

Link

December 2024 — January 2025



Merry
Christmas
and a happy
New Year,
from all
at the Link



Please give to St Boniface
to maintain this beautiful
church building

A magazine for the parishes of
Bunbury and Tilstone Fearnall



Follow Bunbury Church on Facebook



You are invited to

Advent and Christmas

Services in the parishes of
Bunbury and Tilstone Fearnall

Sunday 1 December

Christingle Service at St Boniface at 4:00pm
in aid of The Children's Society

Sunday 8 December

Carol Service at St Jude at 3:00pm

Sunday 15 December

DIY Nativity and Sunday Brunch at St Boniface at 10:30am
Advent Evensong at St Boniface at 6:00pm

Wednesday 18 December

Carol Service at Calveley Chapel at 7:30pm

Sunday 22 December

Carol Service at St Boniface at 6:30pm

Christmas Eve

Crib Service at St Boniface at 4:00pm
Christmas Communion at Calveley Chapel at 7:30pm
Midnight Mass at St Boniface at 11:30pm

Christmas Day

Christmas Communion at St Jude at 9:30am
Christmas Communion at St Boniface at 10:30am



www.stbonifacebunbury.org

Who we are

TIM HAYWARD - Vicar

St Boniface, St Jude, Calveley Chapel
01829 261511

revtimhayward@stbonifacebunbury.org

Associate Minister

Rev Claire Wilson

claire.wilson@stbonifacebunbury.org

Parish administrator

Kay Carson

parishadmin@stbonifacebunbury.org

Pastoral team leader

Amber Middlemiss

01829 261437

amber.middlemiss@stbonifacebunbury.org

St Boniface

Churchwarden

Sean Augustin-Wood

sean.augustin@stbonifacebunbury.org

Vice-Chair

Elaine Crotty

elaine.crotty@stbonifacebunbury.org

Treasurer

Yvonne Wood 01270 528442

Secretary

John Mason 01829 733971

St Jude's

Churchwardens

Elizabeth Marren 01270 528556

Mike Lightfoot 01829 732611

Organist

Ann Badrock 01829 260343

Calveley

Churchwarden

Sean Augustin-Wood

sean.augustin@stbonifacebunbury.org

Secretary

Yvonne Wood 01270 528442

The Link

Please contact us to advertise your business or to send us your news, views and pictures.

Advertising:

parishlinkads@stbonifacebunbury.org

Editorial:

Elaine Crotty
t: 01829 260648 or 07860 128427

parishlinkeditor@stbonifacebunbury.org

Graphic design:

Kay Carson

You can also read The Link online at:

www.stbonifacebunbury.org

Community news

Congratulations to Lisa and Graham Clarke on the baptism of their daughter Amelia Anne on 29 September at St Boniface.



Congratulations to Emma and Adrian Larkin on the baptism of their son Thomas James Michael on 20 October at St Boniface.



St Jude — The names of those of the parish lost in both world wars were read out and a wreath laid on behalf of the congregation by Mr Ian Mullock. Other wreaths were laid on behalf of Tiverton and Tilstone Fearnall Parish Council by Mrs Heather Lightfoot and on behalf of the WI by Mrs Diane Davenport.

The St Jude annual carol service will be on **Sunday the 8 December at 3:00pm** followed by refreshments. All welcome.



Bunbury WI meets on the **second Thursday of the month** at Bunbury Playing Fields Pavilion at **7:30pm**. At the November meeting members enjoyed a quiz. Our Festive Lunch is at The Dysart on **5 December** followed by a Christmas Social at the Members Meeting on **12 December**. New members and guests are warmly welcomed. Note there will be no meeting during January 2025. For more information contact Lynda Davies 01829 863781.

St Boniface's Pop-up Christmas Choir rehearsals for our annual Carol Service on **Sunday 22 December at 6:30pm** will take place on Saturday 7, 14 and 21 December between 10:00am-12:00pm at St Boniface. All welcome.

The Rain or Shine Theatre Company presents Murder Most Vile at the Bunbury Village Hall on 7 December at 7:30pm. See page 13 for more details.

Decibellas Christmas Concert will be at St Boniface church on **Saturday 7 December at 7:30pm** with Christmas songs and audience participation carols, as well as a bucket collection for the local dementia support charity, Snow Angels. It will be a festive treat. See page 8 for more details.

The Bedazzled Exhibition within the Lady Lever Art Gallery at Port

A word from the editor

The Link editorial team would like to wish everyone a Happy Christmas. Thank you to all those volunteers who deliver the Link. You know who you are!

Our next issue is February which seems ages away, but I am sure it will come around quickly. Can I thank all those who contribute to the magazine and anyone who has any ideas for articles please contact the editor.

Please don't forget the foodbank box in front of the village hall. Donations no later than 15 December to allow the box to be emptied in time for Christmas and then given to those in need.

My email is parishlinkeditor@stbonifacebunbury.org



Sunlight (CH62 5EQ) is definitely worth a visit. The exhibition runs from the **26 October to 26 January 2025 from 10:00am to 4:00pm**. The gallery is closed on Mondays. There is a display of fourteen items of women's clothing from the 1920s to 1980s. Nine items, all jackets, belonged to Leila Potter, a well-known member of the village who lived for many years at Foxdale. After visiting this small exhibition there are some interesting pre-Raphaelite paintings to view and a friendly cafe in the basement.

Mike and Carole Ridley have asked us to mention an article in londonnewsonline.co.uk by Claudia Lee on the Lambeth Stroke Peer Support Group in which Steve has been a participant following his stroke. Steve, Carole's and Mike's son, is quoted as saying: "(But) with the group you realise you are not the only one out there. You are not on your own." We wish Steve a full recovery and recommend the online article: "You realise you are not alone": Hospital encourages stroke survivors to join support group".



