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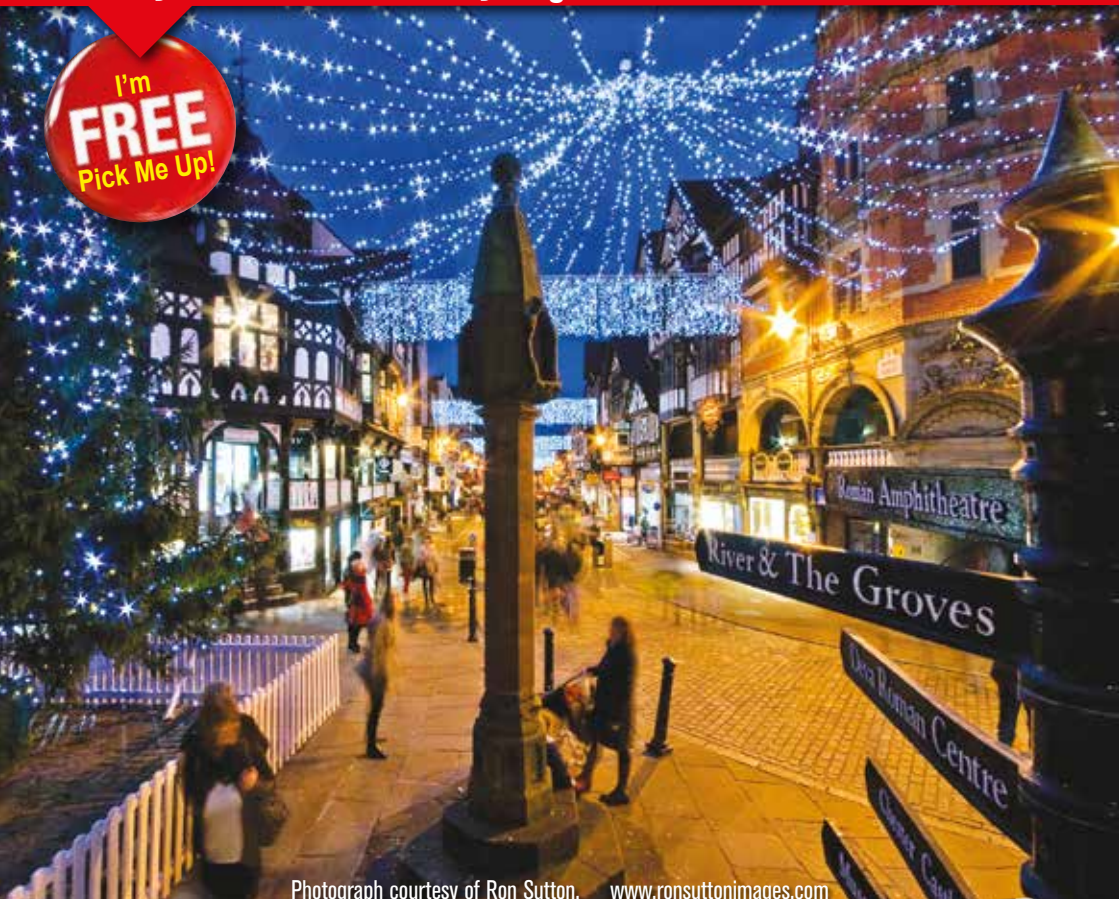
MAGAZINE



**DECEMBER 2018
Issue 22**

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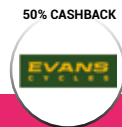
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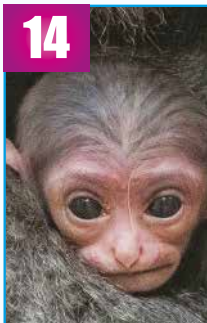
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COMMUNITY NEWS

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LAUNDRY-LOVING PUP RUBY SWALLOWS SOCK



A laundry-loving pup who swallowed a size 11 men's sock had a lucky escape after a vet managed to remove it – by pulling it out the other end.

Ruby, the five-month-old Welsh Springer Spaniel was violently sick after eating the garment, unbeknownst to her owner, Kate Malyon.

She was taken to Firs Veterinary Surgery in Kelsall and kept in for observations.

It was there the curious canine's antics were finally revealed after vet, Fiona Wall managed to remove a men's size 11 grey sock from the other end.

Kate said: "We have an extra room downstairs which is joined onto our garage and is used as a laundry/computer room.

"The door must have been left ajar and Ruby must've decided to have a little explore and swallowed one of the socks.

"It wasn't until the day after that I took her to the vets for a routine puppy appointment and happened to mention that Ruby had been sick in the car, which was unusual.

"One of the veterinary nurses asked if Ruby could've eaten something that didn't agree with her because she has done so in the past, and I didn't think she had.

