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MAGAZINE



JULY 2023
Issue 75

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Chester Zoo



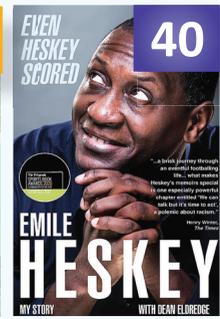
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Cover Photo: The River Dee



Dear Friends,
The end of the school year is upon us!

It is lovely to have the lighter nights, time to enjoy the garden, hopefully BBQ's with family and friends!

Enjoy a wonderful July and don't forget your sunscreen, we are having holiday weather at the moment!

Our magazines are all about promoting our lovely part of the country!

It is important that we use our local tradespeople and highstreet shops to keep it that way!

If you are in business and want to attract new customers, why not advertise with us and/or in our Love Wirral or Love Wrexham magazines, we offer affordable advertising in our popular publications - contact details are on our front page.

All our magazines are available online - as well as the answers to our puzzle page :o)

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. In Mexico, artists can pay their taxes with artwork.

2. Hiroshima and Nagasaki are not radioactive anymore mostly because the bombs didn't touch the ground but were detonated in the air.



3. A survivor of Hiroshima's atomic bombing went to Boston in 1951 and won the Marathon.

4. In 15 years of conquest, Alexander The Great never lost a battle.

5. In 1998, all 11 members of a soccer team in Africa were killed by lightning while leaving the other team unhurt.

6. With a mainland area of 1,073,500 sq miles, Argentina is the eighth-largest country in the world.

7. The name "Argentina" comes from the Latin word for silver, argentum. The original European settlers believed the country was full of silver.

8. The King James Bible has inspired the lyrics of more pop songs than any other book.



9. The 3 tallest statues in the world are of Buddha.

10. There is a pilgrimage site in Sri Lanka that is holy to four religions for a "sacred footprint": Hinduism, Islam, Buddhism and Christianity.

11. Cuba has one of the highest literacy rates in the world: 99.8%.

12. Cubans were prohibited from owning mobile phones until 2008.

13. The least corrupt countries in the world are New Zealand and Denmark, according to the Corruptions Perception Index.

14. Wherever you are in the state of Florida, you're never more than 60 miles from the nearest body of salt water.



15. In 1994, a 75-pound bag of cocaine fell out of a plane and landed in the middle of a Florida crime watch meeting.

16. Antarctica is the coldest, windiest, highest and driest continent on Earth.



17. Antarctica is about 1.3 times as large as Europe.

18. Brazil is defined as a "federal republic" composed of the Federal District, 26 states, and 5,570 municipalities.

19. Brazil was once called "United States of Brazil."

20. The Mosque of Paris helped Jews escape the Nazis by giving them Muslim IDs during WW2.

21. "Time" is the most commonly used noun in English.

22. Unlike many mammals, bears can see in color.



23. Nearly one tourist died every week in Hawaii, on average, from 2012 to 2015.

24. In China, over 35 million people still live in caves.

25. In Japan there are more pets than children.

26. Nearly 6,000 people per year get hurt or die in the UK after tripping over their trousers or falling down stairs while pulling them up.

27. New Zealand was undiscovered and completely devoid of human beings no more than 800 years ago.

28. Most of New Zealand's population of 4.5 million is of European descent. The indigenous Maori are the largest minority at almost 15%.

29. Frank Sinatra's mother ran an illegal abortion business from her home.

30. Japanese Trains are among the world's most punctual: their average delay is just 18 seconds.





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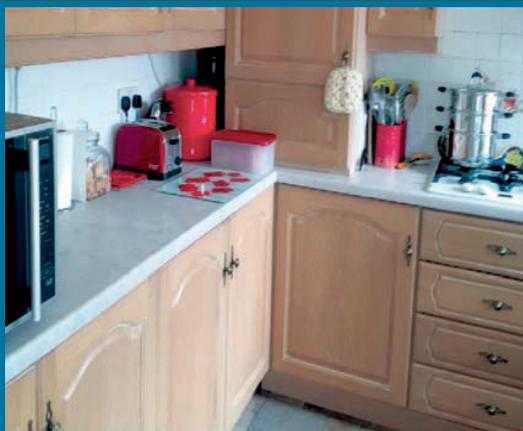
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HOROSCOPES FOR JULY

BY JAMES GRIFFITHS

Capricorn

You evolve at your own pace, you analyse opportunities before pursuing them, progress with new avenues opening and connecting with influential individuals.

Aquarius

Overcome obstacles and rejections find resources in unfamiliar energies. Take things step by step and reassure those around you.

Pisces

Jupiter offers opportunities for comfortable success. There is challenges, but use past experience to manage them. Take time to consider opportunities.

Aries

Focus on self-care. Entertainment and renewed friendships with good times and connections on the horizon, but practical matters may need attention.

Taurus

Improvements with concrete opportunities for love and projects. Embrace a glamorous lifestyle this month without worry of vanity.

Gemini

Conflicting feelings between confidence and discouragement may arise, but utilise relationships to reach your goals. Connect with friends and clarify your ideas to find solutions.

Sagittarius

You overcome obstacles, but Mars in Virgo on the 11th brings obligations. Lucky energies inspire genius and help you meet influential people.

Scorpio

Find clarity amidst tension. Potential to negotiate favourable deals. State your wishes confidently.

Libra

You achieve your goals, but there are obstacles. Adjustments may seem dull, but they'll lead to success.

