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JANUARY 2020

Issue 35

Monthly Business & Community magazine delivered in & around Chester



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DATES FOR YOUR DIARY

- 30.1.20 Ellesmere Port Civic Hall 5pm-10pm
- 1.2.20 Chester Race Course, Chester 10am-5pm
- 15.2.20 Mere Golf Club, Knutsford 10am-5pm
- 16.2.20 Ramada Plaza, Wyndham, Wrexham 10am-5pm
- 22.2.20. Village Hotel, Bromborough 10am-5pm
- 23.2.20 Village Hotel, Warrington 10am-5pm



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WHAT'S IN THIS MONTH'S LOVE CHESTER MAGAZINE

12



**Chester
Rambling &
Walking Club**

14



**What's
Happening
At Our Zoo**

20



**Sweet & Sour
Pork
Recipe**

24



**Create Your
Own Nature
Garden**

32



**Auto Review
By
Tony Yates**

Love Chester

The Local Magazine
for Businesses in and
around Cheshire.

Please Support Local Charities
Do You Know?

Chester Rambling & Hill Walking

What's Happening At Our Zoo

Victim Of Medical Negligence?

Holiday Destinations - ROME

Sweet & Sour Pork - Recipe

Create Your Own Nature Garden

Auto Review By Tony Yates

Community News

What's On Gig Guide

Puzzle Corner

Affinity Trust Job Vacancy

Diary Dates - Chester 2020

6
8
12
14
17
18
20
24
32
36
37
38
39
42

Cover Photograph: A dusk-time view of the historic Eastgate Clock and the timber-framed architecture in the city of Chester



**Dear Friends,
January sees
us welcome in
2020!**

There's often a sense of optimism that accompanies a New Year, new beginnings and encouragement to a fresh start.

Winter months can leave us feeling cold and despondent, the house needs decorating and brightening up, we need more space!

We are fortunate to work with lovely highly professional and reliable tradespeople who offer high quality goods and trades at affordable prices - give them a call to help.

Whatever your plans for the New Year, we wish you every success with them and look forward to seeing you next month.

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www.love-chester.com

Best Wishes

Maxine & Mike



Circulation of this **FREE** magazine is distributed to Chester and its surrounding villages.

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COMPANY BOSS RUNS FIRST CHESTER MARATHON AND RAISES ALMOST £9,000 IN MEMORY OF 'BEAUTIFUL' SCARLETT



A COMPANY boss has run his first Chester marathon and raised almost £9,000 in memory of a 'beautiful' young woman who died suddenly from a rare condition.

Paul Hollingsworth took part in the Chester Marathon the other month and has now more than doubled his original £4,000

fundraising target in aid of Ataxia UK.

He ran the 26-mile race and fundraised the money to remember Scarlett Salisbury, the daughter of his close friend Jeremy, who died in March, just days after celebrating her 21st birthday with family and friends, including Paul and his wife Suzanne.

Scarlett, of Colwyn Bay, was diagnosed with Friedreich's Ataxia when she was eight, which is the most common form of Ataxia - the name given to a group of neurological disorders which affect balance, coordination and speech.

The former Rydal Penrhos pupil, who never let her condition dictate her life, was weeks away from gaining a degree in Media Studies at Bangor University when she died at Glan Clwyd Hospital from heart problems associated with her condition.

Paul, 54, managing director of Hollingsworth Group in Sandycroft, said: "Scarlett, or Scally as we called her, was an absolutely beautiful girl and so full of happiness and life.

"Running a marathon is not easy, but at the points where I found it hard, I only had to think of Scarlett and what her family, our very good friends, are going through and I used that as a driver when it got difficult."

Paul, of Gorsedd, near Holywell, who is dad to Gemma, 28, Barney, 24, Louie, 12, and Lottie, five, added: "I am immensely proud of the amount of money raised and really touched by the generosity of all the sponsors. There were more than 100 donors. I can't quite believe the amount they have helped me raise and it will be great to hand this over to Ataxia UK so they can continue their work supporting other families in the same situation and trying to find a cure.

"I would like to sincerely thank all who have donated to date whether it be large companies who donated £500, to unknown individuals who donated £5. Every donation counts and has helped me to raise this brilliant amount."

Scarlett's family, dad Jeremy, mum Lowri, and older brother Henry, 24, were there waiting to congratulate Paul as he crossed the finishing line.

Jeremy, who is the Director of Salisburys Chartered Accountants based in St Asaph, said: "We are all thrilled at Paul's achievement and the fantastic sum of money he has been able to raise in Scarlett's memory which will go towards helping others dealing with Ataxia and the devastation it causes.

"These moments are hard for us. It brings our loss back into focus but it also helps because we know Scarlett is not forgotten and was looked upon so fondly by people, like our friend Paul, who put themselves out and do these tough challenges.

"We loved Scarlett so very dearly and it is with great pride that we hear and are part of all these things that people are doing in her name.

"They are crucial to raising awareness of Ataxia which is very important to us because we have to keep the momentum up so work will be done and funds will be raised to eventually break through and find a cure.