"I was told to keep an eye on her and when I took her home, she was sick five more times overnight."

Kate, who lives in Tarporley, took Ruby back to the vets where Fiona established that she was dehydrated and needed to be put onto a drip.

The mum-of-three added: "Ruby was in a bad way, she wasn't eating, was really lethargic and could barely stand up.

"It was pretty horrendous not knowing what she could've eaten or what was wrong."

But thanks to Fiona and her team, it wasn't long before they got to the bottom of the problem.

The vet of 20 years works for the Kelsall practice which is run by Willows Veterinary Group.

Willows Veterinary Group offers a wealth of knowledge and expertise through a network of 25 small animal practices, a referral veterinary hospital, two equine centres and a seven-office farm practice, located across Cheshire and into Greater Manchester, North Wales, the Wirral and Staffordshire.



Willows is accredited by The Royal College of Veterinary Surgeons.

Fiona said: "Ruby has a history of eating foreign objects so when Kate brought her in for her routine puppy appointment with one of our veterinary nurses, Danielle, and mentioned she'd been sick, Danielle very sensibly told Kate to keep a close eye on her.

"Kate then brought her back in the next day saying she hadn't eaten and had been sick a lot overnight.

"I examined her tummy and could feel a long cylindrical mass in her small intestine and was concerned that it was a sock.

"I decided to try to see if we could get it to pass through her system without having to operate."

Ruby was put on a drip and given regular small meals.

An X-ray confirmed what Fiona had suspected - that there was something blocking her intestine. She was given an enema to try and get her bowels moving.

Fiona said: "After a while, Ruby still hadn't been to the toilet and the plan was for her to have surgery the next day if the object had not worked its way through. But just as she was leaving, I decided to perform a final check for the day and it had finally worked its way down and I managed to pull a very long sock out of her bottom!

It was a great result for the end of the day and a very good outcome because we managed to avoid a huge operation without any complications. By the next day, Ruby was back to her normal self, she was a very happy dog again and Kate and I spoke about putting measures in place to ensure socks are locked away. But I think Ruby is just going to be one of those dogs you've got to watch!"

For Kate and her family, it is the first time they have had a puppy and mischievous Ruby is a much-loved part of the family.

Kate said: "It's like having a toddler, you have got to watch her like a hawk!"

For more information about The Firs go to www.kelsallvets.co.uk

For more information about Willows Veterinary Group, go to www.willowsvetgroup.co.uk or Facebook @WillowsVetGroup



Ruby is pictured with Firs vet Fiona Wall

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Christmas Cheer

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DO YOU KNOW?

1. Author J. K. Rowling wrote the final chapter of the last Harry Potter book in 1990, 7 years before the release of the first book.
2. The Harry Potter brand has been estimated to be worth as much as US\$15 billion.
3. 77% of Russia is made up of Siberia.
4. In 1963, major league baseball pitcher Gaylord Perry remarked, "They'll put a man on the moon before I hit a home run." On July 20, 1969, an hour after Neil Armstrong set foot on the surface of the moon, Perry hit is first, and only, home run while playing for the San Francisco Giants.
5. The Olympic flag's colors are always red, black, blue, green, and yellow rings on a field of white. This is because at least one of those colors appears on the flag of every nation on the planet.



6. All major league baseball umpires must wear black underwear while on the job in case their pants split.
7. Babe Ruth wore a cabbage leaf under his cap to keep his head cool. He changed it every two innings.
8. There are 336 dimples on a regulation golf ball.
9. The moon is moving away from the Earth at a tiny, although measurable, rate every year. 85 million years ago it was orbiting the Earth about 35 feet from the planet's surface.
10. The star Antares is 60,000 times larger than our sun. If our sun were the size of a softball, the star Antares would be as large as a house.
11. A "jiffy" is an actual unit of time: 1/100th of a second.
12. Leonardo Da Vinci invented scissors.
13. There is enough fuel in full jumbo jet tank to drive an average car four times around the world.
14. Antarctica is the only continent without reptiles or snakes.
15. The cruise liner Queen Elizabeth 2 moves only six inches for each gallon of fuel it burns.
16. A kiss stimulates 29 muscles and chemicals that cause relaxation. Women seem to like light and frequent kisses while men like them more strenuous.
17. According to Chinese acupuncture, there is a point on the head that you can press to control your appetite. It is located in the hollow just in front of the flap of the ear.