Virgo

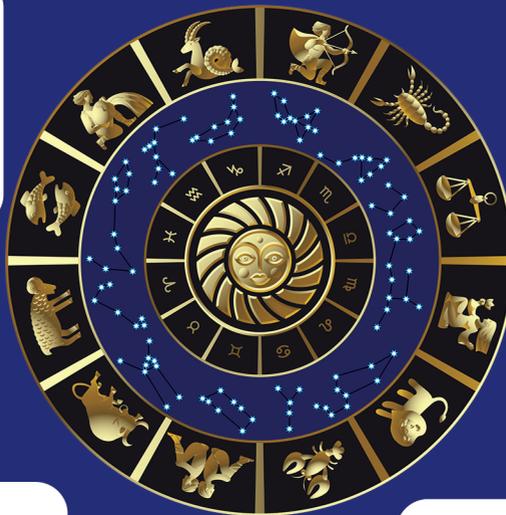
Opportunities for expansion and relationships can help you see clearly. Try to overcome fears and accept what is offered.

Leo

Boosts of self-confidence. Listen to others and don't defend ideas too aggressively. Find opportunities for evolution with wisdom.

Cancer

Jupiter and a lucky star bring stronger opportunities. Take risks and pursue ambitions to free yourself from hindrances. Taking action brings support.



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THIS MONTH'S HISTORY

This feature each month will give interesting facts from years gone by. See what you remember that happened in your lifetime.

THIS DAY IN HISTORY FOR THE MONTH OF JULY

3rd July 1996

It was confirmed that the Stone of Scone, the symbol of the Scottish nation taken by Edward I of England in 1296, was to be returned to Scotland from Westminster Abbey where it had been used in the coronation of 30 British monarchs.

Also known as the Stone of Destiny, is an oblong block of red sandstone that was used originally in the coronation of the monarchs of Scotland and, after the 13th century, the coronation of the monarchs of England, Great Britain and the United Kingdom. It is also known as Jacob's Pillow Stone and the Tanist Stone, and as clach-na-cinneamhain in Scottish Gaelic.

Historically, the artefact was kept at the now-ruined Scone Abbey in Scone, near Perth, Scotland. It was seized by Edward I's forces from Scone during the English invasion of Scotland in 1296, and was used in the coronation of the monarchs of England as well as the monarchs of Great Britain and the United Kingdom. Its size is 66 cm x 42 cm x 26.7 cm and its weight is approximately 152 kg. A roughly incised cross is on one surface, and an iron ring at each end aids with transport. Monarchs used to sit on the Stone of Scone itself until a wooden platform was added to the Coronation Chair in the 17th century.

In 1996, the British Government returned the stone to Scotland, when not in use at coronations, and it was transported to Edinburgh Castle, where it is now kept with the Scottish Crown Jewels.

The stone was transported to London for King Charles's Coronation, where he too sat on it.

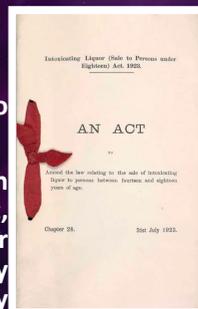
13th July 1923

The British parliament passes a law banning the sale of alcohol to under-18's.

Nancy Witcher Langhorne Astor was an American-born British politician who was the first woman seated as a Member of Parliament, serving from 1919 to 1945. She introduced the Intoxicating Liquor (Sale to Persons under Eighteen) Bill, the first Private Member's Bill by a woman to be passed and become an Act of Parliament. To this day alcohol cannot be sold to anyone under 18.



The Stone of Scone in the Coronation Chair at Westminster Abbey (photo c. 1875 – c. 1885)



18th July 1920

750,000 war dead were commemorated with the unveiling of a new national monument in Whitehall, London. The Cenotaph takes its name from the Greek words *kenos* and *taphos* meaning empty tomb.

Designed by Sir Edwin Lutyens, the Cenotaph is a work of great geometrical purity and sophistication. Its simplicity and austerity give it a universal quality, memorialising soldiers of all races and religions.

By the end of the First World War over 1,100,000 men from Great Britain and the British Empire had died in the conflict – every community and family sharing to some degree in the grief for those lost lives.

At an early stage in the war a decision had been taken not to repatriate any of the bodies of the fallen, but to bury them in war cemeteries near to where they fell. Furthermore, in the shocking intensity of the warfare on the Western Front, almost half of the fallen had simply disappeared. Many of the dead who were found could not be identified, and had to be interred anonymously.

None of the grieving families had graves to visit at home. Instead, across Britain and its Empire many thousands of war memorials were built in the post-war years, including private memorials to individuals, memorial crosses in parish churchyards, and municipal monuments in almost every town and city. Individual regiments and other military groups and formations built monuments to their dead, several of which are in central London. However, the Cenotaph in Whitehall has always had a pre-eminent place as the nation's main place of commemoration of its war dead.

22nd July 1946

Due to continuous rainfall Britain's wheat crop was ruined and as a result the government introduced bread rationing.

Announced by the Food Minister in the House of Commons the previous day.... It came as a blow to the morale of the British people; all throughout World War II bread was the one staple food item that had avoided being rationed.... Winston Churchill commented on the announcement as "One of the gravest I have ever heard of in time of peace".

The average daily allowance for an adult was just 9oz and this was to include bread, flour, cakes, scones and biscuits.... To compensate the meat ration was increased by 2ds worth per week.... This highly unpopular measure was to last for two years before finally coming to an end on the 24th of July 1948.



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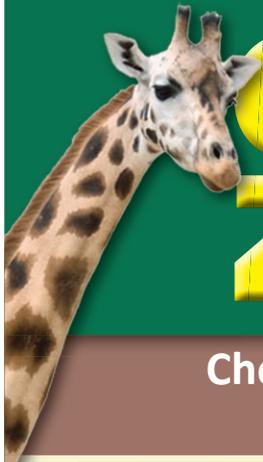


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OUR ZOO

What's happening at Chester Zoo.

