

**Delamere Park Carol Service**



The annual Carol Service (with participation from Residents) will be held in the Park Room on Wednesday, **14th December at 7.30 pm**. Following the Service, mulled wine, orange juice and mince pies will be served. There will be a retiring collection which, after expenses, will be donated to St Luke's Hospice. Please do come along and enjoy your favourite carols; a good start to the Christmas celebrations.

**Coffee Mornings**

**A Happy Christmas to one and all!**

Why not make a New Year's Resolution to come along to our meetings on the 3rd Monday (winter months only) and the 1st Thursday each month, from 10:30 to 12:00?

Future dates are :

- December 1<sup>st</sup> (Thu) and 19<sup>th</sup> (Mon)
- January 5<sup>th</sup> (Thu) and 16<sup>th</sup> (Mon)
- February 2<sup>nd</sup> (Thu) and 20<sup>th</sup> (Mon)
- March 2<sup>nd</sup> (Thu) and 20<sup>th</sup> (Mon)

*Maria and Paul*  
(889728)



**Bonfire Night Thanks**



A Big thank you to all the residents and friends who made DP Bonfire Night a great success. Special Thanks to the Firework Team and the Bonfire Builders,

My goodness the Bucket Collectors did a grand job and brought in **£1590.58**, this amount goes into the Community Group Funds ready for next year's fireworks.

Thank you to the Groups for donating the Raffle Prizes and to the folk who sold tickets before the night, also to Elizabeth and Ruth who sold them on the night. The sale of Raffle tickets brought in **£280**.

Grateful thanks to Darren and Sarah who supplied the delicious sausages etc. for the Hot Dogs which went down a treat and well done to all the members of the Events Group who were involved in the selling and the cleaning up after all had been sold.

The Gardeners worked hard in preparing the Green and tidying up the ground where the fire had been, Thank you.

Due to the Park Room being decorated the wiring for the microphone had been taken down! Oh dear how would everyone hear the Raffle numbers being called out? I had to quickly find someone with a loud voice to draw the raffle. Guess who obliged? None other than Phil Hallman, one of the DP Trustees what a relief! Thankyou Phil. for lending us your voice.

Our last Thanks go to the Bar Staff, they did work their 'socks off' to keep everyone served.

**Iris Lyon,**  
Chairman of the Community Groups

**Park dates for your diary**

- 4<sup>th</sup> December (Sun) ~ Film Night – Ballet
- 7<sup>th</sup> December (Wed) ~ Santa's visit to the Park
- 9<sup>th</sup> December (Fri) ~ Nativity (& Christmas Sing-along )
- 14<sup>th</sup> December (Wed) ~ Carol Service
- 15<sup>th</sup> December (Thu) ~ Film Night
- 31<sup>st</sup> December (Sat) ~ New Year's Eve
- 19<sup>th</sup> January (Thu) ~ Film Night
- 16<sup>th</sup> February (Thu) ~ Film Night

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

**Events Group**

We are happy to report having had a busy few weeks since the September newsletter and it has been very good to see more and more residents coming along to support our events.

Since last time these have included a Bingo Afternoon, a Race Night, a Big Breakfast and a Sunday Lunch along with 3 Film Nights and, of course, not forgetting serving Hot Dogs in the Park Room on Bonfire Night.

At our Film Night in November, we were pleased to provide a gift of chocolates and fizz to Christine Miles, the purchaser of our **1000<sup>th</sup>** ticket.

Those of you who have attended any events or meetings in the Park Room over the past couple of weeks will have noticed that not only has the room been re-decorated but it also now has new chairs, 100 of them. Those of us on the Events Group were delighted to have been able to donate £3000 to DPML to assist with their purchase. Ultimately, we were only able to do this due to the support and generosity of all of those residents and friends who have attended any of our events over the past 4 years. Thank you all.

**Upcoming events:**

- 4<sup>th</sup> December** - Film Night - The Sleeping Beauty (Ballet)
- 15<sup>th</sup> December** - Film Night - Don't Worry Darling (starring Florence Pugh and Harry Styles)
- 19<sup>th</sup> January** - Film Night - Mrs. Harris Goes to Paris (starring Lesley Manville and Isabelle Huppert)
- 16<sup>th</sup> February** - Film Night - Emily (starring Emma Mackey)

We look forward to seeing you soon.

**The Events Group** email: [events@delamerepark.co.uk](mailto:events@delamerepark.co.uk)



**Festive Bar Opening Hours**

DAY	DATE	HOURS	ACTIVITY
Tuesday	20 December '22	Normal Hours	Plot Draw
Wednesday	21	Normal Hours	Xmas Quiz Night
Thursday	22	Normal Hours	
Friday	23	Normal Hours	
Saturday	24 Christmas Eve	Noon - Midnight	
Sunday	25 Christmas Day	Noon - 16:00	
Monday	26 Boxing Day	Noon - 23:00	
Tuesday	27	Noon - 23:00	No Plot Draw
Wednesday	28	18:00 - 23:00	No Quiz
Thursday	29	18:00 - 23:00	
Friday	30	17:00 - 23:00	
Saturday	31 New Year's Eve	Noon - 01:00	NYE Party
Sunday	1 New Year's Day	Noon - 23:00	
Monday	2 January '23	Return to Normal Hours	
Tuesday	3	Normal Hours	Plot Draw

**News from the Trustees**

Now we finally have a waterproof roof, we can move on to refurbishing the Park Room. At the beginning of November the walls and ceiling were repaired and painted along with the toilet ceilings and a few minor repairs elsewhere. It is surprising how much brighter the room now looks (and no we haven't changed the lighting!).

