

**Events Group**



Apart from our regular monthly Film Nights it was a quiet summer for the Events Group team. Looking forward though, we are happy to announce our calendar for September to November, as shown in the list opposite:

**'Dates for your diary'**

Our Film Nights are run with high quality projection onto a 122-inch screen and with a surround sound system. One of the suggestions from the recent "Bar Drop In" was that we run a Children's Film matinee. We did try this during our first season in autumn 2019 but as more adults than children attended we decided there was no real interest. However, we would be delighted to revisit this with any interested parents and if that's you, then please get in touch.

Indeed, please get in touch if you have any ideas for events or would like to join our friendly team of volunteers, without whom none of these things happen.

Hopefully, there will be something for everyone in our forthcoming events. Please come along and support us. We look forward to seeing you at some point before the next newsletter.

**Events Group**

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

**Garden Charity Event (June)**

**'THANK YOU'**

Following the cancellation of this year's Garden Safari, Jenny Lever very bravely decided to still go ahead and open her garden to raise money for St. Luke's Cheshire Hospice in memory of her late husband David.

Jenny would like to thank everyone who supported this event, the weather was kind, her garden beautifully manicured with wonderful views and teas and cakes were served. Jenny is pleased to report she was able to donate the grand sum of £923.65 to this very worthy cause.



**Coffee Mornings**

Attendances at our Coffee Mornings, held from 10:30 to 12:00 on the 1st Thursday of each month and also on the 3rd Monday (from October to March), remain high, so come along early for a seat and enjoy a chat.

Future dates are:

| Thursdays:                | Mondays:                  |
|---------------------------|---------------------------|
| September 7 <sup>th</sup> | -                         |
| October 5 <sup>th</sup>   | October 16 <sup>th</sup>  |
| November 2 <sup>nd</sup>  | November 20 <sup>th</sup> |

Maria and Paul (889728).



**Dates for your diary .....**

**\*\*\* Scarecrow Trail \*\*\***

**Sunday 3<sup>rd</sup> September**

- Saturday 23<sup>rd</sup> September ~ Music & Dancing (Charity Event)
- Thursday 28<sup>th</sup> September ~ Film Night
- Sunday 1<sup>st</sup> October ~ Sunday Lunch
- Thursday 19<sup>th</sup> October ~ Film Night
- Sunday 29<sup>th</sup> October ~ Big Breakfast
- Tuesday 31<sup>st</sup> October ~ Pumpkin Trail (maps from Reception)
- Saturday 4<sup>th</sup> November ~ Bonfire Night (Community Event)
- Thursday 16<sup>th</sup> November ~ Film Night
- Saturday 18<sup>th</sup> November ~ Quiz 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

**Has summer finally arrived?**



Today it's more like a summer's day  
 Even the Squirrels have come out to play  
 Shall I pick some blackberries and wander down the lane?  
 Since they have done well in the sun and the rain  
 Pondering, I wonder if I should just sit outside in the sun  
 And forget any work that needs to be done  
 Then I let out a joyous cry  
 The washing on the line is finally dry!  
 Maybe I should get an ice cream and wear a sun hat  
 Strawberry and Vanilla - nothing is better than that  
 The birds are soaring in the sky  
 Some of them make a strange sounding cry  
 The wheat is growing nicely in the field  
 This should provide the farmer with a really good yield  
 I suppose I might have salad for tea  
 That should be easy to make for just me  
 But for now, I'll relax and probably doze  
 Till someone awakes me by tickling my nose. (Pam)



**The Buddy & Befriending Scheme**

Reducing loneliness & isolation since 2018

Here at Changing Lives Together we aim to help people across Cheshire over 50, living with loneliness or isolation in one of the most effective and simple ways possible simply by giving them the opportunity to talk

Established in 2018 we have continued to provide a friendly welcoming service working alongside many organisations.

Our beneficiaries come to us from a wide range of sources such as GP Surgeries, Social prescribers, housing associations, councils, social workers and support workers to name a few and we carefully match them with a volunteer with whom they can enjoy an interesting chat. More recently we have been engaging with the local emergency services to identify those that need our service most.




There is no single cause of loneliness, and no single solution but a simple connection to another person is one of the most important steps towards reducing social isolation and improving mental and physical health.

If you would like to become one of our amazing volunteers and can spare 30mins a week to make a call please click below.