Chester Zoo celebrates the arrival of a Sulawesi crested macaque baby



Cute, clingy and critically endangered. A rare baby Sulawesi crested macaque has been born at Chester Zoo.

Conservationists at Chester Zoo are celebrating the birth of a rare Sulawesi crested macaque monkey – one of the world's most endangered primates.

The new arrival, who is yet to be sexed or named, was born on 16 May to proud new mum Rumple and dad Mamassa.

In the wild the charismatic primates

face numerous threats including habitat loss as a result of deforestation, illegal logging and the expansion of farming land, as well as hunting and the illegal pet trade.



The species is currently listed as critically endangered by the International Union for Conservation of Nature (IUCN).

With fewer than 5,000 individuals estimated to remain in their natural habitat on the island of Sulawesi, and with numbers having plummeted by around 80% in the last 30 years, primate experts say that every birth in conservation zoos helps to safeguard the species.

Mark Brayshaw, Head of Mammals at the zoo said:

“Sulawesi crested macaques are highly sociable animals that live in large groups, and so the new baby is currently being passed around by mum Rumple to



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

several other females, who are all sharing parenting duties, which is great to see.

“Every birth is a step forward for the international conservation breeding programme that’s working to safeguard the future of this critically endangered species. It also provides an opportunity to learn more about their behaviour, biology and social structures, which all helps to inform the efforts to protect the species globally.

“These charismatic monkeys face a plethora of threats in wild. While illegal logging has seen their forest home disappear around them, they’re also targets for poachers. In their homeland, macaques are considered a local delicacy and are often the food choice for special occasions such as weddings. That’s why our conservationists have provided support to the local communities, while also investigating the main causes of deforestation, which all helps to protect the incredible diversity of animals living on the island of Sulawesi.”

Facts about Sulawesi Crested Macaques:

Scientific Name: *Macaca nigra*

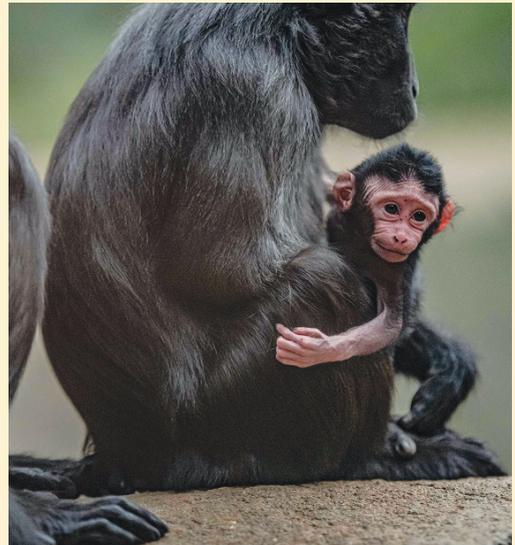
Conservation Status: Sulawesi crested macaques are listed by the International Union for the Conservation of Nature (IUCN) as critically endangered with extinction in the wild

Native Habitat: Indonesian island of Sulawesi where the species is the most endangered of the seven macaque species that live in rainforests on the island

Unique Features: Prominent tuft of hair on the head, known as a crest

Population in the Wild: There are thought to be fewer than 5000 macaques left on their native land, 2000 of which live in the tropical rainforest in north Sulawesi. This is a particularly important region for conservation

Threats in the Wild: Habitat loss, deforestation, palm oil plantations, hunting, and illegal pet trade



Do You Know

The zoo works with over 100 partners in more than 20 countries to recover threatened wildlife and restore habitats, including orangutans in Bornean rainforests, elephants and tigers in Indian grasslands, lemurs and frogs in Malagasy forests, rare fish in Mexican lakes and a host of species here in the UK!



John Dwyer
Police & Crime
Commissioner
for Cheshire

Funding boost to tackle stalking in Cheshire



Cheshire Constabulary's Harm Reduction Unit (HRU) is set to benefit from over £1 million in additional funding secured by Police and Crime Commissioner John Dwyer, allowing the unit to take a new ground-breaking approach to tackling stalking.

The HRU is a collaboration between police, health, probation and victim advocacy partners. It is responsible for protecting victims of stalking and bringing offenders to justice and seeks to prevent reoffending by changing offender behaviour.

The length of time it currently takes for stalking cases to work their way through the criminal justice system can lead victims to withdraw and prosecutions can collapse as a result. The extra funding will embed specialist stalking prosecutors within the HRU, who will work to speed up the process for victims and improve conviction rates. Cheshire will be the only place in the UK where specialist prosecutors work with the police and other partners in this way.

Police and Crime Commissioner, John Dwyer, said: *"Cheshire is already leading the way when it comes to tackling stalking, and this extra funding means we can go even further. By working in new and innovative ways, the HRU will be able to improve the quality and timeliness of the criminal justice system for victims."*

"Delivering justice for victims is a key priority in my Police and Crime Plan, so I'm delighted to secure funding which will enable the HRU to do just that. I want victims of stalking in Cheshire to be in no doubt that the police are here for you and will continually work in every way possible to seek justice for you."

A speedier process through the criminal justice system will mean victims are able to spend more time on recovering from their experience. Securing more convictions means the HRU will be able to place a greater focus on rehabilitating offenders too, reducing the risk to society in the longer term.

