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MAGAZINE



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NOVEMBER 2019

Issue 33

Monthly Business & Community magazine delivered in & around Chester



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WHAT'S IN THIS MONTH'S LOVE CHESTER MAGAZINE

10



**Holiday Destinations
Italy to Dubai**

12



Chester Rambling & Walking Club

14



Jasiri.

What's Happening At Our Zoo

24



November In The Garden

32



Auto Review By Tony Yates

Love Chester

The Local Magazine for Businesses in and around Cheshire.

Do You Know?

Holiday Destinations

Chester Rambling & Hill Walking

What's Happening At Our Zoo

New Rights For Tenants

Get Foiled - Recipe

November In The Garden

Auto Review By Tony Yates

Community News

What's On Gig Guide

Puzzle Corner

Diary Dates 2019

6

10

12

14

18

20

24

32

35

38

40

42



Hello dear friends!

Children and parents, are looking forward to Halloween and bonfire night - we have listed the times and events run by local Wirral organisations on our **What's on page!**

Always a fun break in the cold winter nights!

Spare a thought though to dogs, cats and pets who can be terrified of the noise and smells and please ensure children are well supervised.

Christmas countdown has started! Parties to attend, meals to be eaten and presents to be bought! We have lots of advertisers inside to help you choose lovely gift ideas for Christmas!

We know lots of people start getting stressed at this time of year, so hopefully this might help a little.

Thanks again to all our advertisers, they are all good, reliable people providing excellent services at the right prices!

Keep up to date with us on facebook, twitter & visit us at: www.love-chester.com

Best Wishes

Maxine & Mike



Cover Photograph: Old Dee bridge, in Chester

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

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CHRISTMAS & NEW YEAR 2019

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Everyday enjoy the delights of our special Christmas Lunch menu - parties of 2-60 come and enjoy a real Chester Christmas Feast starting from **£14.95** per person

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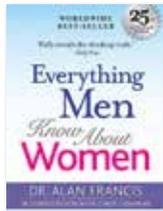
1. Blue whales can eat half a million calories in a single mouthful.
2. German citizens can travel to 177 territories without a visa nor a visa given on arrival, the most in the world.
3. In Iceland, you can hand-draw a map on a piece of mail without an address, and it will still make it to its destination.
4. **A newborn panda weighs less than an iPhone.**



5. Men who drink 6 or more cups of coffee daily decrease their risk of developing prostate cancer by 20%, a study found.
6. Drug companies spend 24% of revenue on marketing and just 13% on research and development.
7. The dress worn by Marilyn Monroe during filming of *The Misfits* sold for US\$66,000.
8. In 2015, a German man celebrated his birthday for 46 hours, the longest birthday ever, by travelling across time zones.
9. **Unlike most fish, seahorses are covered in bony plates instead of scales.**
10. It takes about 0.2 seconds for your brain to recognize something touching your hand or foot.
11. In 2004, a woman tried to use a fake million dollar bill to buy US\$1,675 worth of merchandise at Wal-Mart and expected US\$998,325 in change.



12. The surname Beethoven meant "beet garden" in Dutch.
13. **There's a book called "Everything men know about a women" that is just 120 blank pages.**



14. Houdini drew on his arsenal of magician's tricks to provide special instructions to American troops during WWI.
15. In 1945, an airplane crashed into the Empire State Building. When rescuers attempted to rescue an elevator operator, the cable snapped, plunging her 75 stories down. She survived and still holds the record for longest survived elevator fall.
16. A Pythagorean cup will automatically empty itself if you fill it too much.

17. **Jack Kerouac typed his novel "On the Road" on a 120-foot roll of paper in 3 weeks.**
18. In 2014, Hawaii attempted to combat homelessness by providing one way tickets back to the mainland for any homeless person who wanted one.
19. **In 1949, a flock of starlings perched on the minute hand of Big Ben, slowing it by 4.5 minutes.**



