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OCTOBER 2022
Issue 66

Monthly Business & Community magazine delivered in & around Chester



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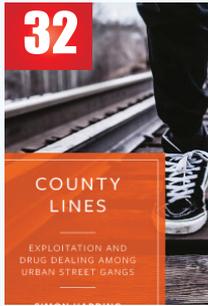
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WHAT'S IN THIS MONTHS LOVE CHESTER MAGAZINE



This month in history

Chester Cathedral Heritage day

Book Review by John Morris

Puzzle page

Chester Rambling Club

Love Chester

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Cover Photo: Newgate with the Roman Garden in the background on the left



Dear Friends,
September turned out to be such a sad month, losing our Queen. The tributes and state funeral held in her honour were absolutely lovely, it made us very proud to be British!

It must have been so difficult for the Royal family grieving under such limelight, our sympathy goes out to them all. King Charles has waited a long time but has been well trained by his 'mama', we wish the King good health, happiness and success.

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Best Wishes Maxine & Mike

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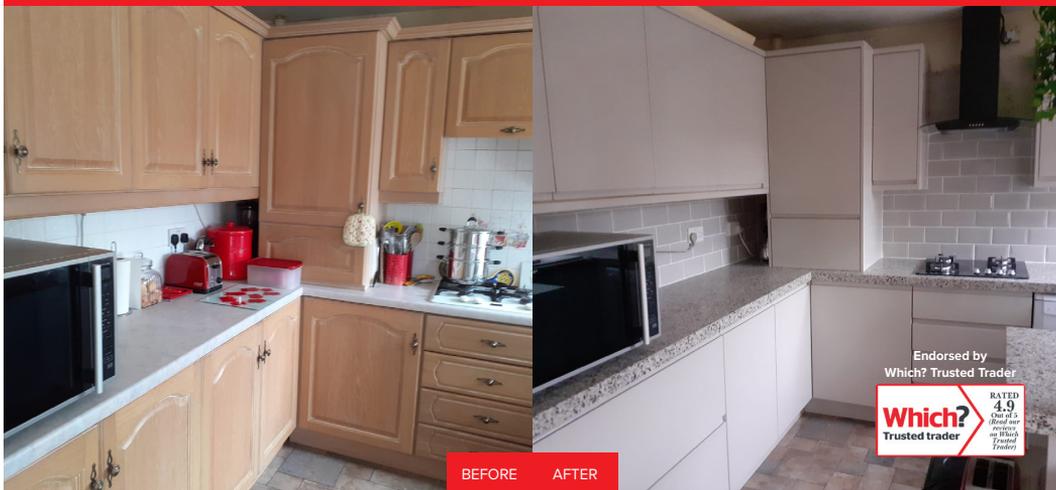
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DO YOU KNOW?

1. Humans have caused 322 animal extinctions over the past 500 years.

2. The World's Most Popular Fruit is the TOMATO.



3. Louis XIX was King of France for just 20 minutes.

4. The wars between Romans and Persians lasted about 721 years, the longest conflict in human history.

5. There's a nude beach under the Golden Gate Bridge in San Francisco.

6. At the Wife Carrying World Championships in Finland, first prize is the wife's weight in beer.



7. There's a Golf Club on the border of Sweden and Finland: half the holes are in one country and half in the other.

8. The doctor who claimed a link between vaccines and autism, Andrew Wakefield, created fraudulent data for his paper and lost his medical license as a result.

9. Dinosaurs are not, technically, extinct, since birds are considered by science as a type of dinosaur.

10. Africa is larger than China, USA, India, Mexico and a big part of Europe combined.

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

12. Coffee is the world's second most valuable traded commodity, only behind petroleum.



13. As late as 1985, doctors believed babies didn't feel pain and conducted surgeries with no anesthesia.

14. There's only one STOP sign in the entire city of Paris.

15. Millionaire Harris Rosen adopted an urban neighborhood in Florida, giving all families daycare, boosting the graduation rate by 75%, and cutting the crime rate in half.

16. In 1994, a 75-pound bag of cocaine fell out of a plane and landed in the middle of a Florida crime watch meeting.

17. Chimpanzees can identify each other from pictures of their butts.



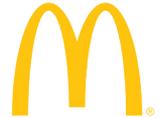
18. People with unfortunate initials, such as P.I.G. or A.S.S. have significant lower life expectancy, due to psychological stress related to childhood bullying.

19. Although myths and speculation about a "Southern Land" date back to antiquity, Antarctica was only first sighted in 1820 by a Russian expedition.

20. Cenossilicaphobia is the fear of an empty beer glass.

21. Your brain keeps developing until your late 40s.

22. In Japan, Ronald McDonald is called Donald McDonald due to a lack of a clear "r" sound in Japanese.



23. Every year, Walt Disney World's "Lost and Found" collects more than 6,000 cell phones, 3,500 digital cameras, and 18,000 hats.

