

## Macmillan Biggest Coffee Morning in The World



**\*\* Saturday 21st September \*\***  
**10 am to 12 Noon**

This is a fabulous morning of enjoyment not only a coffee morning but an amazing bazaar. Once again there will be a range of very interesting stalls including the gorgeous jewellery stall and Gifts for all Seasons plus many more new stalls. Please come along and enjoy a wonderful morning with your friends whilst supporting this worthwhile charity. Tickets will be available at the Clubhouse or on the door at £3 which includes tea or coffee and cake.

For further information please contact Brenda: 252655.

## Events Group



The Events Group was set-up in 2018 by volunteers, most of whom serve on or are involved with other Community Groups. The ages of the volunteers range from 30s to 70s. The group's aim is to enhance life on the Park for residents through the organisation of a variety of events, many of which as a by-product also provide extra income to the Bar by bringing more residents into the Clubhouse.

Events have included amongst others a Scarecrow Trail, Jazz Evening, Super-Quiz, Shop Local, Children's Halloween Party, Irish Ceilidh, Big Breakfasts, and an Afternoon Tea.

From these events, along with generous donations from Ladies' Club and Gardening Club, the Events Group has been able to raise enough funds with which to purchase audio-visual equipment for use in the Park Room. The primary intention is to enable the regular showing of films - more details of those may be found elsewhere in this newsletter.

It is hoped that these film screenings, along with other planned events, will be well enough attended to enable the Events Group to acquire more funds which over time may be used to improve, for example, the seating facilities within the Park Room.

The primary aim though is always to offer events which appeal to a wide variety of ages on the Park so that residents will attend and hopefully enjoy themselves.

If you are interested in joining the Group to help make events happen or if you have ideas for future events then please get in touch by emailing:

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



## Dates for your diary .....

**\*\* Scarecrow Trail & BBQ \*\***  
**Sunday 8<sup>th</sup> September**



- Saturday 21<sup>st</sup> September ~ Macmillan Coffee Morning
- Saturday 21<sup>st</sup> September ~ Karaoke Night (Bar Event)
- Sunday 29<sup>th</sup> September ~ Bingo Afternoon
- Thursday 17<sup>th</sup> October ~ Film Night (12A)
- Saturday 19<sup>th</sup> October ~ Super Quiz Night
- Thursday 31<sup>st</sup> October ~ Halloween (Trick or Treat)
- Saturday 9<sup>th</sup> November ~ Bonfire Night
- Thursday 14<sup>th</sup> November ~ Film Night (12A)
- Saturday 23<sup>rd</sup> November ~ Film Matinee (PG)
- Sunday 1<sup>st</sup> December ~ Children's Christmas Party

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

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



## NEW!! – Film Club



The Events Group is pleased to announce that it intends to screen films in the Park Room using brand new equipment purchased primarily with this in mind. It is hoped that such screenings will become a regular event.

The inaugural season will run from October to December 2019 and the films will be:

Thursday 17th October at 19.30 - Fisherman's Friends - Certificate 12A

Thursday 14th November at 19.30 - Yesterday - Certificate 12A

Saturday 23rd November at 16.00 - Aladdin - Certificate PG

Sunday 8th December at 16.00 - The Nutcracker (Royal Ballet) - Certificate Exempt

Thursday 19th December at 19.30 - Mamma Mia! Here We Go Again (Sing-a-long) - Certificate PG

Tickets: Adults **£4.00** Children (12 and under) **£2.50**

Light refreshments will be available at all performances. In addition, for evening performances drinks will be available from the main Bar.

The Events Group hopes to make this very much your event and welcomes suggestions for future screenings - please send any you have to: [events@delamerepark.co.uk](mailto:events@delamerepark.co.uk)



## DELAMERE PARK LADIES CLUB

### FLY THE FLAG

### At GAWSWORTH HALL

Our summer outing to "The Last Night of the Proms" at Gawsworth Hall was a great success. We began the evening in sophisticated mode sipping Prosecco in the elegant surroundings of the garden and lake and ended it waving our flags and singing "Land of Hope and Glory" with great gusto and enthusiasm. In the eyes of the concert goers as Gawsworth I can assure you that BRITANNIA truly does still RULE THE WAVES!!