20. Walruses have the longest total gestation period of any seal: up to 16 months.
21. An artificial intelligence system developed by Google and the University of Oxford can lip read better than humans.
22. The special forces unit that rescued Captain Phillips was the same unit that killed Osama Bin Laden two years later.
23. **"Stranger Things" was rejected 15 to 20 times by different networks before Netflix picked it up.**
24. An unclaimed land between Serbia and Croatia is home to one man's libertarian dream, Liberland, a country with no compulsory taxes, no gun control and Bitcoins as currency.
25. When Christopher Columbus needed a place to store his loot, he went to the Banco di San Giorgio in Genoa, Italy, the world's first public modern bank.
26. Spiders can tune the strings in their webs to transmit specific messages.
27. The greenest, safest and most productive buildings in the U.S. are airports, followed by government offices and hospitals.
28. **In Japan, there's a museum of rocks that look like faces.**
29. Phoenix, Arizona, used to be named Pumpkinville.
30. No sitting U.S. president has visited Antarctica.
31. In 2012, a Hong Kong business tycoon offered a US\$65 million reward for any man who can woo and marry his lesbian daughter.
32. **Firefighters in Dubai use jetpacks to tackle blazes in high-rise buildings.**
33. People in UK who wake in the middle of the night are most likely to do it at 3:44 a.m.





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ROME the Eternal City is the capital and largest city of Italy and of the Lazio region. It's famed for the Vatican City, Three Coins in the Fountain, the Roman Empire, the Seven Hills and La Dolce Vita. Rome, as a millennium-long centre of power, culture and religion, has exerted a huge influence over the world in its roughly 2800 years of existence.

Places to visit whilst in Rome:

THE COLOSSEUM

Known properly as the Flavian Amphitheatre, this most famous of Roman landmarks takes its name from the giant statue of the emperor Nero that once stood near this location.

THE VATICAN

The independent Vatican City and its endless treasure troves of sights, relics and the Vatican Museums - as well as the surrounding Italian districts of Borgo, Prati and Monte Mario.

TREVI FOUNTAIN

A sure part of everyone's Roman holiday. Visitors are always amazed

that such a big and famous fountain is tucked away in a small piazza in the middle of side streets.

You will then sail to:
CATANIA, SICILY

Catania is an ancient port city on Sicily's east coast. It sits at the foot of Mt. Etna, an active volcano with trails leading up to the summit. The city's wide central square, Piazza del Duomo, features the whimsical Fontana dell'Elefante statue and richly decorated Catania Cathedral. In the southwest corner of the square, La Pescheria weekday fish market is a rowdy spectacle surrounded by seafood restaurants.

On the journey to **DUBAI** you will visit such places as **SUEZ CANAL, AQABA.**

AQABA

Aqaba The Jewel of the Red Sea. Aqaba is a Jordanian port city on the Red Sea's Gulf of Aqaba. Inhabited since 4000 B.C., it's home to the Islamic-era Aqaba Fort and the adjacent Aqaba Archaeological Museum. Its beach resorts are popular for windsurfing and other water sports, and the area is a top destination for scuba divers, with notable dive sites including the Yamanieh coral reef in the Aqaba Marine Park, south of the city.

DUBAI

Known as the jewel of the United Arab Emirates, Dubai has everything from 6 star hotels and Golden beaches to designer shopping malls and fun filled water parks! Dubai is truly a mix of cultures full of ancient mystery and yet still a modern tourist playground. Dubai is also home to the world's most luxurious hotel, the Burj Al Arab. The major cruise lines all lay anchor in Dubai, so whatever package you choose you're sure to enjoy the emirate culture, attractions and people.

Places to visit whilst in Dubai:

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Take A Hike



Whatever the weather at the start of the day, the inherent optimism of Britain's hiking fraternity regularly produces phrases like 'It'll brighten up later' or 'There's a bit of blue sky up there'

Autumn can be a gorgeous season for walkers. With temperatures dropping and early frosts appearing, it's great to take to the hills and enjoy some fresh air without getting too hot as you climb upwards! This is the time of year when the trees are at their most colourful, adding splendour to already glorious views. So far this autumn, members of Chester Rambling and Hill Walking Club have experienced some good weather on walks, with a few exceptions!

One recent Sunday ramble took us onto Denbigh Moors, where Llyn Brenig, Wales' fourth highest lake, can be found. Drizzly rain was easing off as we left Chester, but up on the moors mist and low cloud meant all those lovely hills surrounding the lake were completely out of sight. Sadly those defiant clouds lingered low all day, and we completed our 10-miles having seen no panoramic views at all. On the plus side, we spotted the opposite shores of the lake in the odd moments that the mist cleared! Despite heavy rain the previous week, there was hardly any mud to tramp through along mostly bone-dry lakeside tracks. Temperatures were mild, and those of us who made the mistake of wearing cropped trousers went home with shins flecked with midge bites. Jungle spray was wielded just too late to fend off little biters seeking to lunch from the legs of unprotected hikers. The sun screen, however, returned home unused. Although not a cold day, the low cloud brought with it a penetrating damp that meant we tumbled enthusiastically into the café for a warming cup of tea after the walk.

