

Events Group



The Events Group have had a quiet time since the last newsletter - but then it has been summer after all.

We have kept our hand in by holding three of our regular Thursday evening Film Nights. We have shown **The Duke, Summerland** and **The Lost City**. It was very encouraging that at **The Duke** we had our largest film audience since February 2020.

We have now put together a varied programme of events for the autumn, please refer to the list of Dates for your diary section opposite.

Our next Film Night will be on Thursday 29th September when we will screen **ELVIS**. Other than **ELVIS** we are not yet announcing titles for future films. This is to allow us maximum flexibility in deciding what to show. If you have any suggestions, please let us know. We will, of course, keep you informed of what we do decide to show by email and posters in the Clubhouse, as usual.

Once again, thank you to everyone who has come along to any of our events. Your support helps make all that we do worthwhile.

Looking forward to seeing you very soon.

Events Group
Email: events@delamerepark.co.uk

Coffee Mornings

Do come and join us for a tea or coffee at one of our Coffee Mornings in the Clubhouse. We meet on the first Thursday of each month, and also from October to March on the third Monday, from 10.30 to 12.00.

Future dates are:

Thursdays:	Mondays:
September 1 st	-
October 6 th	October 17 th
November 3 rd	November 21 st
December 1 st	December 19 th

Maria and Paul (889728)



Bells on Cats

(email received: 24th June)

As highlighted by RSPB, and wildlife conservationists cats are causing devastation to birds and bats. Yesterday I witnessed a cat kill a blackbird in our garden, this cat is regularly seen with dead birds carrying them home to its owner.

This cat like many in the area is let out all day, dusk, evenings and night. The RSPB request cats are kept in early morning dawn and dusk to protect birds and bats when they're feeding.

I haven't seen any finches this year at all.

Please, please ask owners to put a collar with a bell on their cats which might give wildlife at least some chance of escape and ask them to stop letting their "hunters" out dawn and dusk both will save our diminishing wildlife.

Concerned Resident

For more advice go to: www.rspb.org.uk

Dates for your diary

**** Scarecrow Trail & Family Bingo **
Saturday 3rd September**

- Sunday 25th September ~ The Big Breakfast
- Thursday 29th September ~ Film Night - ELVIS
- Saturday 7th October ~ Race Night with Taxi Mike
- Thursday 20th October ~ Film Night
- Monday 31st October ~ Pumpkin Trail
- Saturday 5th November ~ Bonfire Night (Park Event)
- Sunday 13th November ~ Sunday Lunch in the Park Room
- Thursday 17th November ~ Film Night
- Saturday 19th November ~ 'Allo 'Allo! Night (Bar Event)

More details of events will be available nearer the date via email or will be displayed on the Clubhouse notice board, all tickets available from Reception



Jubilee Thanks ...



It was wonderful to see so many residents and friends turn out to support our Jubilee Picnic Event on Friday 3rd June.

Special thanks go to Brian Smith and David Rodliffe, members of the Folk Club for providing background music throughout the event and also organising the entertainment during the evening with the 'Singing Vicar' and several karaoke sessions.

Thanks also to:

- Trustee Phil Hallman who kept the children entertained for most of the afternoon, organising various games and sporting activities dressed in his dinosaur outfit and for helping out as compère
- Our guest, Councillor Gillian Edwards for her Jubilee address and prize giving duties.
- Pam Taylor for organising 'The Great Sausage Race', for dogs and also to Littlers Butchers for kindly donating the sausages.
- The Pals Group for organising and judging the 'Best Dressed Gazebo' competition.
- The various Community Groups for setting up their stalls and for providing raffle prizes. We are pleased to report that the raffle made a profit of £315, added to this were donations of £56 from the Squirrels' stall, £35 from the Yoga / Water Aerobics stall and finally rounded up to £425 from Community funds before donating to the Ukrainian Appeal.

And finally thank you to those who took part in the Jubilee Trail by decorating their houses which provided yet more entertainment for passers by.

We are now looking forward to next year's Gala Day and hope you will all support this event including volunteering to help, date to be decided.

(Community Groups)

News from Ladies' Club

A small but merry group of ladies set out to visit Halfpenny Green Wine Estate early in July. A beautiful day, gorgeous surroundings, an explanation of wine making, and how to "taste" wines professionally; generous samples for us to taste, a rather unprofessional ignoring of the spittoon and an even merrier group returned to DP tired but happy after an excellent day out!!