Please turn to page 15 to read special Christmas messages from Link readers

The copy deadline for the February issue is Friday 19 January. The magazine should be delivered from Saturday 27 January. Please send notices to parishlinkeditor@stbonifacebunbury.org



The greatest gift waiting to be unwrapped

Apparently, you can tell a lot about a person by what character they performed in their school nativity play. A good friend, captain of the cricket team and straight-A student and now CEO of his own company, was, of course, a king. I was a donkey and an innkeeper. Make of that what you will. It's doubly annoying now to consider that a donkey might not have even featured in the nativity story at all. There probably wasn't an innkeeper, or even a stable. The gospels make no reference to any of these things, what we know of as the modern nativity play is a layered account, richly combining truth and myth with tradition.

Thankfully, this has no effect on the children in schools up and down the land, who sit amidst a menagerie of barnyard creatures in a cardboard stable and sing about Mary riding a Little Donkey. Does it matter if nativity plays or scenes aren't strictly accurate? Jesus wasn't born amidst bomb damaged debris either, but there's still something painfully symbolic about the Lutheran church in Bethlehem who last year placed their baby Jesus in the rubble of a destroyed building. It was a powerful and poignant act, which silently declared: God is with all those who suffer. A pledge of hope and a whisper of peace.

Accuracy doesn't seem to be important when I'm sitting in a hall so hot I'm sweating, my bottom squashed into a tiny plastic chair, craning my head to see my child give the best ever performance of a sheep or a midwife that there ever was. I can barely hear them over the screams of the baby two rows back, nor see them through the iPad being held aloft by a 6-ft dad blocking my view.

And yet...I can just about see a tiny Mary, and my daughter, the midwife, cradling a plastic Jesus, their faces alight with utter pride and wonder, and I feel again the enchantment of God. This touching, innocent retelling of the birth of Jesus renews my faith like no theology textbook has ever done. I come away feeling like it really is the most special story ever told and that's why I never tire of hearing it.

It's a wonderful thing that thousands of small children will up and down the country this month re-enact this most timeless of all tales, and even if the details aren't exactly as they were, one detail remains true: Christ is still in the manger, swaddled like a gift, waiting to be unwrapped.

Remembering Si Lees-Jones

It was with great sadness that we announced the untimely passing of our churchwarden and friend last month. There were many stories about Si in his moving and remarkable eulogy; we have had to edit it, but I hope we've kept the picture of Si the man. EC

Si took life and shook from it every ounce of enjoyment. And he shared that enjoyment with everyone he knew. He kept fresh the childhood joy of seeing opportunity in every new day, and in that opportunity, there was fun, laughter and invariably, the chance for mischief. Elegant, athletic, intelligent, loving and kind. Husband to Chrissie, beloved father to Lara and Tess. Son of Richard and Di. Brother to Will and Anna. Friend to more people than could ever fit into St Boniface. He has left us bereft but celebrating a remarkable man who gave so much more than he ever received.

Si loved people. He would listen, make us laugh and realise how important it was, to have fun and friendship in our lives.

And in these past twelve months, he showed us how to die. Surrounded by love. The capital he had amassed through a lifetime of loving others. Accepting his leaving and taking the same enjoyment from sharing a tale, a smile, a laugh. Inspiring everyone who saw him, but leaving us all with a lump in our throats as we drove away.

He was a magnificent opportunist in business. He had confidence in his own judgement and his enthusiasm brought others along with him. He knew within a minute of walking into a pub what the potential was. He could look at a brownfield site behind the Bridgewater Hall and sell their single most expensive investment concept to the board of JW Lees. The Rain Bar won best new pub in Manchester and best pub design in Britain.

Rev Tim said: "He wore his competence lightly". He had a knack of being in the right place at the right time because he was always somewhere other than his desk.

At school he always did just enough work to pass the exams but never too much to be put in the scholarship class. I don't know what he did at Cirencester, but he said he couldn't remember either. At school there were other things, things just as valuable for learning, to be done besides schoolwork.

The same was true in the office. When he said he would be working a three-day week because of his other commitments, his Uncle famously remarked "I'm so glad we'll be seeing more of you Simon". His optimism and imagination were infectious, and the Lees Board would find itself carried along because, as well as his charm Si had a brilliant mind in which they trusted. It was rare that they reappraised his valuation.

In 1991, when driving through Morocco in Jonathan Waterhouse's works van with friends, Si and I were standing on the tailgate with the back doors open, holding on to the roof. We were pulled over by a visibly upset policeman who asked,



"Would you do this in your country?" "No, Officer" replied Si, "That's why we've come here."

Si loved the countryside with a passion and especially his home on Anglesey. It is a landscape he has reshaped and conserved, and it will continue to reshape as species long absent, reappear in the wetlands and hedgerows, the tens of thousands of trees he has planted become woods filled with wildlife. He has built the sort of shoot that he knew was the future of shooting. A handful of partridge flying fast over hedges, pheasant, clouds of snipe and flighting duck. Everything in balance. Views over Anglesey and a shining sea.

Since the death of his beloved mother Di, Si spent more time at St Boniface Church and a few years ago was asked to be a churchwarden. His faith was important to him.

The treatment Si received from The Christie was exceptional. So too, the support given to them both at Maggie's Centre, making so much difference to what is undoubtedly a lonely and painful time.

Although Chrissie, Lara and Tess have been surrounded by the love and help of friends, nobody could step in and take their place. Supporting Si and holding her family together, Chrissie has inspired everyone.

Si's bravery, his humour, his resilience to set-backs and his hope, came from an unshakeable self-belief. Anyone who can shoulder ectodermal dysplasia, the isolation, pain and discomfort as a child, has gone through an experience that most of us cannot imagine. Si took that experience and, with the love of his family, his nurses and young friends, forged a character built on love.