24. Disney owns 80% of ESPN - American international basic cable sports channel.

25. "Happy hours" are banned in Ireland.

26. The Irish surname prefix "Mac" means "son of," while "O" means "descendant of."

27. Every day, your heart creates enough energy to drive a truck for 20 miles (32 km).

28. Listening to music while working out measurably improves physical performance.

29. You don't like the original version of a song because it's better. You like it because it's the one you heard first.

30. Koala bears aren't bears: They're marsupials.



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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.

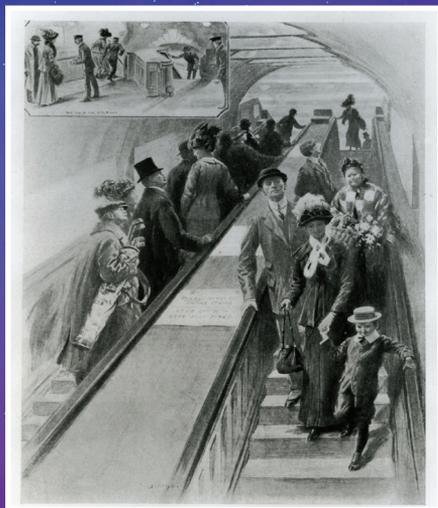
THIS DAY IN HISTORY FOR THE MONTH OF OCTOBER

4th October 1911

The first moving staircase was demonstrated on the London Underground, at Earl's Court station.

There were in fact two escalators — both supplied by the Otis Elevator Company — and linked the Piccadilly Line platforms with the subway that runs under the subsurface lines (District/Circle). One escalator could only carry passengers upstairs, while the second model which normally took passengers down, could be reversed to upwards if the other unit was out of action.

Famously, the railway company hired a one-legged man, Bumper Harris, to ride up and down the escalators on their first day to show how safe these mechanical terrors could be. Mr Harris was a tunneling engineer working on the installation of the escalators.



5th October 1930

Airship R101 crashed on its maiden flight in France killing the 54 people onboard, including Lord Thomson the Air Minister who had initiated the programme, senior government officials and almost all of the designers from the Royal Airship Works.

R101 was one of a pair of British rigid airships completed in 1929 as part of a British government programme to develop civil airships capable of service on long-distance routes within the British Empire. It was designed and built by an Air Ministry-appointed team and was effectively in competition with the government-funded but privately designed and built R100. When built, it was the world's largest flying craft[2] at 731 ft (223 m) in length, and it was not surpassed by another hydrogen-filled rigid airship until the LZ 129 Hindenburg was launched seven years later.



10 The crash of R101 effectively ended British airship development, and was one of the worst airship accidents of the 1930s.

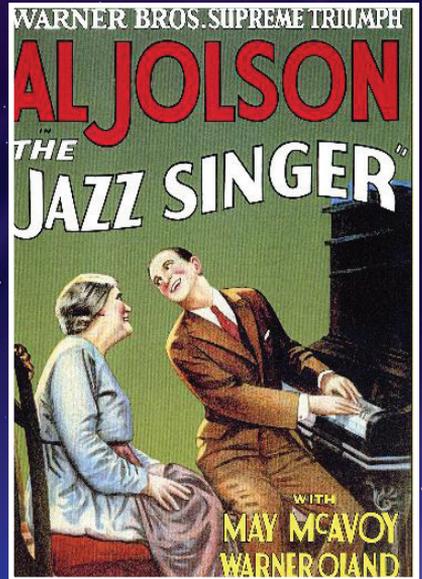
6th October 1927

The first “talkie” opened in New York. ‘The Jazz Singer’ starring Al Jolson was the first full-length feature film using spoken dialogue.

The Jazz Singer, is an American musical film and the first feature-length motion picture with synchronized dialogue sequences.

Its release heralded the commercial ascendance of the “talkies” and the decline of the silent film era.

It was directed by Alan Crosland and produced by Warner Bros. with its Vitaphone sound-on-disc system, the movie starred Al Jolson who performed six songs. The film is based on The Day of Atonement, a play by Samson Raphaelson.



14th October 1964

Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.

Martin Luther King Jr., was born in Atlanta in 1929, the son of a Baptist minister. He received a doctorate degree in theology and in 1955 organised the first major protest of the civil rights movement: the successful Montgomery Bus Boycott. Influenced by Mohandas Gandhi, he advocated nonviolent civil disobedience to racial segregation. The peaceful protests he led throughout the American South were often met with violence, but King and his followers persisted, and their nonviolent movement gained momentum.