Detective Sergeant Dave Thomason from the HRU said: *"We are thrilled to announce the new funding for the Harm Reduction Unit, which presents us with an incredible opportunity to further strengthen our collaborative efforts. As an established and integrated multi-agency unit, we wholeheartedly welcome the chance to work closely with our partners in the criminal justice arena. This funding will significantly enhance our ability to bring offenders to justice, reduce recidivism, and most importantly, hold stalkers accountable for their behaviour."*

"Our 'whole system approach' from start to finish, complemented by the additional staff which will allow us to take primacy in investigating the most serious and complex stalking cases, will revolutionize our approach to tackling these crimes. With specialized investigators and enhanced support for victims, we expect to see a remarkable improvement in the quality and speed of our casework across the force more generally. This will directly translate into higher charge and conviction rates, ensuring that perpetrators are held to account for their behaviour."

"What truly excites us about this funding is the greater intervention options it offers, increasing the opportunity for behaviour change among some perpetrators. By intervening in what is essentially a pattern of repeated behaviour, we not only protect the victims who come forward but also safeguard potential future victims. This is a significant step towards creating a safer environment for everyone."

"With this funding, we are confident that the Harm Reduction Unit will become an even more formidable force, driving positive change in our communities. We are grateful for the opportunity to make a real difference and provide lasting protection to those who need it most."

Recent successful bids to the Domestic Abuse Perpetrator Interventions Fund have seen the total amount of extra funding secured by the OPCC exceed £13 million in John Dwyer's term as Police and Crime Commissioner, meaning every £1 spent on the OPCC budget has generated around £7.60 for policing, crime prevention and supporting victims.

It's vital to report every incident of stalking, no matter how small, to enable the police to build intelligence. You can report non-emergency incidents via 101 or online at www.cheshire.police.uk/ro/report. If you are in immediate danger, always call 999.

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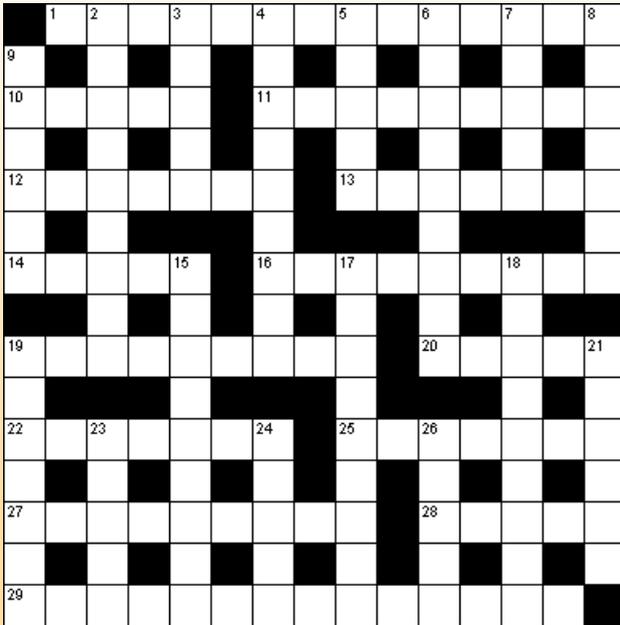
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Down

- 2 Arranger (9)
- 3 Nab (5)
- 4 Required (9)
- 5 Overweight (5)
- 6 Killers (9)
- 7 Ringworm bush (5)
- 8 Temporarily expel (7)
- 9 Worked the soil (6)
- 15 One who relies on another's support (9)
- 17 Encountered generally (9)
- 18 An abnormal condition of the lungs (9)
- 19 Dry (7)
- 21 Capable of killing (6)
- 23 Adult females (5)
- 24 Intelligent (5)
- 26 San Antonio fort (5)

Across

- 1 Dissenters (14)
- 10 Metal bar (5)
- 11 Glades (9)
- 12 Midday meals (7)
- 13 Raise up (7)
- 14 Confused (5)
- 16 Catch (9)
- 19 Plant adapted for limited water (9)
- 20 A type of floral leaf (5)
- 22 Reverses the tape to the beginning (7)
- 25 One who examines processes (7)
- 27 Not extreme in climate (9)
- 28 Sporting venue (5)
- 29 In accordance with fundamental law (14)

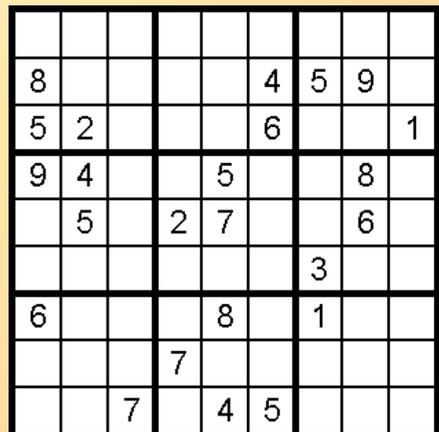
Sudoku Puzzle

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: Medium.



Solutions can be found on our website



Charity



Stuart Lyons & Michelle Walklett



WIRRAL CHARITY GAINS NATIONAL ACCREDITATION TO DELIVER BESPOKE AUTISM TRAINING TO CARE PROVIDERS ACROSS THE UK

A Wirral charity specialising in autism support has gained national accreditation for its bespoke staff training programme.

Bromborough-based Autism Together has seen its new course, titled the Autism Together Model (ATM), receive approval from the British Institute for Learning Disabilities (BILD).

BILD certifies that the needs of people with learning disabilities are properly understood and met, while ensuring the quality of related services are maintained to exacting standards.

This recognition means Autism Together’s course is now a viable alternative to existing training courses for staff working in care, offering a specific slant towards autism support.

The course does this by marrying the organisation’s existing methodology, known as the Together Approach, with a Positive Behaviour Support (PBS) philosophy to help understand how a person’s autism diagnosis and their environment can jointly impact on their behaviour.