WHAT'S NEXT – We kick off our Christmas season with a November outing to Chatsworth House to enjoy their Christmas activities. In December our Christmas Party will be another great mixture of good food and lively music. January will see us taking a coach to Theatre Clwyd for our now almost traditional visit to their Rock 'N' Roll Pantomime.

All this together with our programme of monthly meetings with interesting, informative and amusing talks followed by a bit of social interaction over a cup of tea to end the evening:-

September 9th - Tai Chi – the origins and benefits with Lynette Bowler.

October 14th– Enjoy singing together with Diane Healey.

November 11th – Lives of Women in India with Jo Lakeland

Not yet a member but think it sounds good? (Only open to Ladies though, sorry guys.) Contact Patsy Chuter on 889140/email [ladies@delamerepark.co.uk](mailto:ladies@delamerepark.co.uk).

## News from The Trustees

By now you should have received notice for the OGM. Ballot and supporting papers will be distributed in due course.

We have no plans to hold a Trustee surgery before the OGM therefore should you have any questions or queries that you would like to be answered before the meeting then please do not hesitate to make contact with the Trustees and we will endeavour to respond ASAP.

Much has happened since the last newsletter. The Estate Manager has resigned, the admin/finance person and two receptionists are off sick so please bear with us whilst we try to pick up the pieces within the office as our E.M left without completing the handover process which has led to us all taking on additional responsibilities. We would also like to thank the office and reception staff who have worked hours well beyond their contracts to cover for both sickness and holidays.

We have heard that Fern Gresty, a prominent member of the Events Group is taking a break due to family commitments, Fern was instrumental in a number of events which all of the Park benefited from and we would like to thank her for all her hard work and effort.

Please may we take this opportunity to remind all Plot-Owners that the roads and pavements on the Park have been adopted by the council. One of the Trustees has been liaising with CWAC and one of the local ward councillors and workers have been out twice since early July to sweep the road gullies and some footpaths. They have promised that residual weeds in the road gullies will be sprayed in due course. Please feel free to contact CWAC or one of the three local ward councillors to put pressure on them to arrange for further cleaning.

We would like to say congratulations to the Bus Committee on your excellent work now that the bus service is up and running. Well done to all of you.

We look forward to seeing you on September 26<sup>th</sup> in the Park Room for the OGM.

Regards,  
The Trustees



## Coffee Mornings

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.

The next coffee morning dates are:

5<sup>th</sup> September

3<sup>rd</sup> October

21<sup>st</sup> October (Mon)

7<sup>th</sup> November

18<sup>th</sup> November (Mon)



## **NEW!! - Mindfulness**

Thank you to all who participated in the 8 week introduction to mindfulness course.

If you are interested or would like to attend a local meditation group I will be holding a monthly drop in on the last Thursday of each month 8pm till 9pm in the Lodge, for anyone interested in taking part or finding out more, email: [Haynes\\_louise@outlook.com](mailto:Haynes_louise@outlook.com)

## **Squirrels pre-school**

New Opening Times:

Monday	<u>Toddler Group</u> 9:30am – 11:30am
Tuesday	<u>Breakfast Club</u> 8:30am – 9:00am
Tuesday	<u>Pre-school</u> 9:00am – 4:00pm
Wednesday	<u>Breakfast Club</u> 8:30am – 9:00am
Wednesday	<u>Pre-school</u> 9:00am – 3:00pm
Thursday	<u>Breakfast Club</u> 8:30am – 9:00am
Thursday	<u>Pre-school</u> 9:00am – 4:00pm
Friday	<u>Breakfast Club</u> 8:30am – 9:00am
Friday	<u>Pre-school</u> 9:00am – 3:00pm

We are now offering a breakfast club on a Tuesday-Friday 8.30-9am and do a late pick up on a Tuesday and Thursday for parents that need it.