A powerful orator, he appealed to Christian and American ideals and won growing support from the federal government and northern whites. In 1963, he led his massive March on Washington, in which he delivered his famous “I Have a Dream” address. In 1964, the civil rights movement achieved two of its greatest successes: the ratification of the 24th Amendment, which abolished the poll tax, and the Civil Rights Act of 1964, which prohibited racial discrimination in employment and education and outlawed racial segregation in public facilities. In October of that year, King was awarded the Nobel Peace Prize. He donated the prize money, valued at \$54,600, to the civil rights movement.

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Community



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HERITAGE DISCOVERY DAY See our website for the full timetable www.chestercathedral.com

Chester Cathedral is getting ready to run its second annual Heritage Discovery Day, with this year's set to be bigger and better than ever! Join the Cathedral's very own heritage professionals – the Works Department – and friends on **Saturday 22 October** in a **free event bringing to life the medieval heritage of Chester's most iconic historic church.**

Attendees will enjoy a range of activities taking place across the Cathedral site on the first Saturday of half term, with medieval objects on display, live demonstrations of heritage skills, music-making, family activities, tours, and worship, all contributing to this autumnal extravaganza. Visitors will be able to access parts of the site not normally open to the public in this once-a-year event, with objects on display in the Cathedral rarely able to be displayed to the public.

The Cathedral team will be joined by colleagues from Chester, the north west and further afield, including the University of Chester's 'Mobility of Objects' Arts and Humanities Research Council Funded Project. This includes a pop-up exhibition which will be available in the Vestibule of the Cathedral where visitors will get a chance to handle medieval and early modern objects excavated in and around Chester and discover the stories they have to tell. Handle unseen everyday objects from the past: shoes, keys, tiles, pottery, ceramics, rings, pilgrim badges and devotional tokens.

In the build-up to the day those wanting to learn more about Chester's unique medieval history can purchase affordable tickets to a lecture series held in the Cathedral's medieval Lady Chapel on a range of engaging topics. Ticket-holders will hear academics from four prestigious universities delve into discussions on the veneration of St Werburgh, what burial practices looked like to our medieval counterparts, and hear about the life of Chester Cathedral's own medieval scholar, Ranulph Higden.

The Very Rev'd Dr Tim Stratford, Dean of Chester, says "We are thrilled to be able to bring this event back to Chester Cathedral for the second time. Visitors hugely enjoyed getting to see and learn about our medieval history and talk to our heritage professionals who care for and interpret it for us today. The Heritage Discovery Day is a fantastic way for families and students alike to kick off the weekend and the start of half term and immerse themselves in Chester's truly fascinating medieval history."

Visitors are encouraged to book their free ticket to the day (and paid tickets for specific parts of the day) well in advance.





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CHESTER Mystery Plays

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If you can act, sing, sew, dance or create things, the director of the UK's largest regularly produced community theatre project wants to hear from you.

John Young will direct the 2023 cycle of the Chester Mystery Plays and he is looking for players, makers and stitchers to tell the greatest story ever told.

The Mystery Plays are produced only once every five years in Chester by a professional theatre team and a cast and crew drawn from all over the community. The plays themselves were originally written and presented in medieval times by the craft guilds in

Chester and are based on Bible stories including the Creation, Noah's Ark, The Nativity and The Crucifixion.

To find out more about how you can be involved, everyone is invited to the official launch on Thursday, October 6 at Chester Cathedral starting at 7pm. There, John, composer and musical director Matt Baker and designer Jess Curtis, will outline their vision for the 2023 cycle.

Kiri Thompson, who was in the cast of the last cycle in 2018 said: "Being part of the Mystery Plays was truly special. I met so many people and have made friends for life – I would highly recommend joining the next cycle!"

The Chester Mystery Plays are supported by Cheshire West & Chester Council and local charitable trusts. At the launch, there will also be details of exciting sponsorship possibilities for local businesses to be associated with the Play's heritage, sense of community and wide appeal.

If you are interested in attending the launch on October 6, the event is free and no ticket is required. Anyone can register an interest in being part of the Chester Mystery Plays 2023 before then by visiting chestermysteryplays.com/volunteer.

image courtesy of Mark Carline





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Commissioner funds defibrillator for police vehicles

Two Cheshire Constabulary officers have secured a potentially life-saving defibrillator to be kept in a policing vehicle thanks to the Police Innovation Fund, launched by Police and Crime Commissioner John Dwyer.

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest.

The Police Innovation Fund enables officers, staff and volunteers from Cheshire Constabulary to apply for funding from the Commissioner to develop and launch new projects which will have a positive impact on policing. DI Kelly-Ann Cain and DS Emily Teare from Economic Crime Unit applied for the fund, hoping to deliver lifesaving equipment in order to make a real difference in the community.