18. Our eyes are always the same size from birth, but our nose and ears never stop growing.



19. The katydid bug hears through holes in its hind legs.



20. In Russia there are 9 million more Women than men.
21. There's high-speed Internet on the way up to Mount Everest.
22. Steve Jobs was adopted. His biological father was Abdulfattah Jandali, a Syrian Muslim.
23. Steve Jobs never wrote a single line of programming code.
24. 27,000 trees are felled each day for toilet paper.
25. 95% of all data in the world is still stored on paper. Most of it is never looked at again.
26. Starting 2015, all New York residents must recycle their old electronics like PCs and TVs, or face a US\$100 fine.
27. D-Day was originally set for June 5 but had to be postponed for 24 hours due to bad weather.





28. A snail can sleep for three years.
29. The chicken is one of the few things that man eats before it's born and after it's dead.
30. A pregnant goldfish is called a twit.
31. It is physically impossible for pigs to look up into the sky.
32. Only female mosquitoes bite.
33. Most elephants weigh less than the tongue of the blue whale.
34. A shrimp's heart is in its head.





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OUR ZOO

What's happening at Chester Zoo.

Birth of rare gibbon adds to record baby boom at Chester Zoo



- **Endangered primate is the latest in an unprecedented surge of new animal arrivals at the zoo**
- **Stunning images show adorable ONE-DAY-OLD baby gibbon being cradled by mum Tilu**
- **Zoo hails its “biggest ever baby boom of mammals” on record**

A rare baby gibbon is the latest addition to the “biggest baby boom of mammals” on record at Chester Zoo.

The silvery gibbon – a highly endangered primate – was born to mum Tilu (10) and dad Alven (19) on Wednesday (10 October) after a gestation of around 210 days.

The tiny pink-faced primate, which is much too small to be sexed and therefore



OUR LATEST NEWS & EVENTS

named, is among an unprecedented number of new arrivals at the zoo this year.

Other new additions include an Asian elephant calf, a black rhino calf, a sun bear cub, a greater one-horned rhino calf, an okapi and a baby West African chimpanzee.

A grand total of 733 mammals have been born so far in 2018, far exceeding the previous highest total of 566 in the same time period.

Mike Jordan, the zoo's Collections Director, said:

"This new baby gibbon has arrived hot on the heels of a whole host of other important births. Indeed over the last few months we've witnessed a huge baby boom at the zoo – including the most mammal births on record."

"Silvery gibbons, as with the vast majority of the species born recently, face threats to their survival in the wild. Importantly, each new arrival is helping us to raise awareness of the issues they face and the conservation work the zoo is doing to try and protect them, as well as being a valuable part of their respective conservation breeding programmes."

Experts have put the unprecedented period of conservation breeding success down to a range of factors including natural habitats, skilled staff, ever improving levels of care and increasing scientific knowledge of threatened species.



The new baby at Chester Zoo was born to mum Tilu and dad Alven.

Conservationists estimate that fewer than 2,500 adult silvery gibbons remain in the wild, largely due to the large scale destruction of their forest home on the island of Java in Indonesia.

HOLIDAY DESTINATIONS

BARCELONA



See the best of **B**arcelona on a private sightseeing tour, which offers a comprehensive view of this exquisite Catalan city and includes skip-the-line access at La Sagrada Familia, a popular attraction that often has long lines. Perfect for first-time visitors, the tour will show you the city's most iconic sights and allow you to discover some of Barcelona's best-kept secrets. You'll also visit the hill of Montjuïc and the Gothic Quarter, and you can upgrade to the full-day tour to include visits to Park Güell and La Pedrera. Accompanied by your own private guide, you'll enjoy personalized attention on this special private tour.

Barcelona's architectural treasures span 2000-plus years. Towering temple columns, ancient city walls and subterranean stone corridors provide a window into Roman-era Barcino. Fast forward a thousand years to the Middle Ages by taking a stroll through the shadowy lanes of the Gothic quarter, past tranquil plazas and soaring 14th-century cathedrals. In other parts of town bloom the sculptural masterpieces of Modernisme, a mix of ingenious and whimsical creations by Gaudí and his Catalan architectural contemporaries. Barcelona has also long inspired artists, including Salvador Dalí, Pablo Picasso and Joan Miró, whose works are in bold display in the city's myriad museums.

Barcelona is an enchanting seaside city with boundless culture, fabled architecture, and a world-class drinking and dining scene.

Romantic Naples, just two hours south of Rome, is the largest city in southern Italy. It has some of the world's best opera houses and theatres, and is often called an open-air museum, because of its many historic statues and monuments. Join families on promenade as the sun sets on the Bay of Naples. View finds from Pompeii and Herculaneum, destroyed by Mount Vesuvius in A.D. 79, at the Museo Archeologico Nazionale or revel in the art and architecture of Museo Cappella Sansevero, built in the late 1500s.