At his birth, it being the 1960s, the doctors said his chances were slim. He was cared for by the nurses of the Duchess of York Hospital for Babies and he survived. Si stayed in touch with his nurse, and when he invited her to his 21st birthday, she gave him a pen holder. Set into the oak base is her enamelled nurse's badge.

Si was not flawless. Far from it. It was the flaws, as well as his empathy, his humour, his integrity, his concern for others and curiosity in what they believed, his generosity not just as a host but with the time he gave to all of us, his smile and the twinkle in his eye, which made every trouble in the world disappear, his spirit of adventure, his mischief, his healthy teasing of authority, his creativity as a countryman, his unique way of dressing — pink shorts and a tweed jacket, which just seemed to make sense when worn by Si, his loyalty as a friend and his devoted love of his family made him the man that he was.

Church diary for all our churches

December		
Sunday 1 December	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion 11:30am Holy Communion 4:00pm Christingle	St Boniface St Jude St Boniface Calveley St Boniface
Wed 4 December	10:00am BCP Communion	St Boniface
Sunday 8 December	9:30am No service 10:30am Morning Worship 3.00pm Carol Service	St Jude St Boniface St Jude
Wed 11 December	10.00am BCP Communion	St Boniface
Sunday 15 December	9.30am BCP Communion 10.30am DIY Nativity and Sunday Brunch 6.00pm Advent Evensong	St Jude St Boniface St Boniface
Wed 18 December	10.00am BCP Communion 7:30pm Carol Service	St Boniface Calveley
Sunday 22 December	9.30am Morning Worship 10.30am Holy Communion 6:30pm Carol Service	St Jude St Boniface St Boniface
Tuesday 24 December	4:00pm Crib Service 7:30pm Christmas Communion 11:30pm Christmas Mass	St Boniface Calveley St Boniface
Wed 25 December	9:30am Christmas Communion 10:30am Christmas Communion	St Jude St Boniface
Sunday 29 December	9.30am Morning Worship 10.30am Morning Worship	St Jude St Boniface

January		
Wednesday 1 January	10:00am No service	St Boniface
Sunday 5 January	8:00 BCP Communion 9.30am Morning Worship 10:30am Holy Communion and Forest Church	St Boniface St Jude St Boniface
Wed 8 January	10:00am BCP Communion	St Boniface
Sunday 12 January	9:30am BCP Communion 10:30am Morning Worship 11:30 Holy Communion	St Jude St Boniface Calveley
Wed 15 January	10:00am BCP Communion	St Boniface
Sunday 19 January	9.30am Holy Communion 10.30am Sunday Brunch 6.00pm Evensong	St Jude St Boniface St Boniface
Wednesday 22 January	10:00am BCP Communion	St Boniface
Sunday 26 January	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wed 29 January	10.00am BCP Communion	St Boniface

Our prayers (from St Patrick's Breastplate)

We bring to God the places where we live, the people we meet, and the ways we spend our time, that God may be glorified, and Christ revealed, in all we are and all that we do.

Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me.

Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

Amen.

Bunbury School news



On Monday 4 November Bunbury Aldersey CE Primary School was delighted to open as Bunbury Aldersey Primary School and Nursery. The newly refurbished room has been designed to provide an enriching, nurturing, and safe environment for children at the start of their educational



journey. Located within the school in the room previously occupied by Early Birds Pre-school the nursery is now officially welcoming little learners as young as two to join its vibrant community.

The new nursery is a significant milestone for Bunbury Aldersey, marking a commitment to supporting families and fostering early childhood development in a setting that is both stimulating and



compassionate. The school has long been known for its dedication



to excellence in education, and the nursery is no exception, offering a carefully crafted curriculum that promotes creativity, social skills, and academic curiosity.

Our goal is to lay the foundation for a lifelong love of learning. This nursery will provide children with the opportunity to grow, explore, and develop in a supportive and caring environment.

The new nursery features all early years' areas of learning, play zones, and interactive learning tools to engage children's imaginations and creativity. Each space has been thoughtfully designed to meet the developmental needs of young children, with areas dedicated to play, exploration, rest, and learning.

The nursery's curriculum has been carefully developed to ensure that each child's individual needs are met. With a focus on early literacy, numeracy, and emotional development, the program encourages children to explore and learn at their own pace, with activities designed to stimulate cognitive, social, and emotional growth.

As the nursery welcomes its first group of children, the school is already looking ahead to future developments and hopes to be able to offer wrap around care for families from Spring 2025. The opening of the nursery is just the beginning of an exciting new chapter for Bunbury Aldersey, and the team is eager to continue supporting young learners and their families for years to come.

For more information about the nursery or to register your child, please visit the nursery's webpage or call Bunbury Aldersey CE Primary School on 01829 260524. <https://www.bunburyaldersey.cheshire.sch.uk/class/nursery>

This new addition to the school not only marks the beginning of a new learning journey for children, but it



also highlights the importance of early childhood education in shaping well-rounded individuals for the future. With its modern facilities, talented staff, and commitment to individualised care, Bunbury Aldersey Primary School and Nursery is ready to inspire the next generation of learners.

*Nic Badger
Principal*

Young people at St Boniface

A year to remember

It's been an amazing year for the young people at St Boniface, with so much happening to bring everyone together, have fun, and grow in faith.

Forest Church has gone from strength to strength, with over 60 families involved. It's a great chance to get outside, enjoy nature, and think about what it teaches us about God. This year, we had a very special visitor — the Archbishop of York, Stephen Cottrell, came to see what Forest Church is all about after hearing such great things about it. It was an inspiring



moment for everyone involved and a real recognition of this growing ministry. We've also been running sessions at Bunbury School every half term, sharing this unique experience with even more young people.

