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DECEMBER 2022
Issue 68

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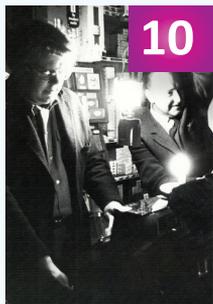
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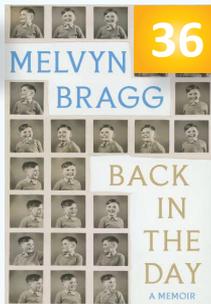
**This month
in history**



**Chester
Zoo**



**Book Review
by
John Morris**



Puzzle page



**Chester
Rambling
Club**

Love Chester The Local Magazine for Businesses in and around Cheshire.

Do You Know?	8
This month in history	10-11
Horoscopes for December	16
Community page	18
Chester Zoo new arrivals	20-21
Community page - Roman Remains	26
Job vacancies - support workers	27
Community - PCC	28
Charity page - Chester Zoo Lanterns	30-31
Short story series - Pablo & Billy	34
Puzzle Corner	35
Book review by John Morris	36-38
What's on	39
Chester Rambling & Hill Walking Club	40-41
What's on	42

Cover Photo: Chester Cathedral Nativity window - courtesy of Cheshire based commercial photographer Bernard Rose, wall art photograph available for sale from www.photo4me.com/brpimages



Dear Friends,

We are so glad we have had such a lovely year so far, think the rain has found us now!

We hope you are all looking forward to catching up with family and friends this Christmas time, making new memories and having fun!

Please look out for lonely neighbours and remember some people find this such a difficult time, Christmas 'good will' goes a long way.

Have a wonderful Christmas and don't forget to tell our advertisers you saw them in Love Chester!

If you are in business and want to attract new customers, why not advertise with us and/or in our Love Wirral or Love Wrexham magazines, we offer affordable advertising in our popular magazines - contact details are on our front page.

All our magazines are available online - as well as the answers to our puzzle page :o)

Best Wishes

Maxine & Mike

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

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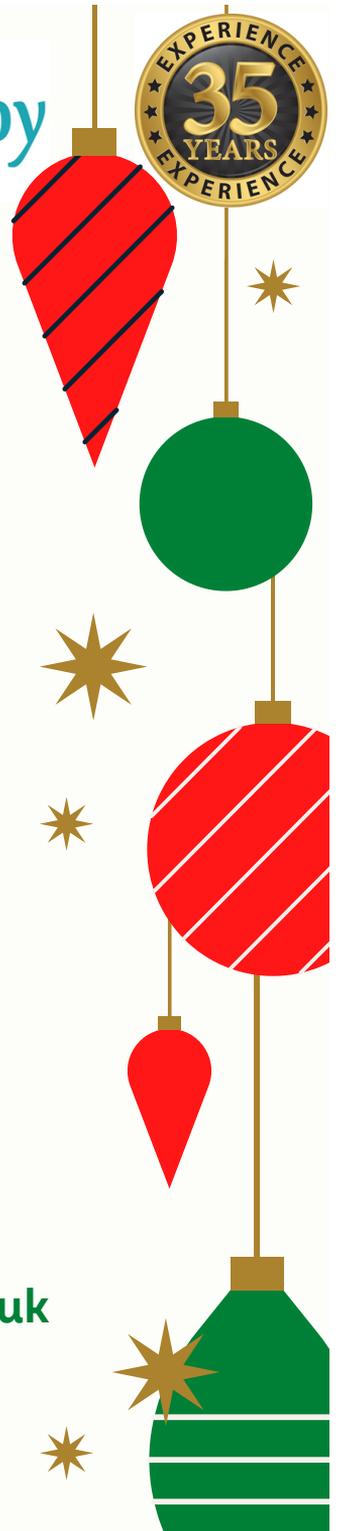


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DO YOU KNOW?

1. A genetic study in 2007 concluded that domestic cats are descended from Near Eastern wildcats, having diverged around 8,000 BC in West Asia.



2. It is estimated that Genghis Khan killed about 40 million people across Asia and Europe.

3. Unlike many mammals, bears can see in colour.

4. Polar bears are the largest land predators on earth, standing over 11' high and weighing over 1,700 lbs.



5. Italy is the largest producer of wine in the world.

6. Italian Traffic Police have two Lamborghini Gallardo in service.

7. The average temperature in Mars is -81°F (-63°C).

8. Banana ketchup is popular in the Philippines.

9. 48% of the world's population older than 15 claim to have never consumed alcohol.

10. Autism affects about 21.7 million people in the world.

11. The longest complete dinosaur is the 27 meters (89 feet) long Diplodocus, which was discovered in Wyoming, U.S.

12. Going to church is good for you: Services lower your blood pressure, a study found.



13. The world consumes close to 2.25 billion cups of coffee every day.

14. There are more bicycles in Copenhagen, Denmark, than people.

15. Europe and Africa are only separated by 14.3 km (8.9 mi) of ocean and there are talks of creating the longest bridge ever.

16. The World's Oldest Company operated in Japan from 578 AD to 2006.

17. Japan consists of over 6,800 islands.

18. People with many friends live 3.7 years more than those who are isolated.



19. Women live longer than men partly because their immune systems age more slowly.

20. Most people can survive for up to 2 months without eating, but people can only live up to 11 days without sleeping.

21. Since 2015, throwing away food is illegal in Seattle.

22. Norman Borlaug, an agricultural scientist, developed new strains of crops which yielded 4 times as much food. He is said to have saved the lives of over a billion people, making him one of the most influential men in human history.

23. The average women in Bolivia, Indonesia, and Guatemala is short enough to be considered a Dwarf (4'10 or under).



24. Obama was the first sitting U.S. president to visit Cuba in almost a century.

25. There's a shark in Greenland that eats polar bears and can live up to 200 years.

26. Ancient Romans celebrated "Saturnalia", a festival in which slaves and their masters would switch places.

27. Right-handed people tend to chew food on the right side while left-handed tend to chew on the left side.

28. During WW2, when Hitler visited Paris, the French cut the lift cables on the Eiffel Tower so that Hitler would have to climb the steps if he wanted to reach the top.



