it's a good idea to shield it with your hand to stop them jumping into your eyes.
15. The loneliest creature on Earth is a whale who has been calling out for a mate for over two decades — but whose high-pitched voice is so different to other whales that they never respond.

16. During World War II, the crew of the British submarine HMS Trident kept a fully grown reindeer called Pollyanna aboard their vessel for six weeks (it was a gift from the Russians).
17. The northern leopard frog swallows its prey using its eyes — it uses them to help push food down its throat by retracting them into its head.
18. The first man to urinate on the moon was Buzz Aldrin, shortly after stepping onto the lunar surface.
19. Some fruit flies are genetically resistant to getting drunk — but only if they have an inactive version of a gene scientists have named "happyhour".
20. In 1567, the man said to have the longest beard in the world died after he tripped over his beard running away from a fire.
21. In 1993, San Francisco held a referendum over whether a police officer called Bob Geary was allowed to patrol while carrying a ventriloquist's dummy called Brendan O'Smarty. He was.
22. The Dutch village of Giethoorn has no roads; its buildings are connected entirely by canals and footbridges.



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Which skylights are right for your home?

Here are some room-by-room basics for choosing where to add skylights and the types that are best for each space.

Kitchens

With skylights overhead, you can use wall space in your kitchen for more cabinets and shelves without sacrificing natural light. For enhanced ventilation, fresh air skylights let you release warm moist air and clear cooking odors from your home. Light from above also provides balanced kitchen lighting for cooking tasks, such as chopping and peeling.

Baths

Bathroom skylights provide the ultimate in natural light and fresh air without compromising privacy. Use the remote to open the skylight when showering to silently whisk away moisture and humidity - with no fan noise or power expense. For smaller, or half, baths where traditional skylights may not fit, Velux Sun tunnel tubular skylights offer natural light during the day plus a light kit for 24/7 lighting. They are inexpensive and can be installed by an experienced DIYer or professional in a few hours.

Family rooms

Choose solar powered skylights and blinds operated by programmable remote control to adjust both light and ventilation. Open the blinds to reduce electric lighting costs and lower them for diffused lighting when watching television.

Master bedrooms

Skylights and blinds are a natural choice to provide lighting and ventilation, plus privacy, when you close bedroom drapes but still have light from above. With blackout blinds you can block up to 98 percent of daylight. And after dark, open the blinds for a view of the nighttime sky.



ROOM TO SHINE

Let natural light enhance your home decor

Something about warmer weather inspires homeowners to lavish attention on their homes. While painting and decluttering are great ways to revitalise home decor, there's no better way to breathe new life into interior spaces than decorating with light.

Incorporating light into interior design can go far beyond a few strategically placed, attractive lamps and some upgraded overhead lights. It's possible to use both natural and artificial lighting to complement other decor and architectural elements, and to create a brighter, upbeat mood that makes your home more enjoyable all year-round.

Lighting types

Every home needs a little of each of the following types of lighting to meet your needs throughout the day:

- Task lighting focuses light into a specific area, for tasks that require more illumination.
- Accent lighting shines a light on decorative elements, such as art or architectural features.
- Ambient lighting provides general lighting for everyday activities.
- Natural lighting from above makes a home feel open and inviting, while also providing balanced light for reading, cooking and other every day activities.

Why not **Greta-Mae Interior Design** transform your room or attic conversion area from windowless storage to a home office, family room or children's playroom with the addition of daylight and fresh air. Choose roof windows, which are very similar to skylights but are operated by hand, for spaces where the units will be within arm's reach. In addition to providing daylight and fresh air, many roof windows qualify under building codes as a point of emergency escape and egress, not to mention convenient roof access for gutter cleaning and other maintenance.

Skylights bring not only daylighting and fresh air into the bath but provide privacy as well.



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OUR ZOO

What's happening at Chester Zoo.

Coronavirus: Chester Zoo told to prepare to remain closed 'indefinitely'... putting future survival of the zoo at risk

- **NEW: Government's Covid-19 guidance update means zoos must stay closed as lockdown is lifted elsewhere**
- **Chester Zoo, the UK's largest zoo, lays bare financial impact of crisis**
- **Bosses at UK's most popular zoo say they need £1.6m per month to survive pandemic**
- **Private gardens open up this week while the zoo's 128 acres of gardens remain closed**
- **Staff say public are safer at zoo than UK beauty spots because numbers will be limited and social distancing can be managed**
- **Zoo's refusal to "cut corners" with animal welfare leads to huge financial losses**
- **'Save Our Zoo' campaign launched by charity in urgent bid to raise funds**

Bosses at Chester Zoo say the charity is haemorrhaging over £1m per month while the 128-acre outdoor space remains empty of visitors

Chester Zoo, the UK's biggest zoo, has revealed the coronavirus pandemic has already cost the wildlife charity a staggering £5m – and its gates could remain closed 'indefinitely'.

The zoo revealed its financial situation after the government's latest announcement on the easing of the

lockdown failed to include a green light for large, outdoor attractions such as zoos to reopen. The charity will continue to lose over £1m a month despite exhaustive efforts to reduce costs and its use of the government's furlough scheme.

Zoo bosses say they have been told by government representatives to prepare for their gates to remain closed 'indefinitely', despite being 'Covid secure' and able to safely limit numbers and enforce social distancing rules – something that public UK beaches, parks and other beauty spots cannot do.

