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MAGAZINE



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**AUGUST 2020
Issue 40**

Monthly Business & Community magazine delivered in & around Chester

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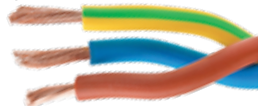
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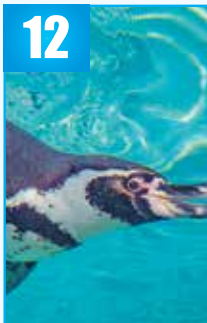
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Love Chester

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Cover Photograph: View of River Dee with Chester Boat
of Chester see their advert inside.



Dear Friends,

Hello and welcome to our August edition of Love Chester magazine.

We've heard of so many heroes over the last few months on the media and we would also like to say

a **BIG THANK YOU** to people on the frontline, our advertisers and family and friends.

We must still support all our local businesses to keep the wheels of industry still turning. Don't forget to tell our advertisers that you have seen their advert in Love Chester magazine.

Each month we run many editorials, from recipes and gardening to motoring, plus Charity Events and Community News to name a few!

If you would like to place your business in our magazine then please give us a call to discuss your options with our great deals on 3 months or more of advertising. We will send you a Media pack showing where we personally deliver and to who.

Keep up to date with us on facebook and our new facebook group, twitter & visit us at:

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Best Wishes
Maxine & Mike



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

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Vehicle Emissions

Millions of vehicle owners, previous vehicle owners and people who lease vehicles could claim thousands of pounds against car companies in relation to a "cheat device" fitted to their vehicles similar to that of Volkswagen.

Affected vehicles include VW, Mercedes, Renault and Nissan with more being investigated.

Our Director Alisha Butler is involved in the VW Group Litigation as a consultant and she states that: "Owners / previous owners may have claim similar to that of the VW group litigation claimants.

These large manufacturers should not be deceiving the public with these cheat devices. People often buy their cars based on claims made by the manufacturers such as "environmentally friendly" or "Cleanest Diesel Cars Ever" but these vehicles have been shown to

have cheat devices which change the results of the emission tests so they show a reduction in emissions when being tested but then revert to higher emissions when back on the road. This is fraudulent and the general public are having the wool pulled over their eyes by companies they trust and we are here to fight their corner"

If you own / did own / lease or did lease an affected vehicle then you could claim and receive thousands in compensation.

To make a claim either use our online form on our website at <https://www.phoenixlegalsolicitors.co.uk/vehicle-emissions/> or alternatively

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HAVE YOU BEEN THE VICTIM OF MEDICAL NEGLIGENCE?

We all put our trust in the medical judgement and information we are given by qualified health professionals and practitioners, but sometimes their advice or treatment can result in things going wrong.

There are many points from the first doctor's appointment to treatment options where errors can be made, and unfortunately these cases are on the rise.

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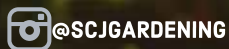
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DO YOU KNOW?