Visiting a city such as Naples means, of course, a diverse schedule of sightseeing; exploring its museums, art galleries, and nicest streets for strolling. While a week would do this phenomenal city more justice, one day is still enough to get lost in the alleys of its Spanish quarters (and observe the genuine life of the Neapolitans), enjoy a fantastic pizza, and relax in a prestigious coffee spot such as Gambrinus. Be prepared to get up very early and put on your running shoes!

Naples has very good public transportation and lots of traffic problems so it's best to avoid having a car. The city has a large but crowded bus network, trams, a subway, funiculars, and a suburban train line, the Ferrovie Circumvesuviana, that will get you to Herculaneum, Pompeii, and Sorrento.

Pizza, one of Italy's most famous foods, originated in Naples and pizza is taken very seriously here. You'll find lots of great pizza places

but be sure you look for one with a wood-burning oven!

Eggplant Parmesan originated in Naples and spaghetti also became popular in Naples, try it with clams or mussels. Seafood is abundant and very good in Naples.

Naples gets quite hot in summer so spring and fall are probably the best times to visit. Since Naples is near the coast, it's more temperate in winter than interior cities of Italy.

As you are only in Naples for 1 whole day from the ship, enjoy the other great places such as your stay in Barcelona.

NAPLES



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The Voice Of Wales Comes To Chester

Rhos Male Voice Choir and tenor soloist Aled Wyn Davies are coming to Chester for a beautiful evening of Christmas classics with Chester's own Brass Band in aid of the Hospice of the Good Shepherd.

The award winning choir returns again for the Hospice's Christmas carol concert. Founded in 1891 and now with over 60 members, the power of this Welsh Male Voice Choir is simply breath-taking and promises to be pure indulgence for your senses.

Professional and award winning tenor soloist Aled Wyn Davies has become a very familiar name to us over the last few years. Not only he has a fabulous tenor voice, but he also possesses that special talent of projecting his voice to enchant audiences all over Wales and further afield.

Caroline Siddall, Director of Income Generation, said: "We are thrilled to welcome back the Rhos Male Voice Choir for our annual Christmas Carol concert."

"We are also honoured to have professional and award winning tenor soloist Aled Wyn Davies and Chester's own Brass Band join us for a beautiful night of festivities." The concert will be held on Thursday 13th December at the Chester town hall at 7:30pm with the doors opening at 7:00pm.

The Hospice of the Good Shepherd has helped thousands of residents with life limiting illnesses and relies on your donations and fundraising to continue to help even more people in the community.

Tickets can be purchased for £15.00 per person or go to www.tickettailor.com/events/hospiceofthegoodshepherd/198996
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COMMUNITY NEWS

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THE
LANTERNS
AT **CHESTER ZOO**



- Tickets go on sale for Chester Zoo's annual Christmas festivities
- Funds raised will support zoo's work as a global conservation charity
- Long-running family event revamped for 2018
- This year's event will unveil new animal lanterns and a new route through the zoo
- Visitors will discover a colourful oversized Butterfly Garden, Nordic markets, stunning Christmas trees and a magical ice kingdom

The Lanterns at Chester Zoo

Tickets have gone on general sale for Chester Zoo's annual Christmas event, The Lanterns.

Running on selected nights from 23 November to 23 December, the heart-warming event raises vital funds to help support zoo's work as a conservation charity fighting to prevent extinction around the world.

With a colourful oversized Butterfly Garden, Nordic markets, stunning Christmas trees and a magical ice kingdom, visitors are invited to experience the zoo in a different - and much more sparkly - light!

Amidst a new journey through the zoo, this year's spectacular will display new, specially created animal lanterns - one of The Lanterns most popular features from Christmases past - and additional twinkly characters lining the route.

Jon Turley, Head of Guest Experience, said: "We really hope The Lanterns will kick-start Christmas 2018 for people, creating those precious family memories you'll never forget. At the same time, the fact that it all contributes to our work as a conservation charity, as we strive to prevent extinction of threatened animals around

20

the world, makes this even more special.

"So fill up on tasty festive food, explore new fantastical and colourful worlds, full of animal-inspired illuminations and traditional festive scenes, and remember to keep an eye out for Father Christmas on his sleigh. He could be just around the corner!"



Tickets range from £10 - £17.50 for adults and £5 - £15 for children. Infants age 2 and under are free.

Tickets can be purchased at www.chesterzoo.org/lanterns

The Lanterns has been lovingly created by the zoo, in partnership with multi award-winning outdoor arts producers Wild Rumpus.



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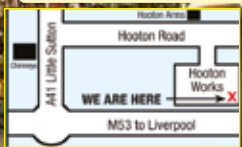
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BEST - LAID GARDENING PLANS

As the nights draw in and the colder weather starts to descend, the thought of spending hours slaving away in the garden may not be as appealing as your favourite comfy chair and a cup of cocoa, but just a little bit of effort in these coming months could pay dividends in the spring.