In contrast, a day's walking in the Clee Hills during our last camping trip of the year saw some warm, mostly sunny weather, and vistas that stretched for miles. No waterproofs worn that weekend, until the morning of our departure, when overnight rain left us with rain-sodden tents to pack up. It took nearly a week to dry ours out when we got home!

It's a rare thing for hikers to have no waterproofs to hand, even in summer. Likewise, our 'kit' nearly always consists of sunglasses, sunhat, gloves, woolly cap, hoodie and spare socks, as you never really know how the weather's going to turn out. Seasonal extras usually include insect repellent and sun screen. Club members who venture regularly to the mountains of Snowdonia carry all sorts of other gear too, like crampons for icy terrain, but those of us who head for the lower hills don't need those! Our rucksacks still have something to cater for all climates, be it rain, shine or anything in between.

Whatever weather is thrown at us for our trips into the hills, there's still a satisfaction that we've spent the day in the great outdoors, amongst

a group of friendly people often with a mind-boggling array of clothing in their rucksacks.

Our winter programme has just been issued, and offers an enticing list of hikes for Sundays and Wednesdays. No doubt some of these planned routes will need tweaking depending on the weather, but walks are usually only cancelled if the conditions pose a danger to members.

If you'd like to try group walking and want to take a hike during the winter months, check our website to see where we're heading. Come on one of our walks for a day and if you enjoy the experience (we're sure you will!) why not join our friendly century-old walking club?

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
Check out what we're up to by visiting our website:
www.chesterwalkingclub.com

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:
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OUR ZOO

What's happening at Chester Zoo.

Chester Zoo conservationists spearhead largest ever translocation of rhinos from Europe to Africa



'Manny' is one of five Eastern black rhino to have been translocated from Europe to Africa in a project overseen by conservationists from Chester Zoo. He is the offspring of mum 'Bashira' who was born at Chester Zoo as part of a successful breeding programme for the critically endangered species.



- **Five endangered Eastern black rhinos successfully translocated to Rwanda**
- **The move is thanks to a major global collaboration involving Chester Zoo**
- **The animals have been released into bomas - or enclosures - in Akagera National Park in Rwanda**
- **Animals will then be released into the wider park to expand the genetic diversity of the rhino population first introduced to the park in 2017**
- **Government of Rwanda, African Parks and European Association of Zoos and Aquariums all part of international effort**

The Eastern black rhino population in Rwanda's Akagera National Park has grown with the arrival of five new individuals from European zoos, as part of the largest ever translocation of rhinos from Europe to Africa.

The move is part of a major international collaboration overseen by conservationists at Chester Zoo.

Chester Zoo CEO, Dr Mark Pilgrim, who manages the population of Eastern black rhino across European zoos, said: "This is a historic moment for eastern black rhino conservation. Black rhino populations have dropped by more than 95% in Africa over the last 100 years due to a global surge in illegal poaching for their horns. Just 12 years ago, they completely disappeared in Rwanda where they were declared extinct.

"To now be part of a successful reintroduction of eastern black rhinos back to Rwanda, with individuals from the healthy, thriving and genetically viable population in zoos in Europe, is a dream come true - and a huge boost to the future of this iconic species.



OUR LATEST NEWS & EVENTS

“This is a major moment for zoos and for wildlife conservation. The future of eastern black rhinos could depend on it.”

The historic translocation was undertaken by the European Association of Zoos and Aquaria (EAZA), the Rwanda Development Board (RDB) and African Parks, which manages Akagera National Park in partnership with the RDB.

Two male and three female rhinos were released into bomas (temporary enclosures) in Akagera, with the aim of increasing the genetic diversity of the park’s rhino population and aiding efforts to restore the critically endangered subspecies in Rwanda and the region.

Jes Gruner, Park Manager of Akagera National Park, said:

“The newly translocated rhinos will bolster the founder group that we introduced in 2017, contributing to the reestablishment of a robust Eastern black rhino population in Rwanda.

