



## Cricket Nets

As far as we are aware the cricket nets have not been used for 25 years since the Delamere Park cricket team disbanded and we have been asked by residents if they can be removed as they are unsafe. Before doing so does anyone currently use the cricket nets? If so please contact the Trustees via Reception or email: [trustees@delamerepark.co.uk](mailto:trustees@delamerepark.co.uk)

## Delamere Park Bus Service

On Monday 11 February, we had a meeting with representatives from the Transport Department of CWAC and Cheshire Community Development Trust regarding the possible introduction of a bus service to and from Delamere Park.

It was a long but very productive meeting and the two representatives have gone away to consider the potential solutions in line with the Park's needs. A further meeting with them is being arranged for early April and we will keep you advised of our progress.

In the meantime, a paper copy of the PowerPoint presentation that we gave on Monday is available in reception for you to peruse. Please note, this copy must be retained in reception to allow everyone to see it.

Bus Survey Committee

## Party on the Park

Saturday 22<sup>nd</sup> June 2pm – late

This year's theme will be a 'Family Sport and Games Day', so do come along, pitch your gazebos, bring a picnic and enjoy the afternoon and evening.

As usual, Ladies' Club will be serving teas in the Park Room, the band will play and we hope you will all join in with the sporting fun. Start practicing your Egg & Spoon race in plenty of time.

If anyone would like a stall on the Green, email [community@delamerepark.co.uk](mailto:community@delamerepark.co.uk) or leave details at Reception, Fao: Iris Lyon.

## Garden Safari

The Delamere Park Garden Safari is planned for Sunday 30<sup>th</sup> June from 1:30pm to 4:30pm 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.



## Charity Concert – 6<sup>th</sup> July

A musical date for your diary ! Saturday evening 6<sup>th</sup> July the Rivendell Singers will be performing in the Park Room for a Summer concert of music. There will be a mix of music from Chilcott's Little Jazz Mass, a selection of popular jazz songs, to a mix of songs from the 1940s. The event will support the Macmillan Cancer charity and tickets will be available shortly from reception. Full details will follow or contact John Goulden on [07740 638762](tel:07740638762).

## Park Events to put in your diary .....



### *“ St. Patrick’s Night Ceilidh ”*

*Saturday 16<sup>th</sup> March*

*7:30pm in the Park Room*

*\*\*\* Live Irish Music Band \*\*\**

### *“ Afternoon Tea ”*

*Sunday 12<sup>th</sup> May*

*3pm in the Park Room*



### *“ Live Band Night ”*

*Saturday 18<sup>th</sup> May*

*7:30pm – midnight*

*in the Park Room*

### *“ Party on the Park ”*

*Saturday 22<sup>nd</sup> June*

*2pm - late*

*on the Green*



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

## New Art & Crafts Club

The first meeting date will be Friday 15<sup>th</sup> March. The next date will be Friday 22<sup>nd</sup> March. Thereafter meet on 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month from 11:30am – 1:00pm in the Park Room 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. Help and advice may be available.

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



## News from Ladies' Club

SCOUSERS–LOVE–MARRIAGE- LES MISERABLES - CHESTER ZOO and LORD LEVERHULME

What's the connection? (The cynics amongst us might see a link between the love, marriage and the Les Miserables bit), but the thing that they really have in common is that they are all topics we will be visiting over the next few months with outings and talks at our ladies club.

March 11<sup>th</sup> – Ken Pye will offer a humorous view of the weird and wonderful eccentrics born and raised in Liverpool.

March 20<sup>th</sup> – Our outing to the Palace Theatre for a performance of “Les Miserables”.

April 8<sup>th</sup> - Derek Poulson, who has entertained us before, will put his own slant on the topic of “Love and Marriage”.

May 13<sup>th</sup> – A talk on an aspect of life at Chester Zoo by Julie Platt

June 10<sup>th</sup> – Gavin Hunter will discuss the life of “Lord Leverhulme”.

HUMOUR, MUSIC, HISTORY, ANIMAL LIFE, LOCAL INTEREST, we are offering a varied programme for 2019 which we hope you will enjoy. Do come and join us, there will always be a warm welcome for newcomers and returnees.

Need more information, please phone Patsy on 889140 or email [ladies@delamerepark.co.uk](mailto:ladies@delamerepark.co.uk).

## Live Band Night – Saturday 16<sup>th</sup> February

Many thanks to our resident band, Reverse Gear for giving up their time to play at this enjoyable, well supported event. Thank you also to everyone who contributed to the bucket collection on the night, the proceeds amounted to £100 and has been donated to Cancer Research UK.