SEPTEMBER 12th - Over 1.5 million American service men were billeted in Britain in 1942, many of them in our part of Cheshire. "OVERPAID, OVERSEXED and OVER HERE", the title of our September talk would indicate that they made a huge impact on the young female population of war torn Britain. Rina Tillinger, our speaker is a humourist who aims to educate, entertain and enthuse her audiences. Let's sit back, enjoy and be amused.

OCTOBER 10th - Surgeon Lieutenant Commander David O'Brien will talk about his career in the Royal Navy to date. From Officer training to submarine deployments, work for the NHS, and secondment with the UN peace keeping military in Southern Sudan; here the aim was to protect civilians in a complex Civil conflict. An exciting and eventful life. Hopefully this handsome young officer will talk to us in his uniform - prepare to fall in love!!

NOVEMBER 14th - A CHRISTMAS FLORAL ARRANGEMENT WITH A DIFFERENCE - Demonstration by Sue Holden. No further information. We need to bring an open mind, and maybe a sprig of Holly to the meeting.

DECEMBER 12th - Our Christmas Party, Taxi Mike will provide the entertainment. SAVE THE DATE.

We look forwards to welcoming our members back in September and meeting new ones. If you would like to join, please contact:

Patsy Chuter on 889140 or email: ladies@delamerepark.co.uk

Bonfire Night



This year's Bonfire & Firework display will be held on:

Saturday 5th November

The firework display starts at 6:30pm, followed by lighting of the Bonfire at 7:00pm, please make a note in your diary.

There will be a Bucket Collection on the Night which is a very important task as the money collected this year pays towards next year's fireworks.

If anyone is able to volunteer their help with the collection, please send your contact details to:

Email: community@delamerepark.co.uk



(Excerpt from letter to DPML Chairman of Trustees - dated 29th June)

Dear all our friends at Delamere Park.

We would like to thank you for your continuous support over the past years.

Since 2008 Delamere Park Water Aerobics & Delamere Park Club House have raised an outstanding **£11,594.95** for St Luke's. This amount has been raised by various ways by you all.

"THANK YOU ALL SO MUCH!"

If it wasn't for community support, St Luke's (Cheshire) Hospice wouldn't be able to offer support to our patients and their families at a time when they need us the most.

As a local charity more than 85% of our funds come from people like you who so kindly support us and with your help we are able to care for more than 1,000 patients and their families every year.

Yours sincerely,
Rachel Hughes
Community Fundraiser

Water Aerobics

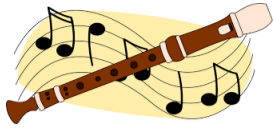


We have continued to meet during the holidays, with good attendance. In the hot weather it's been refreshing to exercise to music in the pool. Whilst keeping fit we have also raised money for St Luke's Hospice (see letter from St. Luke's above).

We meet for an hour on Wednesday mornings starting in the pool at 10.30a.m. If you would like to come along we can assure you of a warm welcome; limited spaces are available. If you want to check out what goes on just turn up. Prefer to join in as a first timer? No problem.

Further details from Liz 07864 7865 68 or Sue 07909 6943 67

Folk Club



Meeting on the first and third Monday of each month the Folk Club continues to grow in terms of talent and breadth of audience. It's an ideal outlet for beginner and experienced performers.

Whilst traditional 60's type folk is included there's far more to it than just that. On the music and song front nothing (family friendly!) is excluded; it's up to the artist. And it doesn't stop there. Comedy acts, anecdotes, poetry...anything under the heading of performing arts. If you haven't been along, have got the time, yet reside in the "sorry, not my cup of tea" camp maybe give it a try and see what it's really like? You'll be very welcome !!

Squirrels Pre-school



Squirrels pre-school were delighted to take part in the Jubilee Gala Day celebrations in June. It was a fantastic day for everyone on the Park and it was lovely to take part in such a wonderful community event.

All the children who took part were amazing! Squirrels would like to give a big 'thank-you' to Phil Hallman for helping us with the children's Jubilee Gala sports day and congratulate everyone who had a hand in making the day so special.

We were very happy to be able to give a donation from our stall to DP's Ukraine appeal.

Autumn Term starts on Monday September 5th, and we look forward to welcoming our new baby squirrels to an exciting new term.