Whether you like your flora bright and bold or delicate and serene, there are spring flowers to suit all tastes. As well as cultivating your very own visual symphony of colour, why not consider the wildlife in your area and plant a few treats for the butterflies and bees to enjoy?

To create a beautiful spring display in your garden next year, you need to begin planning and planting your bulbs now, according to the Horticultural Trade Association (HTA). If you are new to gardening, or simply unsure which flowers would be best for your garden, HTA member and bulb supplier, Taylor's Bulbs, have put some information together on the most popular bulbs to get your spring garden started.

HYACINTH

Hyacinths are a favourite because of their beautiful scent. They are pillars of delicious fragrance in many different colours. Try planting them near an entrance door or along a footpath, so you can enjoy their perfume.

SNOWDROP

Snowdrops signal the end of dark winter days, flowering in January and February when not much else is in bloom. They are an important source of nectar for early-emerging insects, particularly bees. They come in various heights and sizes.

CROCUS

Again, early flowering and available in many different colours, they are a great source of nectar for insects. Nothing looks better than a carpet of crocuses on a sunny February or March day, flowers fully open, showing their inner beauty. They are excellent for naturalising in grass or in a border.

ALLIUM

These are the stately globes of the bulb world. Large heads or small, they are all magnets for pollinating insects. Try planting purple and white together, or for something a bit different, try *Nectaroscordum Siculum* which is loved by bumble bees.

Other bulbs which are good for wildlife, particularly insects, are *Eranthis Ciliica* (Winter Aconites), all crocuses and snowdrops. These bulbs are particularly important as they flower early in the year when not much else is in bloom. On a sunny February day, you may see bumble bees searching for nectar. By planting a few of these bulbs, you can make a big difference to your local insect population.



NARCISSUS

The range alone makes them a favourite. If you are careful with your selection, you can have narcissi in flower for up to five months of the year from January through to the beginning of May. They come in all different heights and colours, single-headed, multi-headed and fragrant.

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TULIP

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Suzuki Vitara S 1.4 Boosterjet



The so-called Sports Utility Vehicle (SUV) or Crossover has been selling particularly well for a while now, thanks to buyers looking for a car that can tick all the boxes such as; space, practicability, economy and performance.

So, this week I have the rather good looking Suzuki Vitara S on test and I have to say, it's putting on a pretty good show in convincing me that maybe this is the one we really should all be looking at.

Power and Efficiency

The Vitara 'S' is powered by a four-cylinder direct injection turbocharged petrol engine that produces 140ps at 5500rpm and 220Nm of torque between 1500-4000rpm. 0 to 62 mph is dealt with in 10.2 seconds - moving onto a top speed of around 124 mph.

The official fuel economy figures from Suzuki are; 52.3 mpg (combined) with a CO2 rating of 127 g/km - although the best I could get was around 44mpg, but then I was not really trying to get near what Suzuki had said was possible.

On the Road

I like the way the Vitara handles - but I do feel the suspension needs to be a little stiffer - saying that, when the road gets twisty - it is more than capable of holding it's own thanks to the ALLGRIP 4-wheel drive system which in real terms performs well. You also get a lot of information through the steering as to what the wheels are doing on the surface of the road - which all helps in giving you a lot of confidence into the corners. If you do decide to take the Vitara onto a muddy field - or a slippery surface - you can be assured it will do its best to move you along at a reasonable pace, whilst keeping you on the straight and narrow.

Safety and Technology

My test car was fitted with suede seating and red interior accents which lifts even the most boring of interiors – Not that the inside is boring, but you do sense the Vitara was set out to be more practical than luxurious.

Space – well let's just say it has bags of it – along with a decent driving position and plenty of room in the back for three adults – even people who are 6ft plus would have no problem fitting in. The boot is pretty good too with max luggage capacity coming in around 710 litres.

Some of the standard features on the Vitara S include; LED daytime running lights, LED projector headlamps, ALLGRIP 4-wheel drive system, adaptive cruise control, DAB digital radio with 6 speakers, USB, Bluetooth and iPod, driver and passenger front, side and curtain airbags, ABS with EBD, Electronic Stability Program,

Hill Hold Control and Hill Descent, front & rear parking sensors and rear parking camera.

To Sum Up

Suzuki have done a fantastic job here – and I expect the Vitara S to sell well in what is now a fast paced SUV market.

