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MAGAZINE



ROTARY
MEMBERS

DECEMBER 2019
Issue 34

Monthly Business & Community magazine delivered in & around Chester

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DATES FOR YOUR DIARY

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



Luxury designs at purse friendly prices!

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Love Chester

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around Cheshire.

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Please Support Local Charities

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Cover Photograph: The Groves in Winter, Chester
by Ron Sutton, www.ronsuttonimages.com



Hello dear friends!

Are you counting the days to Christmas yet?

It seems to come sooner each year and the kids have their Christmas lists written ready.

Before the festive season takes hold, make some time to keep fit and enjoy the Autumn weather before it gets too dark and cold in the evenings.

Check out the What's on diary page to see what on over Christmas for the kids.

Then have a more relaxed lead up to Christmas; book your festive meals in advance and shop locally for gifts and add some Christmassy event to your calendar.

Whatever you do have a lovely Christmas & New Year in 2020.

Advertisers book your New Year adverts with us now to avoid disappointment.

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

Best Wishes

Maxine & Mike



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

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DO YOU KNOW?

1. The United States is obliged to go to war for 67 different countries should the situation arise, thanks to decades of complicated treaties.
2. Once a year, the Prince of Liechtenstein invites the residents of his tiny country to have a beer in the garden of his castle.
3. Octopuses have copper-based blood instead of iron-based blood, which is why their blood is blue rather than red.
4. In the UK, it is illegal to ride a hoverboard scooter in public.



The probability of two whole fingerprints matching is around 1 in 64 billion.



6. In 1981, the first commercial GPS receiver weighed 50 pounds and cost over US\$100,000.
7. There are more guns than people in the US.
8. We collectively spend over 3 billion hours a week playing online games.



9. Since 1940, about 85% of those who have attempted to break the water speed record have died in the attempt.
10. Squirrels will adopt other squirrels babies if they are abandoned.
11. The sun is the most perfectly round natural object known in the universe.

12. There is a persistent storm at Lake Maracaibo, Venezuela. Lightning storms occur for about 10 hours a night, 140 to 160 nights a year, for a total of about 1.2 million lightning discharges per year.



13. A San Francisco Highway Patrol Officer, called Kevin Briggs, has talked approximately 200 people out of suicide on the Golden Gate Bridge since 1994.
14. When George Washington passed away in 1799, Britain's entire Royal Navy lowered its flags at half mast.
15. The bonobo monkey, the closest relative to humans, is naturally bisexual.
16. Outer space begins at 100 kilometers (62 mi) above sea level.
17. The British Empire at its height was larger than Africa and was even comparable in size to the Moon.
18. Nintendo has such a large cash reserve it could lose US\$250 million every year and wouldn't go bankrupt until 2052.



19. In 1981, the first commercial GPS receiver weighed 50 pounds and cost over US\$100,000.



20. Mountain Lions will bury and leave their prey, then return to it when they are hungry.
21. Ninjas never wore black. Mostly they wore the inconspicuous clothing of peasants, merchants, traveling priests, etc.
22. Iquitos, Peru is the largest city in the world inaccessible by road. It's located deep in the Amazon rainforest and has over 400,000 people.
23. When a hurricane is expected, Wal-Mart's top-selling items are strawberry Pop-Tarts and beer.
24. In 1900, 40% of American cars were powered by steam, 38% by electricity, and 22% by gasoline.



25. The Labrador dog is from Newfoundland and the Newfoundland dog is from Labrador.
26. In 2015, a 4-year-old searching for fossils found 100 Million-Year-Old Dinosaur Bones.
27. The word "infant" comes from the Latin word "infans", meaning "unable to speak" or "speechless".
28. The Irish surname prefix "Mac" means "son of," while "O" means "descendant of."
29. The UK is the only country not required to name itself on its postage stamps.
30. If the Statue of Liberty was built today, it would cost about US\$1.2 million.
31. Saddam Hussein commissioned the production of a Qur'an written using 27 litres of his own blood, to thank God for saving him from dangers and conspiracies..
32. The world's smallest snail can fit 10 times in the eye of a needle.



33. Larry King crashed into John F. Kennedy's car in 1958. JFK said he'd forget the whole thing if King promised to vote for him when he ran for president.
34. Moondust smells like gunpowder, according to astronauts.
35. A group of zebras is called a zeal.
36. The man who ordered the grounding of all aircraft in the U.S. on 9/11 was on his first day on the job.