1. In 2005, a fortune cookie company got the lottery numbers right, resulting in 110 winners and an investigation.
2. In 2016, a French worker sued his ex-employer for 360,000 because his job was "too boring."
3. Queen, the iconic rock band, was originally called Smile.
4. Although he lived in the United States for 40 years, Charlie Chaplin never applied for American citizenship. He was born in London. 
5. Ronald Reagan almost died on the set of the 1951 comedy "Bedtime for Bonzo" when his costar—a chimp—strangled him by pulling on his tie.
6. No one has ever gotten a perfect score on the gaokao, the 9-hour Chinese college entrance exam.
7. **In 2016, a UPS driver who spotted "call 911" written on a package helped police free a woman who was being held captive in her own home.** 
8. Houseflies live for 25 to 30 days, not 24 hours.
9. George Harrison was the first Beatle to go vegetarian.
10. Dalmatians are white at birth. Their first spots usually appear within 3 to 4 weeks after birth.
11. When Facebook acquired Instagram for about \$1 billion, the company had just 13 employees. 
12. **Patrick Stewart was so skeptical about the success of "Star Trek" that he didn't unpack his bag for six weeks.** 
13. In many parts of Africa, the snake is looked upon as the incarnation of deceased relatives.
14. Columbia University accidentally sent out acceptance emails to 277 prospective graduate students in 2017, and then revoked them in a follow-up email a little more than an hour later.
15. If it ever went up for sale, the White House would cost anywhere from \$90 to \$369 million.
16. Soviet leader Vladimir Lenin was only 53 years old when he died in 1924 after a series of strokes.
17. Muhammad Ali's great grandfather was an Irish immigrant who settled in Kentucky in the 1860s.
18. 75% of the population of Venezuela lost at least 19 pounds in 2016 due to a lack of proper nutrition amid an economic crisis.
19. Issac Newton invented the ridges along the edges of coins, still in use today, to prevent theft.
20. Shakira recorded her very first album when she was only 13. It was made up entirely of songs that she had written between the ages of 8 and 13.
21. To prepare for his role in the film 'The Mask of Zorro', Antonio Banderas practiced with the Olympic fencing team in Spain for 4 months.
22. Victorian families often kept hedgehogs in kitchens as a form of pest control, as they eat insects.
23. The Inca Empire existed for only 95 years.
24. Mageirocophobia is the fear of having to cook.
25. **Some people never develop fingerprints.** 
26. Marco Polo's trip across Asia spanned 24 years and he didn't travel alone; he went with his father and uncle.
27. Richard Milhous Nixon (who resigned when facing impeachment) and William Jefferson Clinton (who faced an impeachment trial in 1998) are the only US Presidents whose full names contain all the letters to spell the word 'criminal'.
28. At 16, Walt Disney quit school and, with false documents, joined the WWI Red Cross Ambulance Corps and was sent to France.
29. Sales Tax Rate (VAT) in Bhutan stands at 50%.
30. All tortoises are in fact turtles, but not all turtles are tortoises.
31. The UK spent US\$15.8 billion in a health service computer system that failed and was shut down in 2013.
31. **In the UK, all horses, ponies and donkeys must have a horse passport.** 
32. Life expectancy in Ancient Rome was from 20 to 30 years.
33. The Roman Empire was not the largest empire in history. It was only the 28th largest.
34. The wars between Romans and Persians lasted about 721 years, the longest conflict in human history.
35. Italy has the eighth-largest economy in the world.
36. The average ocean depth is 2.5 miles (4 km).
37. 14 billion pounds (6B Kg.) of garbage are dumped into the ocean every year. Most of it is plastic.
38. If we could capture just 0.1% of the ocean's kinetic energy caused by tides, we could satisfy the current global energy demand 5 times over.
39. About 24,000 people are killed by lightning strikes around the world each year.



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OUR ZOO

What's happening at Chester Zoo.

Penguin chicks hatch at Chester Zoo... and keepers name them after NHS Heroes



- **FIVE** adorable baby penguins hatch out at Chester Zoo
- **Keepers name new arrivals after NHS Heroes and hospitals in tribute to front line workers**
- **The Humboldt penguin chicks are undergoing regular health checks by keepers**
- **New birds will more than triple in size in the first three weeks of life**
- **Of the world's 17 species of penguins, the Humboldt species is one of the most at risk of extinction**

Bird keepers at Chester Zoo are naming newly hatched Humboldt penguin chicks after NHS hospitals in tribute to our NHS heroes

Five fluffy penguin chicks have hatched at Chester Zoo – and zookeepers have named them after NHS Heroes and hospitals.

The first of the tiny new arrivals - highly threatened Humboldt penguins - arrived on 26 March, closely followed by several others, the last of which emerged from its egg on 14 April.

To help them keep track of the new chicks, conservationists at the zoo select a different naming theme for the youngsters each year. Previous years' topics have included brands of crisps, chocolate bars and British Olympic athletes.



To save Chester Zoo head to: www.chesterzoo.org/saveourzoo

This year, keepers have recognised the amazing work of the UK's NHS Heroes and have decided to pay homage to NHS Heroes and the hospitals where they work. The five chicks have been named Florence (after Florence Nightingale), Thomas (after St Thomas' Hospital), Bevan (after Aneurin Bevan who founded the NHS), Arrowe (after Arrowe Park Hospital) and finally Countess (named after the zoo's local hospital – the Countess of Chester Hospital).

The new chicks will spend the first eight weeks of life tucked away in their nests, with both mum and dad sharing parenting duties and caring for them.

Anne Morris, Lead Penguin Keeper at Chester Zoo, said:

"The arrival of Humboldt penguin chicks always signals the start of spring and, although it's still early days, the chicks look really healthy and the parents are doing a fab job of caring for their new arrivals."