We have availability in September for Toddlers from 18 months old to preschoolers up to 4 years old.

We are open 5 days a week from 8.30am until 3.30pm during school term time.

Mah Jongg



We are a warm and friendly group and new players are always welcome. If you would like to learn how to play, don't worry we will give you plenty of support and help.

We meet twice a month on a Thursday in the bar lounge at 1.30pm.

Here are the dates for the remainder of this year:

September 8th and 22nd
October 13th and 27th
November 10th and 24th
December 8th

Interested?

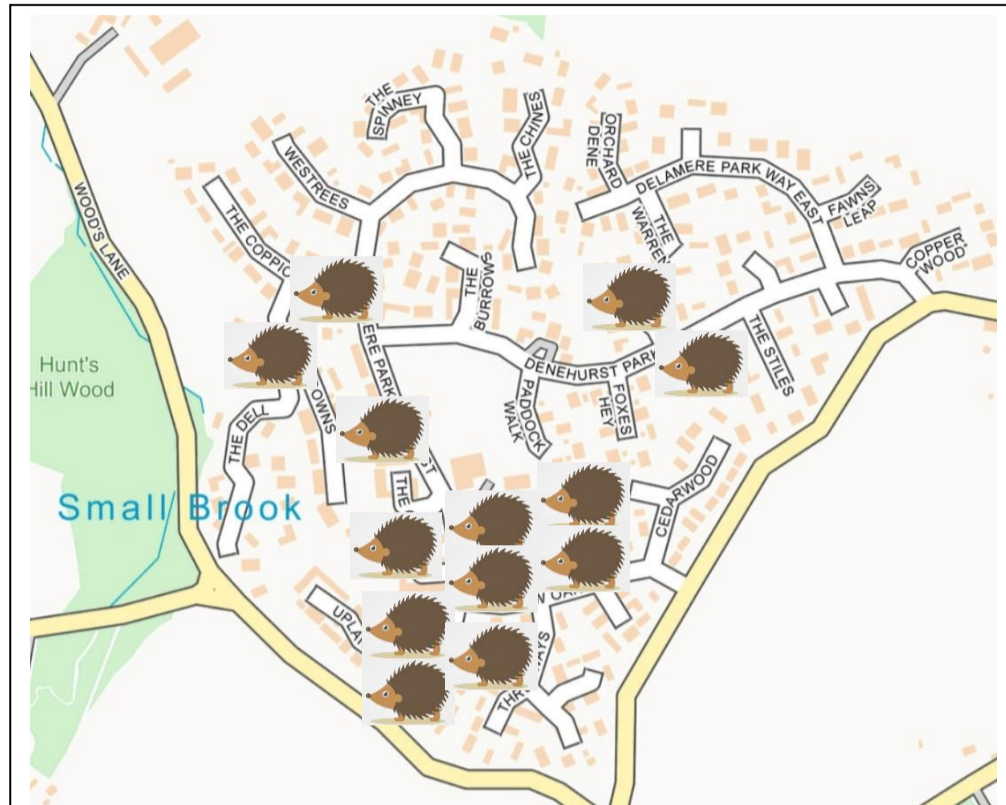
Contact: Pam Taylor 01606 889665



Hedgehogs on the Park

A number of residents contacted me recently on parkhogs@gmail.com seeking advice after finding hedgehogs in distress. One fully grown 'hog sadly succumbed to the torrential rain we had in early June. Another was a baby hoglet about 10cm long seen alone and struggling for a couple of days at the end of June. Our resident kindly took it to a local hedgehog rescue centre, where it will be looked after until it's grown and healthy enough to be safely released – hopefully back to DP.

Thank you to all residents who've contacted me with stories and images of the hedgehogs you've seen in your gardens and around the Park. Your news has enabled me to produce this map of sighting locations.



I noticed that a few sightings and highway holes on DP have been logged onto Hedgehog Street's national 'BIG Hedgehog Map', which you can find at <https://www.hedgehogstreet.org>. Well done to the resident(s) concerned; let's have more contributions from the rest of us!

Another good website with lots of useful information if you're interested in helping hedgehogs thrive on Delamere Park is <https://www.cheshirewildlifetrust.org.uk/how-help-hedgehogs>

We can all do our bit around the Park to help hedgehogs. Make sure they can get into your garden – a 13cm hole in your fence or gate is sufficient. And don't be too tidy in your garden – leave hedge undergrowth, piles of leaves, log stacks, woodpiles, and patches of long grass, etc., undisturbed. As late autumn approaches 'hogs will start looking for somewhere to hibernate. If you are lucky a hedgehog will choose your garden in which to spend the winter.

