



**Community Group Forum**

Our meetings take place every two months when each Community Group sends along a representative, there is usually one trustee present. At these meetings we discuss all sorts including any problems individual groups may have and we collectively try to come up with solutions.

We were sorry to hear that recently Residents have felt it necessary to air their views on the Delamere Park Facebook page relating to issues with one of our Community Groups and we would like to offer our help to come up with a solution.

Rather than Facebook we would encourage Residents to use the Community Group Forum to try to resolve any group related issues.

Our next meeting will be held on Tuesday **28th March at 7:30pm** in the Park Room. If any Resident would like to attend they would be most welcome, if however you are unable to make the meeting but would like our help in resolving a problem, please send details of any issues with background information to add to our agenda and we will do our best to resolve.

Our contact details are:  
email: [community@delamerepark.co.uk](mailto:community@delamerepark.co.uk)

**Garden Safari**

Delamere Park Gardening Club are planning to hold their annual Garden Safari on Sunday **11th June** from 1:30 – 4:30 pm but we do need gardens to view. Please will you consider offering your garden for this annual charity event, which in the past has raised around £600. Garden owners will get the opportunity to choose which charities receive the proceeds.

Contact: [garden@delamerepark.co.uk](mailto:garden@delamerepark.co.uk)  
or leave details at Reception, Fao: Mike McNeal.



**Coffee Mornings**

Our Coffee Mornings, held on the 1st Thursday of each month from 10:30 to 12:00, and also on the 3rd Monday (October to March only), have been enjoying attendances of between 35 and 40 recently. Do come along and enjoy a chat in a warm setting.

Future dates are :

- March 2nd (Thu) and 20th (Mon)**
- April 6th (Thu)**
- May 4th (Thu)**
- June 1st (Thu)**

Maria and Paul  
(889728)



**DPML Useful Contacts**

**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)

**Guide to your Park Activities**

Children's Swimming	twice weekly	Tues (16:00 – 18:30), Sat (13:15 – 16:15)
Coffee Mornings	monthly Oct - Mar	1 <sup>st</sup> Thursday (10:30 – noon) 3 <sup>rd</sup> Monday (10:30 – noon)
Conditioning Intervals	weekly	Tuesdays (09:15 – 09:45)
Film Nights	monthly	usually 3 <sup>rd</sup> Thursday (19:30)
Folk Club	twice monthly	1 <sup>st</sup> & 3 <sup>rd</sup> Monday (19:30)
Gardening Club	monthly	4 <sup>th</sup> Monday (20:00)
Ladies' Club	monthly	2 <sup>nd</sup> Monday (20:00)
Mah Jongg	twice monthly	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday (13:30)
Park PALS	monthly	3 <sup>rd</sup> Thursday (14:30)
Pure Stretch	weekly	Thursday (09:30 – 10:00)
Water Aerobics	weekly	Wednesday (10:30 – 11:30)
Whist	monthly	1 <sup>st</sup> or 2 <sup>nd</sup> Saturday (19:00)
Yoga	weekly	Tuesday (13:30 – 15:15)
Zumba	weekly	Thursday (19:00 – 20:00), except Film Nights

*For more details on activities see page 2, also the Clubhouse notice board or ask at Reception for group contact details.*



**Coronation Celebrations**



The coronation of King Charles III is on Saturday 6<sup>th</sup> May, when we are sure many of you will be watching this historical event on TV. On the following day **Sunday 7<sup>th</sup> May**, the royal intention is for everyone to celebrate by joining in with 'The Coronation Big Lunch' by getting together for their street parties.

Here on the Park we are planning to organise a '**Coronation Big Lunch**' on the green and we would like to invite you to pitch your gazebos and set up on the day from around 10am, then bring your own lunch and be ready to commence by 1pm

The event will carry on until 5pm with lots of fun activities planned, including a children's Fancy Dress, theme 'Princes & Princesses', and for the adults, a Fancy Dress with the theme, 'Kings & Queens' for which there will be prizes, there will also be a prize for the most palatial set up to include, 'best decorated gazebo and dining table.'

There will be background music throughout the afternoon and the Bar will be open.

More details to follow .....

**Park Hedgehogs**

A number of residents have contacted me after finding hedgehogs in distress or clearly not well and I have advised them to get in touch with our local rescue centre.

This is **Northwich Hedgehog Rescue**, a rescue service for the rehabilitation of our native wild hedgehogs. It is run by the lovely Helen Gill from her home near B&Q in Northwich, and relies entirely on donations (equipment, food, money, etc.) to fund her work, together with help from her small team of foster carers.