Standard car price (on-the-road) **£22,249**





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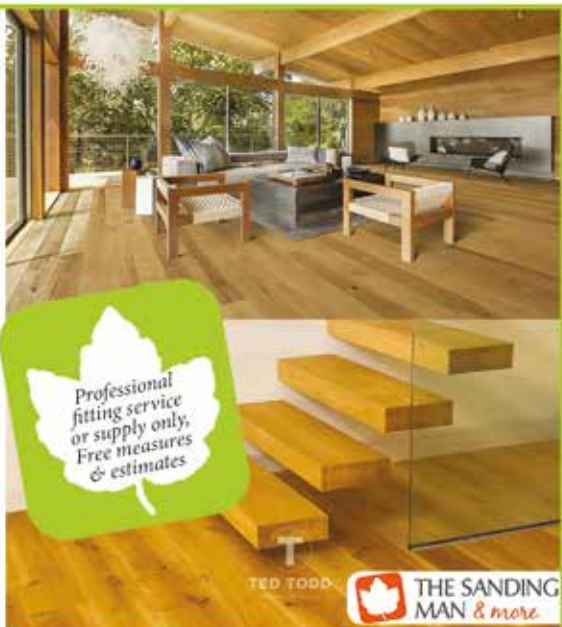
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Forshaw/Murray – Bebington

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.

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Remember Your Loved Ones This Christmas With Light Up A Life



Hundreds of residents come together every December to remember loved ones by dedicating a light on the Hospice of the Good Shepherd's Christmas tree.

Whether you want to remember someone who has died and in your thoughts or someone living away from home who you miss, you can donate and dedicate a light for them as the year draws to a close.

The person you choose to remember does not have to have been cared for at the Hospice for you to honour them with a donation. You can choose to donate for either a light on our main Christmas tree or dedicate an individual 6ft Christmas tree.

Caroline Siddall, Director of Income Generation, said: "Light Up a Life is a lovely way for people to remember either someone they have loved and lost or someone who may be far away."

"Here at the Hospice of the Good Shepherd we understand that Christmas can be a difficult time if you are missing a loved one or someone special. That is why we invite you to join hundreds of other people to dedicate a light on our special Hospice Christmas tree in their memory."

"On behalf of the Hospice I would like to thank everyone who has donated so far. Your donations ensure we can continue to support and care for people in the local community who are affected by a life limiting illness."

As part of your Light Up A Life donation you will receive: a light to shine on the main Christmas tree, a Light Up A Life card sent to you with the name of your loved one and a Light Up A Life pin badge.

HOSPICE OF THE GOOD SHEPHERD

Your loved one's name will also appear in our book of honour which can be viewed at one of three services during held December. These services bring everyone together in a festival of light to remember loved ones through poems, reading and music.

The lights will be illuminated during a service at the Hospice grounds on Sunday 2nd December and will continue to shine until 6th January.

The Hospice of the Good Shepherd has helped thousands of residents with life limiting illnesses and relies on your donations and fundraising to continue to help even more people in the community.

If you would like to donate and dedicate a light to a loved one, please call **01244 851 811** or email fundraising@hospicegs.com

HOSPICE
OF THE GOOD SHEPHERD

Best foot forward



With the end of the year almost upon us, it's good to look back on where our boots have taken us during the last 12 months. This year, we've trodden fields, forests, hills, mountains, cliffs and even beaches, across streams and rivers, in climatic conditions varying from blizzards to heat waves. There's often been a historical element to the walks too, everything from castles and hill forts to reclaimed quarries and former salt mines. One of our mottos should be 'Always expect the unexpected' as you never quite know what you'll come across on any walk. And I don't just mean the weather!

During the year, our experienced walk leaders have shown us both familiar territory and lesser known areas across Cheshire, Wirral, North Wales and Shropshire. On top of this, our twice-yearly coach trips took us first to the Derbyshire Dales in sunny April, and the second one to Snowdonia and Anglesey in early October in very gusty winds. For the weather to stay dry for both our coach trips is a bonus indeed. In February we had a weekend stay in Portmadog, a great base from which to walk in the Harlech area and the northern areas of the Llyn Peninsula. Interesting weather conditions saw us treading the hills in blizzards and freezing temperatures, but a welcoming fire, a delicious dinner and a glass or two of wine back at our hotel soon warmed us up. No such luxury for those of us who packed our tents and headed off down to the Jurassic Coast in South Devon for the first of our programmed camps. This trip marked the start of the long hot summer and, to our delight, the waterproof gear returned home unworn. Several days of cliff top walking in the sunshine meant we returned home at the end of the week sporting some impressive suntans. Our September camping trip took us to the hills and pretty villages of the Cotswolds, new territory for lots of us, and a great opportunity to walk somewhere completely new.