"Sadly this will all come too late for our beautiful girl but it may eventually stop other families having to live with the deep sadness which we accept will never go away."

Paul completed the marathon in four hours and 45 minutes, and said: "The atmosphere was incredible and I am really glad to have taken part.

"It has felt like a real personal achievement and I am determined to have another go at one before too long. The training is a lot of hard work but it has definitely not put me off and it was all worth it, coming over the finishing line, knowing I had got round and knowing I had raised all the money for Ataxia UK."

CEO of Ataxia UK, Sue Millman, said: It's amazing how people rise to new challenges when given the opportunity to do something to benefit the ataxia community in memory of a friend or relative.

"This brilliant work will ultimately contribute to success in finding treatments and cures for all of the ataxias."

Paul's Go Fund Me page is still open for donations. Go to <https://uk.gofundme.com/f/paul039s-campaign-for-ataxia-uk>



Photograph courtesy of AWOL Adventure



- P. 6 Scarlett is pictured during a holiday in Mauritius.
- P.7 Top - Paul Hollingsworth is pictured with his good friend Jeremy Salisbury, Scarlett's Dad.
- P.7 Middle - Scarlett is pictured on her 21st birthday with Paul and his wife Suzanne.
- P.7 Left - Paul is pictured coming over the finishing line of the Chester Marathon.
- P.7. From left to right; Scarlett's brother Henry, Scarlett, her mum Lowri, and dad Jeremy on holiday in San Francisco.

DO YOU KNOW?

1. The average ocean depth is 2.5 miles (4 km).
2. The two factories of the Jelly Belly Candy Company produces approximately 100,000 pounds of jelly beans a day. this amounts to about 1,250,000 jelly beans an hour.
3. On average, the Japanese sleep two hours a night less than the Chinese.
4. When the U.S. half-cent was discontinued in 1857 for not having enough buying power, it was worth about the same as a modern U.S. dime.
5. 85 million years before butterflies existed, there was another insect that looked and acted exactly like a butterfly.
6. Potato aphids will not have sex if they detect a drop in air pressure.
7. A church in Italy, destroyed by an earthquake in 1976, was rebuilt using most of its original cataloged stones that were placed in the exact same positions they were in before it fell.



8. Warren Buffet won a ten-year bet about index funds outperforming hedge funds.
9. Prior to 1868, eating meat from four legged animals had been prohibited in Japan for more than a thousand years.
10. The winner of the first modern Olympic Marathon stopped at a tavern mid-race for a glass of wine.



11. Most Americans can buy an AR-15 rifle before they can legally buy a beer.



12. The Mayor of Bogotá, Colombia, once hired 420 mimes artists to make fun of traffic violators because he believes Colombians fear ridicule more than being fined.
13. The Nigerian film industry, or Nollywood, is the second largest in the world in terms of numbers of films produced.
14. In 1996, Australia enacted strict gun laws. It had no mass shooting since.
15. In Sweden, up to 63,000 people, mostly women, were sterilised under a racial purity programme approved by the state until 1976.
16. Farmers are encouraged to test soil quality by burying their underpants and digging them up two months later. In good soil they are eaten by microbes; in poor soil untouched.
17. Throughout his life, JFK had four spinal surgeries, two of them nearly resulting in his death.

18. In Norse, the name Siri means "a beautiful woman that leads you to victory."
19. American gymnast George Eyser competed during the 1904 Summer Games despite his wooden left leg, winning the gold medals in the vault, parallel bars and rope climbing.
20. When you snap your finger, your finger moves at about 20 mph.
21. Medical students in 18th-century Scotland could pay their tuition fees in corpses.
22. Some deep-sea skates lay their eggs close to hydrothermal vents using the hot water to incubate their eggs.
23. The first non-white NBA player was Japanese and joined the NBA the same year Jackie Robinson broke the racial barrier in baseball.
24. The painting of George Washington used for the dollar bill was never finished.
25. Married women were banned from watching or even attending the ancient Olympic games. The penalty for any married woman caught sneaking a peek was execution.



26. The can opener was not invented until 50 years after the invention of canned food.
27. People buy more when they're hungry, even when shopping for non-edible goods.
28. Despite being a small and densely populated country, The Netherlands is the world's second biggest exporter of food.



29. Newsweek magazine was sold by the Washington Post Co. for \$1 in 2010.
30. The original Pac-Man has a safe spot where the ghosts will never get you.
31. Ancient Romans running for office wore a distinctive toga called the "toga candida." Hence the word "candidate."
32. Leonardo DiCaprio's haircut from Titanic was once outlawed by the Taliban.
33. Spongebob Squarepants' birthday is July 14, 1986. He's well over 30 years old.
34. In 1719, prisoners in Paris were offered freedom if they married prostitutes and moved to Louisiana.





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Whatever the weather



D'you walk whatever the weather? This question is often asked when our favourite weekend activity crops up in conversation. The answer is 'Usually, yes', though there are occasions when even the hardest of us balk at facing torrential showers, strong winds or below freezing temperatures. Within Chester Rambling and Hill Walking Club, walks are sometimes cancelled if snow or gale force winds are likely to endanger members.