Police and Crime Commissioner for Cheshire, John Dwyer, said: “I was delighted when DI Kelly-Ann Cain and DS Emily Teare applied to my Police Innovation Fund and put forward the idea of equipping a vehicle with a defibrillator. This equipment has the potential to be life-saving and it is great that the fund has been able to provide this vital piece of kit.

“I would like to thank both officers for submitting this brilliant idea, their dedication to protecting the residents of Cheshire should be highly commended.”

DI Kelly-Ann Cain said: “One of the fundamental roles of the Economic Crime Unit is to recover proceeds of crime from criminals and give back to victims, or to be used in policing or community projects.

“The idea for the funding bid came as an opportunity for the unit to continue to deliver the highest level of service to the public as assist our colleagues on the front line by providing them with equipment which will undoubtedly save someone’s life

“This is a project very important to me as my Father, Brian, sadly died following a cardiac arrest. I know personally the devastating effects and how every second matters in these situations. Making sure the officers have the right equipment, in the right place, at the right time makes all the difference.”

According to The Circuit, the National Defibrillator Network, only 1 in 10 people survive an out-of-hospital cardiac arrest in the UK but the use of a defibrillator could double a person’s chance of survival.

PC Owen Lewis said: “Police officers are often called to incidents where police powers are required to access people in need, or they may come across medical emergencies as part of their normal duties.

“This equipment gives us the ability to get lifesaving technology to those who need it quickly and has the potential to save lives that traditional CPR would not.”

For more information on the Police Innovation Fund please visit: www.cheshire-pcc.gov.uk/what-the-commissioner-does/commissioning-and-funding/community-funding/police-innovation-fund/

For more information on defibrillators you can visit: www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators



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Cullimore Dutton continues sponsorship of Chester RUFC



Cullimore Dutton, one of Chester’s leading law firms, has renewed its sponsorship of Chester Rugby Union Football Club for the new season.

The company, which has moved to new offices in Newgate Street this week, has been involved with the club for five years.

Andrew Wright, Managing Director of Cullimore Dutton, said: “As a firm we love to support our local communities, so we are delighted to renew our sponsorship with Chester RUFC, which is now into its fifth season.

“Our sponsorship will help the club to support their youth players of all ages. We’re looking forward to taking a number of clients to various games throughout the season.”

The company has a long-established commitment to supporting local sports teams. As well as Chester RUFC, the law firm has been sponsoring Frodsham Junior Football Club since 2016. Andrew Wright was a club player for the club in his youth and a previous U10s squad manager.

Dave Maloney, Chairman of Chester RUFC, said: “Our sponsors are extremely important to us, so we are very pleased to continue our relationship with Cullimore Dutton.”

Cullimore Dutton has been in Chester since 1792 making it the city’s oldest law firm. It employs 55 people and, as well as an extensive range of legal services, it also has an established in-house financial services department providing clients with independent advice on pensions and investments.







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"PAINSTAKING ACCURACY"

THE TIMES

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Pause for Hope is a prayer initiative for dealing with cancer and on Sunday 6th November 2022 at 3pm at St Columba's church, which is in Plas Newton Lane Chester we will be holding our Chester Pause for Hope Service.

Pause for Hope services are:

- **Open** - Everyone is welcome and there is no need for a ticket; attendees can be of any faith, or none at all.
- **Ecumenical** - Representatives of all denominations lead the congregation in hymns and prayers.
- **Informative** - A short address is given by an invited speaker and a poem is read.
- **Musical** - A selection of music is played and choirs take part. Hymns are sung.
- **Reflective** - Individual candles are lit by members of the congregation for someone with cancer or in memory of someone lost to cancer.
- **Hopeful** - We pray for the day to quickly come when all cancers can be prevented or cured.

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IMAGE by John Fowler

“You are late this morning, your Handsomeness. I have been talking to the chair for the past half an hour, but at least it seems to listen.”

“Look Billy, I have been meaning to have a word with you about your image, because I think you are letting the club down.”

“I don’t want any criticism, because my track record is second to none.” responded Billy.

“When is the last time you won anything?”

“Well I have been a successful coach here for the past thirty years, and I know we haven’t won a trophy but we’ve entertained the crowd.”

“In this day and age, you have got to look the part and earn the respect of the players, especially as they all tend to look after themselves, and present a good image to the fans. The point is, old Scruffball, you are unkempt, make flippant remarks, smoke, break wind, pick your nose, belch, tell smutty jokes, sing off-key, and generally make a nuisance of yourself.”

“Oh, Magnificent Features, that is unfair. I don’t belch, do I?”

“Is it true you put in for a sickness pension on the grounds of acute dandruff, because it prevents you from wearing a dark tracksuit? And you seem to have a terrible wind problem.”

“It keeps the flies off my Guinness.”

“I want to help you, Chubs, what is your deep rooted problem?”