We now have 100 new chairs which stack and store much more compactly. The Trustees are grateful for the donations received from Community Groups towards the cost of the chairs. In particular, we would like to thank the Events Group, the Community Groups Forum, Ladies Club, Gardening Club and of course the residents who attended the various clubs and events to raise the funds to make these donations.

We would also like to thank Rosemary for finding a buyer for the existing chairs which has also helped with the costs. Now the new chairs have arrived, we will be arranging for the floor to be resurfaced and sealed. We hope that this will lead to even more groups making use of the Park Room facilities.

On the afternoon of the **5<sup>th</sup> December** Phil and Lyndon will be running a Trustees surgery. This will allow any Plot Owners with queries or suggestions to discuss these with the Trustees. If you would like an appointment for a short chat, please contact the office to set up a timeslot. If you could let them know the general topic that you want to discuss it would help us group similar topics together.

Wishing you all a very happy festive season

*The Trustees* 

**Santa Claus is coming to Delamere Park**



**Ho! Ho! Ho!**

Santa Claus is coming to Delamere Park on Wednesday **7<sup>th</sup> December from 6:00 p.m.** with Delamere Forest 41 Club who will be collecting for the local charities - St Lukes Hospice and The Joshua Tree.

Please make a note in your diaries so the children, and you, can meet Santa.

**Reception Hours:**

Monday to Saturday 3 pm – 8 pm  
Sunday 10 am – 8 pm

Email: [Reception@delamerepark.co.uk](mailto:Reception@delamerepark.co.uk)  
Tel: 01606 889263

**Office Hours:**

Monday to Saturday 10am–5pm

Email: [Office@delamerepark.co.uk](mailto:Office@delamerepark.co.uk)  
Tel: 01606 212523

Any property change requests, objections or comments to property changes, and all property sales communications should be sent to : [Property@delamerepark.co.uk](mailto:Property@delamerepark.co.uk)

## Park PALs

As the summer heat faded, we were invited to a member's garden where we enjoyed a substantial buffet and much laughter and chat.

This was followed by a visit to Toolerstone House for coffee and cake and an escorted trip round the garden, by the landscape gardener who had designed it.

Later in the month we met for Bucks Fizz and picnic under the awning at the clubhouse. At another meeting we held a Beetle Drive.

Our traditional autumn lunch took place in the Clubhouse. Outside caterers provided 28 of us with a very ample meat pie and spectacular desserts and we didn't have to do a thing!

We are now looking ahead and planning for our Christmas party and then in February a possible visit to the Liverpool Empire to see 'The King and I'.

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

## Gardening Club

Our AGM and hot pot supper will take place on **December 19th**. Tickets are available now at £6 for members, £8 for invited guests.

New members would be most welcome in the New Year when we have talks, **January 23rd** on 'Waking up the garden for the year ahead' by Richard Lewis and on **February 27th** Richmond Dutton explaining 'What trees do for us.'

We usually meet on the 4th Monday in the month.

**Mike McNeal**

For more information, email: [garden@delamerepark.co.uk](mailto:garden@delamerepark.co.uk)



## Squirrels Preschool

As the days get colder we are fully settled in and enjoying many learning opportunities at Squirrels Preschool. We have had Frances and the Big Blue Bear from the Bookstart charity read with us, we have welcomed the fire service with a fire engine and before Christmas PC Panda will stop by to share with us what they do to support the community.

We would love it if members of the DP community could contribute to the children's "cultural capital" by sharing any musical talents they have with us. If you play an instrument and feel comfortable performing for the children, please do get in touch with Dawn the manager to arrange a visit.

In order to continue building ties with the DP community we are holding our:

**Nativity and 'Christmas singalong'** on **Friday December 9th at 1p.m.** in the Park Room and Delamere Park residents are invited to join us. We will be serving tea/coffee and mince pies afterwards.



After Christmas we are hosting a 3+ first aid course, details will be available in Reception if you would like to book in.

**Squirrels Preschool: 01606 888782**  
Email: [squirrelspschooldp@gmail.com](mailto:squirrelspschooldp@gmail.com)

## Ladies' Club

### PARTIES, PANTOS AND PARTICIPATION

2022 has brought **Ladies' Club** back into the light with a great mix of fun, frivolity and fascination, we hope you have enjoyed the year.

Frivolous and fabulous, Christmas wouldn't be Christmas without our Party bash on **December 12th**. Glad rags and Dancing shoes at the ready.



Exotic and Exquisite, on **January 9th** Keiko Gordon from Central Japan will talk to us about the Kimono, the traditions around wearing them, the wonderful fabrics used and the handmade accessories that complete the ensemble. During the course of the evening one of our ladies will be given a Japanese makeover.