## **Indoor Bowls**



We are a small friendly Indoor Bowling group and we would like you to join us. We meet every Tuesday evening at 8.00pm in The Park Room and play bowls on our own mat. Come along and enjoy a new hobby, no previous experience required. There are always bowls to play with. The bonus is it's draw night!! If you require more information phone Brenda 252655

## **Iyengar Yoga**



**Tuesday 1:30 - 3:15pm**  
**Starts again 17<sup>th</sup> September**

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

## **Mah Jongg**



Just a reminder that this small group meet on the second and last Thursday of the month in the bar area commencing at 1.30p.m.

It is a very convivial atmosphere and a warm welcome will be assured for new members wishing to join. Enquiries 01606 889665.



Hi everyone,

Hasn't the weather been a huge topic of conversation. From heat wave and having to stay inside to evade the really hot spell to floods; it has caused a lot of problems to many homes. One thing the weather has also caused is that the gardens are full of growth. I came back to find the wisteria had blocked the entrance way into part of the garden.

I hope you did get to plant yourself some lettuce, tomatoes or other veg so you should now be enjoying the fruits of your labour, they don't require much work and it's fun watching them grow.

A day which everyone enjoyed was the Charity Garden Safari. The 2019 event was June 30<sup>th</sup>, the day fairly warm and sunny and we are pleased to have given £560 to the various charities chosen by the garden hosts, so thank you for coming along and thank you to everyone who helped this year to make it another successful event.

For the next few months as we run up to Christmas our meetings are on the following dates starting at 8:00pm:

**September 23<sup>rd</sup>** our speaker is Carol Madden who will be talking about 'Beautiful Bulbs'. Carol runs a small nursery in Flint and is a member of the Hardy Plant Society. Her talk I am sure will be accompanied by lovely images for us to enjoy, together with a wealth of information on care and planting locations.

**October 28<sup>th</sup>** our speaker Ged Ryan will be talking about 'Gardening for Bats'. Garden Bats are active at night and are predators of insects, some of which are garden pests or nuisance insects, such as mosquitoes. Bat numbers have declined over the last 50 years and so they will benefit from steps taken to make our gardens more bat-friendly which I am sure Ged will be helping us with.

**November 25<sup>th</sup>** Dr Richmond Dutton has a talk on 'The Eden Project', so for those intending to go or even fortunate to have been already then this is for you. Built in an old china clay pit in Cornwall are two biomes with plants collected from many diverse climates and environments, housing the largest indoor rainforest in the world.

**December 16<sup>th</sup>** Our year ends with the **AGM and Christmas Party** (start time 7:30pm). This is a ticket event open to invited guests. Members only are eligible to vote at the AGM which we get through fairly quickly. The Christmas Party then begins with a hot pie or lasagne meal followed with a selection of desserts. A quiz for entertainment and glass of wine to wash it all down, and a chance for a good natter.

We would love to see you at one of our meetings so why not come along 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](mailto:garden@delamerepark.co.uk) or Mike McNeal through reception for further information.

## **News from Park PALs**

In June we had booked a garden visit to Bollin House, Wilmslow but due to torrential rain it was cancelled. Maybe we can try again for next year. However, the weather made up for it for our garden party at a member's home in July. We were able to sit outside in a beautiful garden and enjoy the sun and a Pimms. There was an ample buffet and afterwards we played croquet and boules.

Our August outing was a Treasure Hunt organised by Pam and Barbara based on Frodsham. This was a great success with fiendish questions to be answered ranging from crustaceans to felines to Gary Barlow. We finished up in the Old Hall Restaurant for Sunday lunch, having felt we had earned it.