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New mental health resource centre for Cheshire



Artist's impression of the inside of Number 71, St Anne Street, Chester

A new wellbeing resource centre is set to open in Chester city centre early in the New Year.

Designed in collaboration with people with lived experience of mental ill-health, 'Number 71' will provide early intervention support and treatment for people experiencing a mental health crisis, seven days a week, 365 days a year.

Centrally located on St Anne Street in Chester city centre, Number 71 is a result of NHS West Cheshire Clinical Commissioning Group (CCG) and Cheshire and Wirral Partnership NHS Foundation Trust (CWP) working together with mental health interest groups following a successful award from the national Beyond Places of Safety grant scheme.

David Bull, chair of the West Cheshire Mental Health Forum and lived experience volunteer, said: "This project will enable improved community access to help people cope with challenging times in an environment which will give practical support from people who understand - both professional NHS staff and

people who have personal experience of mental health challenges.

"Many people with lived experience have been involved in guiding the planning and I know that advice has been valued and listened to. Number 71 will be a great asset for all of us, and it will develop as we go along so as to continue to meet the needs of local people."

Suzanne Edwards, CWP acting director of operations, said: "Number 71 will provide local people with an alternative option for mental help support in the community in a purposefully designed environment to ensure a warm and friendly welcome.

"The development has provided an exciting opportunity for local stakeholders including West Cheshire Mental Health Forum, representatives from the local voluntary sector, the Police and local authority to work together to shape and influence the new service to ensure it meets the needs of local people helping them to be the best they can be. The vision for Number 71 is that it becomes a thriving community

resource and a central hub for help and support within our area."

Tracey Cole, executive director of strategy and partnerships for the Cheshire Clinical Commissioning Groups, said: "It is vitally important that people who experience a mental health crisis or feel they are about to be able to access assessment and support as soon as possible – in a place that is welcoming, accessible and best-placed to offer the right support. That is what Number 71 will do.

"This is a fantastic example of partnership working to not only secure funding for a better service, but co-design the service with people with lived experience."

Number 71 will also become a one-stop shop for self-help, advice from care professionals and signposting to other services and wellbeing activities.

Building is due to commence shortly with Number 71 scheduled to open in January 2020.



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2019

CHESTER SANTA DASH

SUNDAY 1ST
DECEMBER
STARTS
10AM



Registrations are now open for the Chester Santa Dash

The annual Santa Dash returns for another round of festive cheer on Sunday 1st December 2019 and is set to be a great event supporting the Hospice of the Good Shepherd and The Countess Charity.

The family friendly fundraising event is now celebrating its 9th successful year of taking you around Chester's iconic landmarks including The Grosvenor Park, Amphitheatre, Eastgate Clock, Chester Cathedral and Chester Town Hall.

The event which is jointly organised by the local charities has over the past 8 years raised in excess of £250,000 which has gone directly back to helping people in the local community.

Book your place before 31st October and take advantage of the £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 9th year of running the event and is one of our flagship fundraising events so make sure you don't miss out on the early bird price of £12.50!"

The Santa Dash has become a fixture of the festive period in Chester town centre will no doubt be a great success again with registrations filling up fast. It's not too late to take part, so make sure register today; last year over 1800 people took part in the Santa Dash and this year they are looking to reach 2000!

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.

HOSPICE OF THE GOOD SHEPHERD

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 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

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SANTA
DASH

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FINISHING IN THE
CITY CENTRE

SUNDAY 1ST
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2019
STARTS 10AM

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Somewhere along the way



My other half and I joined Chester Rambling and Hill Walking Club over 11 years ago, after deciding to 'give it a go' to see if group walking was our thing. We've come a long way since then, quite literally! Thousands of miles have been trekked with fellow members over the years, and we've made some great friends too. We soon realised that joining a walking club is a fabulous way to discover countryside you've never trodden before. Whilst we'd climbed the familiar hills of North East Wales, like Moel Famau, lesser known humps in the Clwydian Range had never lured us because we didn't know any routes and were concerned we might get lost. After walking with the Club for over a decade, we are now more clued-up on local geography and map reading, and somewhere along the way, we became confident enough to start leading walks ourselves!