<https://www.changing-lives-together.org.uk/b-b-volunteer-charter>

Or email us: [volunteer@changing-lives-together.org.uk](mailto:volunteer@changing-lives-together.org.uk)

Our friendly team are always here to discuss your needs. Call us on 07919 327131

|  |  |   |
|--|--|---|
| <p><b>Julie Birtwistle</b><br/>(Coordinator)</p>  | <p><b>Pete Marsden</b><br/>(Lead Coordinator)</p>  | <p><b>Lee Moran</b><br/>(Admin Support)</p>  |
|--|--|---|

**O.G.M. of Plot Owners**

**Tuesday 12th September 2023**

at 7:00pm in the Park Room

**Bonfire Night**



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

**Saturday 4<sup>th</sup> 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 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](mailto:community@delamerepark.co.uk)

**Change to our Weekly Bus Service**



You will be pleased to hear that following further discussions with Cheshire West & Chester council, the weekly 48A bus service serving Delamere Park will now switch from a Wednesday service to a preferred Thursday service. This change will come into effect on 3rd September 2023 and the service will be provided by D&G to the same timetable.

We hope that this change will offer a more attractive service particularly as it aligns with the popular Frodsham market day, so please do consider using it as much as possible.

Please join me in thanking Councillor Gillian Edwards and John Ellis-Jones (CW&C Transport & Infrastructure) for their help in making this request become a reality.

**John Goulden** (Delamere Park resident)

**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

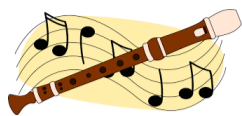
**Office Hours:**

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)

## Folk Club



Gathering on the first and third Monday of each month Delamere Park Folk Club, focuses on fostering and supporting local artists and musicians. While the name suggests a folk emphasis the club is open to all forms of music, and performing arts, including poetry, and storytelling. It's free to join and attend.

By providing a platform for established and developing artists, the Club plays a crucial role in encouraging and nurturing talent. It attaches great value to its audiences, and welcomes a diverse range of individuals no matter what their age or background. This creates a vibrant and inclusive atmosphere that celebrates creativity and artistic expression.

For more information contact:

**Dave on 07789 973 555**

## Mah Jongg



This small interesting group meet every 2nd and 4th Thursday of the month in the Bar area at 1.30pm.

Mah Jongg is a unique game played with tiles not cards. It is very easy to pick up so if you are looking for something to fill a damp summer afternoon, do come along.

You will be guaranteed a warm welcome.

Contact: **Pam Taylor 01606 889665**

## Fitness & Wellbeing



**FITNESS 4 ALL** Tuesdays at 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 at [emmawilsonfitness.com](http://emmawilsonfitness.com).

For more information,

email: [fitness@delamerepark.co.uk](mailto:fitness@delamerepark.co.uk)

or: **Carolyn Beamson: 07590 269 132**

Fitness & Wellbeing Community Grp. Rep

## Delamere Park Clubs

### Socializing and Leisure

- Coffee Mornings
- Folk Club
- Gardening Club
- Ladies' Club
- Mah Jongg
- PALS
- Social – Plot Draw
- Social – Quiz Night
- Twinkletoes
- Whist

### Health, Fitness & Wellbeing

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

## News from Ladies' Club

Change at the top for the Ladies' Club. Pat Pilgrim will be our new Chairperson starting in September. Pat volunteered for the job because although she hadn't been a member for long, she had enjoyed our meetings, saw their value to our community and didn't want to see the club fold. The opportunity to meet new people and try to attract younger residents to the group are high on her agenda.

Trish Lloyd will be the new Treasurer, they joined the committee and start together. Good luck and thanks to both of you.

**SEPTEMBER 11<sup>th</sup>** – Eva Taylor and myself have been friends for a long time, we are travelling companions with many shared interests. During lock down, when I spent my time doing jigsaw puzzles, taking solitary walks and zooming, Eva unearthed her mother's diaries and memorabilia from World War 2. These chronicled her life in the Dutch Resistance, her betrayal, subsequent capture and imprisonment. A fascinating, story of bravery, endurance and courage is revealed. "Sabine's War", the ensuing book, is Eva's topic for the evening. It is a harrowing story of incarceration in concentration camps, the hardships, the horrendous conditions but through it all her mother's determination to survive. Not bedtime reading, but a story that has to be told.

**OCTOBER 9<sup>th</sup>** – Tom Jones returns to tell us about some strange and inexplicable goings-on around Chester experienced when conducting Ghost tours in the City. Not exactly bed time reading either, but an interesting if spine chilling talk. Maybe not for the faint hearted!!

**NOVEMBER 13<sup>th</sup>** – A Christmas Crafty session. More details later

**DECEMBER 11<sup>th</sup>** – Our Christmas Party – SAVE THE DATE.

email: [ladies@delamerepark.co.uk](mailto:ladies@delamerepark.co.uk)

## Hedgehogs on the Park

It's baby hedgehog time of year! And lots of hoglets have been brought in to Northwich Hedgehog Rescue - some without their mums - after their nests have been accidentally disturbed, or being found out alone during the daytime.

