



Party on the Park

**** Cancelled ****



The compère and the band were booked, the Ladies were ready and willing to serve teas but as we received no interest from any other Community Group to take part or help organise, this event has had to be cancelled.

We will try again next year and hope that more interest will be forthcoming.

Macmillan Charity Concert

Tickets are now available from Reception for the Rivendell Charity Concert on Saturday 6th July in the Park Room at 7.30pm.

A summer concert with a mix of music from Chilcotts Little Jazz Mass, a selection of popular jazz songs to a medley of old favourites and light hearted numbers and more.

The choir will be accompanied by a trio of musicians.

Tickets are £8 including tea and cake. Please come and support this important charity

Art & Crafts Club



We have been meeting now since 15th March on 2nd and 4th Friday in the Park Room.

Although only a small group we enjoy the time and have a chat and a cup of tea whilst painting and knitting. Some are making cards and others embroidery. It's very mixed and help has been on hand for most problems.

It is open FREE of Charge to any resident Drawing and painting in any medium of your choice.

Any craft, knitting, embroidery, patchwork, card making. You will need to bring your own materials and project to work on.

The next dates will be Friday 14th and 28th June. We meet from 11:30am – 1:30pm in the Park Room

Why not come along and give it a try. See you there!

Coffee Mornings in the Clubhouse

June 6th
July 4th
Aug 1st
Sept 5th



On the first Thursday of each month many of our Community Groups host a Coffee Morning in turn, from 10.30 to 12.00. Do come along for a sociable chat with fellow Park residents. Contact Maria on 889728 for any further information.

Park Events to put in your diary



"Garden Safari"

Sunday 30th June

1:30pm – 4:30pm

Programmes from Reception

"Rivendell Charity Concert"

Saturday 6th July

7:30pm in the Park Room



"Wimbledon Live & British Grand Prix"

Sunday 14th July

from 1pm in the Bar & Park Room

"Scarecrow Trail"

Sunday 8th September

10:00am – 4:00pm

Maps / Programmes from Reception



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

News from Ladies' Club

LAND OF HOPE AND GLORY – doesn't feel like that here at the moment with all the (don't mention the B word shenanigans in parliament), but we all love it really, and HOPE is certainly what we need.

Our Ladies' Club outing this summer will hopefully rekindle our pride in Britain. Our excursion on **Sunday 21st July** is to a concert at Gawsworth Hall - "Proms by Candlelight". The Locraire Ensemble and soprano Annette Wardell will recreate all the fun, glamour and patriotic fervor of the "Last Night of the Proms" at the Albert Hall. The beautiful setting of the Rose garden and Tudor Mansion at Gawsworth will be their backcloth.

We have spaces on the coach, it's not an exclusive ladies outing so if you would like to join us, please contact Judy Piper 888312 - j.piper121@btinternet.com. The cost will be approximately £34 depending on numbers and we will leave the club house at 5.00 pm. There will be a glass of prosecco on arrival but bring your own picnic, drinks and a cushion.

FUTURE MEETINGS

June 10th a change in the published programme, Ian Black will talk to us about "The History of Hairdressing".

July 21st (Sunday) – Gawsworth outing.

September 9th Tai Chi – the origins and benefits of the practice – Lynette Bowler

As ever, we continue to provide an interesting and varied range of activities and talks. If you would like to join us, please contact Patsy Chuter on 889140/email ladies@delamerepark.co.uk

Thank you for your contributions

Ian Sharp (a resident) the Treasurer of Delamere Forest 41 Club handing cheques for £1000 to St Lukes Hospice and The Joshua Tree charities which were made up of the generous contributions from the Park.



Cricket Nets

The cricket nets will be dismantled due to safety reasons at the end of June having fallen into disrepair over the years. We will undertake this work late summer and landscape the area afterwards unless anyone has any serious reason why this should not happen.

Gillian Edwards (Councillor)

I am delighted to have been elected as one of your Cheshire West Councillors for the next 4 years. I would like to thank everyone who kindly voted for me, many of you know that this was my third attempt as I am so passionate about our community and I'm so grateful that you have given me this opportunity to represent you.

I very much look forward to working with you all over the coming years and intend to be a familiar face on the Park so please do come and say hello if you see me.

Please feel free to contact me with any suggestions or issues:

Gillian.Edwards@cheshirewestandchester.gov.uk
tel: 01606 259482

Delamere Park Bus Service

Just a reminder that CWAC have agreed to provide a trial Bus Service, Wednesdays only, commencing on 31st July. The buses will run 3 times during the day from Delamere Park to Northwich and from Delamere Park to Frodsham.