Most Sunday and Wednesday walks are 8 - 10 miles long, but the odd exception crops up. Listed in the programme recently was one unusually short 5-mile hike on Halkyn Mountain, followed by a guided tour around Rhydymwyn Historical Site. We'd had a tiring and stressful week, so opted for this easy walk with a difference for our Sunday sojourn into the hills.

Barry and Kim, our leaders that day, had devised a 5-mile route starting at Berth-ddu, near Halkyn, to precede our local history lesson. The morning was unusually sunny and bright and across the Dee Estuary the Wirral could be picked out through the autumn haze. From the trig point on the summit, we could also see the Clwydian Hills silhouetted against the clear blue sky.

Industrial history is much in evidence on Halkyn Mountain, where centuries of lead mining and limestone quarrying have scarred the landscape. The most obvious relics are the mine shafts that pepper these grassy hillsides, many capped with stone built domes to prevent passers-by from plummeting into the deep caverns that lurk far beneath. The information board at the partly restored 19th century Waen y Brodlys lime kilns explain that high quality 'hydraulic lime' produced at Halkyn was used to build Liverpool and Birkenhead docks. Moving on from Victorian industry, and with a glorious vista of the Clwyds now in front of us, back we headed to our parked cars, ready to leap into the 1940s.

The opportunity to visit a former WW2 mustard gas factory and storage facility was an added bonus, since we'd been curious about the place after it featured on the recent TV series, 'Hidden Wales'. Secluded in the Alyn Valley, well away from the cities of Liverpool and Manchester, and the industrial areas of Merseyside, the factory was for many years shrouded in anonymity. After the war, the redundant site was abandoned. Derelict buildings and roadways were left to nature, and over time welcomed many species of birds, mammals, insects, wild flowers and trees to form an area rich in biodiversity. Walking along

the now leafy tracks, we marvelled at nature's ability to reclaim a site that once produced toxic gas for use in warfare! Since 2008, Rhydymwyn Valley History Society has embraced the challenge of thrusting the area into the public eye, and TV coverage has certainly helped with marketing!

Nowadays, the site is accessible to RVHS members and pre-booked groups.

Whether you'd like to know more about walking in our lovely countryside and maybe discover a bit of history along the way, give our Club a go like my other half and I did over a decade ago.....

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

Maria Owen, Press Officer, Chester Rambling and Hill Walking Club

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:
www.chesterwalkingclub.com

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OUR ZOO

What's
happening
at Chester Zoo.

Chester Zoo 2019 Christmas Event



- Chester Zoo preparing to take visitors on 'The Great Christmas Expedition' through nine 'fantastical worlds'
- Tickets on sale now for winter festivities – featuring festive food, lights, illumination and performance
- Last year's The Lanterns received widespread public acclaim
- All funds raised from the event support the zoo's conservation projects in the UK and overseas

illuminated 'worlds', and much loved animal lanterns from previous years also on display.

Chester Zoo has released exciting new details about its annual Christmas event, The Lanterns.

Showcasing much-loved animal illuminations and characters from years gone by, visitors this year will journey through nine unique worlds as part of 'The Great Christmas Expedition'.

In a new underwater world, specially created for the 2019 event, visitors will dodge magical glowing jellyfish and meet a giant octopus.

Other worlds - never before seen by visitors to the event - will transport guests from a tropical dreamland to a night sky adventure, complete with new surprise lanterns.

The Lanterns at Chester Zoo will feature 'A Great Christmas Expedition' this winter, with visitors journeying through nine specially created



OUR LATEST NEWS & EVENTS

Jon Turley, Head of Guest Experience at Chester Zoo, said:

“This year, we’re inviting guests to join us on a great Christmas expedition!

“Specially created illuminated wildlife and animal characters will span nine different fantastical worlds on a new magical path through the zoo; each one different to the last. You’ll be transported to the bottom of the sea in an ‘Underwater’ world where you’ll be coming face to face with a huge octopus.

“Then you’ll make your way through a world of Tropical Dreams which will be a dramatic centrepiece to your evening, complete with new beautiful lanterns. Suspend belief as you take the Night Sky Adventure and travel through the clouds and stars, all under the moonlight.

“Finally, don’t forget to look out for Father Christmas who will be spreading festive cheer throughout the adventure!”

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

Proceeds from ticket sales help support the zoo’s work as a conservation charity, fighting to prevent extinction around the world for thousands of threatened species.