With revenue from visitors making up 97% of its income, staff say the long period of closure (the zoo has been closed since 21 March) is having a "devastating impact" on the future of the UK's most visited zoo.

It costs £465,000 a month just to care for the zoo's 35,000 animals. With additional outgoings for utilities, insurance, maintenance, security and the basic administration services needed to keep ticking over, as well as global conservation projects and scientific research to carry out, the zoo says it needs £1.6m a month just to keep going.

While a Zoos Support Fund, set up by the government following successful lobbying from a consortium of zoos including Chester, has provided some welcome help to smaller organisations, larger charity zoos are not eligible for support - a huge blow to a sector that does not ordinarily seek any financial help from the government.

Jamie Christon, the zoo's Chief Operating Officer (COO) said:

"As the UK's biggest and most popular charity zoo, we've tried to stay positive during this pandemic. Our conservationists have continued to prevent extinction,



To save Chester Zoo head to: www.chesterzoo.org/saveourzoo

our virtual days have cheered up the nation, and our learning resources have helped out thousands of home schooling families. We wanted to remain a beacon of hope.

"But now, the government has ordered us to stay closed indefinitely and Chester Zoo is very much fighting for its future. This change in law has flicked a switch for us and, heartbreakingly, our lights are now flickering. Not being able to open, despite being a huge outdoor site with all the necessary safety measures in place, is having a devastating impact of the future survival of this much-loved charity zoo. We're heading towards debt in excess of £24m by the end of 2020 – this will financially cripple us.

"We absolutely refuse to cut corners when it comes to caring for the animals. But ensuring that each and every one of the 35,000 animals at the zoo is receiving the best possible care, every single day, comes at a huge financial cost. Not being able to open, with such massive outgoings, puts the future of the zoo itself at risk of extinction."

Chester Zoo, the most visited zoo in the UK with more than two million people passing through its gates in 2019, is a registered conservation and education charity.

To highlight its readiness for reopening and its ability to keep people safe, the zoo has already put in place measures to ensure that its 128 acres of outdoor space is 'Covid secure.'

Mr Christon continued:

"While we see pictures of public beaches, parks and UK beauty spots busy with people, our zoo – a huge outdoor space, with 16km of pathways, and numerous measures in place to ensure that we can provide a safe environment for guests – sits empty.

"We plan to heavily limit visitor numbers, we've installed self-scanning ticket lanes, floor markings, one-way systems, multiple cleaning and hand sanitisation points, a huge amount of signage and protective screens in all of

our key locations and service areas. We've also trained staff to ensure that social distancing rules are followed at all times. People will be safer here than in public spaces, as we know can manage numbers and social distancing.

"Much smaller, private gardens are opening up this week, which is positive as the great outdoors is proven to offer benefits to mental health and wellbeing. However, we and our 128 acres of gardens have to remain closed. It's possible we'll be given permission to open our indoor retail shop later this month, but not our massive outdoor site. While we support the need to carefully lift the lockdown, we're under enormous financial pressure and these things don't stack up."

Chester Zoo's 80 global projects are fighting to prevent the extinction of highly threatened species both in the UK and in all corners of the world.

But despite a host of cost-cutting measures already in place to protect the organisation during the pandemic, including directors and staff taking voluntary pay cuts, half of its workforce placed on furlough and major development projects put on hold, zoo bosses are now fearful over the future of the zoo and its species-saving work.

Mr Christon added:

"We are not prepared to give up this fight and are continually lobbying government across all relevant departments, at all levels. We know we can provide a well-managed, safe environment for our visitors, staff and animals and have invested in all of the required safety features set out by the government, and more. Visitors carefully returning to the zoo is our lifeline.

"Chester Zoo contributes over £83.1 million to the regional economy, supports over 1,700 jobs, protects wildlife in more than 30 countries around the world and engages over 150,000 young people – the future of our planet – every year. At a time when global environmental pressures escalate, the seriousness of losing a conservation charity cannot be stressed enough."



COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!

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Bridge Community Farms volunteer appointed as one of Cheshire's new Deputy Lieutenants



A Bridge Community Farms volunteer has recently been appointed as one of the county's six new Deputy Lieutenants.

Sandra Verity, who lives in Beeston, is a volunteer driver for the popular Ellesmere Post based charity which runs a community farm and a fresh organically grown vegetable box scheme across the region.

She also sits on one of the charity's monthly management committees and regularly helps out on their market stalls. The Lord-Lieutenant is Her Majesty The Queen's Representative in Cheshire. He is able to appoint a number of Deputy Lieutenants to assist in carrying out his many and varied duties.

Deputy Lieutenants are nominated by the Lord Lieutenant to assist with their duties which include advising on official events to the county such as those which warrant a Royal visit.

The commission of appointment is made by the appropriate Government Minister by command of Her Majesty The Queen.

Francis Ball, founder of Bridge Community Farm, said: "We're absolutely delighted that one of our most stalwart volunteers, Sandra Verity, has been appointed Deputy Lieutenant of Cheshire.

"Sandra is a popular member of our Better Lives Veg Box Scheme and regularly helps to deliver our organically grown veg boxes to our customers across the region."

Sandra, who grew up on an organic farm, said: "I got involved with Bridge Community Farms for a number of reasons.

"Mainly it was their approach to supporting young people and their families in a community context, giving access to fresh air and learning to nurture, grow and, where appropriate, eat plants; leading to improved mental and physical wellbeing.