“Well, your Handsomeness, I seem to be in a daze all day just walking around, looking important, but really doing nothing and getting nowhere.”

“Pull yourself together, man. You are not a pundit yet. And take that thing off your face, you look stupid, Red Nose day finished ages ago.”

“But I am not wearing anything.”

“Listen, you pillock of Society, you don’t realise how lucky you are. It must be a great life being a coach at this football club. Don’t have to make the big decisions, don’t get blamed when we lose. You are the sort of Indiana Jones of football. Thrills and adventure, travel the world, have beautiful women swoon over you, loads of money, and flash cars.”

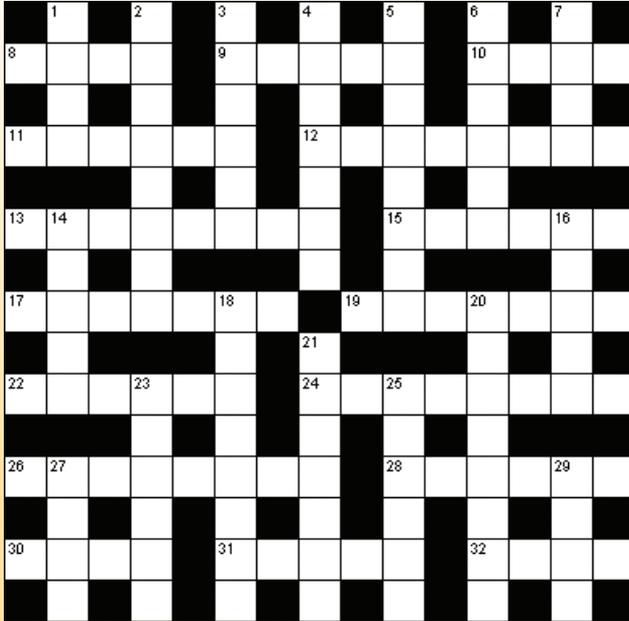
“It does have its drawbacks, your Suaveness.”

“What’s that?”

“Putting the cones out for the Training sessions.”



PUZZLE CORNER



Down

- 1 Ebb (4)
- 2 Chicago's state (8)
- 3 Large North American deer (6)
- 4 Uncultured (7)
- 5 Hitting swiftly (8)
- 6 Stellar (6)
- 7 Ketch (4)
- 14 Mistake (5)
- 16 A small picture inserted within another (5)
- 18 Occlusion of a blood vessel (8)
- 20 Shook (8)
- 21 Inane (7)
- 23 Swoons (6)
- 25 A yellow-and-black Eurasian finch (6)
- 27 At a distant place (4)
- 29 Placed (4)

Across

- 8 Cry loudly (4)
- 9 Shot from a bow (5)
- 10 Fake (4)
- 11 Zodiacal twins (6)
- 12 Ability to read and write (8)
- 13 Remembrances (8)
- 15 Adorned (furniture) (6)
- 17 Anagram of "Deserts" (7)
- 19 Self-importance (7)
- 22 Pre-built (6)
- 24 Imagines to be true (8)
- 26 Bells in a tower (8)
- 28 Difficult to detect (6)
- 30 Final (4)

- 31 The mountain of the Ten Commandments (5)
- 32 Heroic (4)

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.

	9	5						8
		6	8				7	
								1
		4				5		6
	3		2	1				
8				9		1		
					6	7	9	4
							6	
7				8				

Solutions can be found on our website



Choose Friends Carefully: Surround Yourself with the Right People

County Lines

Author - Simon Harding

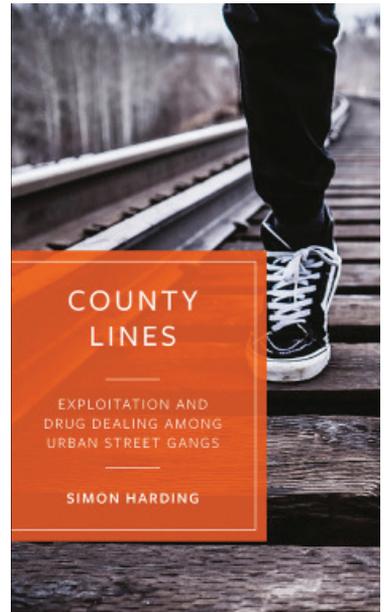
Publisher - Bristol University Press

In recent months the problem of drug dealing, violence and exploitation of young people and adults by urban street gangs has become a major issue within the Wirral, Chester, Wrexham and other surrounding areas. **Simon Harding, "County Lines"** is an insightful, brilliantly researched book which **exposes in an all embracing "no holds barred" text, the impact that involvement within the gangs structure can have** on the individual, families, friendship groups, schools, colleges and communities.