## News from the Estate Manager

I would like to update residents regarding recent maintenance issues. We have recently replaced the fire alarm panel following a review by Axa (our insurers) so that it is fully compliant with current legislation. In addition we are about to embark on a planned upgrade to our storage areas in the Park Room. Finally on maintenance we are just about to undertake our annual fixed wire electrical test which hopefully will not result in too many remedial issues. I do believe it is important to stay on top of our building maintenance matters and try where possible to deal with minor issues before they become major.

The Gardening Steering Group is meeting regularly and has been extremely helpful in putting together our grounds maintenance programme which we update and mail out to you on a monthly basis. A copy of the monthly programme also appears on the club notice board. Recently a programme of works to eliminate the leakage and upgrade the banks of the lagoons has been taking place. When complete extra planting will be undertaken which should result in an improved lagoon environment.

Trustees have also approved the purchase of new grounds maintenance machinery to replace old and obsolete equipment which again should result in improved grounds for all to enjoy.

The reception service has recently been enhanced via a new database (created with the considerable assistance of a resident) which records all comments, complaints or issues reported by residents and automatically issues an acknowledgement and a unique reference number and forwards on to the best person to resolve the issue. I hope this new facility results in a better and more responsive service for all users.

The events group has been busy organising all manner of activities for residents to enjoy. Details can be found on the website and notice boards.

Other than that may I wish you all a very happy Easter from the staff at DPML

**Steve Hayes**  
Estate Manager

## Coffee Mornings in the Clubhouse

March 7<sup>th</sup> & 18<sup>th</sup>  
April 4<sup>th</sup>  
May 2<sup>nd</sup>  
June 6<sup>th</sup>



On the first Thursday of each month (and on the third Monday in the winter months), 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 PALs

Christmas started early with some of our group going to Chester Cathedral for 'The Spirit of Christmas' concert. We then celebrated nearer the date with a festive tea at the clubhouse, where everybody put on their party clothes and contributed to the buffet. Pam entertained us with a comic poetry reading.

January was cheered up by a Soup and Sandwich lunch. Again, the clubhouse provided a warm and welcoming venue. Several members made delicious soups and others sandwiches and savouries. This time Pam provided a quiz which challenged all of us.

In March we are going to an old favourite, Gibsons Mill at Kingsley, for brunch. Possible future outings are a trip on the Daniel Adamson tugboat moored at Frodsham, going to The Storyhouse in Chester to see 'Cabaret' and visiting a National Garden Scheme garden.

We meet every month to plan our next event. We now have 25 members in the group which provides a friendship and support network. On your own? Come and join us. For more information ring Barbara on 882533, Christine 301699 or Pam 889665.

## Squirrels Pre-school

Squirrels are open as usual with lots of daily fun activities and exciting future plans.

The Easter egg hunt will be on Wednesday 17th April, starts at 10am, meet at Squirrels.



## Indoor Bowls

Indoor Bowling has started again after the Christmas break. 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.

## Mah Jongg



If you would like to spend a pleasant social afternoon, please consider joining us playing Mah Jongg. We are a small but growing group who meet on the second and last Thursday of the month in the bar area at 1.30pm.

We actually play the American version which features Jokers.

If you feel that you would like more information or even some individual tuition we are happy to oblige. Contact Pam on 01606 889665.

## Mobile Library Visits



The Mobile Library stops at: Delamere Park Community Centre,  
10:10am – 10:25am  
Friday (3 week cycle), future dates are:  
8<sup>th</sup> & 29<sup>th</sup> March / 10<sup>th</sup> & 31<sup>st</sup> May / 21<sup>st</sup> June.



Hi everyone,

May I firstly wish everyone a fruitful and floriferous new year.

The days will be getting longer from now and light levels and warmth will increase, all helping all our lovely plants to break out in bud and leaf.

Begin the year of caring for your garden by pruning out the dead bits from the plants, tidying up and putting down some plant growth feed.

The snowdrops have just about gone and we are looking forward to the colours of daffodils and camelias in early spring.

Those who want to grow their own can start very soon with some lettuce seeds in pots, containers on the windowsill or in the conservatory, very enjoyable and very tasty.

If you can get an outdoor variety of tomato plant, pop it into your border and see how tasty your own grown tomato fruit can be.

Here at Gardening Club we have started our 2019 enrolment at our January meeting and our calendar of speakers have been arranged for the year.

March will continue our enrolment for 2019 if any of you would like to join us, you will be very welcome.