Our Living Out Loud youth band has had a fantastic year. The group continues

to grow in numbers and talent, and with the addition of a drummer, rehearsals have never been more dynamic! And there's more to come — we're about to welcome an electric guitarist into the band, which is sure to add even more energy to their music. The band, made up of young people aged eight to sixteen, picks their own songs to lead in worship, making it truly their own.



The Pop-Up Choir is also thriving. Four members of Living Out Loud help lead the choir at Bunbury School, and they've performed at key services throughout the year. The choir's

colourful T-shirts, designed by the children, make them even more fun to watch!

Drama has had its moment in the spotlight too, with Drama for Brunch taking place every month. A group of young actors aged seven to sixteen performs comedy sketches during our brunch services, adding lots of laughs and energy to the mornings.

We've also been hard at work preparing for this year's pantomime, Robin Hood, which promises to be an incredible show. The young cast has been putting in so much effort to bring the story to life, and we can't wait to see them take the stage. Pantomime season is always a highlight for everyone involved!



Our Youth Club has been as popular as ever. This year, we added an exciting away weekend at Winmarleigh Hall, where the teenagers got stuck into team-building and confidence-boosting activities. We've also had three Duke of Edinburgh students stepping up to help lead activities, which has been fantastic.

The Alpha group for teens continues to be a brilliant space for young people to explore their faith. Meeting once a month with other Christian youth from local groups, it's a chance to ask big questions, share ideas, and grow together in a welcoming and relaxed environment with thanks to the Yates family for hosting.

Looking ahead, we're really excited to start a new discussion group for our sixth formers. This will be a space for older teens to dig deeper into their faith and tackle the big questions in life. Our hope is to take the group on a pilgrimage to the Taizé Community in France. Taizé is a place of prayer and reflection where young people from all over the world come together to experience a simple, welcoming faith community. It's an incredible opportunity, and we can't wait to see what this new chapter will bring!



Whether it's through music, drama, outdoor adventures, or just spending time together, the young people of St Boniface have had an incredible year. We're so excited for what's to come in 2025!

Beth Hayward
Youth Worker

Photos L to R: Forest Church, the Youth Band, the Youth Club on a residential weekend, and Youth Alpha's shoes at the door!

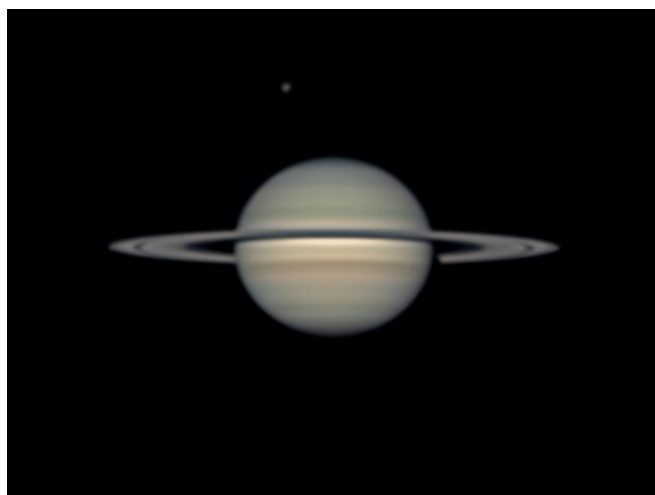
Sky notes for December and January

The Winter Solstice, when the Sun is lowest in the sky, occurs on 21 December. It brings the shortest day and the longest night of the year. The long nights bring plenty of stargazing opportunities as it gets dark conveniently early. Furthermore, the winter nights can be some of the clearest of the year. This winter, the evening skies are dominated by bright planets.

Venus is a brilliant evening star in the south-west after sunset, setting around 8:00pm. So bright, it can even cast shadows. There is a lovely sight on the evenings of 4 and 5 December as the thin crescent Moon is near the planet. On 4 December it will be below the planet and on 5 December it will be to the left. A similar pairing occurs on 3 January when the crescent moon passes just to the left of Venus. The planet reaches its greatest elongation from the Sun on 10 January. Through a small telescope you can see Venus as a half-illuminated disc, like a half-moon.

Second only to Venus in brightness is **Jupiter**, which is visible all night long in Taurus. The gas giant is closest to the Earth on 6 December and is high up in the sky, due south, at midnight. On 14 December Jupiter lies below the Moon. The Moon will again be close to Jupiter on 10 January. Take a look at Jupiter with binoculars (holding them very steady, perhaps be leaning against the corner of the house) or a small telescope and you will be able to see Jupiter's four brightest moons.

Saturn, the ringed planet, is also putting on a good show in the early evening, in Aquarius. The Moon passes to its left on 8 December. In the early evening of 4 January there is a very special event. The Moon passes in front of Saturn, completely obscuring it. This astronomical occurrence is known as an occultation. The occultation



Saturn with his rings (Martin Lewis). The "star" above the globe is actually one of Saturn's moons, Titan.

starts around 5:13pm as the planet slowly disappears behind the dark edge of the Moon. Saturn reappears from the bright side at around 6:20am. You can watch it with binoculars. To see the rings properly you will need a telescope. Binoculars will show Saturn as an elongated disc.

Mars, in Cancer, rises about 7:00pm and doubles in brightness during December as it gets closer to Earth. The closest point is on 12 January. You will notice the planet is distinctly orangey red in colour, especially through binoculars. On the night of 17/18 December the Moon is very close and occults Mars in the daytime on 18 December. There is another very close approach (less than half of the diameter of the Moon away) on the night of 13/14 January, but this time there is no occultation.