“This unique achievement represents the culmination of an unprecedented international effort to improve the survival prospects of a critically endangered rhino subspecies in the wild. Their arrival also marks an important step in Akagera’s ongoing revitalization, and one that underscores the country’s commitment to conservation.”

Originally hailing from Safari Park Dvr Králové (Czech Republic), Flamingo Land (United Kingdom) and Ree Park Safari (Denmark), they were selected from the EAZA Ex Situ Programme (EEP) for Eastern black rhino, managed by conservationists at Chester Zoo.

One of the rhinos, ‘Mandela’, is the offspring of mum ‘Bashira’ who was born at Chester Zoo as part of the breeding programme.

The five rhinos began their journey from the Czech Republic following months of preparation at Safari Park Dvr Králové. Every precaution was taken to minimize stress and ensure their well-being throughout the translocation process. They were flown to Kigali before being transferred to Akagera National Park by truck.

All five Eastern black rhinos were then released into enclosures in the park where they will remain for at least three weeks to ensure they have time to acclimatize to their new environment. Once they have adjusted, they will be released into a 10-hectare sanctuary where they will continue to be closely monitored for several months as they establish themselves in the area before being released into the wider park.

Clare Akamanzi, CEO of the Rwanda Development Board, said:

“We are committed to the long-term success of Eastern Black Rhinos in Rwanda. Their health and well-being is crucial to wildlife conservation and biodiversity protection efforts, both in Rwanda and across Africa. We couldn’t be prouder of the strong community-led conservation efforts that make their new home, Akagera National Park, one of the most vibrant and spectacular Big Five Parks in the region, and we are sure that the Park’s newest residents will settle in well. Tourists visiting Akagera National Park will get to witness a truly wonderful sight, the Eastern black rhino in its natural habitat.”



Manny pictured left.

Mandela pictured above.



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NEW RIGHTS FOR TENANTS

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Tenants will be given more rights when changes to the Landlord and Tenant Act 1985 are made on 20 March 2019. People who rent will be able to sue their landlords if their homes are not up to scratch. Issues with damp, noise, ventilation, repairs, drainage, infestations and facilities for cooking are a number of the issues tenants will be able to take action on. It will cover tenants immediately and not just for new tenancies, existing tenancies will be covered. These changes mean that those in social housing will now have more power to force local authorities to carry out necessary repairs.

It is estimated that over 1 million rented homes have hazards that pose a serious risk. The new changes will mean that tenants will be able to take their landlord to court for an injunction to compel the landlord to carry out the works or for damages (compensation) for the landlord's failure to keep the property in good repair.

Compensation can also be paid to tenants for any issues that have caused injury or illness.

We offer free advice and take on housing claims on a no win, no fee basis, meaning that help is available. If the disrepair

is a serious risk to you or your family members health and safety, then legal aid is available.

You'll need to have information and evidence to help support your case. This includes:

- A copy of your tenancy agreement
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- Photographs of the disrepair
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Servings: 4

Prep time: 10 minutes

Cook time: 45 minutes

- 4 tablespoons Seasoned Rice Vinegar – Roasted Garlic
- 2 teaspoons gochujang (chile bean paste)
- 6 tablespoons maple syrup
- 4 teaspoons soy sauce
- 2 tablespoons, plus 2 teaspoons, olive oil
- 4 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 8 chicken thighs
- 4 cups fresh cauliflower, riced (use grater or food processor so cauliflower resembles rice)
- 1 1/2 cups fresh scallions, sliced
- 2 cups fresh sugar snap peas
- 3 sprigs fresh cilantro, for garnish

Heat oven or grill to 375 F.

In large bowl, mix together vinegar, gochujang, maple syrup, soy sauce, olive oil, mustard, salt and pepper to form marinade. Dip chicken in marinade and toss lightly until coated.

Lightly oil foil pouch and layer base of pouch with cauliflower. Add scallions and sugar snap peas then place chicken on top. Carefully pour remaining marinade over pouch contents (ensuring that liquid stays inside foil).

Seal foil packet and bake or grill 30 minutes. Open foil to create 2-inch long vent then bake or grill another 15 minutes, or until completely cooked. Garnish with cilantro before serving.

Chef's tip: For best results and added flavour, marinate chicken 30 minutes before preparing pouches.