Delamere Park	Northwich	
Departs	Arrives	Returns
10:41	11:00	11:05
12:41	13:00	13:05
14:41	15:00	

Delamere Park	Frodsham	
Departs	Arrives	Returns
09:25	09:56	10:05
11:25	11:56	12:05
13:25	13:56	14:05

More information will be made available nearer to the date, i.e. cost, pickup points.

This exciting development provides the Park with the opportunity to demonstrate our commitment to using this service It has become clear from our meetings with CWAC that we must fully utilize the bus service to have any chance of extending it in the future. Please support it.

Afternoon Tea Event

The Events Group would like to thank everyone who supported the recent Afternoon Tea held in the Park Room, your thank you cards and words of encouragement were much appreciated and we will do our best to schedule in another one in the near future.

In the meantime any feed back as to what sort of events you would like organizing will be gratefully received.

Please leave any messages at Reception, fao: The Events Group.



Park PALs

In March we greeted spring by going to Gibson's Mill at Kingsley for Brunch. Their breakfasts are so substantial they last all day. In April we went to the newly refurbished Leigh Arms for lunch which was followed by a stroll along the River Weaver. Our outing for May was on home turf at the Clubhouse where the Pals had a table at the old fashioned Sunday afternoon tea with its vintage china and wonderful selection of sandwiches and cakes.

In June Pam has booked a party of us to visit the garden in Bollin House in Wilmslow and for July we are looking forward to a garden party at a member's house. Future plans include a Treasure Hunt round Frodsham and a theatre visit to see Cabaret at The Storyhouse, Chester. We meet every month to plan our next event. We now have 25 members in the group. On your own? Come and join us. All singles welcome. For more information ring Barbara on 882533, Christine 301699 or Pam 889665.

Mindfulness in the Park

Over the last 4 weeks residents of Delamere Park have been taking part in an introduction to Mindfulness Course. So far residents have been introduced to a number of different mindfulness practices, from body scans on comfy sofas and hard floors to mindful walking around the Lodge trying not to be distracted by the plethora of art works and projects that catch the eye. We have a few more sessions and different practices to cover before the course ends just in time for summer.

But if you are interested we will be back in the Autumn. The Mindfulness group meets on a Thursday night so keep an eye out as come September I will be holding guided fortnightly practice sessions for anyone who is interested or would like a group to practice with.

If you would be interested in taking part in a course first, I would be happy to run a further introduction to mindfulness in the Autumn.

Email: Haynes_louise@outlook.com

Mah Jongg



Last month this group held their AGM. This is not an ordinary AGM as we also combine this with a delicious lunch with homemade goodies and wine. This is followed by a Points Day competition, the winners receiving even more bottles of wine.

Why not join us for an interesting afternoon? Don't worry about not knowing how to play, we will give you every help and instruction. We meet on the second and last Thursday of the month at 1.30pm in the bar area. Enquiries 889665.

Mobile Library Visits



The Mobile Library stops at: Delamere Park Community Centre,
10:10am – 10:25am
Friday (3 week cycle), future dates are:
21st June / 12th July / 2nd & 23rd August / 6th September



Hi everyone

What a gorgeous time of year spring is. The gardens are now full of growth and tempting us with the show to come.

The tulips have just about gone over and hasn't the blossom been fantastic this year.

We are starting in our veg garden to eat some of the fresh salads and an early rhubarb crop. The beans, peas and potatoes are on the way and in a few months we can get stuck into the tomatoes and cucumbers.

I hope you took my advice in the last newsletter and you also have some lettuce or tomatoes of your own to pick either in the garden or in pots getting ready for you to harvest really fresh garden produce.

During mid-May a number of our members went on a wild flower walk with one of our speakers and our May meeting was held out at Long Acre, an NGS garden in Bunbury. Some fantastic Gardening Club events.

For the next few months our meetings are as follows:

June 24th our speaker David Taylor will be talking about 'The Great British Summer', so why don't you join us for some fantastic ideas of places to go and flowers and plants to enjoy.

July 22nd is our annual Summer Social, a ticket only event for members and their guests when we enjoy an evening of food and entertainment, chatting with other members.

August - No Meeting

September 23rd a favourite speaker of ours Carol Madden who runs a small nursery in Flint and is a member of the Hardy Plant Society, Carol's talk will be 'Beautiful Bulbs', with ideas for next spring and summer.