Finally, there is **Mercury**. Usually very hard to observe as it spends most of the time close to the Sun, being the innermost planet of the Solar System, I rarely mention Mercury in this column as it is such a challenge. But we do have a brief window of opportunity in the last week of the year and the first week of January. On Christmas Day Mercury rises at 6:15am. On 28 December look just to the left of the crescent Moon low in the morning twilight to see Mercury.

Clear Skies to all!

Bunbury Stargazer



Decibellas
Wonderful Time of the Year
A Christmas Choral Concert
on Saturday, 7th December, 7.30pm
at St Boniface Church, Bunbury

Tickets available from Stitch, High Street, Tarporley (adult £10, child £5)
or via our website www.decibellas.co.uk/boxoffice

There will be a cash bucket collection for Snow Angels

Original artwork by Karen Smeatham Decibellas is a registered charity 1197363

Gardeners' December diary

In my previous articles, talking about different passions for particular plants and flowers, I could not leave out Barry who grows chrysanthemums and dahlias to exhibition standards. In 1979 Barry had an allotment in Timperley. While looking for ideas for what to plant, he discovered the Chrysanthemum, Dahlia and Fuchsia Society. So the seed was sown! Over the years growing, for his own satisfaction, Barry gained an enormous amount of knowledge becoming an expert grower and now a national judge. Barry grows thousands of plants across many varieties so he can select the very best for showing.



Dahlias are grown outside. It is towards the end of the season when these plants come into their own and when the major flower shows are held.

The tubers are then dug up, over-wintered and replanted in the spring. Chrysanthemums are cut

back to about six inches and are grown under cover because of their delicate nature. They are planted out in May through to September depending on the variety. I was astonished to hear they can grow to six to eight feet high if you don't cut them back to form smaller plants. It was surprising to see the stems with



paper bags over the heads, this is to shape the flower bud, then larger bags as the flower grows to stop insect damage. The length growers go to to get the perfect bloom! Sadly over the years many of horticultural societies have disappeared. However, the RHS Bridgewater near Manchester have now established a show area in the hope of keeping these societies alive.

It was a real pleasure to spend a morning with Barry and to hear him talking about all things chrysanthemum and dahlias.

Your gardening correspondent Keith

SANTA'S ON HIS WAY TO BUNBURY

Santa will be waiting for you at these special places – everyone is welcome!

Wednesday 4th December

5.00pm* Bunbury Primary School
5.30pm* Darkie Meadow
6.00pm* The Nags Head
6.30pm* Parish Church/Dysart Arms

* All times are approximate

Santa will be supported by the Rotary Club of Tarporley and the Tarporley 41 Club.

Donations to support charities & community projects are invited but certainly aren't obligatory – it's your big smiles that make Santa really happy! If you would like to donate: we can accept cash or cards, or please use the QR code to donate via JustGiving.

Rotary Club of Tarporley – Charity Registration No. 1032689 (England)
www.tarporleyrotary.org.uk

The St Luke's Hospice Christmas tree collection (in conjunction with JustHelping) is now in its thirteenth year. Hospice volunteers and friends will be collecting once again in early January from all CW postcodes; if you have friends and family, please spread the word. All of the chippings from the CW6 area are used to enhance the paths in The Woodland Walk in Tarporley. So a great service to you, a financial benefit to the hospice and a happy 'green' end to your fabulous Christmas tree. www.slhospice.co.uk/christmastree

St Luke's Hospice Christmas Tree Collection

We will collect and recycle your Christmas tree to raise money for St Luke's Hospice!

St Luke's CHESHIRE HOSPICE
In partnership with JUST-HELPING

This way to go green!

Kindly sponsored by **HOLDEN**

www.slhospice.co.uk/christmastree

Bunbury Medical Practice

December news

Dispensary News

A message from our dispensary manager, Vicky. Did you know that large amounts of medicine are being wasted in Cheshire every year? Wasting medicines means wasting NHS money, resources and time, which in turn is bad for the health of our patients and bad for the environment. In the particularly busy month of December, we are asking patients to **only order what they need**. Before requesting medication, please check the supply you already have at home and if you still have enough of some items, only request the medicines you need at the time. You can still order the other items next time when they are actually needed.

Here is why it is so important to only order what you need:

- **We want patients to stay well;** stockpiling medication can increase drug shortages, meaning that other patients cannot obtain the medication they need. Medications can also expire, meaning that they may no longer work.
- **We want everyone to stay safe;** keeping stockpiles of medicines at home can be dangerous for children or pets if they get hold of them. Medicines prescribed for you are not safe for others to take.
- **Together, we can stay green;** once medicines have left the pharmacy, they cannot be recycled or used by anyone else and any excess medicines that go to waste can pollute our rivers and seas if not disposed of properly.
- **We want our patients to be organised;** if being admitted to hospital, take your medicines with you. This will avoid hospital staff having to order duplicate prescriptions and can also speed up patient care.

So, please remember:

- Only order what you need.
- Check your prescription bag at the dispensary counter and return anything that is in there that you do not need.
- Take your medicines into hospital with you.
- Safely dispose of any unused or out of date medicines by returning them to your pharmacy.

Thank you for helping us to reduce medicine waste in Cheshire.

Training Days There are no Training Days in December or January. All Training Days for 2025 will be on our website in the New Year.

Christmas Closure Dates

Christmas Day, Boxing Day and New Year's Day.

Appointments Update

As you will have heard from the media, waiting times for appointments have increased; this is currently a national problem and the 5-6 week wait for a **routine** appointment at Bunbury is still better than at many practices in England. Please be assured that we continue to have triage from Monday to Friday up until 11am, and we generally see all patients who need seeing on that day, or provide advice for acute problems. Please remember that a problem which has been ongoing for many weeks or months, is not appropriate for a same day appointment and patients will be offered a routine appointment on another day.