Those of us who lead walks for the Club are mindful of ensuring a safe and enjoyable countryside experience when planning routes. One recent hike that my other half and I led at Llanarmon-yn-ial we had previously tried and tested several times, though not for a few years, and never in winter. This is a favourite walking area of ours, with views of the Clwydian Range, the Llantisillos and, on a good day, the Berwyns. A reconnoitring trip is always necessary, as things change over time – paths become overgrown, signage vanishes, stiles disintegrate and once pleasant bridleways become paddling pools or, worse, mud baths. All these annoyances we encountered on our 'reccy' prior to leading this walk. One track had to be waded through, another involved foraging through a forest of gorse, one stile was broken and dangerous, and a field recently used for grazing cattle had become a vast sea of thick, treacly mud, laced with cowpats. With dismay, we accepted that the route needed tweaking. ...

The OS map for this area indicates a myriad of dotted green lines, and we soon identified a way to cut out the offending obstacles. Trying out the options was interesting. One footpath, clearly rarely used due to the absence of yellow markers, involved some map reading skill and a good nose for direction, but we found it! It took us across an attractive grassy and mud-free field interspersed with limestone outcrops. Over the brow of the hill a beautiful view of the Llantisillos opened up, silhouetted against the winter sky. This track linked up with a well-used path leading down towards the car park at the disused Pistyll Gwyn quarry. Not only had we found ourselves a very lovely new route, we'd managed to cut out the gorse, the paddling pool and one muddy stretch. Then, by substituting a short section of road through the village of Eryrys, we eliminated both the muddy swamp and the dangerous stile.

When we led the walk for the group two weeks later, we left Chester on a dull, frosty morning, and from Mold onwards, freezing mist and low cloud shrouded the hills. Setting off along the footpaths, slippery stiles were a problem and care had to be taken to make sure no-one landed prone on the frozen grass. Across the foggy fields we kept members in sight in front and

behind us, to ensure that no-one strayed off the route and got lost. This is where those colourful coats and hats favoured by walkers come into their own!

By late morning, the sun was spotted through the thinning cloud, and hills began to pop up from above the mist. Having despaired of seeing that beautiful panoramic view from our carefully chosen lunch stop, the timing on the day was impeccable. The Clwyds were lined up in front of us against a backdrop of blue sky, while drifting cloud still hovered over the Alyn Valley below. As we tucked into our cheese butties, we watched entranced, as the last white tufts disappeared westwards towards Ruthin.

The cloudiest, foggiest or wettest mornings can all materialise into a glorious day's walking later. However, the reverse is also true....

So, do we walk in all weather? Usually, yes.

If you fancy group walking in new areas, why not join us? Check out what we're up to during the coming weeks by visiting our website: www.chesterwalkingclub.com or take a look at our Facebook page to see photos of some of our recent walks. Maria Owen, Press Officer, Chester Rambling and Hill Walking Club

CHESTER RAMBLING & HILL WALKING CLUB

CHESTER RAMBLING & HILL WALKING CLUB

We are a Chester-based walking club, offering up to 3 grades of walks on Sundays, and alternate Wednesdays, and a programme of short summer rambles on Tuesday evenings. The summer season also sees a flurry of camping activity, when we pack up our tents, hook up the caravans, book B & B's and cottages, and head off to destinations slightly further afield for a few days.

Led by experienced leaders, our Sunday and Wednesday walks last approx 6 hours, so bring picnic, flask and water. These hikes cover Snowdonia and North Wales, Cheshire, Shropshire, Lancashire and Derbyshire. Sorry - no dogs or under 18s allowed on our walks.

The club runs mid-week social evenings during the winter, including supper evenings, quiz nights and the ever popular Christmas party!

Why not come and join us on a trial basis without paying the fee?

Find out more by emailing chesramclub@yahoo.com or head over to our website for more details: www.chesterwalkingclub.com

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OUR ZOO

What's happening at Chester Zoo.

A pride of Asiatic lions – the world's rarest lion species – have taken their first steps into a specially-created new home at Chester Zoo.



The zoo's new conservation area is the UK's largest habitat for Asiatic lions.

The habitat is designed to recreate the environment of the Gir Forest region of India, where the last few hundred Asiatic lions live in the wild.

The zoo hopes a new visitor zone will raise awareness of the threats faced by Asiatic lions in the wild, including human-wildlife conflict, and the conservation action needed to protect the species.

Lionesses Kumari and Kiburi - along with adult male Iblis - have been exploring their sprawling new home, before the space opens to visitors for the first time on Friday (18 October).

Dave Hall, Team Manager of Carnivores at Chester Zoo, said:

“Asiatic lions are impressively built animals, with compact bodies, powerful legs and strong jaws and

teeth, making them superb hunters.

“Their retractable claws, which they use for gripping tightly on to prey, can be up to 38mm long and they have rough tongues, like sandpaper, for scraping meat from bones.

“They are truly majestic animals. This brand new habitat at the zoo – the largest in the UK – really is a fitting new home for them.”

The area – which has been specially created by the zoo's carnivore experts – spans 4,780 square metres in total.