"To help with raising the new youngsters, we're providing the parents some extra fish, which they swallow, churn

into a high-protein soup and then regurgitate to feed the chicks. We also weigh the chicks regularly so that we can monitor their development, as they can more than triple in size and weight in the first three weeks!

"Each year the team chooses a new naming theme for the chicks and, given everything that is happening around us, we decided to name this year's class after NHS hospitals in acknowledgment of our wonderful NHS Heroes – just as a thank you from everyone here at the zoo."

Humboldt penguins are becoming increasingly rare. Of the world's 17 penguin species, they are now among the most at risk. They are listed as vulnerable to extinction by the International Union for the Conservation of Nature (IUCN).

Found on the rocky coastal shores of Peru and Chile, the penguins face a number of threats such as climate change, over-fishing of their natural food sources and rising acidity and temperature levels in the oceans – all causing the penguins to search further from their nests for fish and increasing their vulnerability.





COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!

Email us @: info@love-wirral.com

Bridge Community Farms sees demand for its veg boxes surge during Coronavirus



The charity Bridge Community Farm in Ellesmere Port is seeing demand for its vegetable boxes surge during Coronavirus.

The charity, which has been working flat out to meet the demands of people affected by the pandemic, has taken on an extra 350 customers in the past few weeks.

Clair Johnson, General Manager of Bridge Community Farm, said: "Most of our new customers have come to us because they are in self-isolation, can't get to the shops and don't know of a local support group to shop for them.

"Some are elderly, some are living alone and most are anxious about how to get healthy fresh food into their homes.

"We're delighted to be providing a much-needed service to our community. Our customers are immensely grateful for contact from us, a cheery e-mail or Facebook message, a chatty phone call and the excitement of a vegetable, salad or fruit box delivery once a week or once a fortnight.

"All express their heart-felt gratitude to our 20 valiant volunteer delivery drivers when they drop off their boxes and then, of course, retreat 10 metres to have a little chat."

Bridge Community Farm is based in Ellesmere Port and supports those coping with mental health and learning difficulties in the therapeutic environment of their 10-acre farm. They also create jobs for the long term unemployed growing fresh vegetables, salads, herbs and fruit in their fields and poly tunnels.

The Farm is currently closed to the public.

For more information or if you can volunteer as a grower, veg box packer or delivery driver please visit <https://bwgardens.co.uk/> or call 07446 699995.

How to sign up to the veg box scheme

Go to www.bwgardens.co.uk

Follow the link for veg box scheme.

Click 'sign up now' link, this takes you on to the order page.

Choose the box that you would like, what date and the frequency of order eg weekly, fortnightly etc. and add any extra items that you would like.

If you want two boxes e.g. a veg and a fruit box, please create two separate orders

The system will ask you if you are a new customer and to add your email address.

Then add your preferred delivery area, address and delivery instructions.

You will then be asked your name and telephone number and asked to complete your order.

N.B if you require more than one box you have to make a second order.

You will receive a welcome email. Please read it carefully all payment information is within.



Organically grown veg boxes, *delivered by* Bridge Community Farms

Bridge Community Farms supports those coping with mental health and learning difficulties in the therapeutic environment of our 10 acre farm in Ellesmere Port. We also create jobs for the long term unemployed growing gorgeous veg, salads, herbs and fruit in our fields and poly tunnels.

Order a veg box for delivery or collection. It's picked, packed and ready to go.
www.bwgardens.co.uk/veg-box-scheme
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Veg Boxes SMALL

(1-2 people)

Will contain on average 6 vegetables including potato, carrots, and onion most weeks.

£11.50

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Veg Boxes MEDIUM

(2-3 people)

Will contain on average 8 vegetables including potato, carrot, onion and cabbage most weeks.

£16.50

Plus **FREE** delivery

Veg Boxes BUMPER

(3-4 people)

Will contain on average 8 vegetables with larger portions including potato, carrot, onion and cabbage most weeks.

£18.50

Plus **FREE** delivery

Salad Box

(2-3 people)

Will contain a variety of lettuce and 5 other seasonal salad items.

£12.00

Plus **FREE** delivery

Fruit Box

(1-2 people)

Will always contain bananas and 2 other seasonal fruits.