29. Kangaroos are almost always left-handed.

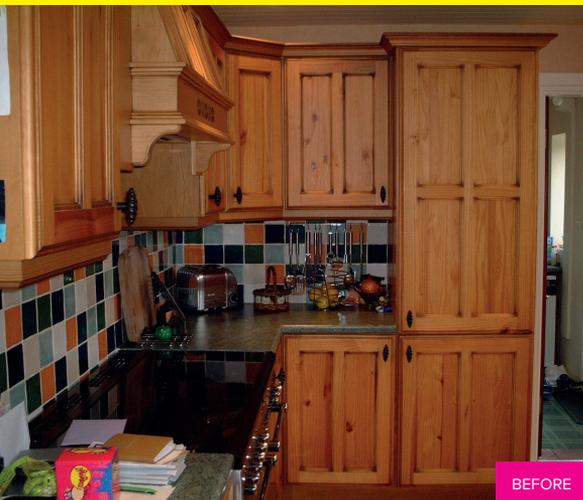
30. Horses can sleep standing.

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THIS MONTH'S HISTORY

This feature each month will give interesting facts from years gone by. See what you remember that happened in your lifetime.

THIS DAY IN HISTORY FOR THE MONTH OF DECEMBER

1st December 1942

William Beveridge (1879-1963) was a social economist who in November 1942 published a report titled, 'Social Insurance and Allied Services' that would provide the blueprint for social policy in post-war Britain. Beveridge had been drawn to the idea of remedying social inequality while working for the Toynbee Hall charitable organisation in East London. He saw that philanthropy was simply not sufficient in such circumstances and a coherent government plan would be the only sufficient action. By the outbreak of war, Beveridge found himself working in Whitehall where he was commissioned to lead an inquiry into social services. His vision was to battle against what he called the five giants; idleness, ignorance, disease, squalor and want. His 'cradle to the grave' social programme that amongst other proposals called for a free national health service alienated some politicians but it struck a chord with the public and this would influence Clement Atlee's Labour Government to implement these ideas.



10th December 1919

The Smith brothers became the first aviators to fly from Britain to Australia.

In 1919 the Australian government offered a prize of £A10,000 for the first Australians in a British aircraft to fly from Great Britain to Australia.

Of the six entries that started the race, the winners were pilot Ross Smith, his brother Keith Smith as co-pilot, and mechanics James Bennett and Wally Shiers, in a modified Vickers Vimy bomber.



20th December 1955

Historically, Wales did not have a definite capital.

In 1955, the then Minister for Welsh Affairs and Home Secretary, Gwyllim Lloyd-George, informally proclaimed Cardiff to be the capital of Wales.

Since 1964, Cardiff has been home to government offices for Wales, and since 1999 it has been the seat of the Senedd.



The Senedd building, the seat of the Senedd, the Welsh Parliament.

31st December 1973

The three-day week began in Britain as a result of power strikes.

It led to the downfall of Prime Minister Edward Heath and his government.

The Three-Day Week was one of several measures introduced in the United Kingdom in 1973–1974 by Edward Heath's Conservative government to conserve electricity, the generation of which was severely restricted owing to industrial action by coal miners and railway workers.

Commercial users of electricity were limited to three specified consecutive days' consumption each week and prohibited from working longer hours on those days. Services deemed essential (e.g. hospitals, supermarkets and newspaper printing presses) were exempt. Television companies were required to cease broadcasting at 22:30 to conserve electricity, although this restriction was dropped after a general election was called. The Three-Day Week restrictions were lifted on 7 March 1974.



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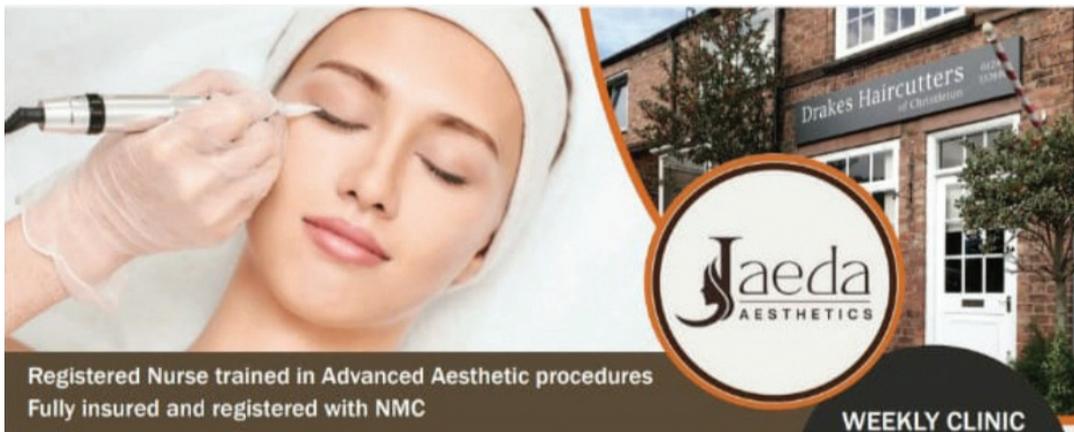
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HOROSCOPES FOR DECEMBER

BY JAMES GRIFFITHS

Capricorn

Even though you like tradition, right now you're especially eager to participate in novelty and change.

Sagittarius

Your thoughts may be on spending time with loved ones, getting restful sleep, and taking time off from work.

Scorpio

You have a powerful opportunity now to rediscover your heart's desires. Finance and love are both in your sign.

Aquarius

You are considering what you want your legacy to be. Your principles are now being tested, boundaries and standards are being established.