"I also liked their determination to extend the wellness message to the wider Cheshire and Wirral Community

through their Veg Box scheme, giving access to fresh, organically grown fruit and vegetables while also supporting a local charity.

"I love meeting our customers and many are fascinated to know how many items are grown by us in Ellesmere Port."

Bridge Community Farms, based in Mill Lane, off Overpool Road, in Ellesmere Port, is looking for more people who can offer their time and expertise, help with sponsorship of their Better Lives Veg Boxes or can offer financial support for a young person on a work placement or for a Better Lives Veg Box to be delivered to a homeless charity.

They also need more delivery drivers who can work 8.30am-11.30am every Tuesday, café staff and volunteers who can help man their various market stalls across the region. Expenses are paid to all volunteers.

The charity offers training and life skills to children and young people who are struggling to thrive in a standard academic environment while ongoing guidance, support and work experience is also available to the unemployed.

The charity also runs weekly Bright Life groups to reduce social isolation in the community including a weekly crafts session every Thursday 12-2pm (cost £2.50) and a weekly woodworking group every Thursday 12-3pm (cost £3.50).

For more information visit <https://bwgardens.co.uk/> or call 07446 699995.



Photo of Sandra Verity with a Bridge Farm Veg Box



Organically grown veg boxes, *delivered by* Bridge Community Farms

Bridge Community Farms supports those coping with mental health and learning difficulties in the therapeutic environment of our 10 acre farm in Ellesmere Port. We also create jobs for the long term unemployed growing gorgeous veg, salads, herbs and fruit in our fields and poly tunnels.

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Veg Boxes SMALL

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Veg Boxes MEDIUM

(2-3 people)

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£16.50

Plus **FREE** delivery

Veg Boxes BUMPER

(3-4 people)

Will contain on average 8 vegetables with larger portions including potato, carrot, onion and cabbage most weeks.

£18.50

Plus **FREE** delivery

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£12.00

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Fruit Box

(1-2 people)

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£7.75

Plus **FREE** delivery

Fruit Bumper

(3-4 people)

Will contain Bananas + 3 other seasonal fruit varieties.

£11.25

Plus **FREE** delivery



COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!

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Home Sweet Home for White-faced Darter



There is excitement at Cheshire Wildlife Trust as they have just seen what they believe to be their first 'true Delamere' white-faced darters emerge.

Chris Meredith, Delamere Conservation Officer at Cheshire Wildlife Trust explained the importance of this year's survey results. "Sightings this year are really significant. We know that we have had white-faced darters successfully emerge from our work introducing mature larvae to the site, but this is the first year where we have not introduced new larvae to the pool. This means the adults that are emerging this month are either from larvae that were at an earlier stage and have therefore survived for a longer period or are in fact the result of adults breeding successfully at our site."

Over the last few years an ambitious programme has been underway to re-introduce this rare species to Delamere Forest. The return of the dragonflies comes after several years of dedicated work to reinstate and improve lost habitats at the well-known forest in partnership with the Forestry Commission, along with a carefully planned series of white-faced darter translocations.

As one of the UK's rarest dragonflies, the white-faced darter had been absent from Cheshire for over a decade and are only found at a handful of locations in England. The project began in 2013 and involved collecting the tiny vibrant green larvae from healthy populations at the Natural

England National Nature Reserve sites of Fenn's and Whixall Moss in Shropshire and Chartley Moss in Staffordshire.

The larvae of these small blood-red and black insects, a specialist of lowland peatbogs, were introduced to a mossland pool, in Delamere Forest. Studies confirmed the pool had suitable water quality and vegetation to support this species with its submerged sphagnum moss for the nymphs to hide and prosper and the common cotton-grass and soft rush to provide the ideal ladder for emergence.

"We are thrilled with the results of the project so far and although still early days we are very happy that the restoration work started by the Forestry Commission in the 1990s has improved habitats so that they are once again capable of supporting a wide range of species, including the rare white faced darter" Adrienne Bennett, Ecologist at the Forestry Commission stated.

The nymphs of the white-faced darter develop and feed underwater for at least two years before emerging, and taking to the wing to find a mate and breed so the Trust will have to wait a little longer to find out whether Delamere once again has its own self-sustaining population of white-faced darters. The pool will continue to be monitored regularly through tracking flying adults and also by counting the empty larval cases the

dragonflies leave behind on vegetation when emerging from the water.

The white-faced darter reintroduction project is a partnership between Cheshire Wildlife Trust, the Forestry Commission, Natural England, the British Dragonfly Society and Cheshire West and Chester Council, with funding support from the Heritage Lottery Fund and the Linley Shaw Foundation.

Connecting corridors have been cleared between mossland sites in Delamere Forest to encourage specialist species, including the white-faced darter, to move around the forest. The long-term hope is that the series of mossland pools that are being restored as part of Cheshire Wildlife Trust's and the Forestry Commission's WREN FCC Biodiversity Action Fund funded Delamere's Last Mosses Project will encourage this species to expand. "The creation of several breeding populations is important for the long term sustainability of the white-faced darter in Delamere Forest as their breeding pools will change over time," explained Chris Meredith.

A dragonfly re-introduction scheme has only been attempted once before in the UK.



Cheshire
Wildlife Trust



Old Chester photographs to bring back memories of a time gone by.

If you have any old photographs you would like to send us and see in print, maybe with a small caption then email: info@love-chester.com

Photographs supplied courtesy of www.cityofchester.org and www.croeso.net



Above: 1942. The Cross Chester where Eastgate meets Bridge Street. Not much has changed only the people and shop signs.