Substitutions: In place of gochujang, red pepper flake paste can be made by mixing 1 tablespoon red pepper flakes with a few dashes soy sauce and 1 dash sugar. Alternatively, substitute 2 teaspoons sriracha for gochujang.

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November

IN THE GARDEN

Can you believe it's already November? This year has flown by and in the flash of an eye we're deep into the autumn. Many may think that as November comes, there isn't many jobs to do in the garden. This is untrue! There's plenty of tidying, protection for winter and preparations for next year to do! Here's what we think you should do this month:



Clear up fallen leaves – don't leave them on grass for too long or they will kill the lawn beneath. Leave them on beds however as earthworms will pull them into their burrows, continuing the natural cycle. The nutrients from these leaves will replenish your soil.

If the fallen leaves are covering small plants, remove them so they do not suffocate the plants beneath. Sweep off paths and terraces to keep the garden looking cared for. With all of these leaves you have collected, create a separate pile next to your compost heap. As they begin to mould, it will rot into a great soil improver as the remnants of the leaf retain moisture and helps with drainage.

Plant tulip bulbs in time for spring – Now is the perfect time to get planting! Your bulbs will keep nice and cozy in the ground over winter, ready to sprout as spring comes!

Insulate outdoor containers! Any plant pots or containers that will be staying outside this winter must be protected! If your plants get too cold, they will die. We suggest wrapping them in bubble wrap as an extra layer of protection from the frosts. It would also be a good step to raise your pots using blocks



or bricks to prevent them from being waterlogged when the rain comes.

Feed the birds!!! During winter, birds need all the help they can get. Frosty ground and a lack of new growth can make it very difficult for them to find food. Help them out by investing in a bird table and leaving food out for them. Suet is a great snack to leave out for your feathered friends as it is very high in calories so will boost their energy. You could also try fruit, millet and seed mixes as these will give the birds a variety of nutrients. Seed mixes are also perfect as the different seeds will attract different types of bird, giving you even more species to spot!

Another thing you may not expect to be giving birds is salt! Salt is an essential mineral in a bird's diet, however they often try to get it off of the road when they have been gritted which is extremely dangerous. If you create a saltwater solution and let it evaporate to crystals, you can place it on a bird table or place them on a log.

Use your bonfire to dispose of garden debris that is unfit for composting. This could be leaves that have fallen from rose bushes that have suffered with blackspot or rust or debris from an



apple tree with apple scab. This will reduce the risk of infection next year.

Plant out winter plants such as heathers, grasses and ivy to provide your garden with a splash of colour this winter.

It's time to harvest your parsnips! Once the first frosts have hit, it's the perfect time to dig up your parsnips as they will have just begun to sweeten in flavour.

You may feel like this is the end of the fruit and vegetable growing season but you would be wrong! This is a great time to plant up a perennial vegetable bed of rhubarb and asparagus crowns as well as autumn garlic and mushrooms.

You can also plant raspberry canes and currant bushes! As for the plants you have already harvested, spread the beds with manure to rot down over winter, prune your apple and pear trees and tidy up your strawberry plants.

November also brings Bonfire Night, but how can you keep yourself and your garden safe this month?



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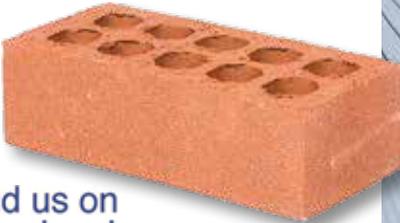


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New Ford Ranger 'Limited' Super Cab



I recently managed to get hold of a brand new Ford Ranger 'Limited' Super Cab - and to be honest I was not expecting much from it due to the fact that for me there is only really one proper off-road vehicle and that is, of course, a Land Rover - and it's been that way as long as I can remember. But, of course, there is now a new Land Rover Defender - which looks amazing.

So, all that needs to be asked is; can Ford pull off a neat trick with the new Ford Ranger Limited.

Power and Efficiency:

The 'Limited' version I had on test was fitted with a 2.0-litre EcoBlue TDCi (170 PS) diesel engine

and a 6-speed manual gearbox. Torque, well let's just say it has more than enough grunt to keep you going. For those of you who want to know the combined fuel consumption? Well, let's just say it was good. Plus the brilliant thing about owning a Ford Ranger is that it will basically tow a ship or anything else that takes your fancy.