Libra

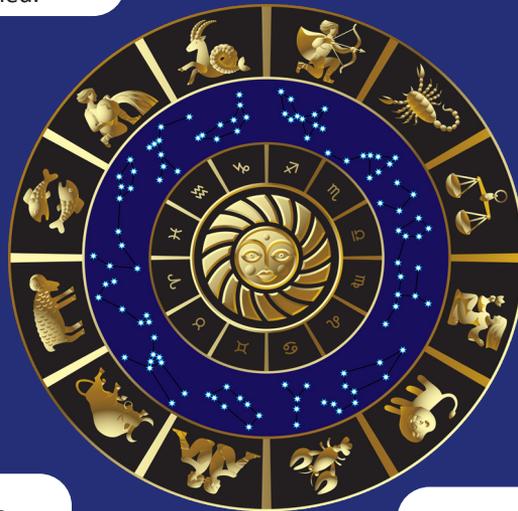
Unexpected expenses will arise, and you're learning that what's important and useful to you might not be the same for another person.

Pisces

Reevaluate what deserves your time and effort with a fresh perspective. Your social life could get complicated, and friendships could alter.

Aries

You find yourself paying off bills and resolving old disputes, there is a substantial shift in your income and security.



Virgo

Setting boundaries for your time and energy is important. Blocks or delays in communication, but you feel focused and productive.

Taurus

This is the time to concentrate on strong relationships of other kinds, such as artistic collaboration or business alliances.

Leo

Your work decisions are significantly influenced by your thoughts about your home and family. Reward and recognition will come your way.

Gemini

This is a time of reflection and change. Reevaluating your objectives, learning more about how you react to situations.

Cancer

A thirst for variety and curiosity shakes up your typical interests. You experience some turmoil and a long-brewing relationship difficulty.

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GREAT BARROW'S 1000 POPPY TRIBUTE!

89 year old Marjorie Rigby from Frodsham started knitting poppies in January and ten months later has completed 1200 in time for Remembrance Day. One thousand of the individual, hand knitted poppies were then sewn by her daughter Sue Weaver onto ribbons and assembled by villagers into a spectacular 8 foot high display in the heart of the village of Great Barrow near Chester.

Sue said: "Mum needed a project, and she is an amazing knitter - once she started she was like Forrest Gump, she just kept going!"

Marjorie's father and father in law both served in 1914-1918 and as a child she remembers her parents looking after evacuee children from Manchester and Liverpool at their small holding in Kingsley during the second world war.

Twenty Barrow residents, who died in the two world wars are commemorated on the Village War Memorial and another twenty civilians were tragically killed in November 1940 when a bomb landed on Barrowmore Hall on the outskirts of the village.

Barrow Parish Councillor Andy Porter said: "The poppies have attracted lots of attention, even the BBC! They are a wonderful way to remember the sacrifices of previous generations and we look forward to continuing to put them up in future years as part of our Remembrance Day Commemorations. Thank you Marjorie!"

As Marjorie commented herself on seeing the completed display "I feel both proud and emotional - every single stitch was made with love".

Next year Marjorie is already planning to knit many more poppies to raise funds for the British Legion.



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OUR ZOO

What's happening at Chester Zoo.

Rare greater one-horned rhino born at Chester Zoo



The female calf was delivered by mum Asha (15) on 14 October at 4.24pm, with the birth captured by the zoo's hidden cameras.

Keepers say the new arrival has bonded closely with mum and already sports the same slightly wrinkled armoured plating as her parents.

The species was once found roaming across the entire northern part of the Indian subcontinent, but is now only present in a small area in India and Nepal. Listed as vulnerable to extinction on the International Union for the Conservation of Nature's (IUCN's) Red List of threatened

species, there are only around 3,000 greater one-horned rhinos estimated to be left in the wild as they battle illegal poaching for their horns and habitat loss.

Greater one-horned rhinos are pregnant for around 15 months, so conservationists at the zoo have patiently waited for the calf's arrival.

Sam Harley, Rhino Team Manager at Chester Zoo, said: "We're absolutely thrilled with Asha and her new arrival. It's been 4 years since a greater one-horned rhino calf was born here at Chester Zoo and they really are an incredible sight.

"On the day the calf was born, we noticed that Asha was uncharacteristically lethargic and off her food so we had a suspicion that she was soon to give birth. We saw her water break at around 4.10pm as we watched on remotely via our hidden cameras, then at 4.24pm, she pushed her little one out into the world. It was a true privilege to witness such a special event.

"The sheer size of this species is incredible - the calf was born weighing 50kg and she'll grow to around 1.7 tonnes. But despite their enormous stature, this species has a really soft side. Mum and calf have been so relaxed and calm, spending time side-by-side bonding together.

"In the wild, rhinos are under threat from habitat loss, as well as poaching. It's a great shame that these pre-historic looking animals lose their lives for something they don't even need - their horns - which are used in traditional Asian medicine. There's no scientific



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

proof that these medicines work, meaning these gentle giants are being slaughtered for absolutely no reason.

“This stark fact makes the reason we work with this species so important. Not everyone is lucky enough to see a rhino in the wild, but Asha, dad Beni, and their new calf help our two million visitors a year to connect with this magnificent species. At one point, there were less than 200 in the wild so it’s a real privilege to be able to care for this new born.”



Asha’s pregnancy was tracked by the zoo’s onsite endocrinology lab, which monitors the hormones in dung samples to check how a pregnancy is progressing.

John O’Hanlon, Laboratory Technician at Chester Zoo, said: “We’re the only zoo in the UK to have an onsite endocrinology lab, which allows us to track an animal’s hormones and even its pregnancy. Performing an ultrasound with an Indian rhino, and that amazingly thick skin. isn’t easy, but by collecting and monitoring weekly samples of Asha’s dung, we’re able to track the pregnancy to see how mum and calf are doing.

“Our lab work doesn’t stop there, it also tells us things like when different species

come into season and when the right time would be to pair them with a mate. process hundreds of samples a day from zoos all around the UK and Europe, and working with partners in Kenya, we’re building on what we do here at Chester Zoo to support wild rhino populations. It’s a wonderful feeling to know that you are contributing to preventing the extinction of so many precious species.”