Recreating the scrubland savannahs of India's Gir Forest region, the dry forest habitat contains raised hilltop viewing points for the pride, as well as heated rocks and a water hole.

The habitat is also complete with heated indoor dens, which zoo experts hope will one day be the perfect



OUR LATEST NEWS & EVENTS

environment for cubs. The state-of-the-art facility could be a major boost to the European breeding programme for the species, which is teetering on the brink of extinction in the wild.

As few as 650 lions are thought to remain in the wild. Poaching, human-wildlife conflict, habitat loss and disease have caused a catastrophic decline in Asiatic lion populations in their natural range.

The last Asiatic lions populations survive in Gujarat, India, in the Gir Forest region, but this is just 0.1% of their former territories. The species once roamed across Northern Africa, Greece, Turkey and Asia but are now confined to one small region of India, where natural disaster or an outbreak of disease could wipe out the entire species.

Local community action, supported by international conservationists, has helped to slowly increase numbers in recent years, but the species remains 'endangered' on the International Union for the Conservation of Nature's (IUCN) 'Red List' of threatened species – meaning it is still faced with a high chance of extinction.

Dr Mark Pilgrim, Chester Zoo's Chief Executive Officer, said:

"This remarkable species is facing a very uncertain future. The European endangered species breeding programme is critically important. If the worst was to

happen in the wild, good zoos would be the only thing standing between Asiatic lions and extinction.

"We're very proud to be able to give the Asiatic lion pride the world's best conservation breeding facilities. We also hope the new area will help us raise much needed awareness about the plight of Asiatic lions.

"Lions were among the first carnivores cared for here by Chester Zoo's founder George Mottershead. He was a pioneering animal welfare advocate, who realised his vision for the first 'zoo without bars'. Our ongoing habitat creation programme continues to deliver George's 'always building' philosophy, which has pushed the boundaries of world-class animal welfare and conservation in zoos."

The new habitat – which has been created using environmentally considerate construction techniques – has been created using the latest sustainable construction standards. Climate controlled dens, heated by sustainable "green" energy and supported by fully insulated walls and roof, will minimise power consumption in order to create year-round optimum conditions for the big cats.

The Asiatic lion habitat will open to visitors from Friday 18 October. Entry is free, with normal zoo admission. Zoo tickets can be booked via www.chesterzoo.org



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MEDITERRANEAN



Trevi Fountain

On this holiday you will visit some amazing cities including Barcelona, which is the capital city of the autonomous community of Catalonia in Spain and Spain's second most populated city. Founded as a Roman city, in the Middle Ages Barcelona became the capital of the County of Barcelona.

The city is full of culture and wonderful architecture such as Gaudi's masterpiece, Sagrada Familia church. Here you're sure to visit all the main attractions and night life with its great restaurants and bars.

Genoa (Genova) is a port city and the capital of northwest Italy's Liguria region. It's known for its central role in maritime trade over many centuries. In the old town stands the Romanesque Cathedral of San Lorenzo, with its black-and-white-striped facade and frescoed interior. Narrow lanes open onto monumental squares like Piazza de Ferrari, site of an iconic bronze fountain and Teatro Carlo Felice opera house.

You can visit **Rome** once at Civitavecchia which is a small train journey at around 8 euro.

Rome's history spans more than two and a half thousand years. While Roman mythology dates the founding of Rome at only around 753 BC, the site has been inhabited for much longer, making it one of the oldest continuously occupied sites in Europe.

The city is located in the central-western portion of the Italian Peninsula, within Lazio (Latium), along the shores of Tiber river. The

Vatican City is an independent country geographically located within the city boundaries of Rome, the only existing example of a country within a city: for this reason Rome has been often defined as capital of two states. Monuments and museums such as the Vatican Museums and the Colosseum are among the world's most visited tourist destinations with both locations receiving millions of tourists a year. Rome also hosted the 1960 Summer Olympics.

Rome has earned its ancient nickname of The Eternal City - no matter how many places in Italy vie for our attention, there's no city that can compare to Rome. Here you can walk the same streets that Caesar once walked, set foot in the smallest independent nation on earth, and see the handiwork of some of the world's greatest artists. Then you can turn a corner to see how modern Romans live alongside all that historic splendor.

Stroll through the one-time epicenter of the Roman Empire, gaze over the largest Roman amphitheater, see the Pope give his weekly address in St. Peter's Square, test your resolve at the Mouth of Truth, learn to fight like a gladiator, and find out what makes Roman pizza different from the stuff you'll eat in Naples. Few cities can entertain and overwhelm as quickly as Rome, so plan to take your time - and take plenty of breaks to sample the city's famous coffee and gelato. And don't forget to throw a coin in the Trevi Fountain to make sure you get a return trip to this most fascinating of cities.

You will then sail away to visit **Marseille** which is the second largest city in France after Paris.

Marseille was historically the most important trade centre in the region and functioned as the main trade port of the French Empire. Marseille is France's largest city on the Mediterranean coast and largest commercial port as well as a leading cruise and freight port.