Above: Bridge Street, Chester in the 1940's.

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BEE VIGILANT!

How to Garden on Behalf of the Bees

With the global decline of bees, it has never been more important to support the pollinator population in your garden. This spring make sure you fill your garden with as many pollen-rich plants as you can to give our bees a fighting chance, as they are vital components of our biodiversity.

The Royal Horticultural Society reports Britain as having 25 species of bumblebees, of which about 11 commonly visit garden flowers. They also state that there are about 260 species of solitary bee in Britain, all of which have been in decline in the last 50 years for a variety of reasons.



Nectar and Pollen

Flowers attract insects by providing them with two rich sources of food: nectar and pollen. Nectar provides insects with an energy source as it contains sugar, while pollen grains contain proteins and oils. It's also a good idea to have at least two nectar or pollen-rich plants in flower at any one time during this period. The nectar feeds the adult bee, while the pollen is collected to feed their larvae. It is vital that gardeners provide flowers throughout the bee's life-cycle, from March to September.

Bumblebees

Different bumblebee species have tongues of differing lengths and so prefer different flowers. The longest-tongued species, *Bombus hortorum*, prefer deep flowers such as honeysuckle, foxgloves and aquilegia.

There are six plant families bumblebees are particularly attracted to, but they will also appeal to other pollinators such as honeybees and butterflies. These include Boraginaceae (the wildflower comfrey, which makes a potassium-rich compost), and Fabaceae (peas),

Viper's bugloss (*Echium vulgare*) is perhaps the best single plant to attract bumblebees to a garden, and attracts both short and long-tongued varieties. Planting just one or two of these will attract many bees. It has beautiful blue flowers two feet tall, and blooms from June to August, making a good herbaceous border.

Preferred Flowers

The rose family, especially hawthorn and potentilla, seems to be irresistible to bees, as are fennel, angelica, cow parsley and sedum flowers. Tubular-shaped flowers, such as snapdragons and heathers, are also all favourite feeding grounds for bees.

Spring flowers attracting bees include bluebell, bugle, crab apple, daffodil, flowering cherry and currant, forget-me-not, hellebore, pulmonaria, pussy willow, rhododendron, rosemary, viburnum and thrift.

To tempt the bees in early summer plant aquilegia, astilbe, campanula, everlasting sweet pea, fennel, geranium, potentilla, stachys, teasel, thyme and verbasicum.

Late summer flowers attracting bees include angelica, aster, buddleia, cardoon, cornflower, dahlia (single-flowered), delphinium, eryngium, fuchsia, globe thistle, ivy, lavender, penstemon, scabious and sedum.

Make Your Garden a Home for Bees

One of the best ways to encourage bees in your garden is to keep your own bees with a hive, or allow a beekeeper to place hives in your garden. You could also add a bumblebee box to your garden. Nest boxes containing cardboard tubes or hollow plant stems, or holes drilled in blocks of wood, ranging from two to eight millimetres wide, will provide nest sites for some species of solitary bees.

The more flowers you plant, the more varieties of bees you will attract into your garden, and the more flowers and vegetables will be pollinated.

This is particularly important for fruit and vegetable growers as apples, plums, pears, cherries, raspberries, blackberries, blackcurrants, red currants, gooseberries and strawberries, broad beans, runner beans and some members of the marrow-pumpkin family all rely on insects to bring about pollination. Be conscious that you should never use pesticides on plants while they are in flower, as this will harm bees.



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No rain? Target precious water at the plants that really need it

What to do this month



Hanging baskets need watering daily in hot conditions. Use water retaining gel and a plastic liner when you make them, to help the compost retain water for longer.

Unless we have a prolonged, very dry period, it might not be necessary to water well-established garden plants at all – certainly your lawn will be quick to recover from drought as soon as it rains. Watering little and often, only applying a small amount of water that doesn't penetrate deep into the soil, will encourage surface rooting that makes the plants more susceptible to drought and drying out.

Once a day

Plants in containers, especially hanging baskets, will probably need a good watering every day to keep the compost evenly moist and prevent it drying out.

Once a week

All recent plantings, especially bedding plants, will appreciate a good soak every seven to 14 days to aid rapid establishment, good growth and flowering performance.

Once a fortnight

Rhododendrons, camellias, hydrangeas and other shallow-rooted plants might appreciate a good soak now and then. Rhododendrons and camellias will be setting their flower buds for next year so allowing them to dry out will prevent good bud set.

While you're on holiday

If you're going away this summer, ensure that your plants feature in your holiday plans. Group container plants in shade and if you can't persuade a neighbour to look after them while you're away, you could consider setting up an automatic dripwatering system.

Capillary matting is good for selfwatering pots both in the greenhouse and in the house. Houseplants should be removed from sunny windowsills and placed on damp capillary matting in the sink or bath.

Feed hungry roses

Roses are very hungry plants and will need a feeding with a granular rose fertiliser now to ensure they continue flowering all summer – and into autumn and even beyond.

- **Deadhead spent blooms** It used to be recommended to cut back the flowering stems by around 10-15cm (4-6in) but it's far better to simply and carefully snap off the faded flower and seedpod between thumb and forefinger.
- **Check for mildew** In warm, dry weather, roses are prone to powdery mildew. If you see the first signs of this disease (a white powdery coating on leaves), or rose blackspot or rust, spray the foliage with a systemic fungicide. A combined insecticide and fungicide will also help to control aphid and other pest outbreaks.