Bromborough-based Autism Together was founded in 1968 and the charity currently employs around 800 staff, supporting over 400 autistic adults and many more autistic children and their families, through services across Wirral, Cheshire and North Wales.

Stuart Lyons is Autism Together’s Senior Behavioural Specialist and, alongside Autism Training & Advisory Service Manager Michelle Walklett, has pioneered this course and brought it to successful national accreditation in just two years.

Stuart says: “Our ATM course teaches staff that when an autistic person displays behaviours that challenge others, this is a valid attempt to get a need met when environmental barriers, skill deficits or communication issues are blocking the way.

“The benefit of the ATM course curriculum is that it enables staff to ‘join the dots’ of all the different aspects of autism and behavioural support, while promoting quality of life for people they support and gaining important approaches to use in their jobs each day.”

Autism Together believes there are further benefits in developing its own training model, in terms of increased organisational reputation, sustainability and growth.

The course and its accreditation should help further raise the organisation’s profile as a leading specialist autism support organisation with commissioners, inspectors, local authorities and peer organisations.

Michelle explains: “ATM will save the organisation over £13,000 a year in costs of external training resources and licensing, as we are now able to deliver everything in-house.

“What’s more, we will now have the opportunity to deliver to and licence other organisations to use the Autism Together Model, by accessing training directly from our charity.

“This training will take the form of 1 to 4 day courses, annual refreshers, train the trainers, trainer relicensing and course workbooks, enabling Autism Together to access a new funding stream to invest in future projects, with few overheads, as the workforce and resources required are already available to us.”

Autism Together plans to begin rolling out ATM training to other organisations from autumn 2023.

To find out more about the Autism Together Model, get the latest news or express interest in the training course, visit the dedicated ATM website: autismtogethermodel.co.uk.



Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Initiative to support care for vulnerable people shortlisted for national award



A digital tool designed to support care for autistic people and those with intellectual disabilities has been shortlisted for a national award.

Developed by staff at Cheshire and Wirral Partnership NHS Foundation Trust (CWP), the Dynamic Support Database - Clinical Support Tool (DSD-CST) has been shortlisted in the 'Future NHS' category of the NHS Parliamentary Awards. The awards ceremony will be held in London on Wednesday 5 July, the NHS' 75th birthday. The team will represent the north west in the category as the regional champion after five local MPs nominated the project.

The tool ensures data is constantly monitored for people who have been diagnosed with autism and people with intellectual disabilities and escalates their relative risk of admission to hospital. This importantly supports patient safety, helping to keep people well at home.

The tool uses a rating system, based on the latest best practice guidance and research, to ensure that people receive the best and most relevant support for their needs. It clinically prioritises people at risk of admission to hospital, ensuring that increased levels of support are provided to reduce the risk of a hospital stay.

Dr Ceri Woodrow, consultant clinical psychologist, CWP who has led the project said: "It is an honour to be nominated for a Parliamentary Award and I would like to say a very special thanks to the team behind the DSD-CST.

"Their amazing efforts will really make a difference to autistic people and people with learning disabilities, ensuring they receive the right care, at the right time in the right place".

The initiative has been recognised by the Parliamentary Awards as it has led to a range of improvements including; easy access to intensive support for people who need it, reduced the number of inpatient admissions by 80% and reduced the length of time in hospital, helping people to get home quicker and back to their normal lives.

The tool has also been recommended by NHS England and adopted by other areas of the country. These include local areas like Greater Manchester, but also stretch as far away as Dorset and Cornwall. It has been presented at multiple conferences to share good practice and is available, free of charge, for all NHS staff.

It also won 'Mental Health Innovation of the Year' in 2022 in the Health Service Journal (HSJ) National awards.

Tim Welch, chief executive, CWP said: "On behalf of everyone at CWP I would like to congratulate everyone involved in the Dynamic Support Database – Clinical Support Tool project.

"Their hard work and dedication to improving the lives of people in the neurodivergent community sets a very high standard for everyone working in health and social care.

"Ensuring we offer the best possible care to the communities we serve is the number one priority at CWP, and this project extends that philosophy to the whole of the North West and beyond."



Charity



Cheshire Horse Sanctuary Ltd

Cheshire Horse Sanctuary
The Six Acres
Picton Gorse Lane
Picton
Chester
Cheshire
CH2 4HA
07515 857082 / 07545216548

05/02/23

To Whom it may concern

We would like your help. CHS was established in 2015 to provide the accommodation and welfare requirement of equines needing support through no fault of their own. Our services to the equines are overall to find them a forever home. This is not always possible and due to certain ailments prevents them from moving on, however these ponies are still able to live a full and enriched life with our support.

Our dedicated team of volunteers help us to provide the care and attention they require. Through rehabilitation; some of our equines are able to assist CHS with sponsorship visits and pony parties that generate much needed funding to help with their needs and others in our care.

Our fundraising has no limits as we do everything, we can from annual car boot sales, annual horse shows and open days to help continue the work we do. Through fundraising we not only support the financial obligations required to help the horses but we give back to our community by offering volunteer days for families and people in need of psychological/emotional support. We provide educational opportunities to local high schools with their enrichment days and Duke of Edenborough achievement. We also support students from further and higher education with their course requirements.

However, with the best will in the world and with the current economic crisis as it is CHS is struggling to continue.

Any help you can give to support the horses would be gratefully received. We would welcome you to visit the sanctuary and be part of our volunteer network and offer your employees enrichment days at CHS to thank you.

We understand that everyone is in a situation of current financial consideration but hope that you can help us.

Yours Sincerely

MD Tracy Brewer

Cheshire Horse Sanctuary



Cheshire Horse Sanctuary Ltd; Established none for profit organisation June 2015. Company Number: 9650353
The Six Acres, Picton Gorse Lane, Chester, CH2 4HA.