The author's detailed knowledge of the County Lines structure, in particular **his interaction and conversations with active members of gangs, enables the reader to gain an awareness of the repercussions of "getting involved"**. Many readers may well find many aspects of the text emotionally disturbing or alarming in terms of actions, expectations and violent retributions. However, the strength of Simon Harding's lucid style is that **he takes the reader into this "murky world" of professional gang leaders, offending couriers and the "victims" of the "headless dealers"**.

The "County Lines" are a continually evolving model of drug distribution within many areas of the UK, particularly from urban metropolitan centres such as Liverpool and Manchester to rural towns and villages such as Heswall, Chester, Blacon, Wrexham, Ruthin, Bala, Corwen, Llangollen, etc. Simon Harding highlights how the market for drugs and interaction with social media has created opportunities for the evolution of street gangs. **The "market for drugs" has created opportunities for considerable wealth for gang leaders and other personnel in new locations**, within a structured framework of entrepreneurship. This "Prism" structure exploits young people to be actively involved in criminal activities by creating and establishing "drug markets". **Some students in schools, colleges and universities are easy prey** and vulnerable due to emotional issues, friendship and family breakdowns, bullying, financial difficulties, limited educational success, lack of outlet for energies, etc. In contrast, **the gang culture creates a "buzz", a group excitement, easy money and "acceptance"**.

In an outstanding analysis of how young people are attracted to and "become available" by falling into the pathways of the "gang", Simon has undertaken a range of case studies. **The interviews provide intimate and harrowing insight into their experiences, range of roles and life within a county line team.** Readers will gain realistic insight into the issues faced and mindsets of users, dealers, families, communities and police. Some readers may have siblings or be aware of others who have become immersed or trapped within the "business structure" and can appreciate the frankness and relevance of the research findings which emphasise the emotional turmoil, reverberations and consequences experienced, which in many cases send a cold shiver down the spine. The strength of Simon Harding's research



is that he “leaves no stone buried” as he unravels the processes of “grinding” and in particular, the role of County Line “managers” in tactical actions to “control staff” including exploitation, intimidation, debt bondage and violence. Readers may well reflect on the impact of recent “gang provoked” deaths within Liverpool as the author discusses how violence is a regular occurrence in order to protect the “income from county lines”. Within a “dog eat dog world”, they are not playing games !!

The fact that “violence becomes a lifestyle” is extensively discussed in the sections on “exploitation and sanctions” and “cuckooing and nuance dealing”. The research indicates how potential grooming of young and vulnerable individuals emerges into the formation of gangs, highlighting how meeting their needs for income, “loyalty for safety”, an outlet for pent up energies etc, becomes a “life that’s hard to get out of”. The “County Lines Control Repertoire” creates a mindset of compliance, and subtle forms of “mind manipulation” to ensure that “crew members” do not step out of line. The “business model” with the key focus on financial profit is based on “compliance and control”.

This is an outstanding book which provides a valuable in-depth analysis of the threat of “county lines”. The insight given in interviews by those involved regarding the impact of the criminal activities, violence, emotional control and generation of fear by the “gangs”, takes the reader beyond the headlines directly into the lives of the victims, offenders and professionals involved. It should be pre-requisite reading for parents, managers, support teams and pastoral staff in schools, colleges and universities, social workers, police and probation teams, and agencies working with vulnerable or at risk young people.

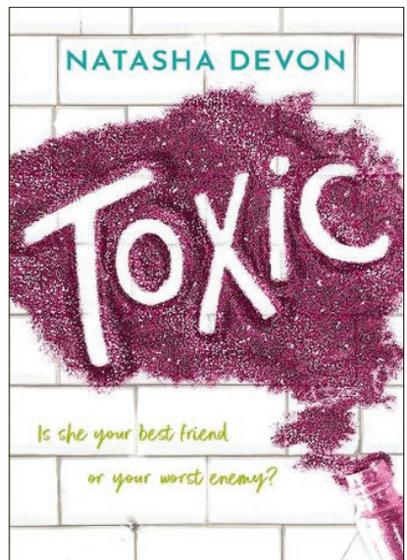
Toxic

Author - Natasha Devon

Publisher - UCLan Publishing

Within many areas, an increasing number of young people are experiencing social, emotional and health problems resulting from issues linked to interaction or friendship difficulties, isolation by group rejection, body image, mental health and on line safety. Evidence clearly highlights how the key issue of bullying, in particular “subtle bullying,” framed within a false dynamic of friendship, is on the increase, particularly among teenage girls. In an enlightening, thought provoking and engaging social novel, “Toxic” by Natasha Devon, discusses, in a dramatised work of fiction, the emotional trauma of bullying experienced by the key teenage character, “Llewella”, A key feature of the story line is the raising awareness for readers of the emotional impact of “subtle and hidden bullying”. The author highlights how many girls experience friendship difficulties which can deteriorate into toxic relationships through story lines that highlight the emotional and personal traumas experienced by “Llewella” including panic attacks, anxiety, mental health issues, body image, eating disorders, on line safety etc.