The Lanterns runs on selected dates from Friday 22 November - Monday 23 December 2019. Child tickets start from £5.50. Adult tickets start from £10.50.

For more information and to book tickets, visit: www.chesterzoo.org/lanterns



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If the landlord has failed to protect the deposit or has protected it yet not provided you with the relevant information then you can make a claim against your landlord to have the deposit returned. Additionally, you can ask the court for damages to the value of up to three times the value of the deposit paid.

If your landlord has failed to protect your deposit then they are not able to obtain possession of the property using S21 Housing Act.

YOU KEEP 100% OF YOUR COMPENSATION



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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AN *Elegant* HOLIDAY FEAST



There is no time like the holiday season to get together and make memories with family and friends. Nothing brings people together quite like an elegant meal featuring a standout main dish – an exceptionally prepared Entrée that pays true homage to the season and all that you celebrate. This focal point dish should not only look delightful, but needs to also be a masterful presentation of mouthwatering flavour to keep your loved ones gathered around the table.

Prime Rib Roast with Rosemary and Thyme au Jus

Serves: 10-14

Prep time: 30 minutes

Total cook time: 3 hours, 50 minutes

- 6 pound Steaks Bone-In Prime Rib Roast
- 3 tablespoons olive oil
- 1/2 cup Steaks Private Reserve Rub
- 5 carrots, chopped into 1-inch pieces
- 5 celery stalks, chopped into 1-inch pieces
- 1 medium onion, chopped into 1-inch pieces
- 1 1/2 cups red wine
- 3 cups low-sodium beef broth
- 1 1/2 teaspoons fresh rosemary, finely chopped
- 1 1/2 teaspoons fresh thyme, finely chopped

Thaw roast completely (3-4 days for 6-pound roast) in refrigerator before cooking.

Heat oven to 250 F. Remove roast from packaging and pat dry with clean paper towels.

Coat outside of roast with olive oil and liberally season with rub. Place carrots, celery and onion in even layer on bottom of large roasting pan to catch beef drippings.

Place roast in roasting pan on elevated wire rack. Sprinkle any leftover rub on roast to ensure a generous coating.

Roast until roast reaches an internal temperature of 125 F (for medium-rare), approximately 3 hours for 6-pound roast.

Remove roast from oven and let rest 20-30 minutes. Meanwhile, heat broiler to high, with rack positioned for roast to sit about 4 inches from heating element.

After roast has rested, place in oven under broiler, fat side up, about 5 minutes to brown roast.

Remove pan from oven. Remove wire rack with roast from pan and place on carving board. Skim fat from pan, if necessary.

Place pan on top of stove over two burners set on high heat. Add wine to pan drippings and cook over high heat until reduced by half, releasing drippings on bottom of pan with wooden spoon or whisk. Add beef broth and cook until reduced by half again.

Whisk or stir in rosemary and thyme. Strain out vegetables and pour au jus into serving vessel.

Slice roast and serve with au jus.



The Alyn Christmas & New Year 2019

*Christmas Fayre & Vegan Fayre menu
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What to do in the Garden in December

As Christmas approaches, our to-do lists don't often contain gardening tasks at this time of year. Luckily, you can take it a little easier this month without any risk to your garden; maintenance is the most important thing until spring. Of course, if you are looking to keep up the pace of your gardening, don't worry, there are still plenty of smaller jobs we can advise you to do.

Maintenance

Clearing borders of dead or dying plants helps create tidy displays, showing off those still in bloom. The spent debris makes a great soil improver for next year, so get it rotting down. Prune harshly to improve the shape of your trees and shrubs, look out for flaws such as split or broken branches, and make sure you cut them back so they are healthier next year.

Don't rely on bought garden compost; it's the perfect time of year to create your own. Keep any plant cuttings and kitchen scraps, mix them together and allow them to rot down ready to be used next spring.

Leaves and manure are great for creating an alternative to compost; leaf mould can act as soil coverage during those harsh winter months and manure can be rotted down and used to rejuvenate your soil with nutrients. If you're looking for something a little more natural, green manures like clover or rye are great for improving soil nature's way.

Mulch requires very little work, and is great for applying to the roots of established or flowering plants. Let earth worms do all the hard work; they will eventually drag and blend the mulch into top soil.