Weatherwatch

Lots of warm, sunny weather means all your plants will be growing well – but so will the weeds. You'll also be building up your muscles carrying heavy watering cans around! The sun's drying effect can be exacerbated by wind, so check plants – especially those in containers and hanging baskets – for drying out during windy days.

Tree Surgeon takes up Charity Challenge



Tree surgeon John Joinson will be putting his ladders to a new use this month when he embarks on an innovative challenge to help charities during the pandemic. Starting on 7th June, John and his daughter Hollie will be climbing the height of Everest using 2.5 metre ladders, something they have called 'Everest 1 rung at a time'.

The ambitious father and daughter will be aiming to reach the equivalent height of Everest, 8848m above sea level in a week, which will mean them climbing the ladders 507 times a day. They will be raising money for the Neuro Therapy Centre which supports people with neurological conditions and their Carers across North Wales, Cheshire and the Wirral and the NHS charities fund, with the money being split equally between the two charities.

"Soon after I started training, my daughter Hollie told me that she wanted to join me in the challenge, so we have spent the last couple of weeks in training whilst socially distancing from each other," said John Johnson. "After committing to this challenge I'm rapidly realising how unfit I am, and the effort that is going to be involved in pulling this off. But we're both determined to stick with it and achieve it."

John added: "Now more than ever, UK charities need our help in these difficult times. After some careful consideration about which charities to pick, two charities stood out for us. We have chosen the NHS because it is doing a sterling job and deserves our respect and support in normal times, but since the start of the pandemic it has become increasingly clear how much we all need and rely on our NHS heroes. After learning that the Neuro Therapy Centre needs close to £10,000 per month just to keep going, it was clear that they needed our help too. They support over 500 people in our region who are either living

with a long-term neurological condition for which there is no cure or are their Carer. This charity has completely re-invented the way it delivers its services since Covid-19 struck, and it now operates as a virtual centre. Its main aim is to carry on supporting the people who vitally need its services which helps to keep them out of hospital, which could have a catastrophic affect at the moment."

The Neuro Therapy Centre usually offers one-to-one and group physiotherapy, counselling, oxygen therapies and social activities from its base in Saltney but since lockdown began it has turned to telephone and online methods to support people, from keeping in regular contact with people to offer support and advice through to offering nine live exercise classes a week and a range of social activities using Zoom.

"We were delighted when John approached us to say that he would like to support the Neuro Therapy Centre through his challenge, and what a challenge it is!" said Shannah Goodrick Corporate and Community Fundraiser at the Neuro Therapy Centre. "All of us at the Centre wish John and his daughter good luck with his challenge and wish to thank him enormously on behalf of our members for choosing the Centre as one of the charities he is supporting and for thinking of such a creative idea. The money raised will help us to continue our Virtual Centre and help us plan for re-opening when that time comes."

To sponsor John and Hollie's Everest 1 Rung At A Time Challenge visit their sponsorship page at <https://uk.virginmoneygiving.com/JohnJoinson1>

If you have a neurological condition and you'd like to access the Centre's support on their website visit www.neurotherapycentre.org or follow them on their Facebook or Twitter pages @NTCentre

Charity to Celebrate 10th Anniversary



For any small charity to have set up and helped hundreds, if not thousands, of people for a decade is no mean feat.

To have done so, and continued to grow and develop, and celebrate its tenth anniversary with bundles of hope and ambition for the future, is even better.

And that is the case with Cheshire Autism Practical Support, or ChAPS, for short.

Jo Garner, Managing Director, first set up ChAPS those ten years ago.

Since then, the charity has supported countless people on the autism spectrum and their families, with the ambition to 'support and educate parents to help your child be the best that they can be.'

The longevity, and the success, has been very much down to a team effort.

"ChAPS has been running now for ten years which I think is an incredible achievement in the current climate," says Jo, who first started the charity to help her own son, who is on the autism spectrum.

"It is all down to our team, which is a tightly-knit family unit primarily of staff who are parents themselves of a child or adult with additional needs.

"We all understand the difficulties and issues and celebrate the successes and amazing capability of all of our members.

"One of our patrons - Anna Kennedy OBE - is a hugely inspirational personality and runs Anna Kennedy Online, a national charity helping to increase awareness of autism.

"Anna's extremely successful 'Autism's Got Talent' event has run for nine years now and it celebrates how awesome children and adults on the autism spectrum are in an evening of performances in theatres up and down the country.

"Anna will be bringing her roadshow to Cheshire in May and we are so excited that she will be up North to present her very special evening of entertainment for ChAPS as we celebrate ten years."

Anna says: *"I am excited to be working with ChAPS for our Autism's Got Talent Roadshow.*

"I am proud of being a patron to this wonderful charity and feel honoured to be celebrating ten years with what will be a night to remember!"

The event takes place at The Brindley in Runcorn, and anyone on the autism spectrum (whether diagnosed or not) is in with a chance of featuring in the performance.

Those interested are asked to submit a video clip and short biography to Emily at warrington@cheshireautism.org.uk before February 28th.

As with all charities, funding is essential for ChAPS to be able to continue to provide the range of activities which they do.

Receiving a second National Lottery grant for a Sustainability Project, which will last for five years, is a "game changer" as it secures the charity's future without leaving it reliant on successfully securing future grants.