Reception

Our reception team have been under additional pressure recently as they have been coping with unexpected staff absences. Please be kind to them; they work hard to sort out what is most urgent for that day and what can wait for a more suitable time.

Please remember that help is available through the surgery with non-medical issues which are affecting your health and well-being:

We can refer patients to the Social Prescribing Service which helps patients over 18 who are:

Feeling lonely or isolated,

Needing help with housing support, debts or benefit claims,

In need of carers or bereavement support,

Wanting access to social groups or activities in the area.

You do not need a GP appointment to be referred to the Social Prescribing team; any practice staff member can help you.

We wish you all a healthy and happy festive season.

“Just one thing” for a healthier life: Sleep Special

We have chosen to continue with this series of articles based on the popular podcast by the late Dr Michael Mosley as testament to his life's work and passion for educating and helping people.



Michael Mosley and Professor Russell Foster of the Sleep and Circadian Neuroscience Institute at the University of Oxford together produced this sleep special episode.

Sleep is complicated; whilst we sleep all our neurotransmitters and brain structures are re-aligned. It is a circadian process which means that it roughly corresponds to a 24 hour cycle and is strongly mediated by light/dark patterns. Our circadian system is like a 'master clock' which regulates billions of other cellular clocks in organs throughout the body. Our eyes seem to contain photo-receptors other than the well-known rods and cones, and these gather information about light patterns over long periods of time even in people who are blind (excepting those who have very badly injured or missing eyes), thus affecting our master clock.

Sleep pressure is caused by the accumulation of adenosine during the day; caffeine blocks the brain's adenosine receptors for a while thus reducing sleepiness, but the accumulation continues and so there is often a sharp peak of sleepiness as it wears off. Professor Foster has five main tips for improving our sleep.

Tip 1 Don't obsess about getting eight hours sleep — Eight hours is only an average and the normal range is from six to eleven hours for adults, and it changes as we age. The important thing is to know whether you are getting enough sleep for yourself. Ask yourself; can you perform at your peak during the day? Do you oversleep on your days off? Are you dependent on an alarm clock or someone else to get you up? Are you groggy at wake-up time? Are you sleepy, irritable or nap-craving during the day? Do you do stupid or unreflective/disinhibited things? Are you craving caffeine and sugars? He suggests that we listen to family and friends when considering some of the above!

Sleep doesn't have to be in one big block; in pre-industrial times people tended to have two main blocks of sleep interspersed with a wakeful period with a little interaction with others. So if you wake up, stay relaxed and don't worry about it; keep the lights low and maybe listen to something quiet and comforting, or read something not too exciting — Professor Foster recommends Jane Austen — I used to find that parasitology books worked well! The important thing is not to worry; anxiety is the biggest enemy of sleep, so just remember that you will go back to sleep, in time.

Tip 2 Sleep on big decisions (but see also tip 5) — “Sleeping on it” really does seem to work; apparently Paul

McCartney awoke with the tune for “Yesterday” fully formed; in 1865 August Kekule awoke with a clear image of the structure of the benzene ring; and Mendeleev awoke from a dream with the basic structure for the periodic table of elements.

While we sleep the brain circuitry which retains memory starts to link new information to previous memories, fitting it into existing frameworks. It may be that dreaming is a means of our brains playing with information that doesn't seem to fit existing frameworks.

A study invited people to consider a big cognitive task; some were asked to perform it later that day, some the next day having had no sleep, and some the next day after a night's sleep. Only 20% of people managed the task in the first two groups, but 60-70% of the group who had the intervening night's sleep managed it successfully. In adults, cognition peaks at 11:00am or 12:00pm, and in teenagers at 1:00 or 2:00pm, so it makes sense to make big decisions or grapple with difficult mental tasks at those times, having slept on them first.

Tip 3 Know your chronotype — Your chronotype refers to your own natural sleep/circadian rhythm. Traditionally that has been divided into: “larks” who rise early and are sleepy at 7:00 or 8:00pm (10% of the population), “doves” who are sleepy at 10:30 or 11:00pm (65%) and “night owls” who are not sleepy until around 2:00am (25% of people).

Our chronotype is an amalgam of three factors: genetics, age and light. From the age of ten onwards children want to go to bed later, until late teens or early twenties when it slowly begins to move forwards again, right up until our fifties or sixties when it

plateaus; these changes are due to the sharp rise in sex hormones at puberty and their subsequent slow decline. Light is the one part that we can influence somewhat; morning light advances your chronotype, whilst dusk light pushes it back, hence exposing yourself to natural light (or even a light box in winter) in the mornings can help you to go to sleep and wake up earlier, whilst bright light at night helps you to go to sleep and wake up later.

Tip 4 Structure your day towards better sleep — This involves getting light at the right time of day, as outlined above, and avoiding prolonged sleep during the day (though a 20 minute nap around lunchtime can be useful). Don't drink caffeine after 2:00pm if you want to be asleep by 11:00pm. And later in the day step away from your anxieties; doing things like mindfulness, yoga, swimming (*continues on page 14*)

Meet the team restoring and refreshing St Boniface's kneelers



Visitors to St Boniface will see that many of the old kneelers are now back in their places. Over recent years the kneelers were removed because of damage, or the hooks were broken or missing. Storage in various corners of the church led to more damage (including by mice) so a skilled team of sewing volunteers have spent months putting them back in order. On a Saturday morning in November over 20 volunteers met to install new hooks, clean and finally rehang the kneelers. Many of them were sewn to commemorate a family member. Others depict symbols and buildings of Bunbury and the surrounding villages. Each took many hours of skilled sewing to complete, so it is good to know they have been saved for another generation of visitors and churchgoers to enjoy. Many thanks to the repairing and rehangng teams for a job well done.