SAYONARA

**January 13th** is our jolly to the Raucous, Rollicking Pantomime at Theatre Clwyd. Always a bit of festive fun; this year we will discover how the Robin Hood story is mangled to include the usual risqué Dame, a lot of slapstick and place 20th Century Rock Music into a Medieval setting.

**February 13th** is the AGM, an informal event, with an opportunity to review the events of the past year and offer new ideas for activities in the future.

There is always a friendly welcome for old and new members.

For more information please contact: **Patsy Chuter 889140**  
or email: [ladies@delamerepark.co.uk](mailto:ladies@delamerepark.co.uk).

## Park Hedgehogs

By the time of this Winter/December newsletter all sensible hedgehogs should be hibernating; if you've provided the right sort of conditions in your garden they may have chosen yours!

But what is hibernation?

Hedgehogs hibernate as a means of survival - it slows down their use of energy as their natural food becomes more scarce in winter.

They will choose the place to hibernate very carefully; log piles, leaf piles, compost heaps, under your shed, or in your hedgehog house. Somewhere that's dark and hidden with a cold, stable temperature. Normally they will remain there until next spring.

Hibernation is a complicated and often perilous energy conservation strategy. It is not just 'going to sleep.' In sleep all bodily functions remain nearly normal but in hibernation the metabolism is almost at a standstill.

Their body temperature drops to match their surroundings and they enter a state of torpor. This allows them to save a lot of energy, and all other bodily functions, including heart rate and breathing, will slow dramatically.

The hedgehog's fuel supply comes from the fat stores it has built up over the summer and autumn. Eating enough before hibernation is vital - a weight of at least 600 grams is usually necessary in order to survive.

However, hibernation is not always a continuous process. In milder periods hogs may stir and come out of their hibernacle looking for food - but there won't be much natural food about.

This is where we can all help, and hopefully ensure more hogs on the Park in 2023! Keep an eye out for them during this winter.

Put out small amounts of food regularly - a bowl of kitten or senior cat biscuits (rabbit or poultry flavour) will be very well received. Don't forget a shallow dish of water too.

If you are gardening take care in case you come across one hibernating - **DO NOT DISTURB!**

Please continue to share news with me about your hedgehog sightings and anything else hedgehog-related; please send me your stories and photos by email to [parkhogs@gmail.com](mailto:parkhogs@gmail.com)

Thanks for reading. Have a Happy Christmas, and I'll post an update in the next newsletter in March (after my hibernation!)

**Ken Blakemore**

## Fitness & Wellbeing

**CONDITIONING INTERVALS:** Tuesdays 9.15 a.m.

**PURE STRETCH:** Thursdays 9.30 a.m.

All classes are held in the Park Room with our professional, qualified instructress EMMA WILSON.

You will need to book a class in advance, for more information, email: [fitness@delamerepark.co.uk](mailto:fitness@delamerepark.co.uk)

or contact: Carolyn Beamson, Fitness & Wellbeing Community Group Rep: 07590 269 132



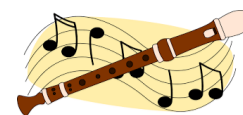
## Mah Jongg

We continue to enjoy great afternoons of play and our membership is growing as more people seem fascinated with this game.

Our Christmas festive lunch and game is coming up fast on the horizon. You don't know what you are missing!

Interested? **Contact: Pam Taylor - 889665**

## Folk Club



Meeting on the first and third Monday of each month the Club recently celebrated its first Birthday with cake, songs (of differing genre), anecdotes, comedy and poetry; and of course all accompanied with liquid support from the bar!

Currently we have 46 active members of which about twenty five percent are performers. Attendance varies between 25 and 40. We are fortunate to have a mixture of experienced and beginner performers and a supportive audience.

Interested? All are equally welcome.

We continue to meet in the Park Room which is set out to encourage a cafe-bar, family friendly, atmosphere. Membership and attendance is free.

For more information,

e-mail: [folkclub@delamerepark.co.uk](mailto:folkclub@delamerepark.co.uk)

## Water Aerobics



A group of ladies meet every Wednesday, 10.30 - 11.30 am for an hour of exercise to music. There are on average 8/10 attendees. As well as keeping fit it is good fun, as well as raising money for St Luke's Hospice. Recently we gave the Hospice £87.50. There is a St Luke's box if one wishes to give a £2 donation. Do come and join us. You do not need to be able to swim.

We are finishing for Christmas on the **21st December** and resuming in 2023 on the **4th January**. On the 14th and 21st December we will be doing a routine to Christmas music, so wear your fancy hat if you wish!

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

## Delamere Park Clubs

### Socializing and Leisure

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

### Health, Fitness & Wellbeing

- Children's Swimming Lessons
- PureStretch (Exercise Class)
- Conditioning Intervals (Exercise Class)
- 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](http://www.delamerepark.co.uk)

## Seasons Greetings from your Newsletter team

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 (Spring) the deadline is Friday 10th February 2023.

Please contact Ella or Elizabeth via email to: [news@delamerepark.co.uk](mailto:news@delamerepark.co.uk)