This project has allowed ChAPS to offer accredited Professional Training with

Open Awards including workshops such as 'Introduction to Autism' being very well received.

The Open Awards carry a mix of theory, practical advice and workshops, with 'Pathological Demand Avoidance' another to have been completed, and others such as 'Working with autistic adults' planned for the future.

The second initiative of this project is Learning 4 Life, a specialist-led social care provision for adults on the autism spectrum, again whether they have been diagnosed or not.

The initial project in Northwich has enjoyed "remarkable engagement" and will soon be expanded to include Widnes and Chester, with anyone interested encouraged to contact ChAPS.

Funding from clinical commissioning groups is also allowing ChAPS to run further parent training workshops whilst NHS England are supporting child and adult mindfulness courses, Lego and Play Therapy across the county.

Also, the experience and improvements seen to the families whom ChAPS have taken on summer camping excursions in North Wales has prompted the ambition to fund a campsite, with anyone knowing any suitable land available in Cheshire also invited to contact the charity.

The charity's range of services continue, including putting on daytime activities such as Animal interaction, Craft and Art and ice-skating for the growing number of children who are being home-educated.

Funding provided for British Science Week will see ChAPS providing STEM activities both to home educators and their general membership at the charity's Kidz and Youth Clubs.

ChAPS has offices in Runcorn and a

training room in Northwich, but are also keen to expand further.

"As the charity has grown and the staffing accordingly, we are now looking for premises for an Autism Centre," adds Jo.

"We run 90 activities every month and a lot of the intensive work that we do needs premises to be available both in the daytime and evening.

"It is the next step for our small charity and we are super-excited to be in this position but again, we would love to hear from anyone who knows of any buildings that might be suitable in the mid-Cheshire area.

"The future is certainly bright and exciting!"

***Anyone able to help with any of the above is asked to contact ChAPS on 0344 850 8607 or email info@cheshireautism.org.uk**



Peugeot 308 GTi 1.6 PureTech 260 S&S 6-speed manual



Firstly, I just wanted to say to you all – please Stay Safe, and please spare a moment for all our frontline NHS staff who are putting their life on the line to support us during this difficult time. In my mind, they are the real heroes here. Also, I know being in lockdown is hard, but at least you get to read an odd motoring review from me during the lockdown. Or you could ignore me totally and go outside and do some gardening instead.

This week's road test puts me in the driving seat of the Peugeot 308 GTi. I'm sure many of you know that Peugeot is a bit good and making a decent 'hot hatch' and many of you will remember the days of the 205 GTi as the 'king of the road'. Well, let's hope Peugeot can reignite my GTi love.

So, did Peugeot get it right?

Power and Efficiency:

Let's get straight to the business end - 262hp and 0-62 in around 6 seconds and moving on to a top speed of 155mph. This performance comes from a finely tuned 1.6-litre PureTech petrol engine that sounds like it's trying to escape from its engine mounts if you rev it hard. That's not a bad thing, by the way, that's a brilliant sound, I wish my VW UP! GTi sounded that good.

On the road:

The 308 is a very playful sports hatch that is not only powerful and safe, but it can also be a practical hatchback for all the family and a real giggle if you push it out of line. It really is a proper little racer out on the open road. Plus, if you go a little gung-ho and

get it very wrong - you have the assurance of Peugeot's fantastic ESP program watching over you like a little butler keeping you firmly planted to the road ahead.

So, does it deserve the GTi badge it wears? Well, underneath you will find an involving chassis that is dynamic and provides a superb driving sensation. It's also agile, reactive and has a massive form of balance from one turn to the next. To be honest, it really is a joy to drive.

Interior & Technology:

The 308 GTi offers a first-rate experience that is achieved through a combination of interior quality, attention to detail and a wide range of equipment and technology. There can be no doubting the sportiness of the swish interior, along with the special GTi features that have a graceful presence inside and out.

On the Inside, it's all good. There is also plenty of standard kit in GTi trim such as; Mistral full-grain perforated leather steering wheel with red stitch detail, 'GTi' emblem, GTi Bucket seats with PEUGEOT Sport branding, PEUGEOT Sport branded Alcantara®

and leather effect seat trim with red overstitch detail, Massage function on front seats with two intensity settings, 3.5" 'GTi' instrument panel display, aluminium 'GTi' door sill finishers, 'GTi' emblems (front wings and tailgate) Large twin exhaust and black rear diffuser, lowered ride height (11mm)(vs. standard ride height) Red-painted PEUGEOT Sport brake calipers with 380mm front discs, sports front bumper skirts, sports front bumper design with red lower bumper finisher (black on Ultimate Red vehicles) Torsen® limited-slip differential and 19" 'Carbone' two-tone finish diamond cut alloy wheels.

To sum up:

I like the Peugeot 308 GTi a lot - it gives you all the things you want from a proper GTi.

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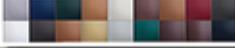
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On the right track



Chester Rambling & Hill Walking Club had just issued their summer walking programme when lockdown was announced back in March. Our leaders and organisers had produced an enticing list of A, B and C grade walks across Cheshire, Wirral and North Wales. With warm sunny weather and lovely walks to look forward to, what a summer it would have been! Sadly, we all know what the next instalment to this tale was.....

As I write, our summer programme has still not resumed. All group walks and social events were cancelled, as well as the spring coach trip and the annual June camp, with no sign of things starting up any time soon.