Bunbury School Fashion Show

On Thursday 7 November Bunbury Aldersey Primary School hall was transformed into a scene straight out of Studio 54 for the fashion event of the year

The school fundraising committee, Friends of Bunbury Aldersey Primary School, joined forces with local designer Nicola Orme from Queens of Archive to put on a dazzling fashion show. Bunbury's "Next Top Models" were school mums and local ladies, all strutting their stuff down the catwalk to Duran Duran "Girls on Film". The school hall sparkled with tinsel and chandeliers, stars and a moon suspended from the ceiling. The audience sipped prosecco and nibbled on scrumptious canapés created by Elle's Kitchen.



After the show there was chance to take a closer look at the new Autumn Winter collection and try on for yourself. Nicola has spent most of her career in the fashion industry and started her own business five years ago. It has gone from strength to strength with many famous faces such as Jo Wiley, Sara Cox, Holly Willoughby and Helen Mirren choosing her designs to wear at high profile events.

At the end of the night the raffle was drawn to win a sought after Queens of Archive dress. Hundreds of raffle tickets were sold on the night to hopeful ladies, all sat in anticipation as the raffle was drawn by headteacher Nicola Badger. A well done goes to school mum Kate who had the winning ticket!

The event raised an amazing £1400 for Bunbury Aldersey Primary School which will go towards the school's next project to enhance the children's learning and experiences. The Friends of Bunbury Aldersey Primary school committee would like to make a special thanks to Nicola and Michael from Queens of Archive, Richard and Lucy from Event Equipment Ltd, Eliza from Elles's Kitchen for all the delicious food, Jennifer Newman from Love That Loo Hair & Make-up, all the models and of course everyone that attended! A final special thanks goes to Kim Billington for her creative flair and energy in making the night a success. A great night was had by all.

Rain or Shine Theatre Company
 (VERY) LOOSELY BASED ON LORD ARTHUR SAVILE'S CRIME
MURDER MOST WILDE
 "Fantastically Funny"
 "Pure Genius"
 "Absolutely brilliant"
Bunbury Village Hall
 Vicarage Lane, CW6 9NR • What 3 Words - //snoring.sued.lecturing
Saturday 7th December at 7:30pm
 Tickets: £14.00 adult, £10.00 child (6-15 yrs)
 Tel: 03306 600541 • www.bit.ly/wilde-bunbury
 * doors & bar open 6:30pm * rainorshine.co.uk *
 also available on **TICKETTO**

Hanton School Of Dance
 Dance Is A Passion
 Come and join a family run dance school with classes for all ages and **45 years of experience**
Class Timetable
 Tuesdays - Ballet and Tap
 Wednesdays - Freestyle and Musical Theatre
 Thursdays - Ballet and Tap
Classes at
 Bickerton Village Hall and Bunbury Village Hall
 contact Mrs Hanlon for class times and availability
 mail: hanlonschoolofdance@outlook.com
 phone: 07792755601
 facebook: HantonSchoolOfDance

SUNDAY 22 DECEMBER 6:30PM
Carol Service
at St Boniface
JOIN OUR COMMUNITY POP-UP CHRISTMAS CHOIR!
 REHEARSALS TAKE PLACE AT ST BONIFACE ON THE FIRST THREE SATURDAYS IN DECEMBER FROM 10.00AM TO 12.00PM PLEASE JOIN US!
CONDUCTOR: MARCUS WILLIAMS
 www.stboniface.org

WALKEEZ Local Dog Walking Service
 dogs walks
 Call Liz on 01813 816020
 Bousham CW6 9LA

The Alsama project update

Elaine Crotty, shares an update from Meike, who runs the Alsama schools project for refugees in Lebanon.

“Over the last 24 hours a lot of bombs have dropped onto Beirut. Our staff and students are all safe. Alsama has learnt to operate in war. We have registered our cricket pitches and centres with the UN we should be safe (in theory). Needless to say, that is of course important if we want to help refugee teenagers in the Middle East — an area that frequently witnesses wars and armed conflict — to receive an education that will empower them to have a positive impact one day.

Three weeks ago we had 65% of our original students attending our WhatsApp teaching with a daily attendance rate of on average not more than 50%. So, together with our school directors we came up with a plan. We opened up Shatila 1 and 2 for the 150 Alsama students still in the camp, in addition to the few students still in Bourj al Barajneh. We then contacted the students on our waiting list to see who is still around and registered them. We now have 440 students with an attendance rate of nearly 100%. The photo shows a state school, which is used as a



shelter. Alsama have been given the science lab to run classes in the school. In addition, Ali (director of Shatila 2) and Amjad (director of Bourj 1) decided to create the “Alsama travelling school”. They are now teaching 130 students in two shelters for displaced families from the south of Lebanon. And last but not least Miss Alaa and



her Bourj 2 team: They are now teaching the 142 Alsama students who are displaced inside Lebanon and are 100% committed to their education via WhatsApp. We have won our first international prize for our amazing curriculum: The Library of Congress International Literacy Award. This is equivalent to the Oscars in our world. Two representatives went to Washington to receive the prize. So in total we are now teaching 712 students with a daily attendance rate of 98%.

The best news of all: our top students Maram, Louay and Wissall are all back from Syria helping to take classes and learning themselves. We have rented safe student accommodation for them.

If you would like to donate to support this project please go to www.justgiving.com/campaign/alsama

Just one thing (continues from page 11)

and other forms of gentle exercise can help with this (see also tip 5). Concentrating food intake and exercise into the earlier part of the day also helps to consolidate an earlier sleep/wake cycle.