The author creates an insightful range of scenarios based on the mindset of Llewella, the daughter of single Mum Cerys Williams, whose parents were Welsh speaking living in Llangunnon. Llewella describes her mother as the Welshest woman who ever



lived, who wanted to “stamp a bit of her culture on me”. The problem for Llewella was that they lived in Surrey and no one could pronounce her name and called her “Loo”. **From her personal perspective, this was an additional issue alongside the fact she was overweight, of mixed race, had no “father figure” to call her his “Special Little Princess”, which became emotional stumbling blocks** in her efforts to seek group acceptance and friendship.

The focus is on how “Llewella”, in her need “for acceptance” latches on to and develops an intense “friendship” bond with another girl “Aretha”, to address her emotional and physical needs to reduce isolation and gain recognition within the group. **The insightful story line evolves over a range of interactions which illustrate how the need for “acceptance” and desire for a “friend” can leave an individual vulnerable to the “power of the bully”.** The manipulative bully has learnt the skills of how to promote inroads of acceptance and belonging, leading to control of the vulnerable individual. **The reader will gain insight into how “Aretha”, the bully, enacts a manipulative “power game” with Llewella’s mindset with the underlying intent to exert control.** In the text Aretha promotes and exploits her power over Llewella in terms of emotional and psychological manipulation by control and intimidation, moving from “best friend to worst enemy. **The term used for this type of bullying is “gaslighting”** which results in the victim of the bullying, Llewella, experiencing considerable self doubt, anxiety, loss of self influence and a growing dependence on the perpetrator. **In contrast, the perpetrator of the bullying gains self satisfaction** in fulfilling their need for power and control of others.

It is unfortunate that the author does not include a section at the end of each chapter or scenario by creating pointers for “personal reflection” by the individual reader or group discussion, seeking to resolve and get to the “root of the problem”. **Creating a “thinking continuum”** would have enhanced the contribution and impact of this “socio novel” to address and promote clarity about, barriers, issues of “support” and ways forward for both victim perpetrator and “onlookers”. Failing to create in the framework of the text opportunities to hear the voice of “onlookers”, parents, extended family and professionals with **“ideas for ways forward” is a missed opportunity to extend and enhance the impact of issues discussed within the text highlighting a growing social issue.**

Evidence shows that for many individuals who have suffered the pain of “gaslighting”, including “rejection”, exclusion from activities, internet harassment, or the emotional torment of distrust or hurt, **the effects last into adulthood.** Schools and colleges have promoted many aspects of effective practice to address emotional and mental health issues caused by bullying and promoting the skills of victims to deal or cope with conflict and gaslighting. **However evidence highlights that the attitudes, behaviour and needs of the “female bully” and “manipulative individual” continues to require a greater focus.**

About the reviewer

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

John taught physical education in an Inner London secondary school and fitness at the Middle Row Boxing Club. On moving to Wales, he was headteacher of three specialist centres for young people in North Wales, fitness and weight training coach in Wrexham, fitness coach at Wrexham RFC and with the WRU. John was consultant adviser on addressing the needs of the bully and victims in schools in Birmingham, Walsall, Salford, Bedfordshire and Ceredigion and a range of colleges of FE, across England and Wales.

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Admiral nurse Kim Griffiths

Chester families living with dementia benefit from new specialist dementia nurse service

A new specialist dementia nurse and memory assessment support service launched in Chester and surrounding rural areas is in demand, with almost 50 families living with dementia receiving vital support.

The service, which aims to improve diagnosis rates and provide post-diagnostic support to families, is being provided by Dementia Resource Community in partnership with Dementia UK, the specialist dementia nurse charity.

Families in the community have been benefiting from the new Admiral Nurse service which offers expert guidance and practical solutions for those caring for a person with dementia.

Dementia is a huge and growing health crisis, with 944,000 people living with the condition in the UK – and this number is set to increase to 1.1m by 2030.

There is no cure for dementia, but there is care. Admiral Nurses are continually supported and developed by Dementia UK to provide life-changing support for families affected by all forms of dementia.

Admiral Nurses work in hospitals, GP practices and local community services to provide clinical, emotional and practical support that enables people to live more positively with dementia.

The service follows a successful pilot in Ellesmere Port and Neston which helped more than 700 families. The additional new service has been commissioned by Cheshire and Wirral Partnership NHS Trust and supports their Community Mental Health Teams.

Bob Cochrane, Regional Account Manager at Dementia UK, said: “The last few years have placed increasing pressure on local services that support families with dementia. This has left many families unable to cope with no one to turn to for support.