RULES

by John Fowler

“What’s up, my old Porky Chops?”

“Just a minute, why do you call me that? Are you trying to belittle me, Oh Handsomeness?”

“The thing is, if you eat like a pig, you’ll look like a pig.”

“On that theory, with all this new fancy food you consume, you will soon look like an Avocado.”

“Look Tubs, I am on a special diet, like most footballers are on now. You should be on it. Your body is as swollen as a blind cobbler’s thumb.”

“Look, Bossman, I have heard a rumour that you are going to sack someone with a bad posture. I have got a hunch it must be me.”

“Enough of your daft jokes. How did you get on with that task I set you, to study all the Laws of the game, especially the offside rule with all this VAR nonsense.”

“Well, there are 72 laws or rules, so there is a lot to read.”

“What number are you up to?”

“I’m up to number 5.”

“What! You’ve had all week!

“There are some big words, your Handsomeness. But I have got some good news for you.”

“You’re retiring?”

“Oh, Mr. Debonair, you are so witty. I have come up with a training exercise for the lads to help them stay onside when VAR checks every inch of the body that could be over the line across the pitch.”

“Oh, Chubbs, you just keep on impressing me. I could recommend you take up a post with a very big European team.”

“I know who you mean, but I can’t speak Catalan.”

“Go on about this training routine.”

“I draw a line across the pitch in the foam the refs use, then I get the lads to stand on it, and then they have to bend their toes backwards so they don’t protude over the line, and so they stay onside.”

“Sounds a bit awkward, what’s the results been like?”

“Well, they are getting used to it, so next week I am going to try it with their boots on!”

Pablo looks to the ceiling in exasperation.

“Why me, Lord, why me?”





Community



CHESTER CATHEDRAL

Major piece of city estate to return into Cathedral's care



A partnership between Barclays Bank plc, Cheshire West and Chester Council and Chester Cathedral will see a major piece of the Cathedral's architectural heritage return into the Cathedral's care during the summer/autumn of 2023.

In 2021 the Cathedral initiated discussions with Barclays Bank and the local authority to investigate bringing the Cathedral corner currently occupied by the bank back into its care.

Despite its prominent location on St Werburgh Street, Chester Cathedral is difficult for city visitors and tourists to identify, with the Northgate frontage of the sandstone building strongly branded as Barclays Bank – the face of the building which faces Town Hall Square.

Not wishing to leave the city, Barclays Bank worked closely with the Cathedral and Cheshire West and Chester Council to identify new locations for the bank's revitalised high-street banking offer. These plans are now in place, with Barclays relocating to the Forum on Northgate Street and a second site in Abbey Square.

Dean of Chester, the Very Revd Dr Tim Stratford notes "I'm delighted that the Board of Barclays Bank were so receptive to the idea of returning such an important element of the Cathedral's fabric back into our care, and without any loss to the city – of service or employment."

Redevelopment of the wing will be the focus of an £11m project at today's prices – Project Discovery - which will seek to reconnect the Cathedral with the city centre and its communities, revealing the building and its contents to new and wider audiences and re-affirming its part in city life.

Joe Appleton, Customer Care Director for Barclays said: "By working collaboratively with Cheshire West and Cheshire Council and the Cathedral, Barclays has decided to re-locate from St Werburgh Street to two new prominent sites in the city centre that will continue to support customers with their banking needs whilst growing our local community presence.

"Barclays have operated in Chester for many years and as our customer needs evolve, it gives us the opportunity to reshape our physical branch offering to focus more on what our customers need today and in the future.

"No immediate action is required by Barclays customers and we will be in touch as soon as more details are available."

Councillor Louise Gittins, Leader of Cheshire West and Chester Council said: "Chester Cathedral presents not only spectacular architecture but also forms part of the very history of the city that continues to place us on the world map.

"This move and huge investment into the city is the latest example of how Chester continues to build confidence and maintain its position as both a highly desirable area for residents and visitors alike. The Council is pleased to have played an important part in Barclays relocation to a prominent location that will help enliven Town Hall Square since the closure of the Forum shopping centre. I'd like to wish the best of success to both the Cathedral as it starts on its Project Discovery and to Barclays Bank as it moves to its new home."

Work on Project Discovery is intended to commence in autumn 2023, and be substantially complete in 2028. Updates will be available on chestercathedral.com



Along the waterside

Members of Chester Rambling & Hill Walking Club certainly enjoy plenty of variety in their walking programme. On Sundays there's usually a choice of three grades of hikes on offer, including C walks in valleys and on lower hillsides, B walks up to the hilltops, and the craggy heights of Snowdonia for A-graders. Tuesday evening short summer walks have so far been enjoyed in pleasant weather, exploring countryside around Holt, Farndon, Saughall and Ashton Hayes. On Wednesdays we've been out and about across Cheshire too, the latest destination being the delightful village of Lymm, an area new to some of us.

Our leader, Pauline, had based this C walk on the Lymm Heritage Trail, adding stretches of the Bridgewater Canal, the delightfully named Spud Wood, and a circuit of Lymm Dam to bring our route up to a distance of 7 miles.

Originally, Lymm was an agricultural centre, focussing on the growth of fruit and vegetables, but the arrival of canals and railways in the 19th century changed the scene somewhat. Various industries, including basket-making, specialised iron-based production, textiles, gold-beating and salt extraction, took off here, relying on these new transport links to expand their business to Warrington, Manchester and beyond. These industrial endeavours are now a thing of the past, but relics from those times remain, providing points of interest to anyone passing through this now peaceful and attractive village.