Sickly, underweight and injured hedgehogs brought to Helen are treated to bring them back to full health before being released back into the wild. Obviously there's a bit more to it than that, but I don't have the space here to go into detail!

I had the pleasure of meeting Helen last December at one of her fundraiser events, held at the Weaverham Academy Christmas Fayre.

As well as a table full of hedgehog-themed gifts for sale, Helen brought two of her 'inmates' so visitors to the Fayre could actually see and touch a real live hedgehog!

They were very popular, especially with the schoolchildren – here's a photo of me holding one of them!



At my request, Helen has kindly agreed to come to Delamere Park and give a talk to the Gardening Club on **Monday 24th April**. I am sure it will be an entertaining and informative event, and hopefully residents will consider donating generously to support Helen's fantastic work.

If you want to find out more about Northwich Hedgehog Rescue, what they do, how they do it, and with some funny stories thrown in (some sad ones too), you can find them on Facebook., Highly recommended.

We can all do our bit around Delamere Park to help hedgehogs. Keep a look out for them as they will be coming out of hibernation during the Spring – make sure they can get in and out of your garden and don't be too tidy - leave hedge undergrowth, piles of leaves, log stacks, woodpiles, and patches of long grass, etc., undisturbed. If you can put out food (kitten biscuits) and water that's great too.

Lots of useful information is also available at these websites:

- <https://www.hedgehogstreet.org>
- <https://www.cheshirewildlifetrust.org.uk/how-help-hedgehogs>

Please continue to share news with me about your hedgehog sightings or anything else hedgehog-related - send me an email to [parkhogs@gmail.com](mailto:parkhogs@gmail.com)

Thanks for reading; I'll post an update in the June Newsletter.

**Ken Blakemore**

**Events Group**



Spring is once again just around the corner which brings to mind that the Events Group will be 5 years old this Spring.

Since 2018 we have put lots of energy into thinking of, arranging and doing a whole host of events including Scarecrow and Pumpkin Trails, Big Breakfasts and Sunday Lunches, Bonfire Hot Dogs and Film Nights, Prize Bingos and Super Quizzes, Race Nights and Shop Locals, and not forgetting a scrumptious Afternoon Tea.

All of the events we put on are done in the hope that residents will be encouraged to make more use of the great facilities at the Clubhouse. And, of course, we want people to come together and enjoy themselves at our events and to remember that socialising is not only fun but good for us all.

Our events also raise money, not for charity but for the benefit of those who live here. Last year we were able to donate towards the cost of new chairs in the Park Room and, looking ahead to later in 2023, we hope to be able to buy some picnic table and bench sets.

Forthcoming events for the next quarter are:

**Film Night – Thursday 16th March**  
(The Lost King)  
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**The Big Breakfast – Sun 19th March**  
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**Film Night – Thursday 20th April**  
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**Film Night – Thursday 25th May**  
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**Race Night – TBA**  
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**Sunday Lunch - TBA**

The Events Group is not funded or run by DPML. Currently we are a team of 6 volunteers – Elizabeth, Vanessa, Ella, Sarah, Darren and Alan. Two of us still work while the rest of us have been there and done that. Almost exclusively, we do everything ourselves even down to cooking the food and washing up!

None of what we have done and what we hope to keep doing is possible without the support of you, our fellow residents. Our thanks as always to the people who actually come out to support our events. Seeing you at them and enjoying them is our biggest reward.

We are always keen to receive suggestions for possible events, especially ones which might attract the younger generations in our community.

If anyone is interested in being part of the team, we would be delighted to hear from you. Simply speak to one of us or, if you don't know who we are or if you're shy, send us an email to:

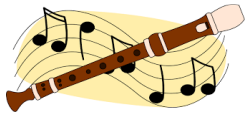
[events@delamerepark.co.uk](mailto:events@delamerepark.co.uk)

Very best wishes from all of us in the Events Group





## Folk Club



The Folk Club continues to go from strength to strength. We meet on the 1st and 3rd Monday of each month, at 7.30pm in the Park Room.

We have an eclectic group of performers - guitar vocalists, poets, story tellers and comedians, singers and instrumentalists - together with an ever growing audience who come along to enjoy a great evening's entertainment.

It is truly a performing arts evening and all residents are very welcome to join us.