Don't let ivy be a pest; it may seem like any other climbing plant usefully covering your bare walls and fences. Unfortunately no matter how much you try and keep it in bounds, ivy always has a way of escaping! It has a habit of smothering other plants and annoying neighbors, so make sure you keep cutting back those escaping shoots or get rid of it altogether.

Be aware of pests and diseases, one of the most prevalent diseases this time of year is root rot. Stop root rot by placing pots in the rain shadow of a wall or fence and lift them off the ground on pot feet or large stones to let the moisture drain out. Prevent falling leaves from going near the base of your roses to stop the spreading of rose black spot. Take hardwood cuttings. Propagate a wide range of fruits trees and shrubs by taking hardwood cuttings from healthy plants in winter.



Protection

December is all about protection for your plants and garden wildlife. Protect ponds by catching any fallen leaves with a small net and trimming off any dying or tatty foliage so they don't pollute the water. You may wake up on those winter mornings to find your pond covered in ice, fish can withstand such low temperatures but can't survive if icebound. Float a tennis ball on the surface to stop ice taking over your pond and keep your fish and pond wildlife safe.

Wind can cause major problems, sometimes loosening plants causing disease to spread or making them become completely dislodged from the ground. When plants are loosened it forms a gap between them and the soil, allowing excessive moisture and frost to reach the roots. Check that newly planted plants are firmly back into place and reduce the height of overly tall plants will reduce wind rock. If you are extremely worried about some of your tender plants, the best thing to do is move them inside when the weather becomes more severe. The cold weather doesn't just affect your plants, don't let your containers crack as the frost starts to set in, wrap them with bubble polythene or fleece. If you have lots of containers pack them together and wrap protection around as a group. Your garden furniture is also at risk, cover furniture with polythene sheeting to protect it from becoming damp and possibly rusty.

Remember to replenish and add water for birds to drink. Watch out for bird nests when pruning. Many gardeners assume that birds aren't hungry when they look plump; birds actually fluff up their feathers to minimize the loss of heat from their bodies when they are seriously hungry.





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GET FIT AT A NEW WINTER THEMED FAMILY FUN RUN AND SUPPORT FAMILIES AFFECTED BY CHILDHOOD CANCERS – FROSTY 5K

The Joshua Tree children's cancer charity are hosting the North's first ever Frosty 5k this winter.

New for winter 2019/20 – Frosty 5k is a family friendly fun run with a chilly theme, from a snow-covered start line, to a sea of waving snowmen and a giant igloo of icicles, this fun winter run has it all, and it's heading for Marbury Park, Northwich, Cheshire on Saturday 18th November.

The Joshua Tree will be the first organisation in the North of the UK to host the event, which is family friendly and features four fun and festive interactive zones. All money raised from the event will go to The Joshua Tree to support families from across the North West and North Wales affected by childhood cancers.

The charity's Fundraising and Events Co-ordinator, Juliet Brazendale, said: "We're so excited to be the first to host Frosty 5k in the North. If ever there was an event to get you in the fit for the new year, this has got to be it. It's a fun winter run for all the family, but you can walk, run, hop, dance round the course, which is 2 laps of a 2.5k route, meaning any age can take part!

"With that in mind, we will be giving runners the option of completing one or two laps of a 2.5km circular course, so it's not too gruelling for little legs!

"Set in the idyllic Marbury Park, runners will be transported into a magical winter wonderland, running through a succession of interactive displays, including a cosy log cabin, a 15m corridor of waving snowmen, an icy fog zone and an 8m Arctic igloo lit up by icicles. All are welcome to come along and join in the festive fun while helping us raise funds for families affected by childhood cancers."

Entry to Frosty 5k is now open and you can sign up at www.thejoshuatree.org.uk/frosty5k

Early bird offer runs until Friday November 15%.

For more information, e-mail fundraising

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AutoReview

by **Tony Yates**

Keeping you motoring

Vauxhall Insignia Tech Line Nav Grand Sport 1.6 (136PS) Turbo D



When you think about buying a new car – you need to consider quite a few things before you decide to buy. For instance – is it fuel-efficient, and it does have satellite navigation; and does it come with plenty of space. Plus, will it last till the end of time. Of course, these are just a few of the things that go through a new car buyers mind – including; what will my bank account look like at the end of each month and what will all your friends & family think of it.