You will then sail away to visit **Barcelona**, prepare to be wowed by the creative genius of Gaudi, take time out along the stunning harbour, and get to know these sandy shorelines by the shimmering Mediterranean. Bars, beaches, boutiques and more...

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SWEET AND SOUR PORK



Ingredients:

1/2 lb. pork tenderloin (cut into bite size pieces)
1/2 green bell pepper (2 oz. and cut into pieces)
1/2 red bell pepper (2 oz. and cut into pieces)
2 stalks scallions
(only the white part, cut into 2 inch length)
1 piece fresh/canned pineapple ring
(cut into small pieces)
1 clove garlic (finely chopped)
Oil for frying

Marinate:

1 teaspoon soy sauce
1/2 teaspoon corn starch
1/2 teaspoon rice wine

Sweet and Sour Sauce:

1 1/2 tablespoons tomato ketchup
1 teaspoon plum sauce
1/8 teaspoon Chinese rice vinegar
(transparent in color)
1/2 teaspoon Lea & Perrins Worcestershire Sauce
1 teaspoon oyster sauce
1 teaspoon corn starch
1 teaspoon sugar
2 tablespoons water

Frying Batter:

1/2 cup water
2 oz. all-purpose flour
1 oz. corn starch
1/2 teaspoon baking soda
1/2 egg
1 teaspoon cooking oil
1 small pinch of salt

Method:

Cut the pork tenderloin into pieces and marinate with the ingredients for 15-20 minutes.

Mix the sweet and sour sauce ingredients well and set aside.

Strain the dry ingredients of the frying batter and then add in the egg, water, and cooking oil to form a thick batter.

When the pork is well-marinated, transfer the pork pieces into the batter and make sure they are well coated. In a deep skillet, add in the cooking oil enough for deep-frying. Once the oil is hot, deep fry the pork pieces until they turn golden brown. Dish out and drain on paper towels.

Heat up a wok and add in some cooking oil. Add in the chopped garlic and stir fry until light brown, then follow by the bell peppers and pineapple pieces. Stir fry until you smell the peppery aroma from the peppers and then add in the sweet and sour sauce. As soon as the sauce thickens, transfer the pork into the wok and stir well with the sauce. Add in the chopped scallions, do a few quick stirs, dish out and serve hot with steamed white rice.



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Once upon a time the 'wildlife garden' was something that got tucked away at the bottom of the garden. The fear was that it would look a bit scruffy and spoil the general outlook – and besides, the rest of the garden was needed for other activities such as growing vegetables and displaying prized dahlias.

The good news is, times have moved on and today gardeners have realised that wildlife-friendly features can be incorporated everywhere. With just a little bit of thought, your garden can be good for you and for the planet. Some of the best gardens for nature are some of the most beautiful. So why not create your own nature trail?



Small garden changes can bring stunning visitors.

1 GREEN UP YOUR PATIO



Hard landscaping seldom offers much wildlife interest, bar a bit of lichen on the paving slabs or algae on the decking! To give your nature trail a better start, find a way to incorporate a container of pollinator-friendly wildflowers, or perhaps a bee brick, bug hotel or stook of short garden canes or hollow stems to encourage lacewings and ladybirds to hibernate.

That climber growing up the house-wall is the ideal place for robins' nest each year, and perhaps adding a nestbox will encourage sparrows to move in?



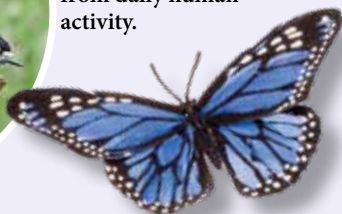
HABITATS Bird boxes, bug hotels and hoggy homes should be positioned in a safe, sheltered place away from daily human activity.

2 PLANT NECTAR-RICH BLOOMS

Flowerbeds are usually full of spring bulbs and summer flowers. In nature, this is like an open ungrazed habitat, bathed in sunlight, where flowers grow tall.

The obvious visitors are bees and hoverflies; if we're lucky, we'll see some butterflies, too. Stop, stoop and look hard – you'll see that all that foliage provides cover and homes for many other insects, spiders and other creepy crawlies too.

Butterflies and bees will really be boosted if you choose only those plants that are stuffed with nectar and pollen. Too many cultivated plants have lost all their goodness, so avoid double flowers (whose stamens have been bred into extrapetals) and your borders will soon be buzzing.



3 BUILD A POND

A garden pond might not have the wild swans and geese of the great wetlands and marshes but, wherever there is water, life will come. For many of us the highlight will be frogs and newts. If you're really lucky you'll attract toads. But even watching the skimming of pondskaters across the surface or the antics under the surface of water-boatmen is entertainment enough.

Even an ornamental pond will still attract colourful dragonflies and damselflies, and birdswill visit to drink and bathe.

The larger your pond, the more wildlife it's likely to support. Ponds that have shallow margins and plenty of submerged native pondweed and emergent plants will be much better than steep-sided, plant-free ponds. The water weed and some pond snails will help keep the water clear.

