



## Summer Play Scheme

Monday 7th to Friday 11th August.

**The Sports and Leisure Association have established a partnership with Vale Royal Borough Council to provide supervised play activities for young residents and their friends on the Park during the week commencing 7th August.**

- The scheme will be operated fully by Vale Royal Borough Council's Playscheme Association who provide qualified instructors (minimum of 3) to organise activities such as sports, arts and crafts, drama, dance, treasure hunts and play activities (not swimming!)
- It will held from 10-12 and 1-3pm each day and can accommodate up to 36 children from 5 years of age to 12. Whilst the upper age has a degree of flexibility, for legal reasons the minimum age must be 5 years.
- The scheme will operate in both dry and wet weather and is open to residents and their friends. Parents are also welcome to stay and support!
- There is no charge for the sessions but the children must sign in and out each session. In the event of more than 36 turning up, "first come- first served" will apply. No advance booking is allowed.



**Please note children will NOT be supervised between 12 and 1pm and must make their own lunch arrangements.**

No booking is necessary – just turn up at the clubhouse at the start of each session.

**For further details ask at reception or contact Robin at [sport@delamerepark.co.uk](mailto:sport@delamerepark.co.uk)**

## Annual Plot Owners meeting

The Annual Meeting of Plot Owners will be held in the **Function Room** on **Monday 11th September 2006 at 7.30pm**. The Agenda for the meeting is as follows:

- 1 To approve the minutes of the last Annual Meeting of Plot Owners.
- 2 Trustees report
- 3 To receive and, if approved, adopt the proposed budget for the year to 30th September 2007
- 4 To elect 4 trustee/directors
- 5 To approve auditors and authorise the Trustees to agree remuneration
- 6 To receive and vote on resolutions of which due notice has been given.

**In accordance with the DPML Articles of Association:**

- a) Nominations for trustee/directors of DPML with nominators and seconders;
- b) Resolutions supported by a minimum of 10 plot holders' signatures;
- c) Any other business;

must be received in writing at the office, addressed to the Chairman, no later than **Tuesday 8th August 2006**. Please note these may not be sent by email.

# community groups

## Water Aerobics

It was wonderful to be back in the pool and great to see each other again after more than two years. St Luke's Hospice was delighted to have our support again too. In the first six weeks after the pool opened, we raised £200 for the hospice. So there was sadness all round when it all came to an end. We are now part of a compensation culture and this means that anyone fronting a group like ours needs very specific insurance which I, even with the backing and support of DPML, have been unable to obtain. As a result our happy group had to give up our fun-filled twice weekly sessions.

The positive though is in remembering that we have enjoyed many years of carefree exercise, which has done wonders for our well-being, posture, self esteem and of course, keeping our tummies flat! The important thing also, is that during the period from July 1998 until we finished, we raised a massive £5,200+ for St Luke's. Thanks to all of you for the phone calls, messages, ideas, support and even the little gifts you have sent me during the past two months whilst we have tried to find a way of starting our sessions again, I really appreciate your interest.

### NOW FOR THE GOOD NEWS.....

Myra Sales, who started our group in 1994 and does have the relevant personal insurance, has agreed

to come back, in spite of a very busy schedule and instruct us again. Myra will be using our existing routines and music. I will remain the Community Group representative and do any other tasks to lighten Myra's load. Our hope is to keep things running as they have been. The first session will be Wednesday 4th October at 11.00am till 12.00noon, then Thursday 5th October 8.00pm till 9.00pm and twice weekly from then on. Membership of the group will again be restricted to residents only, due to limited space. I am sure you will all be as delighted as I am that Myra has come forward to ensure that after 12years of enjoying our group, we can continue for another twelve at least!! Please show your appreciation by giving her every support.