Chester Zoo and its partners the Wildlife Trust of India are working to protect threatened species across the Greater Manas landscape in Assam in the north east of India. This includes Manas National Park, which is home to an important population of greater one-horned rhinos.

The not-for-profit conservation zoo has also previously supported the India Rhino Vision 2020, through Save the Rhino International, a conservation project which has seen the greater one-horned rhino population grow to from just 200 to around 3,000 across India and Nepal.

Keepers have chosen three potential names for the new calf and have invited the public to vote for their favourite. The names are Thuli, which is a river in Nepal, Jiya, which is the Indian meaning for sunshine, and Bahula, which is the Indian meaning for star. People can have their say by heading to Chester Zoo’s Facebook page to cast their vote: www.facebook.com/chesterzoo1/





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Cheshire archaeological dig finds Roman remains

An archaeological dig which took place last month on Barnston Estate land in Farndon, Cheshire, successfully uncovered Roman remains.

Dozens of volunteers from Holt and Farndon took part in the ten-day dig close to the banks of the River Dee in Farndon.

Using the results of aerial photography, LiDAR and geophysical surveys, six trenches were dug.

The dig, which was organised by the Holt and Farndon Community Archaeology Project and supported by the Holt Local History Society, quickly discovered Roman industrial activity.



Archaeologist Christopher Matthews of the research group Archaeological Survey West said: “Within the enclosure we found evidence of Roman industrial activity on the site which included a bloomery furnace. It appears that the site was used to process iron ore into workable iron.

“Similar to the Holt Tile Works just across the River Dee, it’s likely that the Romans used the river as a means to transport raw materials.

“Other smaller finds included a ceramic spindle whorl, tile fragments, iron nails and one worked flint. We also discovered a few Roman coins that suggest the site is mid to late Roman, approximately 4th Century.

“We have definitely answered the questions we went to ask. All that is left now is to record what we have and take back material to analyse further in the laboratory to help us better understand the chronology of the site.

“We will be releasing a short video diary in the coming weeks for anyone who was unable to visit the dig to see how the excavation unfolded.”

Steve Lewis of Holt Local History Society said: “All the volunteers enjoyed the dig and the weather was good for most of the time.”

Edward Barnston, Estate Manager of the Barnston Estate, an historic Cheshire estate which can trace its history back to the Norman Conquest, said: “The dig, which took place on a small rectangular bank and ditch enclosure in one of our fields, has revealed some really fascinating finds.”

A public open day will take place at a date to be confirmed to display the findings.



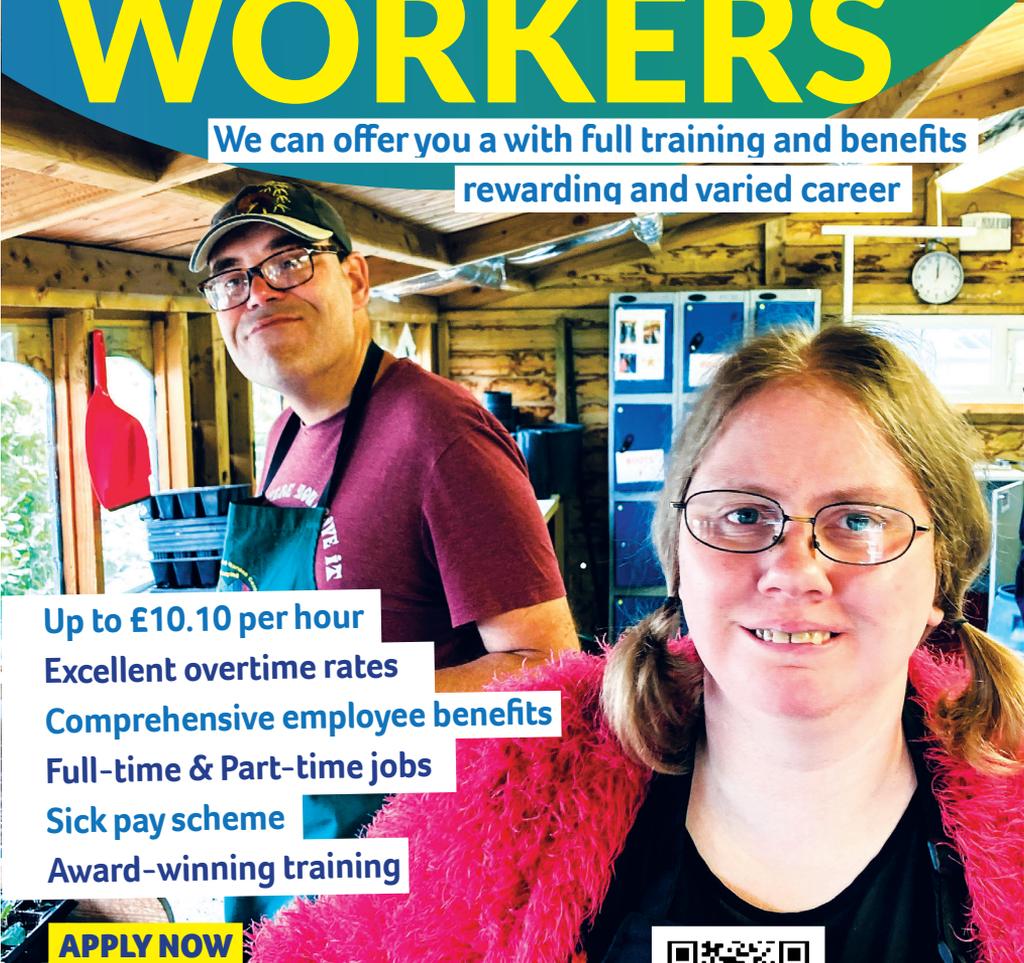
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Community



John Dwyer
Police & Crime
Commissioner
for Cheshire



Cheshire Youth Commission recommend improvements for policing

The Cheshire Youth Commission have produced a report detailing how Cheshire Constabulary and partners can develop their engagement with under 25s. The report was presented at a conference attended by the Police and Crime Commissioner for Cheshire, John Dwyer, and Chief Constable Mark Roberts.