Well for once I am going to say; ‘who cares’ It’s your car so what does it matter what anyone thinks. Plus, I used to drive a Fiat Uno when I was young, and I spent most of my youth pushing the dam thing around. Saying that we ended up breaking down in some very odd places and that’s what made it more fun back then. Anyway, Let’s move on to this month’s review before I say something I might regret later about my youth.

Power and Efficiency:

My test car was fitted with a 1.6-litre turbo diesel engine that produces 136PS and a maximum torque value of 320Nm, making it incredibly good at getting a move on quite quickly – not bad then for a car that I consider to be quite large. 0-60mph also comes in at around 10 seconds and at a push it will return over 56mpg - it will honest! Max Speed is also up at 129mph. Of course, maybe diesel is not your thing anymore and you prefer to waste your time waiting for your EV to charge. Well call me picky, but when I want to go out, I want to go out. The thought of waiting around for hours to charge my main mode of transport does not appeal to me one bit if I’m being brutally honest.

On the road:

The Insignia handles well – but I feel it is not as much fun to drive as it could be - although the steering is direct which is one better than most. The Insignia also feels very well put together, the grip levels are also good, and the suspension has no

problem dealing with our ever-increasing poor road network of potholes and uneven surfaces. This car was also built as a mile muncher which is where it shines. It's also very relaxing to drive and the cabin noise is very minimal, even with a strapping diesel engine fitted.

Interior & Technology:

The interior is fresh, and all the buttons and dials are clear. The front seats have plenty of adjustment to them and feel well made and very comfortable. Rear legroom is also good, and the boot space is fantastic. I also like the wide boot opening - this will help facilitate getting a large item inside the boot a doddle.

So, what do you get in the form of goodies? Well, it starts with; a DAB radio with seven speakers, Driving Assistance Pack, front and rear parking sensors, cruise control with speed limiter, LED daytime running lights, LED rear lights, electronic climate control, ESP, six airbags, remote control central deadlocking with keyless start and 17" alloy wheels. This list has of course been trimmed down to fit the review, so don't worry, there is lots more I haven't even begun to tell you all about.



To sum up:

The Insignia has always been a decent buy. And now thanks to many upgrades over time, It's now modern, fresh and will easily handle a large family. Forget the days of this being a sales REP motor, because this is clearly not the case anymore. The Insignia is a decent car that deserves respect. If I was in the mood for a large car, then the Insignia would be on my list of the top three cars I should be looking at.

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A GUIDE TO SAFE WINTER DRIVING



Setting off to work in the morning can be an arduous task in winter. You often have to wait an age for the windscreen to defrost and clear, and even if you've scraped the ice from the outside, the inside seems to steam up the moment you get in.

Here are our top winter driving tips for keeping a clear view of the road ahead during the winter months:



1. Keep a bottle of anti-freeze in your car

Squirt it on the outside of the screen if it's frozen over in the morning, using a proper scraper (not a bank card or CD case) to wipe away any excess water or ice crystals.

2. Don't reach for the kettle

An important point here — DO NOT pour a kettle of boiling hot water over the windows in an attempt to melt any ice. The thermal shock (going from sub-zero temperatures to nearly 100 degrees Celsius in a matter of seconds) can crack your windows, leading to an expensive bill.

3. Use your heater

If the inside of your car's windscreen steams up once you're inside, turn your heater onto full force and full temperature,

setting the flow of air to the windscreen. Even if it's cold to begin with, it'll warm up and the air will help clear it. If you have electric heated front or rear screens, use these too.

4. Don't forget the air con

Moisture in your breath as you exhale can cause the windscreen to steam up — if your car has air conditioning turn it on to help remove some vapour from the atmosphere in the cabin.

5. Use the air outside

Although it might be tempting to keep the warm air in, set your vehicle's ventilation system to draw air from outside, this will again help in avoiding condensation build up.

6. Do not wipe

Don't be tempted to wipe the inside of the screen with a cloth. Although it might give you short-term relief it will leave marks on your windscreen, which could make it harder to see out of in the long run. Persevere with the heater — it shouldn't take long to demist.

7. Wait for it...

Finally, don't move off until your windscreen, rear screen, side windows and door mirrors are free of ice, snow or any condensation. Not only is it highly dangerous — it could mean you miss that car coming as you pull out of a side road. It's also illegal!