On the road:

Well, it's basically a pickup truck. So it acts just like a pickup truck. Meaning it's slow, but it feels fast because you are up so high - which means everybody else, looks small. The suspension is quite hard, but still soft enough to iron out a majority of bumps on the road. If you do manage to get a good turn of speed going - then the chassis feels good and tight.

Interior & Technology:

The inside was kitted out very well, and here are some of the features you can expect to get as standard on the Ford Ranger 'Limited'; load box bedliner inc. power point and tie-down hooks, front fog lights, ICE feature pack Inside, chrome door handles, leather gear shift knob, leather-wrapped steering wheel, driver seat back mounted map pocket, electrochromic inside mirror
Plus: 7.0 x 16" silver alloy wheels (with 16" Steel Spare wheel) chrome exterior mirror finish, chrome exterior door handle, chrome lift/decklid handle, tailgate (with easy-lift/lower mechanism) rain sensitive windshield wipers, rear bumper chrome underrun, projector-beam headlamps and dual power heated fold back mirrors.

Yes, I know what you are thinking – it looks nice, but I bet it can't go Off-Road. Wrong! – It does that brilliantly too. I kid you not, it was better than I ever

imagined it to be and that's partly thanks to Ford's clever Four-wheel drive system that is optimised to get the best out of the Ranger.

I can also tell you that the inside does not feel cheaply made either and you get plenty of toys to play with and all the controls are set out nicely with many of the buttons and switches having a quality feel. Even the seating is brilliant and nothing like you would expect from a car with 'workhorse' in mind.

To sum up:

I really was impressed by the new Ranger, yes it may look like a Pop Star's 4X4 –but I'm telling you now – the new Ranger is the real deal – it's a real 'workhorse' Buy it now!

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England's longest serving mental health Nursing Director retires

Avril Devaney MBE



Cheshire and Wirral Partnership NHS Foundation Trust's (CWP) Avril Devaney MBE, the country's longest serving mental health Nursing Director, has retired after 17 years as Director of Nursing, Therapies and Patient Partnership at the Trust.

Inspired by a family member with learning disabilities, Avril began training as a registered mental health nurse in 1983. She first received national recognition for her work in 1999 with The Queen's Nursing Institute Award for Innovation after establishing a mental health nursing service in police custody suites.

Becoming CWP's Director of Nursing, Therapies and Patient Partnership in 2002, Avril is recognised for her work in tackling health inequalities, including the harm to people with mental health conditions caused by smoking. She led work for CWP to become the first trust to implement the National Institute for Health and Care Excellence (NICE) Smoke Free guidance in 2014.

Having pioneered the Trust's Challenging Stigma campaign in 2004, Avril is passionate about person-centred care and helping people to be the best they can be whatever their circumstances. She has been CWP's link with mental health services at Kisiizi Hospital in Uganda since 2010, and is a founder of the Jamie Devaney Memorial Fund to support mental health services in Uganda and create a lasting legacy for her son Jamie, who died aged four during a family holiday and fundraising trip there.

In 2014 Avril received an honorary MA from the University of Chester in recognition of her outstanding contribution to healthcare and in 2015 was recognised as a Nursing Times Leader.

In 2016 she was awarded an MBE for "services to Nursing of People with Mental Health Problems", and in 2019 was awarded the Chief Nursing Officer's Gold Award for life long contribution to nursing April 2019.

Retiring after 36 years as a nurse, Avril said: "I have enjoyed a long and fulfilling career in the NHS and will always be grateful for the opportunities I have had to

make a difference. I have met many amazing people over the years who have inspired me to do all I can to improve support for people to live full lives whatever their circumstances and I will continue to do this in my next chapter. I would like to thank everyone for their good wishes as I retire; they mean a lot. It has been a pleasure to work for an organisation that really cares."

Chief Nursing Officer for England Ruth May said: "Avril has had an astonishing 36 years in nursing, something I formally recognised earlier this year with a Gold CNO award, for sustained high performance and commitment throughout her career. Colleagues who make a lifetime contribution, like Avril, are a reminder to us all of how rewarding a career in nursing and midwifery can be. They also make me extremely proud to be part of this profession. I wish her warmest of thanks and the very best of luck in all that comes next."

CWP Chief Executive Sheena Cumiskey said: "Avril has had a stellar career. She has achieved so much, and most importantly, has always given of her best to improve the lives of the people we serve.