And if you wish to share news with me about your hedgehog sightings or anything else hedgehog-related, please send me an email to parkhogs@gmail.com

Thanks for reading; I'll post an update in the December Newsletter. **Ken Blakemore**

Gardening Club

I hope you have enjoyed your holidays in the sun, unfortunately our lawns and plants have suffered due to low rainfall and recent high temperatures, but we hopefully can look forward to some late summer and autumn colour in our gardens.

Do come along to our September meeting when Park Resident Bob Capel will give a demo on hanging baskets, future dates are:

Sep 26th 'Hanging Baskets for All Seasons' ~ Bob Capel

Oct 24th 'Attracting wild birds to gardens (includes Bird Boxes)' ~ George Pilkington

Nov 28th 'Christmas Wreath Demo' ~ Carol Chia

For more information, contact **Mike McNeal** - email: garden@delamerepark.co.uk



Fitness & Wellbeing

Purestretch: in the Park Room on **Thursday mornings**.

Emma, our instructress: Exercise is a really enjoyable part of life when you do it right, and in a way that suits YOU! Taking the time to stretch and move your body more slowly and fluidly means that when you do want to move a bit more quickly - be it rushing around for errands or going on a walk with your friends or pets or a bike ride or doing the gardening - your body is in a healthier and more balanced state to handle the more intense movement! Purestretch is a fabulous way to check in with how you're feeling, tend to those slightly sore or tight areas, release the tension, ease the stress, help the lower back, mend yourself! It's a slow-moving, stretchy conditioning session that doesn't inflict any impact whatsoever, it's gentle and calming, the ideal rejuvenation session.

So if you're around on Thursday mornings at 9.30am, I'll be in the Park Room for a live class! The cost is £6.00 for a 30 minute class and friends of residents are able to come as guests. Booking is essential to secure your place, for more information, please email: fitness@delamerepark.co.uk or contact the Fitness and Wellbeing Community Rep directly Carolyn Beamson 07590 269 132.

Circuits on the Park again? Please contact Fitness & Wellbeing (fitness@delamerepark.co.uk) or let Reception know in the Clubhouse if you are interested in doing a face-to-face 'circuits' class, probably on a **Tuesday morning** at 9.00 am, (30 minutes for £6).

ZUMBA



Come and have some fun while getting fit at Zumba, lovely qualified instructors,

A super way to exercise to great musica real mood booster, classes are every Thursday (except 3rd one) 7 till 7.45pm

Park Pals

The Pals celebrated The Jubilee with other residents on the green and admired the Jubilee bed of 40 roses. Isobel Nicholson was thanked for her hard work in planting them.



Several members spent an afternoon out at a beautiful canal side garden at Barbridge. This was a haven for a swan family and featured a nest with a huge egg ready for hatching.

In July we went to Manor Farm at Byley where we enjoyed a traditional three course lunch. Afterwards we visited a nearby farm shop.

At our monthly meeting in the Clubhouse, we planned a 'picnic in the park with Pimms' which we held in August and for this month a visit to Toolerstone, Norley Road.

On your own? Come and join us. Ring Barbara on 882533, Christine 301699 or Pam on 889665.

Delamere Park Clubs

Socializing and Leisure

- Ballroom Dancing
- Coffee Mornings
- Folk Club
- Gardening Club
- Indoor Bowls
- Ladies' Club
- Mah Jongg
- PALs
- Social – Plot Draw
- Social – Quiz Night
- Whist

Health, Fitness & Wellbeing

- Children's Swimming Lessons
- Exercise Class – PureStretch
- Squash - Men's team
- Squash – Ladies' team
- Squash – Junior Coaching
- Table Tennis
- Water Aerobics
- Yoga
- Zumba

For further details about any of the clubs or activities listed above, please contact Reception or check on the Delamere Park website:

www.delamerepark.co.uk

News Team postscript ...

Dear Residents, the newsletter gives us all the opportunity to communicate with each other. If you have anything you wish to include in the next newsletter (Winter) the deadline is Friday 11th November 2022

Please contact Ella or Elizabeth via email to: news@delamerepark.co.uk