The Cheshire Youth Commission is made up of volunteers, aged 14-25, who support, challenge, and inform the work of the Police and Crime for Cheshire and Cheshire Constabulary.

Over the past year, the Commission have carried out an extensive consultation gathering over 2,000 responses from young people across the county. The responses highlight opinions, thoughts, and feelings on policing and how Cheshire Constabulary, the Police and Crime Commissioner and relevant partners can improve their relationship with young people.

Following the consultation period, the Youth Commission took their findings and developed them into four key priority areas which were hate crimes, safer communities, violence and abuse and relationships with the police which were presented at the Big Conversation Conference, on 3 November 2022.

Police and Crime Commissioner for Cheshire, John Dwyer, said: “Young people are the future of our communities and the hard work of the Youth Commission over the past year has been reflected in their presentation this evening.

“Under 25s represent almost a quarter of a population, so it is only right that they have a voice and that they are listened to. I would like to thank the Commission for delivering their findings and welcome their recommendations, they will be reflected upon and actioned wherever possible.”

Whilst discussing the priority of Hate Crimes, the Youth Commission found that young people continue to receive explicit content online and feel uncomfortable and unsafe on social media. The report recommended for the Constabulary to promote the alternative routes of reporting crime rather than calling 101 or 999, including via the Cheshire Police website or anonymously via CrimeStoppers.

The recommendation to the Police and Crime Commissioner regarding the Violence and Abuse priority was to raise awareness of the impact of carrying a weapon for protection. A second suggestion was to work alongside the Youth Commission and other partners on a campaign promoting impact and consequences of violence and drug crime.

Chief Constable Mark Roberts said: “Listening to the views and concerns of young people is a key part of our engagement strategy and has a vital role to play in helping us keep Cheshire safe.

“I was delighted to attend this conference and see the fantastic work the youth commission have put in to producing this report. We will now review the findings and will ensure that they feed into our aim of delivering even safer communities for the whole of Cheshire.”

John Dwyer added: “I am looking forward to working with the Chief Constable and other key partners to ensure the recommendations raised at the conference are addressed and that we continue to support the work of the Youth Commission and young people across Cheshire.”

To find out more about the Youth Commission, visit: www.cheshire-pcc.gov.uk/get-involved/youth-commission/



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Magical Christmas event 'The Lanterns' returns to Chester Zoo



The Lanterns has become a family favourite Christmas celebration that helps Chester Zoo raise funds to protect highly threatened wildlife.

With just one week to go before Chester Zoo lifts the curtain on its festive event, The Lanterns, organisers have revealed new details about the festive family celebration.

The much-loved wintertime event sees visitors enjoy a magical trail through the zoo lit up by hundreds of illuminated animal lanterns, costumed puppeteers and theatrical performers – including a visit from Father Christmas and his reindeers.

This year a number of new features, including a life-sized orangutan in a dazzling UV jungle, a giant polar bear overlooking a magical fairy-tale castle and a stunning snow leopard protecting its mountain home, will take centre stage. The trail will also follow a new, longer route.

Conservationists say that all funds generated by the experience will help boost the zoo's mission of preventing extinction, both through its conservation breeding programmes and field projects in 20 countries around the world.

Scott Manton, Chester Zoo's Guest Experience Supervisor, said:

"The zoo is a spectacular place in the day, but as the sun sets it will be transformed in to a colourful festive celebration that will light up the night sky as we begin our very own countdown to Christmas.

"This year we'll be taking visitors on a magical journey through *distant lands*, while discovering different animal-themed tales from around the world. Delve into a Norwegian fairy-tale as you



encounter a multi-coloured, glowing castle towering high in the heart of the zoo and watched over by a huge polar bear. Wander through giant lotus flowers and flying dragonflies in a Japanese inspired garden, then earn your stripes with our zebras in an African inspired full of colour and music.



“Father Christmas and his fellow reindeer will also be joining the celebrations each night and will be here to spread some festive cheer while guests tuck in to delicious festive treats at our Christmas markets, including Yorkshire pudding Christmas wraps, bratwurst hotdogs and a range of tasty plant-based options, too!

“The Lanterns is a fabulous way for people to take in the magic of Christmas at the zoo – all while knowing they’re also helping our charitable mission to protect some of the world’s most threatened species.”

Extra tickets are now on sale for Chester Zoo’s ‘The Lanterns’ event, which will run on selected dates from Friday 11 November to Friday 23 December with entry slots available from 4pm – 8pm. Child tickets start from £12 and adult tickets start from just £15.

Find out more at: www.chesterzoo.org/lanterns

Do You know?

Chester Zoo (www.chesterzoo.org) is a registered conservation and education charity.

It’s home to almost 20,000 animals and more than 500 different species, many of which are endangered in the wild.

The zoo also supports field projects around the world and closer to home, preventing the extinction of highly threatened species.

Last year, the zoo welcomed more than two million visitors, ranking it as the UK’s most visited zoo and England’s most visited tourist attraction outside London.

The zoo has a vital role in inspiring and educating people about the natural world and the impact humans have on it – creating and nurturing the conservationist in us all.



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THE ROASTING by John Fowler

“What are you writing? Oh Handsomeness.”

“It’s just a short letter to the love of my life.”

“Golly gosh, you are so romantic. How does it start?”

“Dear Real Madrid. --- Anyway, enough of my love life, Scumface, I want to talk to you about your poor performance and total lack of effort. What have you got to say for yourself?”

“I like that suit you have on”

“What, this old thing? Don’t try to distract me. The players say that when you take a training session, all you do is give them a ball to mess around with, while you go off for a smoke.”

“That tie really suits you. Mine always seem to be too tight. I will have to stop my wife dressing me.” Exclaimed Billy.

“My wife bought my tie from Harrods car boot sale. Anyway, I think you are trying to distract me from what I want to discuss. I have been looking at your records and no young player, under your coaching, has ever broken into the first team.”

“Oh, Handsomeness, aren’t you a nice writer. You seem to have a flair which goes with your dashing character. I wish I could be like you.”