From our car park near St Mary's Church, we walked into the village centre, where those of us who'd not visited before were rather wowed by its charm. Here, Slitten Brook forms a pool known as the Lower Dam, overlooked by pretty cottages. Ducks were quietly slumbering on the weir, where the brook tumbles down before flowing under a bridge. It's hard to pass such an enchanting spot without stopping for a moment or two.



From here, we walked past the weather-beaten Lymm Cross, perched atop a set of eroded sandstone steps. Our route took us into the wooded area of Slitten Gorge, where a slitting mill once operated. Here, iron nails were produced, and later, metal hoops for beer barrels. The remains of this mill can still be seen as you pass along Slitten Brook.

This brook is probably the reason that Lymm is so called, as the old English name '*Hlimme*' translates as 'place of running water'. The River Bollin also flows nearby, and since the 1850s, the Bridgewater Canal does too, so the name is very appropriate.

The canal's trade declined with the coming of the railways, though the line through Lymm eventually fell victim to Dr Beeching's axe in the 1960s. These days, both the canal towpath and the long-dismantled railway line form part of the network of footpaths around the village. These enabled us to lengthen our walk by including Spud Wood, which got its name because it was planted, only about 25 years ago, on the site of a former potato farm!

We left the towpath to rejoin Slitten Brook and followed a woodland footpath called The Dingle to bring us to Lymm Dam. Curiously, this dam has nothing to do with water storage. In 1824, a new turnpike road (now the A56) was built along the top of a specially constructed earth dam across the valley at the edge of Lymm. The brooks flowing through this valley formed a pool at the embankment, creating a large 'embryo' pool. We walked along the western bank of this now sizeable lake, crossing the impressive Crosfield Bridge at its southernmost end. From here, it was a short distance back to base.

Walking around Lymm, with its wealth of industrial history and enchanting waterways, is well worth the drive from Chester. Find out more about the area here: <https://lymm.com/about-lymm>

If you fancy discovering new walks in Cheshire, North Wales and beyond, then joining a hiking group with experienced leaders could be the way to go! We have a choice of 2 - 3 grades of walks, 7 - 10 miles long, most Sundays: C's involve up to around 1,000ft of ascent, B's up to 2,000ft, and A grade walks tackle the higher crags of Snowdonia. We are also out every other Wednesday for a hike of 7 - 8 miles, and in summer we offer short Tuesday evening walks.

We are a very friendly group and new members are always warmly welcomed. Whatever your walking ability, if you love the outdoors and fancy meeting like-minded folk, dig out your boots and join us!

Our website is currently being overhauled, but you can still visit: www.chesterwalkingclub.com to find out more about us.

Joining details can also be obtained by emailing chesramclub@yahoo.com

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





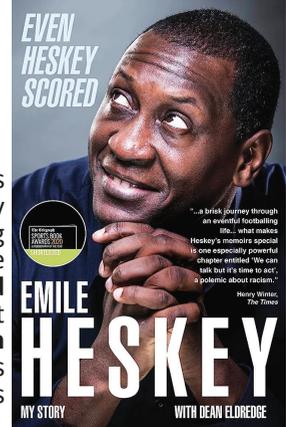
Creating Great Things from Humble Beginnings

My Story

Author - Emile Heskey with Dean Eldredge

Publisher - Pitch Publishing Ltd

The key feature of a number of current television programmes is to **help others to "triumph over adversity"**. In addition, many individuals gain confidence and motivational skills from reading how individuals, and on occasions communities, overcome hardship by tenacity and grit. **My Story by Emile Heskey and Dean Eldredge** is an all embracing "blow by blow" account of **his journey from "humble beginnings" to stardom as an outstanding, trophy winning, professional footballer** for clubs including Leicester and Liverpool. In addition he gained 62 caps for England



Throughout the text, Emile comes across as an individual who shelters from "grabbing sensational headlines". This is evident as he recalls his time at Leicester in the "rip roaring" 1990s and his successful partnership at Liverpool with Michael Owen. There is no arrogance within his recollections, as he recalls his interactions with his team mates at many clubs, particularly Leicester and Liverpool. As Martin O'Neill highlights within an impressive foreword, **Emile fulfilled his boyhood ambition by becoming a top class player at the very highest level.** He talks with pride of playing for top class sides, experiences "that never leaves your heart". **His personal generosity was shown when he donated a considerable sum of money, some reporters say £100,000, to help Leicester when they were in financial difficulties.**

Readers may well consider it unfortunate that **the co-authors, who discuss in an excellent style the problem of racism in the chapter "We Can Talk, But It's Time to Act"** avoid in depth analysis of some key points made within the text, which highlight additional key issues impacting upon the mental well being, personal development and long term health of players of all ages. For example, **he highlights the personal skills of managerial and coaching staff such as Martin O'Neill, John Robertson, and Gerard Houllier, which he contrasts with the "shouting style" of Phil Thompson, who would sometimes "go over the top"**. Emile questions the attitude of some coaches in the 1980s and 90s in the way they spoke to young players. He notes that the "effing and blinding" had a negative attitude on some of his friends, but fortunately he took the attitude it could go in "one ear and out the other".

The authors comment on the "drinking school" at Leicester City and that "these boys could put it away", but come training and match day they would be on the ball. This raised a number of issues that, unfortunately, are not addressed. Evidence from other clubs during this period was that the heavy drinking of dominant characters in the dressing room could negatively influence other players in terms of "social/group bullying". It is disappointing that the authors fail to reflect on the extensive research indicating the "positive influence" of foreign players with regard to changing attitudes to "diet and excess alcohol" alongside counselling and more extensive physical testing of fitness levels.