As well as the paintings in the Club hallway, which we bought from our collections, we have since bought, with the remainder of the money, a beautiful display of orchids which is on the table in reception. It was meant as our final gesture to the refurbishment of our club. We were able to afford this extravagant gift thanks to the help of Bob Capel, the resident who donated all the lovely plants in the building. He supplied the arrangement and gave us a massive discount. If your hotel or suite of offices requires new plants, he's your man.

See you in October, in the meantime, keep on keeping fit. Ann.

## Table Tennis

Mike and Fiona Dean successfully completed their sponsored bike ride and have now purchased a table tennis table and equipment thanks to a generous discount from Rosebank Sports of Northwich.

Mike and Fiona have kindly donated this for the use of residents and it is hoped to "find" or purchase a second table and commence supervised sessions between 6pm and 8pm on Tuesday evenings starting on September 12th

If you have a "redundant" but useable table in your garage and you would be happy to donate or loan it to the Sports and Leisure Association, please contact [sport@delamerepark.co.uk](mailto:sport@delamerepark.co.uk) or leave details at reception.

The sessions are open to anyone in Year 6 or above – including adults! It doesn't matter how good you are or even if you have never played before – just turn up.

However we do need adults to help supervise the sessions. No formal qualifications are required but assistance may be available for anyone over the age of 18 wishing to take a coaching qualification. If you are able to assist **please contact [sport@delamerepark.co.uk](mailto:sport@delamerepark.co.uk)** or leave your name and details at reception.



# community groups

## Gardening Club



The two events in May were on the 22nd, an evening visit to Stoneyford Nursery. Twenty members visited this recently re-vitalised nursery and the beautiful lake and garden.

Our plant sale on the 29th was successful where all purchased plants for re-sale were sold and also the majority of plants brought in by residents.

July events included a trip by twenty-two members to Windsor/Saville Gardens and Kew Gardens. On the 12th July forty-two members went by coach to Holker Hall and Gardens and Holehird Gardens in the Lake District. Our luck held and we enjoyed excellent weather on both trips.

Clubhouse Garden – In June DPGC members thoroughly weeded the frontage of the Clubhouse and planted 300 bedding dahlias, which are now showing their colours.

Forthcoming Events – Mon 25th September speaker J.Trinder on Ferns in the Garden.

Mon 23rd October speaker R.Fairweather

## Squash Community Group

There is a strong future for squash on the park – a big thank you to all those of you who have responded to the leaflet to register your interest.

Over 30 individuals and families have responded to the leaflet that was distributed to every home. Interest ranges from social squash, the running of internal leagues, through to more competitive squash. The most pleasing aspect was the number of juniors who expressed an interest and would welcome coaching.

In response the squash group is planning a number of activities:

- Junior Coaching – with a view to organising this in late September or early October.
- A social squash afternoon and evening – to welcome all who want to play squash and get more involved. This is planned for Saturday 2nd September at 4.30pm through to 8pm (refreshments to be provided).
- The establishment of a monthly social squash evening, probably on a Tuesday night from 6.30pm through to 9pm.
- The setting up of internal leagues – with a start date proposed for 17th September. It is proposed that we would have both adult and junior leagues and that they would be mixed (male and female).

It is also planned to place a notice board dedicated to squash in the area of the squash courts. This will contain all the information related to the above activities and enable you to sign up for the leagues and indicate your availability for the social day on 2nd September. We expect the board to be in operation from mid August, please make sure you pop in and register your interest.

You can join in at any time, continue to enjoy your own social squash and register your interest on the notice board or through the leaflets that are available in reception.

**For more information, please contact Chris Hardy on 882072 or Jean Jones on 883984.**

# community groups



## Social Committee

Well didn't we have fantastic weather for the Party on the Park on Saturday 15th July? Lots of gazebos and umbrellas popped up, mainly to keep the sun off. It was good to see so many folks enjoying themselves. Many thanks to the lads in Four of Diamonds for keeping us entertained. Thanks to those who attended, raising £210 towards cabinets for housing wine coolers in the bar area.