“Thank you Billy for those kind words. I did not mean to upset you about your work rate, just bringing something to your attention.”

“Your Handsomeness, it is always a great pleasure to be in your company and to clean your boots. You have a knack of making me feel good.”

“Er, well, Billy, I didn’t mean to criticise you, but you do not appear to pay attention when we have management meetings.”

“I use them to practice my snoring, but if you want to hurt me, Excellency, just carry on, whilst I nip out and get you a nice cup of coffee. Would you like some brandy in it?”

“Billy, Billy, don’t get upset. I enjoy our little chats. It keeps me in touch with the common man. It gives me a picture of what football was like in England many years ago, and my, you are ugly.”

“Well, if you are going to start pulling me down again, I think I will retire.”

“How will we know when you are gone?”

“There you go, at it again, that’s the last time I press your underpants.”

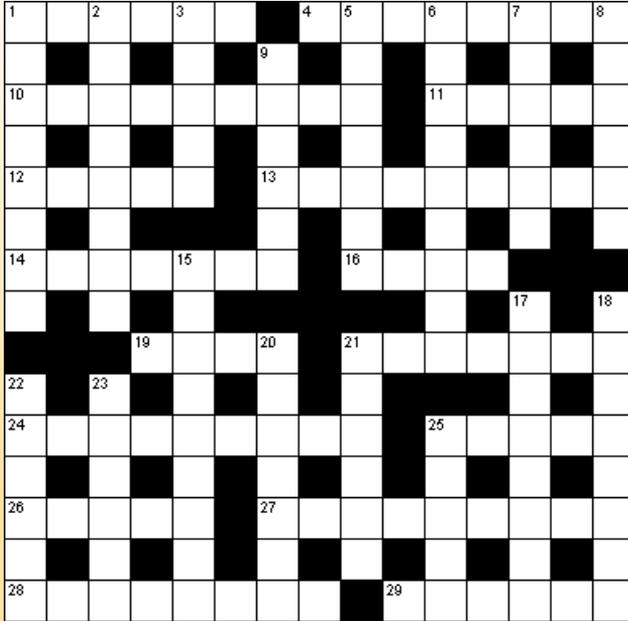
“I didn’t mean it, it was just a joke. Look on Saturday I will give you a very important role on the bench. Something to make you feel important.”

“Oh, great, what’s that?”

“I’ll let you bring your bucket and sponge.”



PUZZLE CORNER



Down

- 1 A sunken engraving (8)
- 2 Thunderous verbal attack (8)
- 3 Sudden blasts of wind (5)
- 5 Interconnected nodes or stations (7)
- 6 Breeziness (9)
- 7 Have as a logical consequence (6)
- 8 Resulted (6)
- 9 Teeth (6)
- 15 A game with a shuttlecock (9)
- 17 Long tapering flags (8)
- 18 Used (8)
- 20 Mouse sounds (7)
- 21 Untouched (6)
- 22 Afloat (6)
- 23 Abroad (6)
- 25 Not audio (5)

Across

- | | | |
|------------------------------|--------------------------|-------------------|
| 1 A blue dye (6) | 14 Quaffs (7) | 27 Collisions (9) |
| 4 No particular place (8) | 16 Retain (4) | 28 Neatness (8) |
| 10 Carry (9) | 19 Probabilities (4) | 29 Dwelt (6) |
| 11 Memos (5) | 21 Examine in detail (7) | |
| 12 Young ladies (5) | 24 Not easy (9) | |
| 13 A native of Australia (9) | 25 Plastic (5) | |
| | 26 Unable to react (5) | |

Sudoku Puzzle

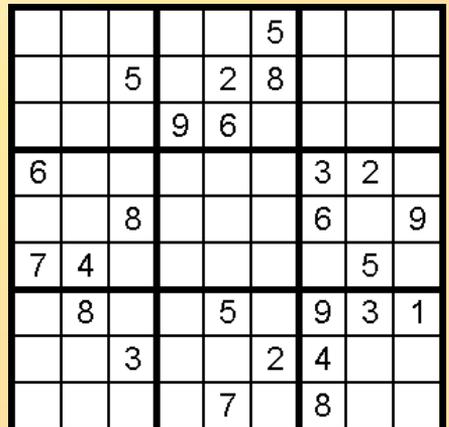
How to play:

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: Medium.

Solutions can be found on our website





Practical and Emotional Skills for Survival When Times Get Hard

Back in the day

Author - Melvyn Bragg

Publisher - Sceptre / Hodder & Stoughton

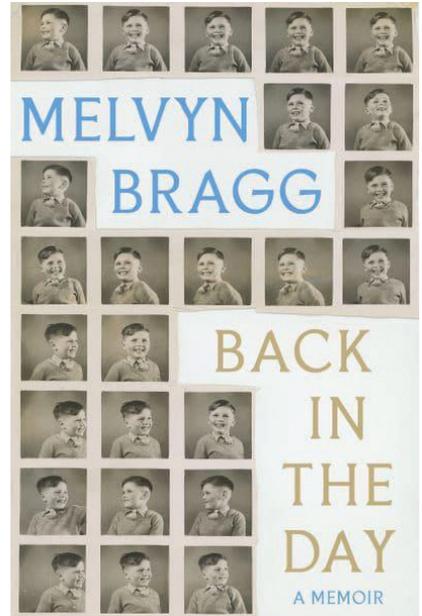
In the current economic climate, many families, individuals and businesses are struggling to manage a “cost of living crisis” including higher energy bills, increasing household budgets, rising interest rates and uncertainty regarding levels of employment. Many commentators consider that the UK is facing a very challenging slump which will create a “tough road” for the next three years. **A key question for readers is whether memories of life in the last century or psychotherapy can promote personal, emotional and practical skills when times get hard.**

In an enthralling and vivid insight into life when it “was a hard road”, **Melvyn Bragg, “Back in the Day” takes the reader on a nostalgic thought provoking journey for those enduring “hardship” in the current economic climate.** The text is a memoir of Melvyn Bragg’s early life and experiences in post war Wighton, Cumbria with his family, friends and community. **In the first part of the book the author focuses on a “series of impressions”,** including how families kept aspects of their lives as “secrets”, which were never openly discussed; how slum housing and cramped conditions created “streets as living rooms” where kids played outside from dawn to dusk; the impact of TB, how men were strong through hard repetitive, toiling work since they were boys of seven or eight; the role of women as “providers” based in the home. **He discusses how the “warmth of the family”, was layered by a “sliver of fear” with obedience at home and school being enforced with a “clip around the ear”,** and displays of “love” in public, being seen as a form of weakness and discouraged.