“This is why we are so pleased to be rolling out further Admiral Nurse services in Cheshire to plug this gap and support local families who are urgently in need of this specialist support.”

Admiral Nurse Kim Griffiths will be leading the service, which covers the Chester area as well as towns and villages on the outskirts of the city, including Farndon, Frodsham, Handbridge and Tattenhall.

Kim said: “Being an Admiral Nurse is a very emotionally rewarding job and I feel privileged to be able to help families affected by dementia across Chester who need our support. Many families are very tired and find it hard to take a break and they are so glad to get the support and advice we offer.”

Further Admiral Nurses and Memory Assessment Nurses are being appointed in Cheshire. Admiral Nurse Laura Whitehead recently joined the team to cover the Cheshire East area and she will be joined later this month by a colleague covering Winsford. Applications are also open for an Admiral Nurse to join the Crewe team.

Clinical Lead and Admiral Nurse Cathrina Moore founded Dementia Resource Community, a non-profit subsidiary of Chapel House Care in Puddington, Cheshire, to improve life for families living with the impact of a dementia diagnosis.

Cathrina said: “We are delighted to be working with Cheshire and Wirral Partnership NHS Trust, local Community Mental Health Teams and Dementia UK to provide this vital service to people across Cheshire.

“There is a real need for this service, particularly because there is often a lot of misunderstanding in relation to the symptoms of neurological disease and the challenges of diagnosis caused by the Pandemic.

“To find out more about the new service, families need to see their GP and ask for a referral via the local Community Mental Health Team (CMHT) in their area.”

<https://www.dementiaresourcecommunity.co.uk/>

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Over ground, underground

Halkyn Mountain became a favourite walking spot for my other half and I during lockdowns, as it's a stone's throw from home. Previously we'd avoided this area, deterred by the number of active quarries close by. However, we got to know the place well enough to devise routes that avoided most of these 'blots on the landscape'. Using our favourite footpaths from the many we tried and tested, we created a lovely 9-mile C+ walk for Chester Rambling & Hill Walking Club's summer programme. C+ grading informs members that this is not the flattest of walks, with undulations amounting to 1,000-1,200ft of ascent, and terrain that could involve loose screed slopes and uneven ground. Also on offer to our members on the day we led this walk was an A in Snowdonia and a B on Winter Hill in Lancashire.

Our route began in Halkyn Castle Wood, before a gentle climb up to Halkyn Mountain itself. Here, the landscape changes to rolling heathland that offers no shelter from weather extremes of any kind, be it heavy rain, searing heat, blizzards or Arctic gusts! Fortunately, none of these reared their heads that day. From the trig point, we ventured towards the disused Pen yr Henblas quarry. Once a producer of chert for the ceramics industry, this place has been redundant for well over 20 years and nature is claiming it back with a passion. Unlike other local limestone quarries, geology here comprises rock of mellow ochre and cream, and together with an abundance of established vegetation, is pleasing to the eye. From here, we walked onwards to the restored Waen y Brodilas Limekilns, where a useful information board explains the history of the kilns and the region's lead mining industry.

Our return route took us across Holywell Common, skirting the village of Brynford to reach Rhes-y-cae. Once a hub of mining activity, this

now peaceful hamlet is surrounded by reminders of its industrial past. Throughout the area are hollows where test shafts were dug, as well as nearby heaps of discarded spoil. Now grass-covered, the mounds contribute to the quirky landscape, as do the stone 'mushrooms' that abound on Halkyn's verdant plains. These rock-built caps mark the many spots where mine shafts still exist underground, alongside a warren of tunnels and caves. The grassy paths and tracks that criss-cross the area are likely to be another legacy of the lead mining era, when generations of miners walked to work from surrounding villages.

Sixteen members accompanied us to Halkyn that day, when the views were at their clearest! Looking southwards from the summit, the Clwydians were crystal sharp, and to the north, the River Mersey and Liverpool could easily be spotted beyond the Wirral. Better still, the hill in the far distance, with a mast on its summit, was likely to be Winter Hill, 40 miles away, where our B walk buddies were. Over to the east, Beeston and the Peckforton Ridge were tucked under thick grey clouds and almost certainly being rained upon, whilst we enjoyed the late morning sunshine!

Halkyn Mountain is perfect for anyone wanting a walk that's not too strenuous, and offers gorgeous views as well as some fascinating industrial heritage. Glance at Ordnance Survey Explorer Map 265 to see the myriad of footpaths you have to choose from!

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 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. Weekends away, camps and coach trips also enable us to tread footpaths, fells and forests further afield. Our long-awaited social calendar kicks off in October with a new programme of events.

We are a very friendly group and always ready to welcome new members. 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





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