"She is leaving a lasting legacy, and I know I'm speaking on behalf of everyone at CWP when I say a huge thank you, Avril."

Avril has been succeeded as Director of Nursing, Therapies and Patient Partnership by Gary Flockhart – who previously held the post of CWP Associate Director of Nursing and Therapies.

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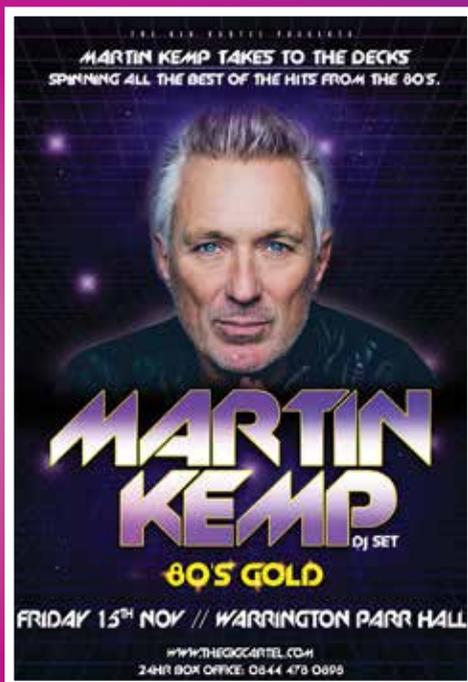
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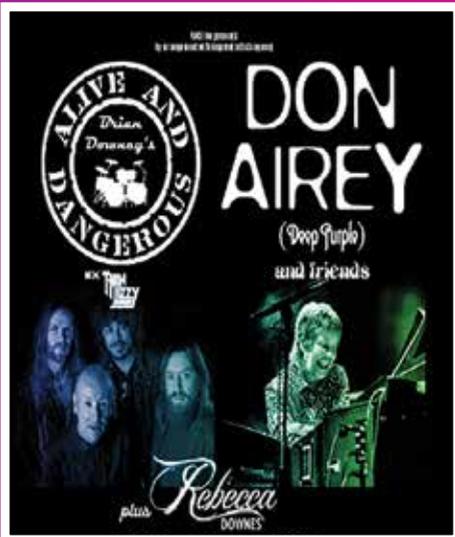
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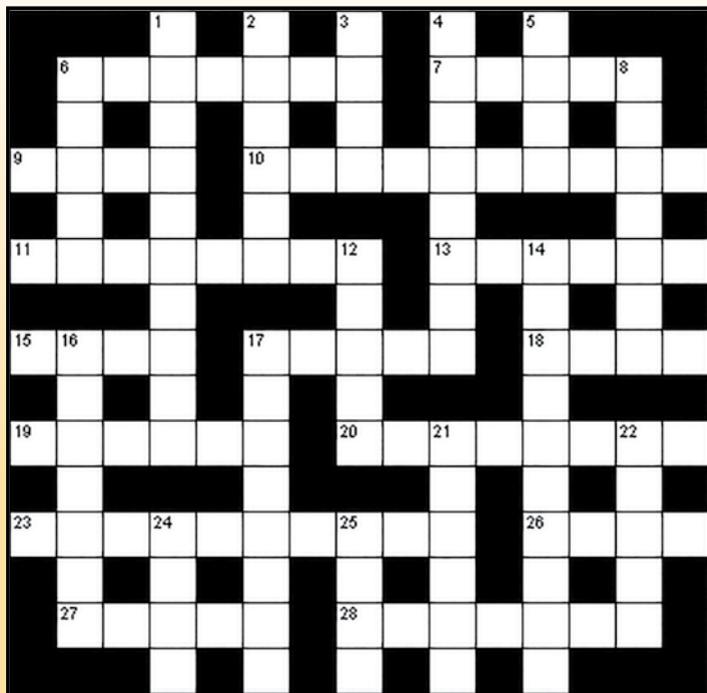
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PUZZLE CORNER



Quick Crossword Puzzle

Down

1. Bookkeeper (10)
2. Slender (6)
3. Naval jail (4)
4. Squirming (8)
5. Leveling wedge (4)
6. Fit out again (5)
8. Rocket launcher (7)
12. Bake in a shallow dish (5)
14. What some science fiction is (10)
16. Belief (7)
17. Rumormonger (8)
21. Promise (6)
22. Our planet (5)
24. Feces (4)
25. Utilized (4)