Within a riveting easily read text **the author highlights the “hard times” for working class families living in shared houses, no running hot water, no washing machine, no vacuum cleaner, no car, no fitted carpets, no electricity, no television etc.** It was when the working class were taken for granted and not valued. **Tenants in houses and farms were treated with disdain,** women and girls, particularly those in domestic service, made a “sufficiency out of slim pickings” and men were toilers working physically for 60 hours a week or more on farms, building or in factories. **Despite all “the hardships”, Melvyn Bragg terms it a “personal experience of someone who feels very lucky to have been alive in such a place at such a time”.** Many readers who were born before 1950 will be aware of “hard living” described so vividly by the author but like the author, gained from the experience.

Interestingly, in contrast to the present day “Open All Hours” culture of shop opening times, the author notes that on Sundays the town was “as silent as a tomb”. Even after the First World War (1914-18), chapels and churches still attracted “substantial congregations in their Sunday Best”. **He notes how the church opened up awareness of “other worlds” with choir singing, youth club, quizzes, debates, visiting speakers and trips to other towns.** He also reflected on the holidays with his mother to Butlins in Ayrshire with a new range of activities. For the author, the advent of “the National Health Service, Nationalised Industries and Butlins were the Holy Trinity of his post war Britain.

In the “second part” of his memoirs, **Melvyn Bragg highlights key factors which transformed his aspirations by opening up “windows on opportunities” beyond the factory gates and a life of toiling.** The promotion of his father resulting in the family move



to Workington, a change of school, despite his apprehensions, became the chance of a lifetime. **For some readers, personal experiences and emotions may well be aroused as he recalls the influence of an inspirational teacher, Mr James.** Opening the envelope with his exam results and the comment by Mr James **“i can't remember seeing results like this before, you can be proud of yourself”**, was the moment of “mindset transformation”. **Then, his father, in consultation with Mr James, took the momentous decision that Melvyn would “try for Oxford University”.** This decision to enter a “new world of experiences” culminated in his future as an outstanding author and life peer.

This is an outstanding insight into “impressions and impact on the author's life” of harshness, living on the bread line, repression of talents by toiling, limited expectation and lack of confidence as a result of blatant snobbery. It is a “memoir” of resolve and tenacity to keep going despite hardships, and inspiration to develop the personal “grit and resolve” to find a way forward. For Melvyn Blagg it resulted in raising of aspirations, confidence, desire, determination and self awareness of strategies to fulfill potential.

The Act of Living

Author - Frank Tallis

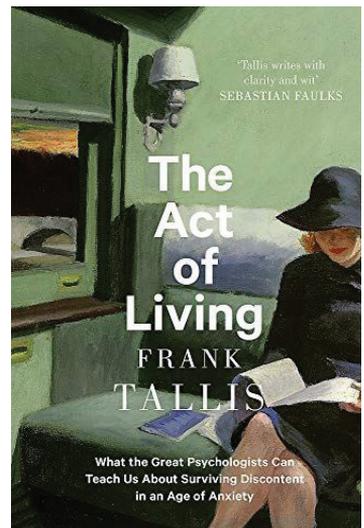
Publisher - Little Brown

The impact of the Covid-19 pandemic resulted in an increase in the number of adults suffering with emotional issues. **Evidence shows that the current “economic depression” has further increased the number of individuals of all age groups suffering from mental health issues.**

Frank Tallis, “The Art of Living” has produced an engaging, practical and enthralling analysis of a range of strategies, put forward by a wide range of psychologists, that can help readers in their quest to “survive discontent in an age of anxiety”. The author, in a broad based fluid introduction, emphasises that psychotherapists share a “common goal” of reducing distress which may entail facing up to “difficult truths and realities in the short term”. In a “reality check”, **the author notes that compared to the living conditions endured by generations prior to the 1950's, in general, we have increased personal freedom, more material comforts, possessions, support from the National Health service, state benefits, a longer life expectancy, etc .** Despite these great strides in “material well being and opportunities”, an increasing number of individuals are depressed, anxious, frustrated and unable to cope with the stress and demands of life, which is becoming more evident in the current period of uncertainty”.

Frank Tallis highlights that an increasing number of people struggle to adapt and adjust to “new demands” resulting in issues linked to reduced self esteem, happiness and life satisfaction. Individuals are desperate for answers as they resort to “self help” books and “Google gurus”. **Unfortunately many are engaged in an “on-going and profitless search” in their quest to achieve a route to “peace of mind and fulfilment.** The author emphasises that the “enormity of the task” for an increasing number is daunting without “targeted support”. Getting life balanced is hard, due to numerous and complex needs impacting on our “desire” to optimise outcomes and be happy. It is necessary to learn the skills to temper our expectations to reach a “goal of satisfaction or reduced level of happiness”.

Readers will gain from the expertise and insight of the author in “unpicking” the theories of a wide range of psychotherapists with regard to actions which can support individuals to cope more effectively with “reality”. Amongst the key issues covered include the importance of “genuine” close relationships, loneliness, safety in terms of self fulfilment, maternal love, and narcissism. **Close relationships within which people communicate in frequent conversations, impact significantly upon trust, happiness and longevity.** On



occasions individuals adopt “personas” and make statements which are dishonest and conceal a “hidden motive” which does not reflect their “inner needs and feelings” or in terms of internet scams, their ulterior motives for “friendship”. **Readers may be aware of “Freudian slips”** when dishonesty is exposed by the individual saying something which expresses how they really feel.