The next event will be a Country and Western evening on Saturday, 7th October so get the spats out, boots and hats on and be ready to ho ho down to the Clubhouse. Horses can be tied up in the car park. More details later.

Another date for your diaries is Friday, 8th December when we will be holding a Christmas Dance.

The Social Committee have purchased two wine coolers (£800) for the bar, so your drinks will be nicely chilled. To be able to enjoy your wine outside we have purchased two pine bench tables for the front patio (£244).



## 39/45 Club

A visit has been arranged to Aintree Racecourse, home of the Grand National, on the 29th August. A coach will leave Delamere Park at 8.30 a.m. The tour of Aintree will take about three hours. The cost of the coach will be about £10. For those who wish, lunch will be available at an adjoining hostelry. The coach is expected back at Delamere Park at about 5 p.m. If you wish to join the party please contact Ron Price 881968. Guests are welcomed both men and ladies. I am told on good authority that our guide is a good tipster but don't blame the club if he gets it wrong this time!

Our talks in June and July were both excellent.:- Lyndon Taylor on Optometrists and Arnold Black 'From Pyramids to Penicillin.'

Our programme for the following months is:-  
August Mrs Joyce Johnson - 'Pub Signs'  
September Reg Green - 'Aintree Racecourse'  
October, Roger Burgess - 'Oddities of Cheshire'

The Annual Bowls competition for club members will be held at Crowton on August 7th. On the 5th September there will be another visit to Prestatyn Bowling Centre. For more information ring our contact number 888926

# community groups



## Mah Jongg

The Mah Jongg group meets in the Function Room at 1pm on the last Thursday of every month with the next meeting being on Thursday 31st August. We play the American version of the ancient Chinese game, played with tiles and newcomers are very welcome. No experience is necessary as teaching is provided.

For further information contact **Niki on 888959**.

## Ladies Club

"Malaysia" was the subject of our June meeting – a talk by Chandra Law, who was born and brought up there, and is now married to an Englishman. She talked about various aspects of everyday life there, the country's culture and traditions, and her engaging, gentle manner charmed us all.

We try to organise a trip out in the summer, and this year we went to Norton Priory. It turned out to be an interesting evening. We had our own guide who explained the historical significance of the priory, took us round its museum, part of its gardens, and explained how part of the remains of the monastery have been used as settings for television serials and programmes. A good buffet supper followed, which concluded our very pleasant, informative and warm summer evening out.

We will be holding our "Strawberry Sparkle" at the Clubhouse on Monday 21st August at 7.30 p.m. As the name implies, we shall be enjoying sparkling wine and strawberries as part of our cold buffet, to which all Ladies' Club members are warmly invited. If you have a neighbour or friend who isn't a member of the Club and who would like to come, do invite them and bring them along. The cost will be £6 per head, which includes the first glass of wine. Please contact **Janet Wilkinson on 01606 889305** or any committee member by 7th August. Looking ahead, please note that our September meeting will be on Monday 18th September.

**Maria Rogers (01606 889728)**

## New Circuit Training Classes

Starts on Thursday, September 14th at 6.30 - 7.30pm for juniors and 8 - 9pm for adults.

Come and join in our fun, functional fitness, circuit-training classes. A different exercise at each station will help you to improve your agility, strength, stamina, core stability, balance and flexibility whether you are a beginner or an experienced athlete.

**For Kids** in year 6 and above, one hour of fun and fitness, aerobics, speed, agility, flexibility, core muscle training, with information handouts on muscles, the correct way to exercise and nutrition.

**For Adults** of all abilities come and join in an hour's fun circuit training class to music, incorporating strength, cardiovascular, agility, core stability, and flexibility training.

One of the best forms of all round exercise in the world! Be healthy, meet some like-minded people and above all have fun.