£7.75

Plus **FREE** delivery

Fruit Bumper

(3-4 people)

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Old Chester photographs to bring back memories of a time gone by.

If you have any old photographs you would like to send us and see in print, maybe with a small caption then email: info@love-chester.com

Photographs supplied courtesy of www.cityofchester.org and www.croeso.net



Above: River Dee Frozen February 1929, everyone taking advantage of a little fun. The River Dee next froze over in the Winter of 1963.



Above 1903: Foregate Street looking towards the Eastgate. The clock was presented to the city by Edward Evans-Lloyd in 1897 to commemorate Queen Victoria's diamond jubilee. The clock was made by J B Joyce of Whitchurch and sits on top of ornate ironwork designed by John Douglas.



CHILLY TREATS

FOR EVERY SUMMER OCCASION

After splashing in the pool, cheering on your favourite team or having a BBQ in the garden, nothing beats the end of a long summer day like a cool, classic treat.

So grab the kids, some bowls, spoons and the trusty old ice cream scoop — and dig in.

Cherry Vanilla Crumble Squares

Prep time: 25 minutes

Freeze time: at least 8 hours

Makes: 9 servings

- 1 cup old fashioned oats (rolled oats)
- 1/2 cup whole wheat flour
- 1/3 cup firmly packed light brown sugar
- 1/4 cup butter, melted
- 1 package (12 ounces) frozen dark sweet cherries, thawed and well drained
- 1/3 cup all fruit black cherry fruit spread
- 4 cups Blue Bunny Sweet Freedom Cherry Vanilla Ice Cream, softened

In a medium bowl, combine oats, flour, brown sugar and butter; mix thoroughly. Remove 1/2 cup and set aside; pour the remaining crumb mixture in an 8-by-8-inch baking dish.

Coarsely chop cherries and transfer to a medium bowl. Add fruit spread, stirring to blend. Pour over crust, gently spreading evenly in bottom. Spoon ice cream over top, gently spreading evenly. Sprinkle with reserved crumb mixture.

Cover and freeze at least 8 hours. Cut into squares to serve.



Fruit Salsa Sundaes

Prep time: 10 minutes Makes: 4 servings

- 1 cup fresh pineapple chunks
- 1 tablespoon light brown sugar
- 6 medium fresh strawberries, diced
- 1 large kiwi, peeled and diced
- 1/8 teaspoon ground cumin
- 4 small firm bananas, cut in half lengthwise
- 8 1/3 cups Premium Banana Split Ice Cream
- Fat-free whipped topping (optional)
- Chocolate sprinkles (optional)
- 4 maraschino cherries (optional)

In medium skillet over medium-low heat, cook pineapple and brown sugar just until pineapple is softened, 5 minutes. Add strawberries, kiwi and cumin; cook several minutes until fruit is heated through. Arrange 2 banana halves in each of 4 dessert bowls; top each with 2 scoops ice cream. Spoon glazed fruits equally over ice cream. Garnish with whipped topping, chocolate sprinkles and a maraschino cherry, if desired. Serve immediately.

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

The dramatic change to normal life caused by the Covid-19 pandemic and lockdown is particularly hard to deal with for people with autism – but one Cheshire-based charity has quickly adapted to provide help and support through such a challenging time.

Both children and adults who are on the autism spectrum rely on a consistent structure and predictability, and the loss of a normal routine can lead not just to uncertainty but also potential problems with mental health.

Cheshire Autism Practical Support – ChAPS for short – is a thriving charity which had, prior to the lockdown, offered a range of activities to people across the county, run by a dedicated team of staff and volunteers.

Those activities are still in place, but are now very different, based around online learning resources like Google Classroom and continuing to encourage interaction via platforms such as Zoom.

“As a result of the Covid-19 pandemic and social distancing measures, we reluctantly had to suspend all face-to-face activities from the middle of March,” says ChAPS Business Manager Cindy Seiler.

“Autistic people struggle to function without structure and predictability, and all of us at ChAPS recognised the potential for significant harm to mental health.

“We quickly diverted focus and resources to families remotely, using virtual platforms and social media,

and within a week ChAPS staff had a timetable available of support activities and sources of information.

“This ensured that our children and adults felt supported, and were able to re-establish the fixed and predictable routines that they needed.”