The author emphasises how being alone in a distressing experience, stressing how “loneliness kills”. He points to the fact that a crowded room can “be a lonely or daunting” place if you are “not in the conversation”. In addition he points out that internet chatrooms cannot compete with or make up for the need of individuals to practice their social skills in real life situations. **In this respect the chat with neighbours or checking on people in the community living on their own can be supportive, re-assuring and “create therapeutic conversation”**. This links with the author’s analysis of **Maslow’s theory of self actualisation in terms of personal fulfilment** where “safety” is a priority to nourish emotional development, love and belonging in our “relationships”. **In this respect we must be wary of “narcissism”**, regarding individuals who are pre-occupied with appearance, self regard, intellectual vanity, personal power and consider themselves to be “special”. They are a threat to themselves and others by becoming, envious and harmful.

Readers may well gain from the discussion on **John Bowlby’s work on the impact on children when there is an absence of maternal love and separation**. From his personal experience he found the separation unbearable making the child insecure and suppressing their feelings. The key point is that when we create the ethos where our children feel safe we are giving them the ability to form bonds that “liberate them” with the confidence and skills to fulfil their “evolutionary destiny”. **In our quest for “solutions to problems” we have to reflect upon and understand ourselves by discovering how the “past is influencing us”** as opposed to “taking a leap in the dark”. To do this requires encouragement and opportunities to talk with someone who will listen, then offer support or an “objective opinion”. In this way they overcome what Freud terms an individual’s “resistance” to examine their “hidden depths by avoidance and becoming strangers to themselves”

This is an outstanding text which gives readers strategies to make the transition from states of frustration, stress and depression, whilst highlighting some pitfalls to avoid.

About the reviewer

John T Morris BA(Hons),MEd,MPhil,DipPsych,CertEd.

John taught physical education in Ladbroke Grove, was fitness coach at the Middle Row Boxing Club, weight training and fitness coach in Wrexham, a graduate member of the British Psychological Society and a Mental Health counsellor. He was head teacher of three specialist centres for young people in North Wales. His research at Lancaster University was on promoting “growth mindsets”. He currently works with individuals and teams to develop resilience, tenacity, determination and team skills.



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McDonnell



Into the distance

Named waymarked trails are prolific across our region, with the North Cheshire Way being one of the longest. Running eastwards from Hooton on the Wirral to Disley, near the Derbyshire border, it offers 70 miles of varied walking terrain and takes in some of the county's loveliest countryside. Along the way are places of interest, including Helsby and Frodsham Hills, the Anderton Boat Lift, Marbury Country Park, Quarry Bank Mill at Styal, Alderley Edge, Adlington Hall and Lyme Park.

Over several months, members of Cheshire Rambling and Hill Walking Club have been tackling sections of the North Cheshire Way, and one of our late autumn mid-week walks was the final 9-mile stage. This was a linear route, starting at Adlington and returning there by train from Disley. The day was clement and our friendly group of 12 were keen to get going to see what the last stretch of this popular trail held in store.

The first half of our route followed gently undulating footpaths, tracks and byways across lush green meadows. We crossed the Middlewood Way, another well known track, to meet the Macclesfield Canal, where we walked along a short stretch of the sun-dappled towpath, before linking up with footpaths to climb up towards open moorland. At nearly 300m above sea level, this is the highest spot on the North Cheshire Way, and the views on a clear day are delightful! Stopping for a breather, we gazed across to Manchester, and beyond to Winter Hill, bathed in sunshine some 30 miles north.

Continuing along our moorland track, we reached the edge of National Trust owned land at Lyme. With 2 miles to go till the walk's end, we arrived at Lyme Park itself, arguably the most exceptionally large and gorgeous stately house in Cheshire. We got a good view of the mansion as we passed by, but exploring its centuries-old history would have to be for another day, as we had a walk to finish and a train to catch! Footpaths through the parkland allow free access up to the grassy ridge behind the house, and perched on this windswept hilltop sits the iconic landmark known as the Cage. Its footprint is small, but the building towers aloft, dominating the surrounding countryside. Originally built in 1524, it's had several uses over time, including hunting lodge, watchtower, prison, banqueting hall, and even as accommodation for estate workers! Living up on this exposed summit couldn't have been too cosy, despite the beautiful landscape. The cool autumn breeze meant we lingered just long enough to appreciate the views before moving on.

From here a descending track took us through the parkland, where the resident red deer were in position to see us 'off the premises'. Seriously unimpressed with a dozen hikers gawping at them with cameras in hand, they stared at us for a few moments before galloping off majestically into the distance.

At Disley Station, we too disappeared into the distance, although our hiking gear and clumpy boots meant our departure was slightly less elegant than that of our hoofed friends.

If you fancy discovering new walks in North Wales, Cheshire and beyond, but don't know the area well enough to go it alone, joining a hiking group with experienced leaders could be for you. We have a choice of 2 - 3 grades of walks most Sundays: C's can be up to around 1,000 ft of ascent, B's up to 2,000ft, and A grade walks tackle the higher crags, usually in Snowdonia. We are also out every other Wednesday for a hike of 8 - 9 miles. Our winter social calendar is now in full swing, offering a programme of talks, social evenings and Christmas events.

We are a very friendly group and new members are always warmly welcomed. Whatever your walking ability, if you love the outdoors and fancy meeting like-minded folk, come and join us!

To find out more about Chester Rambling & Hill Walking Club, head over to our website: www.chesterwalkingclub.com Joining details can also be obtained by emailing chesramclub@yahoo.com

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





What's on

To coincide with his latest single release 'Forever' taken from his eagerly awaited album 'Sentimental Fool' released in October on Daptone Records, legendary Soul singer Lee Fields along with special guests James Hunter & Jalen Ngonda announce Manchester show taking place at Gorilla on Saturday 28th January 2023.

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"SENTIMENTAL FOOL"

JAMES HUNTER



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