For more information look on the club notice board, on the Delamere Park web site [www.delamerepark.co.uk](http://www.delamerepark.co.uk) or phone **Hilary on 07812 684979**

## Ju Jitsu

The Ju Jitsu classes are now up and running with our black belt instructor on a Wednesday between 6.45 and 8.15pm in the Function Room. The class will continue over the school holidays and boys and girls between the ages of 7 and 16 are very welcome.

The Club has now been running for several weeks with more than a dozen regular members who have improved their fitness, self-confidence and discipline. New members are always welcome so if you would like to come along to watch or try it out for a couple of weeks before making your mind up - just turn up to any of the sessions in loose comfortable clothes.

Sessions will run during the school summer holiday and the fee is £3 per session. NMA membership/insurance will be required after joining the club.

For further information please see the Notice Board, web site or telephone **Adam on 01606 882153**.

# Record of donations

The Community Groups have purchased a book to record donations made by groups and individual residents for the new Club House.

Whilst we have a complete record of gifts donated on behalf of the Groups no detailed record has been kept of individuals donations.

If you have made a donation and would like your gift to be recorded in the book which, once completed will be available for residents to read, please leave details including a contact number at reception for the attention of Peter Lund, Community Groups Chairman.

# Free Bus Travel

Are you over 60? Have you thought of getting your free bus pass? You will need a passport size photo of your self and if you are young-looking proof of your age. The passes can be obtained straight away from the information centres in Northwich, Winsford and Frodsham.

The 62 bus starts from the corner of Paddock Walk and Denehurst Park Way and picks up anywhere on its route through Delamere Park which is via the clubhouse and Hollow Oak Lane. If you live on the route the driver will stop on his return journey anywhere on his route.

The bus is very convenient for visiting Northwich for journeys where you aren't having a huge shop. The Tuesday bus which comes from Delamere is scheduled to leave the Park at 10.05a.m. and arrives at Northwich (Stand D) at 10.37am. It leaves there again at 11.13am which gives time to do quick shopping and/or banking. It arrives back on the Park before 11.45. Fuller timetables are available from the bus office.

Remember two points. Using the bus, when convenient, is environmentally friendly and as with all our facilities if you don't use them you lose them! John Halfpenny

# E-newsletters

Copies of this newsletter can be downloaded from the Delamere Park website [www.delamerepark.co.uk](http://www.delamerepark.co.uk) along with previous copies. In the future it is intended to establish a process will allow those residents who so wish to receive the newsletters electronically, thus preventing the destruction of even more rain forests! However, printed copies of the newsletter will still be available for those who prefer the "real thing". Further details of how to make known your preferred method of delivery will be supplied in the next newsletter.

# New Reception Telephone Number

Tel: 01606 889263

# Club Reception

Reception is open from 10am to 10pm every day and in addition to providing a welcoming face to residents and guests alike, the receptionists are able to advise and assist residents in answering queries and booking any of the sports facilities. They also provide photocopying and fax facilities to residents at a small charge.

# Swimming Pool

The most popular feature of the Park's many leisure facilities is undoubtedly the heated indoor swimming pool which provides the opportunity for residents of all ages to exercise and develop aquatic skills or simply just enjoy splashing around. The pool has a depth of 1m to 1m 40cm, is maintained at an average temperature of 80°F and is open daily from 10am to 10pm.

# Squash Courts

The club also had two brand new glass backed squash courts which are open from 10am to 10pm every day and can be enjoyed by residents of all ages. In addition to the "friendly" games between neighbours and friends, there is also a thriving squash section on the Park which runs men's and ladies teams and ladders which cater for all standards.

# Bar Opening Hours

The new clubhouse has two bars with a wide range of beers, spirits and wines which is open every evening and weekend. The sports bar has a pool table and dartboard and also a projector and screen which shows all the major sporting events.

	open	close	open	close
Monday	12:00	14:00	19:00	23:00
Tuesday			19:00	23:00
Wednesday			19:00	23:00
Thursday			19:00	23:00
Friday	12:00	14:00	18:00	23:00
Saturday	12:00			23:00
Sunday	12:00			23:00