Across

- | | | |
|-----------------------------|--------------------------|----------------------|
| 6. Recuperate (7) | 13. Influx (6) | 20. Described (8) |
| 7. Rehabilitation (5) | 15. Kind of bean (4) | 23. Dispense (10) |
| 9. Hairdo (4) | 17. Coming and _____ (5) | 26. Classify (4) |
| 10. Make legal (10) | 18. Orange pekoe (4) | 27. Audacity (5) |
| 11. Those without seats (8) | 19. Gap (6) | 28. Our language (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**.

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			7				5	
					1	2	4	
1			6	9				
				2				
	2					5		4
	6	3	8			7		
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DIARY DATES NOVEMBER 2019

2nd November 2019 - Lord Mayor's Fireworks

**Chester Racecourse,
Chester CH1 2LY**



The fireworks return to Chester Racecourse on Saturday 2 November with The Lord Mayor's Fireworks Extravaganza

Spectators are encouraged to enjoy the full offering at the racecourse on the evening.

In addition to the fireworks on the night, there will be a fairground located across the track and plenty of food and beverage outlets from which to purchase drinks and snacks. The White Horse garden will be open to anyone with a ticket and feature a BBQ offering and fully stocked bar.

The 'Kids Zone' in the Dee Stand will have additional free activities for youngsters aged 10 and under, including glow in the dark face painting and lantern making.

Capital North West & North Wales Drivetime presenter Ben Sheppard will host the event, playing music for the crowd to enjoy from 5 pm.

Price: £5 in advance - £6 on the gate (children aged 4 and under get in free)

Gates will open at 5 pm

**Junior Fireworks Display -
6.45 pm**

Main Display - 7.30pm

You can also purchase tickets in person from the Chester Racecourse Box Office and Share Shop on Northgate Street, Chester.

6th November 2019 Cheshire Oaks Christmas Tree Lights Switch On 2019

**Cheshire Oaks Designer
Outlet, Kinsey Rd,
Ellesmere Port CH65 9JJ**

Join Cheshire Oaks from 6.00 pm on Wednesday 6th November for a Christmas launch to remember! Put the date in your diary and bring the family for a magical evening to start your Christmas festivities.



12th November 2019 Wine Tasting at The Ring O'Bells

**Ring O' Bells, Village Rd,
Christleton, Chester CH3 7AS**

Enjoy an evening of wine tasting on Tuesday 12th November at The Ring O'Bells hosted by a Spanish wine expert.

**£25 per person (full payment
required on booking)
From 7.30pm**



16th November - 22nd December 2019 Chester Christmas Market

**Chester City Centre
outside the Town Hall**

Chester is full of Christmas magic once more when the Chester Christmas Market returns for 2019 with over 70 traditional wooden

chalets situated in the heart of Chester, all wrapped around a sparkling Christmas tree.

Shop for festive treats and gifts, including quality local and regional products, crafts, clothing, accessories, jewellery, unique gifts and stocking fillers which are sure to make the perfect present!

**Open 7 days a week, 10 am to
6 pm Sunday to Wednesday
and 10 am to 8 pm Thursday to
Saturday.**



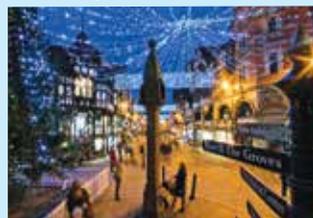
21st November 2019 Chester Christmas lights switch on 2019 - 7.00pm - 8.00pm

**Chester Town Hall, 33
Northgate St, Chester CH1 2HQ**

Christmas really begins in Chester when the Christmas lights are switched on. Bring the family to experience the magic of Christmas and enjoy the 12 Days of Christmas parade and watch as the Christmas Lights illuminate Chester.

The parade starts at Chester Town Hall Square at 7.00pm on Thursday 21 November. Bring the family and make a night of it by visiting one of Chester's great restaurants.

START: 7 pm at Chester Town Hall



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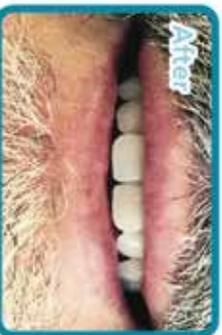
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