Please feel free to come along to our next meeting or for further information contact:

**Brian Smith:** 07963 826343  
**Dave Rodliffe:** 07789 973555

## ZUMBA



Come and join the Zumba Group this Spring.

Zumba is a perfect way of keeping active and is lots of fun!

The class meets in the Park Room on a Thursday evening 7.00pm - 8.00pm (except on Film Nights), each class is £5

For more information, please contact:  
[zumba@delamerepark.co.uk](mailto:zumba@delamerepark.co.uk)

## Squirrels Preschool



Squirrels have been enjoying the warmer weather, with lots of playing outside!

We have a children's First Aid course coming up on the **22nd April** from 10.15-12.30pm. Please check our Facebook page and website for details.

We are looking forward to the RSPCA visiting us.

We would love volunteers to come and read to the children, if this is something you would enjoy please get in touch with Dawn (manager).

If anyone has any herbs they would like to donate, Squirrels would really appreciate it. The children are looking forward to planting as the warmer weather comes.



A very big Thank you to Dave Rodliffe from The Folk Club who came to sing and play the guitar for the children. The children and staff absolutely loved having Dave visit and he is more than welcome anytime!

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

## Ladies' Club

We had a fabulous start to our 2023 programme with a visit from Keiko Gordon who gave us a wonderful demonstration of Japanese kimono styles. By a stroke of luck, her visit was also the day when young people in Japan celebrated their "Coming of Age" Day.

**13th March** – Royston Futter will delve into the art of L. S. Lowry. Royston will explain just what makes Lowry so much more than the man who painted matchstick men.....not to mention matchstick cats and dogs!

**3rd April** – Returning for a second visit is the popular speaker Melanie Latham with her very entertaining 'Chutney and Cheer' demonstration that had us in stitches when she visited before covid! She will have lots of lovely chutney to sell in aid of her chosen charity so bring some cash with you.

**8th May** – There will not be a meeting due to the extra Bank Holiday Monday granted to us for the King's Coronation.

There is always a friendly welcome for new members, let us know if you are attending for your first visit.

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



## Park Pals

We were rather subdued in December, as first the icy weather struck and we then had to cancel our Christmas party. Covid then reared its ugly head again over the Christmas period.

However, New Year we were back in business with a buffet at a member's house and then a magnificent Italian lunch in the Clubhouse. This was organised by several members who had set the tables out with colours of the Italian flag. Three enormous lasagnes were ordered from Cowards Butchers in Frodsham, collected, reheated and served with salads. Puddings were provided - tiramisu, lemon tart, fruit salad and cream - and altogether we forgot the weather outside and thoroughly enjoyed ourselves.



A special treat was a trip to the Liverpool Empire to see 'The King and I'. This was an exceptional production greatly enjoyed by all. We now have over 30 members and meet once a month to plan activities.

Now it is getting lighter, there are snowdrops nodding their heads in our gardens. Spring is not far off!

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

## Gardening Club

After a seemingly endless winter there are signs that Spring is on the way with Spring bulbs appearing in our gardens.

The next Gardening Club meeting will be on **27th March**, a talk with slideshow by Anne Harrison on 'How to have healthy Houseplants', followed on the **24th April** with a talk on Hedgehogs by Helen Gill of the Northwich Hedgehog Rescue Centre.

In May we have arranged a Spring Visit to the Gardens of Manley Knoll on **15th May** which is a week earlier than our normal meeting date. All are welcome.

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

## 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 Instructor 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



## Water Aerobics



We meet every Wednesday, 10.30 - 11.30 for a fun session of easy exercises in the pool. We do the routine to music and you are most welcome to join us. Come along and see what a friendly bunch we are.

At the moment we have about 6/8 regular ladies and there is no commitment to attend each week. It's a good reason to get rid of some of those calories that somehow appeared over the Christmas period. We ask for a small (£2) donation to St Luke's Hospice.

We have very recently handed over £95 to St Luke's.

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

## Mah Jongg



We are a happy and slowly expanding group. We play with tiles not cards twice a month.

April is fast approaching when we enjoy a brilliant afternoon starting with lunch and wine. What's not to enjoy!

We meet at 1.30pm in the bar area on the following Thursdays:

**March 8th / 22nd**

**April 3rd / 27th**

**May 11th / 25th**

Interested? Contact: **Pam on 889665**

## Delamere Park Clubs

### Socializing and Leisure

- 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
- Conditioning Intervals (Exercise Class)
- PureStretch (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)



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 (Summer) the deadline is Friday 12th May 2023

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