Of course we cannot go without mentioning our Garden Safari, back after a year's absence. The weather has been kind so far and we hope it continues. We have a number of gardens and so the great charity event is on for:

Sunday June 30th. Programmes will be on sale before the event so please support the garden owners on the day while you have a good few hours around the Park followed by tea/coffee + cake.

Why not come along to one of our meetings and enjoy a Monday evening out. Initially as a visitor if you wish, and we will be very pleased to see you in the Park Room for 8:00pm start.

Contact Gardening Club through David Cooper Email: garden@delamerepark.co.uk or Mike McNeal through Reception for further information.

Happy gardening !

New Age Kurling

KURLING is the form of the original curling game but adapted so that it can be played indoors on any flat surface.

Amazingly, there are 30 KURLING Clubs already in existence in the UK. The game is played with New Age Kurling Stones, 4 red, 4 blue, rams and pushersticks on a vinyl mat and target. We are looking for any interested participants when we can set up a trial session.

Interested? Ring Pam on 889665 or Barbara on 882533

Squirrels pre-school

Explore Table

We are looking for donations to expand our exploring resources. These items can be used in so many different ways to create learning and play opportunities for children. Any donations will be gratefully received.



These wanted are; Wooden pegs, wooden discs, pine cones, conkers, tactile material, spoons, sponges, nail brushes, wooden bowls, brushes, photo frames without the glass, large pebbles, and wooden kitchen utensils.

We have 2 new excellent members of staff and lots of exciting activities always going on!

Contact: 01606 888782 Email: squirrels@delamerepark.co.uk

Homewatch News

20 >> IS >> PLENTY!!

I am still being asked residents what can be done to reduce the speed of drivers (Young and Old, Male & Female) On DP. Residents and Delivery Drivers.

Must not forget using Mobile Phones whilst driving, that is dangerous, as we know.

Word of mouth is one of the best methods which is 'Cost Effective' i.e. No Cost!!

Any other method cost money and the question is Who Pays?

Other Matters; Common sense is the best advice. Most of the residents are of an age when common sense was the norm.

Warm weather reminds us to KEEP front doors and front windows should be secure if one is relaxing in the garden.

Similarly, when parking the car remember to close all windows and DO Not leave valuable items inside on view to those people who may wish to steal them.

To Contact Police; dial 101.....>>>> FOR EMERGENCIES ONLY; Dial 999

Alternatively ring 101 and request to be put through to local neighbourhood officer.

If answered by answer phone you WILL be contacted provided one leaves a contact number.

Action Fraud. 0300 123 2040 ... Most helpful if you feel vulnerable to fraud.

Crime stoppers. 0800 555 111 ... To report an incident anonymously.

Delamere Park Clubs

Socializing and Leisure

- Art & Crafts
- Book Club
- Coffee Morning
- Gardening Club
- Indoor Bowling
- Ladies' Club
- Mah Jongg
- PALs
- Singers
- Social – Plot Draw
- Social – Quiz Night
- Whist

Health, Fitness and Wellbeing

- Adult Swimming
- Children's Swimming Lessons
- Exercise Class – Pure Stretch
- Exercise Class – Circuit Training
- Squash – Men's Team
- Squash – Ladies' Team
- Squash – Junior Coaching
- Table Tennis
- Water Aerobics
- Yoga

For further details regarding any of the clubs or activities listed above please contact Reception at the Clubhouse or check on the ParkEvents section of the website: www.delamerepark.co.uk

Iyengar Yoga



Tuesday 1:30 - 3:15pm

Why not come and try yoga in our friendly class?

Beginners and those with more experience are most welcome

Any questions contact:

Sue Rennie, 888324 / 07554 442215

Indoor Bowls

We meet every Tuesday at 8.00pm and bowl in the Park Room on our mat. It's a great game, no previous knowledge or experience is required. There are always bowls to play with so please do not think you cannot play because you haven't got any. Come along and enjoy a new hobby with new friends. There are no fees/costs. If you require any further information please phone Brenda on 01606 252655 or Marjorie on 01606 301847.

Delamere Park Singers



We meet on a Wednesday morning at 10.30am in the Park Room for an hour. All music/words are provided. We pay £3 a week, at the beginning of each month.

For further information contact
Barbara Smith - 01606 888844.

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 (Autumn) the deadline is Friday 16th August 2019. **Please contact Ella, Elizabeth or Lesley via email to: news@delamerepark.co.uk**