4 CREATE LEAFY COVER

Climbing plants such as honeysuckle, clematis and evergreen ivy are ideal for turning bare fences into wildlife-rich habitat. Not only do they offer plenty of shelter for nesting birds and insects, but the flowers will offer nectar and pollen, and berries in late summer.





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Kia XCeed 1.0T-GDi '2' ADAP



For me, the XCeed is one of the most comprehensively equipped models in the Ceed family. The new XCeed has an extensive package of comfort, convenience, connectivity and safety, which is why I like the new XCeed so much. This car makes a statement about the person you are. It also makes you feel happy when you drive it, and it makes you feel happy when you remember you have the assurance of the Kia brand right by your side. This alone will ensure you have many happy years of motoring.

Power and Efficiency:

The XCeed I had on test was powered by a 998cc 3 cylinder petrol engine that develops 118bhp and 172 Nm of torque which I have to say feels lively

and is more than happy to blast down the motorway or rumble around on the urban towns. Actually, the XCeed exceeded all my expectations when it came to helping me save fuel and make my normal boring school run just that little bit easier. The XCeed also achieved 50 mpg on the combined cycle which was quite impressive. Maximum speed also comes in at around 115mph, followed by a 0-62 time of 10.9s.

On the road:

Well, if I'm honest with you – I expected it to be good, and I wasn't disappointed. The ride height is just about right, as is the suspension setup. Kia always seems to get it just about right most of the time – and, I felt the ride quality in the XCeed was everything I wanted it to be. Now, for some, they might consider the ride to be a little on the 'firm' side – but to me, it felt sturdy and poised. No dramas to talk about, just a fantastic

amount of grip in and out of every corner. Plus if you go in a little heavy, you can be assured the XCeed will keep you firmly planted to the tarmac ahead.

Design & Technology

On the inside, the interior is very good, and all the dials are easy to read. Plus all the vehicle controls are well set out. The seats are comfy and there was a nice finish to the interior. Yes, it's not perfect in some areas, but show me a car that gets everything right, and I will quit writing altogether. Plus I actually don't care if the plastic is a little rough to the touch - because for me it's about the package as a whole - and what the XCeed can offer the modern driver.

Plus, you do get some pretty decent equipment such as; cruise control with speed limiter, air conditioning, alarm system, electric windows all-round, keyless entry, automatic headlight control, LED bi-function projection headlights, LED daytime running lights, DAB radio,

Bluetooth and an 8" audio display touchscreen system offering Android Auto & Apple CarPlay.

Plus; Vehicle Stability Management. This aids stability when braking and cornering by controlling the car's Electronic Stability Control if it detects a loss of traction. Then there are; six airbags, Lane Keeping Assist, High Beam Assist, Hill Start Assist Control and Forward Collision-Avoidance Assist all included as standard.



To sum up:

I'm going to give the Kia XCeed four stars in this test, not only because I like how it looks on the outside, but also because Kia gives you big smiles for very little money.

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CODE NATION FREE TRAINING COURSES CHANGING LIVES FOR CHESTER UNEMPLOYED



Chester-based digital training specialist, Code Nation are offering free courses to Chester's unemployed, thanks to government funding. Having trained over 500 students already with a 94% pass rate, Code Nation has recognised these courses as a pathway into Apprenticeships and long-term careers in Software Development.

The Chester based-coding school is used to congratulating its graduates on their new found careers – with a success rate of over 90% employment for its Coding bootcamp graduates, just 2 years since the school's inception.

But one student's story struck a chord throughout the coding school and beyond; as a Chester-based student turned his life around - from living homeless, to celebrating his new role as a professional Junior Developer.

Originally working in the financial sector, Code Nation's student James (*name changed to protect student's anonymity) came across hard times. Following a period of long-term sickness, his income dropped so low he was no longer able to pay rent on his family home. This, along with ongoing mental health issues, led to the breakdown of his relationship and tragically culminated in him becoming homeless with nowhere to go.

Walking with just a rucksack of belongings from St Helen's to Chester, James was at a loss. He explains: "Life was difficult sleeping rough – I felt I was no longer a part of society. I had nothing to eat and I was living alongside homeless people with numerous addition problems. I was too ashamed to go back to my family and felt this was the end of my life.

"I ended up becoming very ill and hospitalised – only then did my family learn the truth. Thankfully my Grandmother took me in, but I still felt empty with no direction in life.

"That's until I saw an advert on social media for Code Nation. Everything changed from that moment. I've always had a passion for computing and saw it as an opportunity to regain my life. But I quickly realised the fees were unaffordable given my situation ... until a man from their Manchester office called me and I explained my circumstances. Thankfully due to Universal Credit I was accepted on the Develop course - a 3 week intro which gave me a brilliant insight into life as a professional in the sector.

"I threw myself into the 3 week 'Develop' course at Code Nation, and I grasped a real understanding for coding and thoroughly enjoyed my time there.

"My journey didn't end there though – I was absolutely thrilled to receive a scholarship at the Code Nation Chester campus on the 'Master' course. Not only did my knowledge of coding grow tenfold, the team found me a job and I've been hired as a Junior Developer by a business in Crewe – it's amazing!