Speakers for the start of the year will be:

Monday February 25<sup>th</sup> A favourite speaker will be Anne Harrison who will be helping us out with how to prune shrubs, when and why. A help for those shrubs rapidly outgrowing their spot in the border.

Monday March 25<sup>th</sup> Tim Baxter's topic is 'Poisonous and medicinal plants', a very interesting topic to discover plants from hedgerows etc. which could be picked and used medicinally whilst knowing what is likely to poison you.

Monday April 15<sup>th</sup> Judy Popley will be talking about what is necessary to set up and run specialist plant fairs throughout the North of England. Fairs take place at amazing venues – usually with a wonderful garden to wander through. We will get to hear about these also.

If you would like to come along to one of our meetings (initially as a visitor if you wish) then we will be pleased to see you in the Park Room for an 8:00pm start.

Our annual fee is £8 for the full year's meetings, includes access to discounted seeds and garden sundries plus our 2 annual parties, and arranged garden visits.

Contact Gardening Club through **David Cooper Email: [garden@delamerepark.co.uk](mailto:garden@delamerepark.co.uk)** or **Mike McNeal through reception for further information.**  
Happy gardening!

## Homewatch Report

Just thought I'd get some updates, information and requests out there to you all. We have had some 'rogue traders' in the area of Cuddington who have deliberately targeted the elderly and vulnerable. Tradesman have carried out some cold calling and claimed to have carried out some work. They have then returned to the address and obtained numerous cheques from the victim resulting in a loss of several thousand pounds. As far as family members can make out, no work has been carried out.

Please be mindful of door step tradesman and as always look out for your family, friends and neighbours.

Speed enforcement will continue to be carried out by your local PCSO, Nichola Devey along with PC Claire Murgatroyd.

Speeding is one of the elements in 'The Fatal Four' which means it's a contributing factor to deaths caused on our roads. The only way to combat this is by getting out there, educating drivers either by enforcement or otherwise.

Drug activity has been targeted at the start of this year with plain clothed officers operating in your area. This will never go away and behaviour around the buying and selling of drugs plagues our communities. It brings with it an increase in crime, anti social behaviour and allows criminals to earn a living whilst others suffer.

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.

Crime stoppers. 0800 555 111 Action Fraud. 0300 123 2040

**DONT 4- GET ; 20 IS PLENTY**

David Bowker. DP Village Homewatch Coordinator. 14/2/2019.

## Sport & Leisure

CLEAN & LEAN - THE HEALTHY CHOICE

If you still haven't pushed 2018 into the past, it's time to start focusing on the way ahead. The Winter germs are still doing the rounds and looking after your health has never been so important.

This no nonsense, simple approach to eating, means you can enjoy real food, consume good healthy fats, which are vital for good brain function, bone health and physical wellbeing and learn which foods to choose for YOUR life, giving you the best chance to THRIVE.

Removing all the confusion about what's healthy and what's not, giving you:

- More energy, no slumps, balanced blood sugars
- Less bloat, improved IBS symptoms, better sleep and less cravings.
- All this and you can shed body fat!

No need to get to a class or group, it's all online in a private group. You receive full support from me, recipes, weekly guidelines and home workout videos. Fresh outlook, fresh food, fresh start for your health and wellbeing.

There are various classes I have at Delamere Park clubhouse on your doorstep, along with others on my website. [www.emmawilsonfitness.co.uk](http://www.emmawilsonfitness.co.uk) if you want to come along!

<b>Monday:</b>	9:30am 6.00pm	PureStretch, Pilates & Yoga fusion Circuits
<b>Thursday:</b>	9:15am 10:15am 6:00pm	HIIT Circuits (high intensity) Stay Active (a gentle approach to exercise) Circuits

## Delamere Park Singers



2018 was a most enjoyable year. We have welcomed new members and some old members sadly left us (moving house, changing jobs). We know 2019 is going to be equally good.

We are delighted that total monies raised for our charity - Huntington's Disease Association - has now topped the £2,000 mark. This money is raised through the various concerts we give during the year. We know there are lots of you out there who like to sing and may be think you are not good enough to join us. Please come along and give us a try. You don't have to be able to read music, you don't have to sing on your own, we don't do harmonies, **we just enjoy singing together.**

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.

## 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



## 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](http://www.delamerepark.co.uk)



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 (Summer) the deadline is Friday 17<sup>th</sup> May 2019. **Please contact Ella, Elizabeth or Lesley via email to: [news@delamerepark.co.uk](mailto:news@delamerepark.co.uk)**