Closer to home, our regular Sunday and Wednesday walks, and the summer evening rambles, have offered us a varied mix of destinations not too far to drive to. My hills of choice are always the green and gentle slopes of the Clwydian Range, just over the border into Wales - undulating terrain with a fabulous view to be gained from every high point. This is my favourite area locally and many of the walks my other half and I lead for the Club are around there. We start our next one from the Loggerheads Car Park, and take a gentle climb up to Aberduna, through

Cascade Wood, then around Ffrith Mountain to join up with The Leete to get us back to base. A nice gentle 8½ mile 'C' grade walk! There's always the option to do something more challenging, however. Our 'A' grade walks will start up again in March for those who hanker after the steep and craggy summits of Snowdonia. In the meantime, 'B' walks are a good mix of ups and downs and the Winter programme lists walks in the Clwydians, Llanfisiilos, Berwyns, and the easterly edges of Snowdonia.

Looking ahead to 2019, it promises to be an exciting time for Chester Rambling and Hill Walking Club, as we celebrate our centenary year!

Fancy digging out your walking boots and joining us? Check out what we're up to during the coming months by visiting our website: www.chesterwalkingclub.com
Maria Owen, Press Officer, Chester Rambling and Hill Walking Club

Check out what we're up to during the New Year months by visiting our website:

www.chesterwalkingclub.com

Maria Owen, Press Officer, Chester Rambling and 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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An exciting new service from Age UK Cheshire

This December, Age UK Cheshire is launching an exciting new Information and Advice Service, which will run from its Queen Street office in Chester.

The new service will be a Telephone Information and Advice Service, run largely by volunteers, and will be invaluable in supporting the local community with information, queries, support and signposting. As such we are now looking to recruit additional volunteers to support the service.

We are lucky enough to have a fantastic network of volunteers without whom we wouldn't be able to do half of what we do, but we now specifically need people who enjoy problem-solving and are able to commit to at least four hours every week for our new-look telephone Information and Advice Service. In return, we will offer full training and support as well as on-going training, which all our volunteers receive, to keep skills and knowledge up-to-date.

If you would like to join Age UK Cheshire as a volunteer at this exciting time, call 01606 539775 or email hr@ageukcheshire.org.uk

Warm Home Discount Scheme

Our Information & Advice Service can help you to identify what benefits you may be entitled to, including the cold weather payments (special one-off means-tested payments during a cold spell) and the pensioners' winter-fuel payments.

They can also tell you whether you are eligible to receive £140 off your electricity bill for winter 2018 to 2019 under the Warm Home Discount Scheme. The money is a one-off discount on your electricity bill, paid between September and March. If you are on pension credit guarantee, you should automatically get it. Other people who are considered vulnerable may also be eligible.

To find out more, and to have a complete review of your benefit entitlements, please contact our **Information and Advice Service** on 01244 401500 or email informationqs@ageukcheshire.org.uk

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Chester Adult Phab Social Club People Have Abilities

(a social club for people with and without disabilities)

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www.chesteradult.phab.org.uk

Email: lynda.hesketh@sky.com

Chester Adult Phab is a social club for people with and without disabilities. We have 75+ members.

We meet the second Monday of the month in a local public house or restaurant in Chester.



The Queen's Award
for Voluntary Service

Chester Childbirth Appeal – Registered Charity No:1003772

We are confident that you will all be familiar with the excellent work this small local charity does to benefit the mothers, babies and children cared for in the Countess of Chester Hospital.

We are proud of our Comfort Zone shop, café and the excellent service it gives, the children's play area, the attractive courtyard and garden.

We have made an enormous difference to the environment in the Women's & Children's building and the hospital staff are most cooperative and appreciative of our contribution to the well being of all concerned.

Most of our volunteers have been with us for the last 28 years. We are in need of a younger generation to continue the good work. None of us can last for ever!

It would be such a shame to allow this most important charity to fail. 2 to 3 hours per week or per fortnight would be helpful. Travel expenses paid if required, lunch for a nominal charge and free drinks are provided whilst on duty.

We welcome your offers of help.

Please contact Mrs Pat Daniels
01244 365186 or 01244350755.



DIARY DATES

DECEMBER

2018



Fri 16 Nov - 22 December 2018

**Town Hall Square,
Northgate Street, Chester**

Chester Christmas Market is back and will be situated outside Chester's historic Town Hall, Library and beautiful Cathedral!

Open 7 days a week, 10am to 6pm, with late night shopping on Thursdays until 8pm and until 7pm on Friday and Saturday.



Sunday 2 December 2018

Chester Santa Dash 2018 - 10am

Chester City Centre

Join in on Sunday 2nd December and raise money for two of Chester's local charities The Hospice of the Good Shepherd and the Countess Charity.

This event now in its 8th year promises to be as great as ever with thousands of Santa's taking to the streets of Chester. You can run on your own, as a family, with friends or colleagues as a way to support the Hospice and Countess, or do it in memory of someone special.