"My life has totally changed direction, I now have purpose and am slowly building my life back. I can't thank Code Nation enough for helping me in my hour of need and recognising my potential. It's not been the easiest of journeys, but this is definitely a fabulous new start and I intend to embrace every moment."

Code Nation's 'Develop: Coding' courses are funded by the Adult Education Budget (AEB), which means people like James who find themselves to be unemployed and in receipt of benefits can study on the course totally free.

Andy Lord, CEO, Code Nation said: "Through no fault of their own, too many of the UK's eligible workers are unemployed and unprepared for the current needs of businesses. The nation is on the brink of a severe digital skills shortage, with more than one million digital professionals needed across a wide range of sectors, and we feel like it's our responsibility to help more people get in to work in such an amazing career. This initiative aims to enable those surviving on benefits to pave a new future for themselves, through a well-paid career in Software Development.

"We've seen some amazing success stories like James's who have experienced the journey with us - from no coding skills at all, to a professional Software Developer who is ready to get back in to work. Now's the time for more and more people to take advantage of our AEB funded courses and learn a skill that businesses are desperate to hire."

Code Nation have now trained over 500 students on their AEB funded programme across their Manchester, Chester and Cambridge locations, helping to provide career pathways for those who are out of luck and need a new start.

Code Nation are running short courses from their Chester Campus - their 3-week 'Develop: Coding' builds on what is learnt on the iOS course, and covers the fundamentals of JavaScript, Front-End Development and Mobile App Development. Students will be able to build websites and applications from scratch, build a portfolio to showcase their skills and graduate with the equivalent of a GCSE. The next course is running on 2nd December.

There are a number of ways to fund the courses, and advice and information is readily available from the Code Nation team. The courses mentioned are funded by the Adult Education Budget, meaning they are free to those who are unemployed and in receipt of benefits. All students are given the opportunity to take part in recruitment events to gain Apprenticeships to study on the 'Master' bootcamp, or accept roles for businesses in need of Junior talent.

For anyone interested in learning to code – from the fundamentals of the field to gaining the skills to build a long-term career in the industry – check out [@wearecodenation](https://wearecodenation.com/instagram) on Instagram, Twitter and Facebook or visit: <https://wearecodenation.com/courses/>

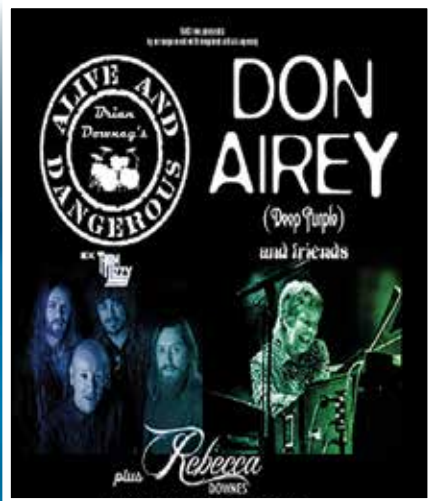


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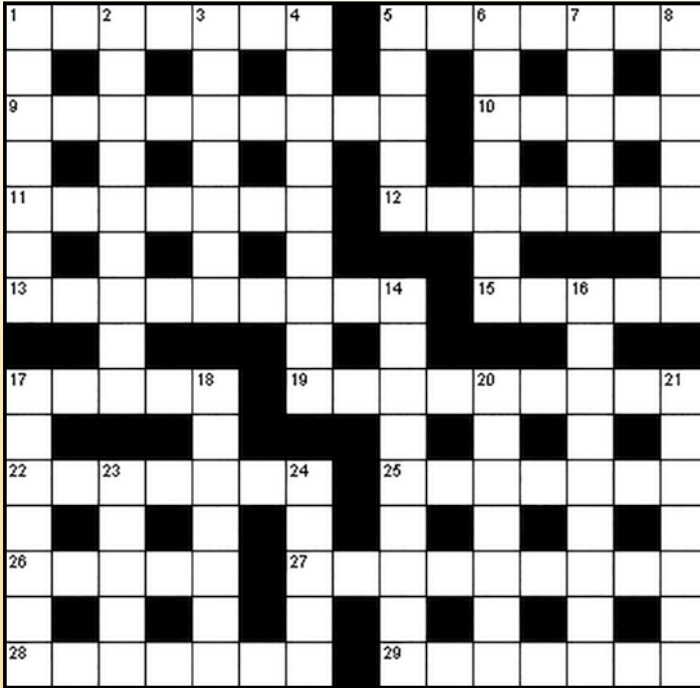
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PUZZLE CORNER



Quick Crossword Puzzle

Down

1. Put into print (7)
2. Compelled (9)
3. Accord (7)
4. Give up (9)
5. Criminal (5)
6. Implore (7)
7. Small Asian goat antelope (5)
8. Public transport (7)
14. Postponement (9)
16. Linked (9)
17. A repairer of horse equipment (7)
18. Make amends for (7)
20. Boat races (7)
21. Approve of (7)
23. Stubble (5)
24. Measured amounts of medication (5)

Across

1. Affirm (7)
5. Cargo (7)
9. Having two sides or parts (9)
10. The Earth (5)
11. An artless innocent young girl (7)
12. Used for sewing & knitting (7)
13. Quickly aroused to anger (9)
15. Implied (5)
17. Marsh plant (5)
19. Citation (9)
22. Any 10-limbed crustacean (7)
25. Bitterweed (7)

26. Andean animal (5)
27. One who watches (9)
28. Sloping roof beams (7)
29. Prattle (7)

Sudoku Puzzle

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid.