Specialist teachers Emma, Diane and Claire have been among those adapting their methods in these challenging and unprecedented times.

Emma has been leading ‘sensory circuits’ sessions on You Tube, a gentle exercise programme which addresses the sensory issues faced by people with autism, aiming to help them increase their wellbeing and focus.



Emma leading one of the virtual sessions on You Tube.

Diane has delivered mindfulness sessions via Zoom to children aged between six and 12, has helped stay in touch with the youth club members (aged 11-17) and also run sessions for parents to help them deal with the current spell in isolation.

Claire has also made use of technology to continue to ensure ChAPS are providing a service, including video tutorials and step-by-step slideshows and covering a range of activities including cooking, reading, games, painting and 'chat and chill'.



Claire's daughter Margo making pizza.

"Making ChAPS accessible remotely has been a really exciting and interesting challenge," says Emma.

"We've created video lessons on a range of subjects including anxiety management, anger management and social skills and have kept our families engaged and positive with a daily photograph theme and fun events such as a quiz.

"A daily online meet-up with adults has evolved into a really supportive peer group where 'virtual' friendships have been made and a post-coronavirus meet-up has been requested which will be lovely for them all to meet in person."

The closed Facebook group run by ChAPS remains a hugely popular resource, and the charity has also adapted its Autism Post Diagnostic

Parent Training course, previously delivered across various locations in Cheshire, to be accessed via webinars.

"Covid-19, social distancing and lockdown will not prevent us from using our considerable expertise to maintain our mission, to enable individuals on the autism spectrum and their families to achieve their potential through support, education and advice," says ChAPS Managing Director Jo Garner.

"We are immensely proud of our team who have researched, innovated, shared expertise and worked incredibly hard to make a difficult and frightening situation easier for our families."



Claire's daughters Margo, right, and Cecile, making bird feeders.

***Visit www.cheshireautism.org.uk for more details.**



AutoReview

by **Tony Yates**

Keeping you motoring

New Peugeot 208 GT Line 1.2 PureTech 100 S&S 6-speed manual



This is my first review of 2020 – so let me start with saying I wish you all a very Happy New Year.

Right, now that's out the way, let's get on with this week's review of the new-look Peugeot 208 GT Line. But, before I do, I just wanted to say that over the Christmas & New Year period, I spoke to a lot of people at various shows and celebrations and one of the topics that constantly came up was EVs. Many people have told me that this year they are ditching their petrol engine vehicles and are instead going out to buy their first EV. Now, call me a critic – but we are not there yet, we're close, but it's not all plain sailing quite yet because we need a decent charging infrastructure first, followed by another dozen things.

So, to align with this – I plan on testing a lot more EVs throughout 2020 which I hope will help you decide if you want to join the 'green revolution' or like me, you think we're just not quite there yet and you would rather wait a little bit longer before you commit to throwing the combustion engine onto the scrapheap

forever. On a personal note; I will always be a petrol head – and when the time comes that the only other option for me is to use a vehicle that's powered solely by battery power - then maybe I just won't bother at all.

Power and Efficiency:

The 1.2-litre PureTech petrol engine has a 0-62 time of around 9.9 seconds and a top speed of 117mph. Fuel consumption is also good, giving a combined figure of 53mpg. So, the next question is; how well does it get a move on? Well, if I'm being honest it moves along quite nicely. That 1.2 petrol engine for me is smooth and silky. The 6-speed gearbox is also slick, and the gear changes are direct and firm. There used to be a time when floppy Peugeot gearchanges were the norm, but not anymore thankfully.

On the road:

The 100PS engine that was fitted to my test car was enthusiastic and pretty much purred its way along. Also, into the corners, the chassis felt

poised and tight, even when dealing with our worst roads. Plus, when the tarmac gets twisty, the little 208 is fun to drive, it's a little corker, giving you maximum grip in and out of every corner. The steering also felt direct and perfectly balanced - with plenty of feedback on what all four corners are doing at any given time.

Interior & Technology:

First off - I'm so glad to see that the designers at Peugeot have finally paid a lot of attention to the detail inside the cabin of the new 208 - thankfully its now refreshing and modern. Also, the seats are comfy once you get the correct adjustment which I found a little annoying to get just right. When it comes to the boot - the space is OK, with more room than I expected there to be if I'm being honest. Trust me on this, you will be very surprised just how much you can fit in. Rear legroom was also not bad.