My wife Liz and I were privileged to be invited by Helen Gill, who runs the rescue from her home, to visit recently to see some of the little hogs she is bringing back to full health. Some of them weigh less than 30 grams, which is about the same as 1/2 a boiled egg!

Here's a couple of photos of three of the larger ones in her care which Helen allowed us to hold.



You can find out more about Northwich Hedgehog Rescue on Facebook, where Helen posts regular updates about the 'hogs brought to the rescue, with amusing stories thrown in (and some sad ones too).

I also want to say a big thank you to all those residents who are continuing to bring me their used/unwanted newspapers, instead of putting them in the CWAC recycling bin. I then take them to the rescue for Helen to use as bedding for the hedgehogs in their little 'hutches'. Please keep them coming, it's a much more useful way of recycling!

We can all do our bit around Delamere Park to help hedgehogs. Make sure they can get in and out of your garden (a CD size hole in the gate or fence is sufficient) 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, meat flavour) and water that's great too.

**If you discover a sick or injured hedgehog, please put it in a box and keep it warm in a blanket or towel with a plastic bottle full of warm water then phone Helen on 07816 096849 for advice.**

There's lots of useful and interesting information on the British Hedgehog Preservation Society website, which you can access via this link: <https://www.britishhedgehogs.org.uk>

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 December Newsletter.

**Ken Blakemore**

## Gardening Club

After our summer break, and copious rainfall, our gardens have bounced back from the drought of early summer and are looking green and lush again, here's hoping we have an Indian Summer to follow.

We have had a slight change to our future programme as the September and November speakers have swapped places, our programme for the next 3 months is now as follows:

**25<sup>th</sup> September** – 'Shrubs for All Seasons' by Jane Allison

**23<sup>rd</sup> October** – 'The Myths & Legends of Plants' by Ray Bailey

**27<sup>th</sup> November** – 'Ornamental Grasses' by Susan Nicholas

If you are new to the Park or interested in gardening you will be made most welcome to our next meeting.

We meet on the 4<sup>th</sup> Monday of each month at 8pm. For more information,

email: [garden@delamerepark.co.uk](mailto:garden@delamerepark.co.uk)



## Park Pals

After a busy May with the excitement of the Coronation and the bank holidays followed by the torrid heat of June we slowed down a bit, but still managed to summon the energy to go to our favourite Bluebell Café at Barrow for a lovely tea.

In July we were saddened to hear of the death of Audrey Dyke. Such a positive person. We will miss her cheery face at our meetings

We had planned a trip on the Jazz train to the Golden Pheasant, Plumley, but this was cancelled due to industrial action and we hope to go another time. To make up for this a trip has been organised to the spectacular garden at Clay Lane, Norley. We went last year and it was so welcoming that we asked if we could come again and see their new plantings, not to mention the thousands of frogs who must be ready to migrate again in search of another watery home.

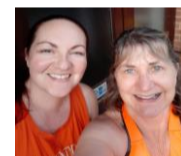
At our July meeting we heard about plans for the autumn. This includes a trip to a show 'Funny Girl', an autumn hotpot lunch in the Clubhouse and, as a special outing, a member has booked a Sunday lunch at 'The Legs of Man' Sandbach. We are now over 30 members and feel we are contributing to social life on Delamere Park.

On your own? Come and join us, contact:

**Christine 301699 or Pam on 889665.**

## Zumba

Come and join a fun, fitness dance class in the Park Room with Rachel and Kathryn.



No previous dance experience needed, just the ability to move, laugh and not take yourself seriously!

Just turn up in comfy clothes and trainers, Thursdays 7pm-8pm (except Film Nights). Suitable for all fitness levels. Pay as you go £5. For more information,

Email: [zumba@delamerepark.co.uk](mailto:zumba@delamerepark.co.uk)

## Iyengar Yoga

The Iyengar Yoga class has now changed to:

**\*\* Tuesday Morning ~ 11.00 - 12.30 \*\***

Access to Park Room from 10.45 am.

Classes start again on **12th September**. Care to join us? Suitable for all levels.

For more information, contact:

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

## Water Aerobics



We are continuing to get together during the holidays every,

**Wednesday from 10.30 - 11.30 am**

Attendance is generally between 8 and 10 people. Music accompanies a series of exercise routines held in the pool not simply to keep us fit but also to have a fun time. If you've not been along before we'll do our best to give you a warm welcome. And of course it's quite easy and beneficial to exercise in water for both women and men, whatever age!!

For more information contact **Sue on 07909694367 or Liz on 07864786568**

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 10<sup>th</sup> November 2023

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