A party of us is going to 'Cabaret' at the Story House, Chester in September and we are already planning our next activities for the autumn.

On your own? Come and join us. All singles welcome. For more information ring Barbara on 882533, Christine 301699 or Pam 889665.

## **Health & Fitness**

- Do you suffer with a bad back?
- Do you feel muscular tension?
- Would you like to improve how you move and how you bend?
- Increase your flexibility and core strength?
- Is it time to de-stress and un-wind?
- Are you looking for a non-impact, restorative exercise that will enhance your life?

**PureStretch** at Delamere Park on Mondays 9.30am. A fusion of pilates and yoga providing functional movement, allowing you to work within your own range and at your own level, but challenging when you want it.

Pay as you go £5 - but please book in advance to reserve your place as classes are busy.

**For more information and to book your place visit [www.emmawilsonfitness.co.uk](http://www.emmawilsonfitness.co.uk) or call Emma: 07971 596529**

- Are you looking to improve your fitness levels?
- Feeling that you want to get stronger and more toned?
- Wanting to improve your metabolic rate?
- Striving to look after your health and your waistline?

**Circuits** at Delamere Park on Mondays 6pm. An effective total body workout combining cardio with strengthening and toning exercises. Bodyweight and resistance training for all abilities and fitness levels. Exercises can be adapted for injury.

Pay as you go £4 - but please book in advance to reserve your place as classes are busy.

**For more information and to book your place visit [www.emmawilsonfitness.co.uk](http://www.emmawilsonfitness.co.uk) or call Emma: 07971 596529**

## **DPML & Useful Contacts**

All general enquiries such as booking Park facilities, estate upkeep

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

Reception phone: 01606 889263

Monday to Friday 3.00pm to 10.00pm

Weekends 10.00am to 10.00pm

Property changes / planning approval:  
[office@delamerepark.co.uk](mailto:office@delamerepark.co.uk)

Trustees:

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



This new club started in March of this year and has been enjoyed by about a dozen enthusiasts, some just for a cup of tea and a chat, most bringing knitting items including toys, crocheting, tapestry work, patchwork quilt, felting, special occasion cards and watercolour painting.

We meet 2nd and 4th Friday of month from 11:30am - 1:30pm in the Park Room

September 13<sup>th</sup> & 27<sup>th</sup>  
October 11<sup>th</sup> & 25<sup>th</sup>  
November 8<sup>th</sup> & 22<sup>nd</sup>  
December 6<sup>th</sup> & 20<sup>th</sup>.

In the period up to Christmas it is an opportunity to prepare for the event with some hand made goodies. Handmade candles, table/tree decorations to hold chocolates (Santa, Christmas pud. etc.), felted novelties and small decorated Christmas cakes

We have some expertise between us, plus other attendees will have some knowledge to share, so help and advice may be available.

Why not come along and tap into your creative side.

It is open FREE of Charge to any resident. See you there!

## **Delamere Park Singers**

During August, Delamere Park singers had two lovely mornings singing at Chapelfields Nursing Home and Meadowcourt Day Centre, both in Frodsham.

We are now beginning to learn our songs for the Winter Programme, which we are very much looking forward to.

Part of our Winter Programme includes a concert at Lady Lever Art Gallery on Saturday, 2 November 2019 and a performance at Lyme Park National Trust on Saturday, 23 November 2019.

All are welcome to come and support us at these events, which you will find really enjoyable.

An early notice - Delamere Park Carol Service will be held on Friday, 20 December 2019 in the Park Room at 7.30pm.

## **Mobile Library Visits**



The Mobile Library stops at: Delamere Park Community Centre, 10:10am – 10:25am

Friday (3 week cycle), future dates are:

13<sup>th</sup> Sep, 4<sup>th</sup> & 25<sup>th</sup> Oct, 15<sup>th</sup> Nov, 6<sup>th</sup> Dec.

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 15<sup>th</sup> November 2019.

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