COMMUNITY NEWS

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CODE NATION FREE TRAINING COURSES CHANGING LIVES FOR CHESTER UNEMPLOYED



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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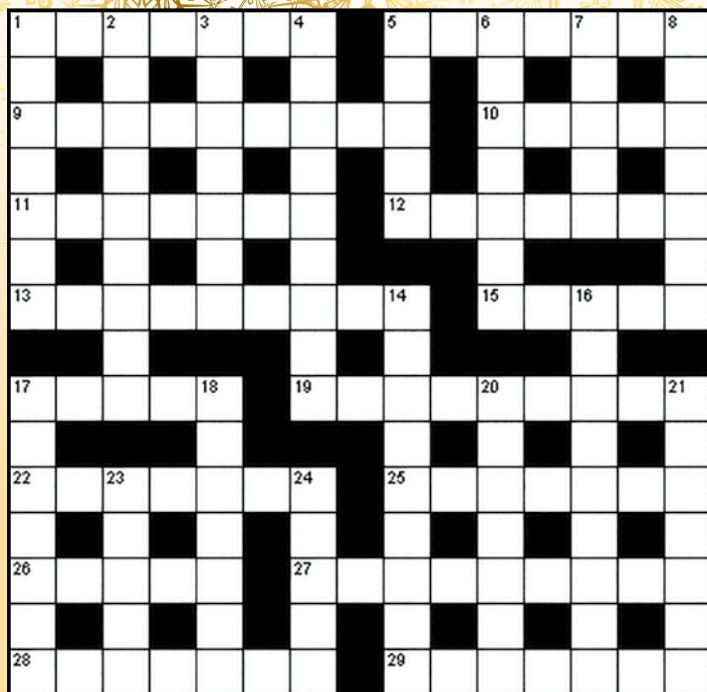
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PUZZLE CORNER



Quick Crossword Puzzle

Down

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

Across

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

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

Sudoku Puzzle

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

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

Difficulty level: **Hard**.

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

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It's the biggest night of the year, so celebrate the arrival of 2020 in style with our Champagne Reception followed by an exclusive 6-course dinner. See our advert on page 2 for more information.



Christmas & New Year 2019
The Townhouse Chester

**49-51 Lower Bridge Street,
Chester CH1 1RS**

Enjoy our parties at 1699 Bar & Brasserie is your Christmas gift... Intimate dinner to larger groups - relax and enjoy chef's talents. Fridays & Saturdays have the added delight of our resident solo act. See our advert on page 5.



10th December 2019
Ben Elton

**Storyhouse, Hunter Street,
Chester, Cheshire, CH1 2AR**

The legendary comedian, author and playwright heads out on a stand-up tour for the first time in 15 years.

Prices to be confirmed

12th December 2019
Winter Watch Parade

**Starts at Forum Shopping Centre,
Chester, Cheshire, CH1 2BY
19:00 - 20:00**

This spectacular event is based on Chester's 15th-century tradition of 'Setting the Watch', when the city leaders handed over the keys of Chester to the City Watch - the early police force - after processing around the city to ensure it was secure. The Winter Watch Parade combines colourful costumes and a collection of characters to provide a popular festive event. Celebrate Christmas



14th - 15th December 2019
**Cheshire Fashion Week
Show / Display**

**33 Northgate Street,
Chester, Cheshire, CH1
2HQ Tel: 01244 665811**

Join the CFW - Welcome To Rome Fashion Week theme Eager to reassert itself on the fashion map with landmark venues as the backdrop for this year's fashion experiences. Where you can enjoy a vibrant night with exclusive access to Cheshire Fashion...

14 Dec 2019 Open 05:00 - 09:00
15 Dec 2019 Open 05:00 - 09:00





Tel: 0151 336 6925



BUILDING

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

GLAZING

We are professional installers of windows, doors, bi folds and frameless glass extensions. Elliott Build & Glaze Ltd is a Fensa registered company and we are able to provide a 10 year insurance backed guarantee.

PLANNING

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

A family run business which has been built on recommendation



CUSTOMER RECOMMENDATIONS

Farrar - Greasby

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

Forshaw/Murray - Bebington

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

O'Mally - Meols

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

www.elliottbuildandglazeltd.co.uk

Email: elliottbuildandglazeltd@live.com



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



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