The route is 3.3km in length and takes in the iconic sights of Chester. Including, The Grosvenor Park, Amphitheatre, Eastgate Clock, Chester Cathedral and Chester Town Hall.

Each participant on the day will also receive a Santa Suit and medal.

There will be a great range of entertainment to keep your spirits high as you make your way around the route.



Fri 7 Dec - Sun 6 January 2019

The Wizard of Oz

**Storyhouse, Hunter Street,
Chester CH1 2AR T: 01244 409113**

This Christmas, enjoy a wonderful journey!

The Wizard of Oz is coming to Storyhouse this Christmas: based on the classic MGM motion picture, featuring the beloved songs Somewhere Over The Rainbow and We're Off To See The Wizard. Get the family together and book a magical Christmas experience that will delight everyone.

Tickets are on sale now from £15



**Selected dates till 23 December
The Lanterns at Chester Zoo**

**Chester Zoo
Upton-by-Chester, Chester CH2 1LH**

This Christmas, as twilight falls across Chester Zoo a magical Christmas sorting office comes to life. The zoo will be transformed into an enchanting world full of illumination and spellbinding theatrical adventure.



**1 December - 6 January 2018
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.



**Saturday 15 December 2018
Chester Christmas Festival**

Carriage Shed, City Place, CH1 3DR

Chester Christmas Festival is returning to the Carriage Shed. A festive offering of the finest hot food and an array of bars serving everything from world gins and fizz to real ales and mulled wine will be getting you into the highest yuletide spirits, with a programme of entertainment that boasts oompah bands, carol singers, live bands and DJs. **FREE ENTRY**

Open Saturday, 11:30am - 9:00pm



**Boxing Day December
Chester Round the Walls Run**

Chester City Centre

Although weather and walls conditions have caused many variations to its route, the Boxing Day running of this race has remained a constant event in the city since its inception in 1972. The standard route is between 4.5 and 5 miles, starting on the Roodee racecourse and following almost the full 2-mile length of the Roman and Medieval walls, to finish back on the racecourse. (TBC please check first at



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The Countdown Is On For The Annual Cheshire Santa Dash – Take On The Festive Challenge!



The annual Santa Dash returns for another round of festive cheer on Sunday 2nd December 2018 supporting the Hospice of the Good Shepherd and The Countess Charity.

The family friendly fundraising event is now celebrating its 8th successful year of taking you around Chester's iconic landmarks including The Grosvenor Park, Amphitheatre, Eastgate Clock, Chester Cathedral and Chester Town Hall. Book your place before 31st October and take advantage of our £12.50 early bird offer which includes your own Santa Suit, refreshments and a medal.

Justin Caroe, Community Fundraiser, said: "We are delighted to be doing the Santa Dash again this year with The Countess Charity fundraising team."

"This is our 8th year of running the event and is one of our flagship fundraisers so make sure you don't miss out on the early bird price of £12.50!"

The entire dash is 3.3km and is perfect for families and little ones to get involved with great range of entertainment to keep your spirits high as you make your way around the route. So far over 900 people are confirmed to participate! The Hospice of the Good Shepherd has helped thousands of residents with life limiting illnesses and relies on your donations and fundraising to continue to help even more people in the community.

The Countess Charity generates and manages charitable income to enhance and improve patient facilities at the Countess of Chester Hospital. They work with the local community, corporates and HOSPICE OF THE GOOD SHEPHERD grant making trusts to raise money for over 80 funds across the hospital - each one making a real difference to patient care.

Book your place for Chester's annual Santa Dash at www.chestersantadash.com

Call the Hospice of the Good Shepherd's fundraising office on 01244 851 811 or email fundraising@hospicegs.com for more information.



HOSPICE
OF THE GOOD SHEPHERD



PUZZLE CORNER



Down

1. Fought in armor (6)
2. Anagram of "Cartel" (6)
3. Holdup (5)
4. Put to death (7)
6. Information (9)
7. Journalist (8)
8. A socially awkward or tactless act (8)
11. A single time (4)
15. Repeat (9)
17. Morbid (8)
18. The driver of a train (8)
20. Fortitude and determination (4)
21. Silver hake (7)
22. A range of mountains (6)
23. Fanatic (6)
26. He told fables (5)

Across

1. Headscarf (8)
5. Passes around or avoids (6)
9. Having a disposition to (8)
10. Force somebody (6)
12. Acid reflux (9)
13. The words of a song (5)
14. Tall woody plant (4)
16. Infinite (7)
19. Pursuit of animals for food (7)
21. At which time (4)
24. Pee (5)
25. Not genuine (9)
27. Medicine that causes vomiting (6)
28. Troubadour (8)
29. A viral disease (6)
30. Egg-shaped vegetable (8)

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: **Easy**.

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

Solutions can be found on our website:
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