Government guidelines told us to stay local, so members took the opportunity to seek out public footpaths close to home. For many of us, it's offered the chance to discover local public rights of way we'd previously been unaware of or simply never needed to use.

We live just over the border in Wales, and one hike we'd not done before was the 6-mile or so round trip to Dodleston, on the Cheshire side. The only climbing involved was the steps up and down the footbridge over the A55! Despite being a flat walk across fields, this turned out to be a charming route that we'll be using even after the current restrictions are lifted.

Our home is a short distance from Hawarden Park and Bilberry Wood, and this is one area we've often enjoyed, even before lockdown. But, however much we cherish our favourite routes, treading the same tracks can get a little wearying, so I scoured the OS map to search for different options. This exercise resulted in successes plus one or two dismal failures. Adding some footpaths near Mancot to the tried and tested route was delightful, as was another one along the edge of the park itself, close to the old Hawarden Castle.

However, attempts to extend the walk on the Ewloe side were less of a triumph. Many of the dotted green lines marked on the map turned out to be tarmac surfaces (my pet hate), others passed through a newly-built housing estate, with yet more tarmac. Finding a way back to the fields was tricky, so much so that we gave up and returned the way we came. Our worst pathfinding experience happened barely 2 miles from our house. In order to reduce the amount of road walking, we decided to try a public right of way that would have shortened it by half. We found the exact location of this footpath, though all signage had disappeared. I always carry an OS map of the area in which we're walking and knew we were on the right track. Unfortunately, we were challenged by the irate

landowner who disputed the existence of this path and told us to remove ourselves forthwith. Thankfully this type of thing rarely happens, but it's disturbing and especially galling when you know you're the one in the right. Such issues are reported to the local authority, who investigate and deal with them appropriately. Public rights of way are exactly what the name says, whether the signposting has been removed or not. With people walking locally because of enforced restrictions, many previously under-used public footpaths are suddenly popular, with walkers if not the landowners. It is always advisable to have an OS map to hand when out and about in unfamiliar territory, so that you know exactly what your facts are if challenged.

Now, where have those hills gone? The Club's official walking programme, full of field and forest, moors and mountains, views and vistas, will return.

We hope to be back on track soon, in every sense of the word!

If you fancy joining us when group walking starts up again, check our website for updates: www.chesterwalkingclub.com or take a look at our Facebook page.

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

CORONAVIRUS: 7 WAYS TO SUPPORT SMALL AND LOCAL BUSINESSES AMID OUTBREAK

On 23 March, Boris Johnson ordered all pubs, restaurants, gyms and other social venues across the country to close their doors for the foreseeable future, leaving many business owners and their employees at risk.

While measures such as social distancing and self-isolation are vital in helping to curb the spread of the deadly disease, they also threaten to devastate local businesses.

In what was hailed as “one of the most comprehensive responses of any government anywhere in the world”, the chancellor also pledged that all shops, pubs, restaurants and other leisure businesses would not have to pay business rates for a year under the new plans.

While the government is doing its part to protect the economy, there are also plenty of ways the people can support their favourite local businesses, whether they are book shops, music venues or coffee houses.

Here are seven ways to help small businesses stay afloat during the coronavirus crisis.

Shop locally – both on and offline

Many small businesses that do not typically offer online ordering are starting to test the waters, so check to see if this is something the places you frequently shop with are doing.

The need to social distance has seen a number of retailers alter their services to fit the temporary ‘new normal’, with independent brewers supplying beers to your front door and book shops offering

contact-free delivery.

The same can be said for food and household staples. If you are not displaying any symptoms of the coronavirus, pay a visit to your corner shop or grocers where you are more likely to pick up the things larger supermarkets are running out of while simultaneously supporting your local community.

Buy gift cards

Buying a gift card from a local business and saving it to use in the future is an immediate way to put cash into your favourite shop, salon, theatre or restaurant while also limiting interactions and non-essential services such as packing, shipping and delivery, which may require a person to go to work or come into contact with others unnecessarily.

It is also a great way to show business owners how much you appreciate their work and a gesture of customer loyalty in uncertain times.

Order takeaway food and drink

While many local restaurants have opted to close their doors completely, a number are still open for takeaway and delivery, including spots that did not provide that service before the outbreak.

If you have the income, consider taking a night off from cooking every now and then to help support local cafes, bars and restaurants through the coming months.

Many independently owned food and drink businesses are now getting on to delivery platforms like Uber Eats and

Deliveroo, but if you cannot see your favourite outlet listed, give them a call to see if they will consider delivering a meal or selling the ingredients to make something yourself.

It is worth noting that some third-party apps can charge local restaurants fees that put an added squeeze on finances, so if you can order directly, do.

As an extra precaution, always try to pay by card online or over the phone and if you're unwell or elderly, ask for contact-free delivery, which involves the delivery person leaving the food on your doorstep.

Tip more than usual

If you do decide to order takeaway goods from a local restaurant or bar, consider being a little more generous than usual if your income allows.

The extra funds, no matter how small, will help not only the business but also their staff who are still required to work, including delivery people who often work through contractors and therefore have unpredictable wages and few benefits.

It is also best to tip over the phone or online directly through the restaurant, to prevent the risk of germs spreading.

Leave good reviews

If you are financially unable to support a local business, there are plenty of other ways you can help such as following them on social media and leaving great reviews online.

With many restaurants and bars being forced to shut their doors, reaching out with positive words of encouragement through Twitter, Instagram, Tripadvisor or directly through e-mail, or phone call is likely to give business owners the strength to persevere.