On the inside:

There's plenty of standard equipment, which includes; managing to fit in a family with minimal effort. Plus; 17" 'Camden' diamond-cut two-tone alloy wheels, gloss black wheel arch extensions, GT Line badging, active safety brake, ABS with EBD, Thatcham Category 1 approved alarm, ESP with Hill Start Assist, Peugeot i-Cockpit 7" colour touchscreen, DAB radio & 6-speakers, automatic headlights and tyre pressure sensors. To find out more, might I suggest you visit www.peugeot.co.uk.

To sum up:

I like the new 208 because of its practicability aspect, plus it's a hoot to drive. It also has bags of power for a small car, along with plenty of space on the inside.

Price: from **£20,700 OTR**





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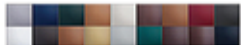
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A cornucopia of C-words



Despite lifting of restrictions, the fallout from Covid-19 continues to linger far and wide. As I write, Chester Rambling & Hill Walking Club's summer programme remains suspended, cafes and pubs are yet to open and travel in Wales is still vetoed.

The news that camp sites were reopening in England had us thinking that our autumn camp to Derbyshire's Peak District may have gone ahead this September. However, government restrictions have prevented sites from going ahead with group bookings, so this much anticipated event sadly became the latest casualty of the Covid-19 pandemic.

But enough of that nasty C-word! Let's focus on more fun stuff. During the early days of lockdown I wrote a lighthearted ABC poem about topics related to Club walking. Here's what I came up with for the letter 'C':

Carefree with comrades up in the Clwyds, the call of the hills is strong,
Close to the clouds, clad in Craghoppers, climbing or ambling along
Out in the countryside far from life's hassle.
Cliff-tops, crags, cairns, cow muck, the occasional castle.
Camping - chilly nights under canvas far from Cheshire -
Tin can cooking away from the pressure.
Camaraderie, companionship, coffee breaks.
Christmas celebrations for our Chester club:
Crisps, cheesy things, crudités and cakes!

Says it all really! The Club's official walking programme, with its choice of clammers and climbs in captivating countryside, will make a comeback! All those unused routes leaders had planned for this summer, and new ones explored while other activities are shelved, will produce a tantalising selection of hikes when we next have an organised programme.

Investigating potential new walks is an element of leading that I relish more than anything, and once Welsh travel restrictions are lifted, my other half and I will return to our favourite stomping grounds. However satisfying the task is, reconnoitring, or 'reccy-ing' as it's affectionately referred to by Club leaders, frequently involves a challenge or two. Footpaths disguised as rain forests or swamps, stiles peeping through years of bramble growth, missing signage and too much tarmac can hinder the creation of a pleasing circular route. Leaders on a reccy-ing mission can easily be spotted by any or all of these identifying features: leaves or bits of twig attached to hair and/or clothing, OS map clutched in one hand, secateurs in the other, and a look of perplexity on their faces. In these situations, we wonder why on earth we're doing this, but those moments when, huffing and puffing, we reach the brow of a hill and a vista of heather-clad mountains appears make the effort especially worthwhile.

To bring things back down to earth, there is a blood, sweat and tears part of reccy-ing that's less surreal. Once I've got my breath back, and the joy of the beautiful view has settled to a contented glow, I realise there's a stinging sensation on my leg. Recalling the brambles tugging at me along the under-used and overgrown footpath on the way up here, I glance down to survey the damage. Several scratches and nettle stings greet my gaze. These are the times when my limbs wish their hapless owner would consider indulging in a gentler, less precarious pastime. Like chess, maybe, or wine tasting.

Members are very appreciative of the efforts we leaders put in to create enjoyable walks. It may take more than one reccy to perfect a route, and by the time the Club programme goes to press, our endeavours will have metamorphosed into charming bramble-free routes with minimum road-walking and some glorious views.

Glance back at my little C-word ditty. If those things appeal to you - OK, maybe not the cow muck - then perhaps group walking with our Club could be for you.

If you fancy joining us when group walking starts up again, check our website for updates: www.chesterwalkingclub.com or take a look at our Facebook page.

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



COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!

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Local NHS staff share message of unity with virtual choir.

Staff from local NHS Trust CWP have come together virtually with a moving performance to provide hope and togetherness to people in times of adversity.