There is only one correct solution to each sudoku. Good luck!

Difficulty level: **Hard**.

Solutions can be found on our website:
www.love-chester.com

								2
	4	7			2			
				6	9	8		
		4				6		9
				8				5
9				1	5	2		
	9					1	2	
3						9		
2		6			7	4		



affinitytrust

Supporting people with learning disabilities



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EXPERIENCED SUPPORT WORKERS

...in Ellesmere Port

We are currently recruiting for experienced support workers for a new step-down service in Ellesmere Port, where we are supporting 3 people to move from a residential setting to live more independently. We are looking for experienced support workers who have a background working with adults with learning disabilities, complex needs and challenging behaviour.

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DIARY DATES JANUARY 2020



2nd - 4th January 2020

Snow White and the Seven Dwarfs

Forum Shopping Centre

The forum studio theatre, Chester
01244 341296



Christmas is not complete without a visit to a pantomime: Snow White and the Seven Dwarfs is Tip Top's 11th pantomime in the cosy Forum Studio Theatre. A fabulous festive production that will please the whole family.

Thursday	02/01/2020	1.00pm
Thursday	02/01/2020	5.00pm
Friday	03/01/2020	1.00pm
Friday	03/01/2020	7.00pm
Saturday	04/01/2020	1.00pm
Saturday	04/01/2020	5.00pm

to 9th January 2020

**Telescope Walking Tours
Guided Tour**

**Jodrell Bank Discovery Centre,
Holmes Chapel**

Jodrell Bank will now be hosting their popular Telescope Walking Tours daily for 2019 where you can join one of their friendly Explainers as they take you for a stroll around the base of the impressive Lovell Telescope.



30 November - 5 January 2020
Christmas Tree Festival

Chester Cathedral Office

9 Abbey Square, Chester CH1 2HU

Back and bigger and better than even before! From the beginning of December, Chester Cathedral cloisters will be filled with more than 40 majestic Christmas trees. Escape from the hustle and bustle and lose yourself in our astonishing tree-lined winter walkways. Don't forget to vote for our favourite tree too!
Open Daily. Free Admission.



10 - 12th January 2020

Antiques Fair

Fete / Fair 10:30 - 17:00

Tatton Park Mansion, Knutsford

A quality antiques and fine art fair with nationally known dealers selling a wide range of items including antique town and country furniture, silver, porcelain & pottery, watches and clocks, jewellery, oriental rugs, antiquarian maps & prints, antique and contemporary paintings, glass and bronze sculpture and many decorative items to furnish any home with style.



13th January 2020

**Chester- Warren Miller's
Timeless presented
by Helly Hansen**

The Storyhouse Chester

Hunter Street, Chester, CH1 2AR

After seven decades of celebrating skiing and snowboarding, Warren Miller Entertainment can confirm that nothing compares to the excitement of another season in the mountains.

Minimum age: 18

Entry price (public): £13.48 – £15.57
(Additional fees may apply)



Saturday 18th January 2020

Frosty 5K 11am - 3pm

**Marbury Country Park, Marbury
Rd, Northwich, Cheshire, CW9 6AT**

Introducing a new winter-themed family fun run in aid of The Joshua Tree. Dust off the Christmas cobwebs and get fit for the new year in this Frosty 5K!

Experience the elements with a snowy starting line for a 5K run around Marbury Park's. The Icy Igloo Zone – Feel the temperature drop!





Tel: 0151 336 6925



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We understand the importance of achieving a customers vision and needs. Every project is completed to the highest quality and customer satisfaction is imperative. We aim to give customers confidence that we will keep disruption to a minimum and always work within a safe, clean and tidy environment.

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PLANNING

From first contact with the customer to completion of the project, Elliott Build & Glaze Ltd can provide all services required to meet your needs, from full architectural design to the final fitting of the flooring. We aim make this experience as enjoyable and stress free as possible.

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CUSTOMER RECOMMENDATIONS

Farrar - Greasby

"Both Alison and I would like you to pass on our thanks and best wishes to all of those involved at Elliott Build & Glaze Ltd in this project, as they have been very attentive and professional, as well as personable, throughout the project."

Forshaw/Murray - Bebington

We are very happy with all the work and the high standard that was attained.

O'Mally - Meols

"Scott and the team certainly gave us best in class service whilst they worked on our extension, kitchen and bathrooms. They kept us informed all the way and worked around our diaries to deliver the programme on time. We highly recommend them to anyone."

www.elliottbuildandglazeltd.co.uk

Email: elliottbuildandglazeltd@live.com



Elliott Build & Glaze Ltd is a trading name of S R Elliott Build & Glaze Ltd.



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