Avoid refunds and postpone instead of cancelling

While you may have the consumer right to ask for a full refund following the cancellation of an event, one way to support a local business during the coronavirus outbreak is to see what other options they can offer.

To prevent being left out of pocket, many music and theatre venues are giving customers the opportunity to put their ticket price towards a different event at a later date when the crisis is over. Alternatively, if this is something a local business is unable to provide, you could consider offering the price of your ticket as a donation.

The same can be said for independent vendors too. If you had a booking with a local photographer, caterer or florist for an upcoming party or wedding, consider postponing the booking instead of cancelling it altogether.

Take part in online classes

From yoga workouts and dance classes to creative writing and singing, there are many classes you can opt to take part in online, so if a local business offers this option, take it.

With facilities having to temporarily close, many business owners are now streaming sessions online so that people who are social distancing or self-isolating can join from home and show their support and solidarity to the local community.

Above all keep safe and we will all come through this together, many thanks for reading this.

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

NHS Rainbow Badges launched at CWP



Cheshire and Wirral Partnership NHS Foundation Trust (CWP) has signed up to the national rainbow badge scheme to coincide with LGBT+ History Month, reinforcing the Trust's commitment to being a diverse and inclusive employer and care provider.

The Rainbow Badge Initiative, which originated at Evelina London Children's Hospital, aims to make a positive difference by promoting a message of inclusion. The badge is a simple, visual symbol identifying that, if an NHS staff member or volunteer is wearing one, they are a person who an LGBT+ person (or their friends or family members) can talk to about issues relating to sexuality and gender identity. To support the initiative, CWP has launched a training programme to provide staff and volunteers wearing the badges with the knowledge and awareness to support LGBT+ people with any issues they may face.

Philip Makin, Equality, Diversity & Inclusion Coordinator for CWP, said: "I'm delighted to say that CWP is signed up to the NHS Rainbow Badge Initiative. The badge is a way for us at CWP to demonstrate that we are aware of the issues LGBT+ people can face when accessing our services and also as staff and volunteers. It shows that the

wearer is there to listen without judgement and signpost to further support if needed." To receive their badge, CWP staff are required to complete the online training and give their own pledge.

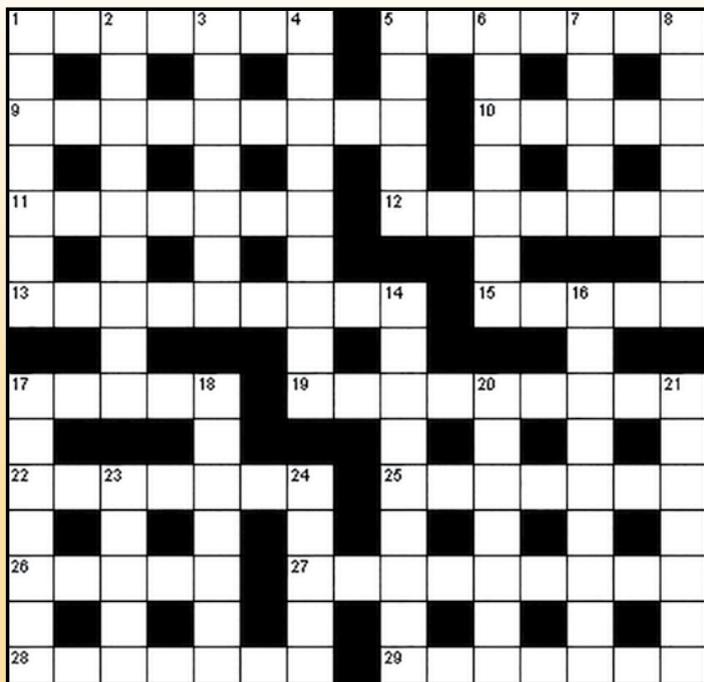
Chief executive Sheena Cumiskey said: "It's been fantastic to see how many people have already signed up to be a badge wearer. Our staff's enthusiasm for the initiative continues to demonstrate that we take Equality, Diversity & Inclusion seriously in helping people to be the best they can be."



Photo above: Members of CWP's executive board with their Rainbow Badges

Left: NHS Rainbow badge

PUZZLE CORNER



Quick Crossword Puzzle

Down

- 1 Emotionally excited (7)
- 2 Virtuoso (9)
- 3 Fickle (7)
- 4 Bony frames (9)
- 5 Thorny flowers (5)
- 6 Improper behavior (7)
- 7 Insect stage (5)
- 8 Trudged (7)
- 14 Not real (9)
- 16 Blimps (9)
- 17 A tropical cereal grass (7)
- 18 Hangs (7)
- 20 Dirty the air (7)
- 21 Rats (7)
- 23 Adored (5)
- 24 Greasy (5)

Across

- | | | |
|--------------------------|--------------------------------------|----------------------------|
| 1 Without direction (7) | 13 Deserters (9) | 25 A pike (7) |
| 5 Wanders (7) | 15 Slept (5) | 26 A squalid shack (5) |
| 9 Eyewitnesses (9) | 17 A dish of greens and tomatoes (5) | 27 Trespass (9) |
| 10 Pinfish (5) | 19 Small wading bird (9) | 28 Propriety of manner (7) |
| 11 Enclose (7) | 22 Judgments (7) | 29 Folds (7) |
| 12 "The whole _____" (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: **Hard**.

Solutions can be found on our website:
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