In response to the challenges experienced by so many during the COVID-19 pandemic, Cheshire and Wirral Partnership NHS Foundation Trust's (CWP) healthcare heroes have performed a rousing (virtual) rendition of classic hit 'Over the Rainbow' to highlight the importance of staying in touch and looking out for one another.

All performed in their spare time and edited free of charge by local editor Nick Murphy (Image Play Video Services), colleagues at CWP decided that a virtual choir would help them stay connected and share some much needed positivity with the world.

Karen Phillips, Head of Workforce Wellbeing at CWP said: "For a while we've all had to live and work a bit differently, and it hasn't always been easy to stay as connected as we'd like.

"We wanted to come together and show

everyone how we've risen to the challenge as one community at CWP"

Over the Rainbow, widely recognised for its powerful themes of hope and optimism, further resonates during the current pandemic thanks to the rainbow coming to symbolise the nation's shared appreciation for key workers.

Sheena Cumiskey, CWP Chief Executive, said: "In the face of real challenges staff at CWP have been magnificent in their response to COVID-19. As always they have worked tirelessly to provide the best possible care to the people we serve and this wonderful gesture highlights their commitment to improving experiences and brightening people's day."



Cheshire and Wirral Partnership NHS Foundation Trust

National regulators say WP is outstanding for caring



NHS Trust CWP has maintained its Care Quality Commission (CQC) outstanding rating for caring, alongside an overall rating of Good.

Cheshire and Wirral Partnership NHS Foundation Trust (CWP), which was inspected between January and March 2020, remains the only Trust across Cheshire and Wirral with Outstanding for Caring overall; and the only mental and community health services trust in the North West to be Outstanding for Caring overall.

Sheena Cumiskey, CWP Chief Executive, said: "Recent months have been particularly difficult for so many people and of course the NHS as a whole. Despite the unprecedented challenges caused by the COVID-19 pandemic, I'm delighted to retain our rating of Outstanding for 'Caring.' This highlights the shared values that underpin everything we do at CWP, even in the toughest of circumstances".

Out of the five key domains used by CQC to evaluate services (Safe, Effective, Caring, Responsive and Well-led), CWP's overall rating for 'Safe' has risen from Requires Improvement to Good, while the Trust maintained its Good ratings for 'Effective', 'Responsive' and 'Well-led' – alongside the Outstanding rating for 'Caring'.

The Trust – which was also recognised for improved staffing and incident management – saw the rating for its child and adolescent mental health wards rise from Good to Outstanding overall, while retaining its rating of Outstanding for Learning Disability inpatient services.

Sheena continues: "I'm also delighted we have been recognised as outstanding within child and adolescent mental health and learning disability. This is fantastic recognition for the hard work of everyone at Team CWP and I thank everyone for their unwavering dedication."

Mike Maier, CWP Chair, says: "We are so pleased with the incredibly positive feedback and have plans in place to address identified areas for improvement. We will continue to work hard towards our aspiration of becoming overall an Outstanding Trust."

Elsewhere in the inspection report, the Trust received recognition for its person-centred culture, the high level of integrity shown by senior leaders, its commitment to patient and carer involvement, its focus on quality improvement and the support available to its workforce:

- ❖ The trust board and senior leadership team had the appropriate range of skills, knowledge and experience to perform its role. The trust board and leadership team demonstrated a high level of integrity. High priority was placed on doing the right thing for patients, staff and the organisation as a whole.
- ❖ In the majority of services we inspected, leaders were visible in the services and approachable for patients and staff. Staff felt supported by their managers and felt they could raise concerns or approach managers for support.
- ❖ The trust's strategy, vision and values underpinned a culture that was person centred. There was a strong commitment to patient and carer involvement and the trust was moving toward co-designing policy and process with patients and carers.
- ❖ The staff in all areas had adopted and embedded quality improvement initiatives and were using data to improve the quality of service.



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COMMUNITY NEWS

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Bridge Community Wellness Gardens welcomes four new trustees on board



The Ellesmere Port based charity Bridge Community Wellness Gardens has appointed four new trustees.

To help support its growth, a new chair has been appointed as well as four other trustees. The charity is also looking for another trustee with senior finance experience in the charity sector to join the team.