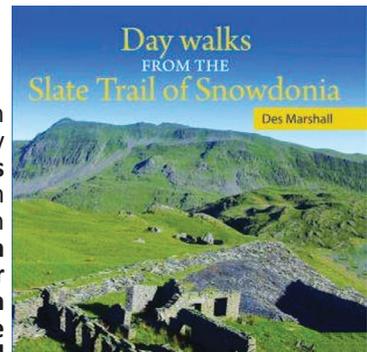
Currently, considerable attention is focussed on the impact of heading the ball on the mental health of players who have retired from the professional game. The issues of players "playing through injury" or receiving medical "support" such as cortisone injections is raised within a short paragraph by the authors. Emile focuses on the power of Steve

Walsh at Leicester, "You couldn't bully that guy, he was made of granite". **However, the authors note that Steve Walsh took injections and tablets just to get through the "pain threshold" to keep playing. It is emotionally distressing to read the authors comments that "the guy struggles to walk or bend down nowadays".** He attributes the accumulation of problems to the "level of sacrifice he put in for the cause". It is disappointing that no reference was made to reflect on the limited specialist injury advice available and the resultant impact on the lifestyle of players following retirement.

This eye opening text raises a number of issues which players such as Emile have endured "in silence". **Emile comes across as a generous, yet humble person, who was frequently not given credit for his contribution to the "team effort" and the "goals he created for others" becoming in many ways, an "unsung hero".** His personality is exemplified when he expresses his gratitude to the "generations who fought hard to create a better life for us" and displays his love for his present family who inspire him to always do his best. **Well worth reading.**

Day Walks from the Slate Trail of Snowdonia **Author - Des Marshall** **Publisher - Llygad Gwalch Cyf**

The area of Eryri (Snowdonia) is full to overflowing with natural beauty alongside evidence of manual toiling by workers in the slate industry. **Des Marshall's "Day Walks from the Slate Trail of Snowdonia"** has produced an exhilarating and stimulating range of 17 walks based on the slate quarrying area of Eryri(Snowdonia). **In addition to detailing the walks, the author enlightens the reader regarding the formation, extraction and use of Welsh slate. He emphasises how roofing slates from the Snowdonia quarries were regarded as the finest and most durable in the world and created a major industry in the remote highlands.**



The Slate Trail of 17 walks is overall, an 85 mile long path, which transverse the seven main slate areas of North Wales, including the Ogwen Valley, Dinorwig, Nantlle, Cwmystredlyn, Cwm Pennant, Blaenau Ffestiniog, Abergynolwyn and Aberllefenni. The main period of quarrying was from the early 18th century until the early and mid 20th century. Thriving towns and villages such as Bethesda, Nant Peris, Llanberis, Nantlle, Blaenau Ffestiniog, Abergynolwyn and Corris were dynamic communities rich in culture and the Welsh language with over 18,000 men employed in the major quarries. In addition there were over 500 smaller mines and quarries, many in isolated areas, linked by paths between villages and hamlets, which form the basis of this spectacular "Slate Trail"

The walks start with the "majestic" Chwarel y Penrhyn (Penryn Quarry). This quarry was infamous as the scene for the longest industrial dispute in British Industrial history, lasting for three years from November 1900. The dispute exposed how the Quarry owners paid the workers minimum wages, failed to improve conditions of working and attempted to undermine the natural Welsh language by appointing monoglot English speaking managers. The route taken enables the reader to appreciate the outstanding features of Pen yr Ole Wen, Glyder Fawr, Glyder Fach and Mynydd Perfedd. Des Marshall's ability to intertwine key aspects of social history with details of the walk alongside outstanding photographs are an illuminating features of the text **This initial walk is a "pleasant introduction" to the natural beauty of the area and recognises the contribution of the "Zip World" projects to re-generate employment in the areas around Bethesda, Ogwen and Penrhyn.**

Walkers of all abilities will be amazed at the beauty of the area whilst respecting the

physical toiling and poverty that communities endured to make slates. **It was the strength of their community activities based on their Welsh language, rich culture of music and literature and non conformist chapels, which enabled them to "create great things from humble beginnings". Des Marshall poignantly notes when walking the Dinorwig Quarry, "it beggars belief that everything seen on the spoil heaps has been put there by human endeavour.** In this respect Readers may well be emotionally disturbed or chastened by the Memorial to the Quarry workers (Cofeb y Chwarelwyr).

This is a truly outstanding book which opens up pathways for walking and extending insight and awareness of the impact of social history within areas highlighting the tenacity and grit of the working people to create success from humble beginnings. **Des Marshall brings each walk alive with historical and cultural asides which are enhanced by outstanding photographic evidence. A great handbook for walkers at all levels.**

About the reviewer

John T Morris BA(Hons), MEd, MPhil, DipPsych, CertEd.

John taught physical education in an Inner London secondary school and fitness at the Middle Row Boxing Club. On moving to Wales, he was headteacher of three specialist centres for young people in North Wales, fitness and weight training coach in Queens Park Wrexham, fitness coach at Wrexham RFC and with the WRU. John was consultant adviser on addressing motivation and mindsets in schools in Birmingham, Walsall, Salford, Bedfordshire, Cardiff and Ceredigion, and a range of colleges of FE, across England and Wales



Community

MY MATE

BY JOHN FOWLER

Where are you this morning? Hiding in a tree?

You know I can't spy you, but you can see me.

I can feel your presence, It really lifts me up.

Metaphorically speaking, we drink from the same cup.

When I go into my garden, I know that you are there,

You always keep your distance, but I feel you really care.

I wish that I could hold you, for a time or two.

But you stay about a yard away, I guess that's what suits you.

You show warmth, but elusive, and never too downtrodden

You are someone I can talk too, My mate ---- Mr Robin.



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