New Chair Anne Davies MBE, a Deputy Lieutenant of Cheshire, said: "We are delighted to announce the appointment of four new Trustees, all highly experienced professionals who are excited to join the board during this period of growth."

Joining the team of trustees is Clare Roberts, who for the last four years has worked for Cheshire West and Chester Council, co-ordinating the Poverty Truth Commission. She has worked extensively to support people with a lived experience of poverty in the local community and is passionate about believing in people to reach their full potential.

Daniel Rogers, interim CEO of Chapter, a Mental Health Charity in Ellesmere Port, is also welcomed as a new Trustee to Bridge Wellness Gardens.

He said: "I've worked with mental health for the past eight years and I'm a firm believer that mental ill-health should not be a barrier to opportunity. I'm delighted to have joined the board to represent the mental health needs of our local communities."

With a wealth of commercial and business knowledge, supporting the charity as a new trustee is John Loney,

a company, commercial, and real estate partner at Knights plc.

Mick Slater, who joined the Royal Navy as a Hydrographic Surveyor aged 16 and was awarded the MBE in 2008 for his services, is the fourth trustee for the charity. Mick, who served in the Falklands War, was previously Operations Director and Interim CEO for Bibby HydroMap.

Bridge Wellness Gardens provides training and life skills to those with learning disabilities and mental health issues. It is set in an outdoor farming environment and champions sustainable farming practices with fresh local produce delivered to customers' doors on a weekly or fortnightly basis. The charity oversees Bridge Community Farms which has been working flat out in recent months to deliver weekly and fortnightly vegetable, salad and fruit boxes to its rapidly growing number of customers across Cheshire and Wirral.

The farm is currently closed to the public but if you are interested in ordering a regular veg box please visit <https://bwgardens.co.uk/> or call 07446 699995.

Anyone interested in finding out more about the trustee position for someone with senior finance experience in the charity sector can contact Bridge Wellness Gardens by e-mailing bridgevegbox@gmail.com



Photo of Anne Davies



Photo of Clare Roberts

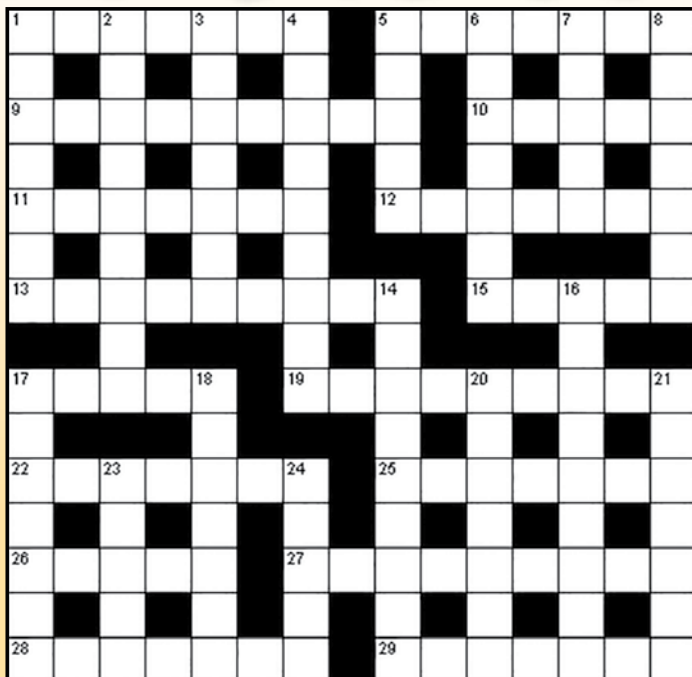


Photo of Daniel Roberts



Photo of Nick Slater

PUZZLE CORNER



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)

- | | | |
|----------------------------------------|----------------------------------|----------------------------|
| 1. Affirm (7) | 13. Quickly aroused to anger (9) | 26. Andean animal (5) |
| 5. Cargo (7) | 15. Implied (5) | 27. One who watches (9) |
| 9. Having two sides or parts (9) | 17. Marsh plant (5) | 28. Sloping roof beams (7) |
| 10. The Earth (5) | 19. Citation (9) | 29. Prattle (7) |
| 11. An artless innocent young girl (7) | 22. Any 10-limbed crustacean (7) | |
| 12. Used for sewing and knitting (7) | 25. Bitterweed (7) | |

Sudoku Puzzle

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