Before bed reduce the lights, and stop using electronic screens at least 30 minutes before bedtime. Avoid medicines at night-time unless they are specifically prescribed for then, and avoid alcohol too as it interferes with the processing of memories. Your bedroom should

not be too hot (around 18C is ideal) as your core temperature needs to drop by 1C to trigger sleep. If you have cold extremities use bed socks and mitts, or have a warm shower or bath before bed, as these increase peripheral circulation, which allows body heat to be lost. Quietness is important; soothing music or sounds such as whale song can help, as does keeping your bedroom a haven free from devices and work stuff if at all possible.

Tip 5 Don't have difficult conversations before bed —



Christmas Messages

A tired brain remembers negatives and forgets positives; it has less empathy, more impulsivity and more irritability — the divorce rate is six times higher in night-shift workers. So try to plan to have conversations with your partner, family and friends about things like finances, Christmas and other tricky subjects in the mornings, or at weekends during the day. This is part of avoiding anxiety at night as outlined earlier.

In summary; a good night's sleep is defined by how you feel when you wake, so structure your day towards better sleep, and don't agonise about being awake at 3:00am — certainly don't get up and start doing work or exercise!

Liv Weller

Wishing all our friends in the Bunbury area a very happy Christmas and a peaceful and healthy New Year. With love from **Graham and Sue Melia** and family.

To all our friends in Calveley, St. Boniface and St. Jude: we wish you all a very happy Christmas and a peaceful and healthy New Year. With love, **Pat and John Ellis**.

Merry Christmas and every good wish for 2025 from **Anne James**.

Wishing everyone a happy Christmas and peaceful New Year from **Tom and Elaine Crotty**.

To advertise your business with us and speak directly to our 3,500 regular readers, please email parishlinkads@stbonifacebunbury.org



THE BUNTING
PARTNERSHIP



THINKING OF EXTENDING, RENOVATING OR A NEW BUILD?
THEN PLEASE GET IN TOUCH



The Bunting Partnership Ltd, Chartered Architects, create quality and imaginative designs to improve your lifestyle. For enquiries, please call [01829 863663](tel:01829863663), visit our website buntingpartnership.com or contact cathy@buntingpartnership.com

If you would like to advertise your business with us and speak directly to our 3,500 regular

Jacqueline Wilson



Independent Funeral Services Ltd

www.jwifs.co.uk

Over 25 years local experience
NAFD Qualified
24 hours a day Personal Service
Private Chapel of Rest
Pre-paid Funeral Plans



HILL VIEW
HIGH STREET
CLOTTON
TARPORLEY
CHESHIRE
CW6 0EG

TEL: 01829 781572

EMAIL: jackie@jwifs.co.uk

40A MAIN STREET
FRODSHAM
CHESHIRE
WA6 7AU

TEL: 01928 643078

EMAIL: frodsham@jwifs.co.uk

1 CROWN BUILDINGS
LATHAM AVENUE
HELSEBY
CHESHIRE
WA6 0DX

TEL: 01928 391699

EMAIL: helsby@jwifs.co.uk

TARPORLEY ROAD
TARVIN
CHESTER
CHESHIRE
CH3 8NF

TEL: 01829 740002

EMAIL: tarvin@jwifs.co.uk

74 WESTON GROVE
UPTON
CHESTER
CHESHIRE
CH2 1QL

TEL: 01244 952540

EMAIL: upton@jwifs.co.uk



Golden Charter
Funeral Plans



A.W.Burrows & Son

Independent Family Funeral Directors



ESTABLISHED: 1841



Complete Funeral Arrangements, Funeral Plans Arranged,
Personal Day and Night Service,
Private Chapel of Rest in Peaceful Rural Surroundings
Snowdrop Villa, Swanley, Nantwich, Cheshire, CW5 8QB



01270 524243 / 07711468917

Email : barb.burrows2@gmail.com

www.awburrowsnantwich.co.uk

To advertise your business with us and speak directly to our 3,500 regular readers, please email: parishlinkads@stbonifaceunbury.org



SOVEREIGN
W·I·N·D·O·W·S
Est. 1984
TEL: 01829 772577



Providing you with
QUALITY UPVC
windows & doors since
1984

VISIT OUR SHOWROOM
Unit 4, New Russia Hall, Chester Road,
Tattenhall, Nr Chester CH3 9AH
www.sovereignwindows.co.uk
info@sovereignwindows.co.uk

Opening Hours: 
Mon-Fri: 8AM-4PM
Sat: 9AM-12PM 

**CALL US TODAY
TO TAKE ADVANTAGE
OF OUR
UNBEATABLE
PRICES!**



Solidor 
Registered Company

WILLIAM & MAURICE
KITCHENS • BATHROOMS • TILING



DISCOUNT ON ALL GOODS

Complete Design, Supply and Installation Service
Contact us today for your new bathroom, wetroom, kitchen
or to use our professional tiling service

01829 262462 or 07980 748065
www.william-maurice.co.uk
info@william-maurice.co.uk
NO VAT ON INSTALLATION

4 Star

New Farm
B&B
Caravan Park

Five en-suite rooms
Touring Caravans
Course Fishery (4 lakes)

- Locally sourced food
- Set in the heart of Cheshire
- Ideal for the Tarporley area
- Perfect for family holidays/occasions




www.newfarmcheshire.co.uk
telephone 01270 528 213
long lane wettenhall cw7 4dw

Piano tuning, repairs & restoration

Andrew Dean
(Dip. NTC, CGLI, AVCM)

01829 261222
07713 321117
andrew@pianodean.co.uk



Birch Heath Road
Tarporley

Tarporley Service Centre

Servicing & repairs
MOT testing
Tyres, exhausts & batteries


**The local garage with
the expert touch ...**

Trading Standards approved
Fast, efficient & friendly service

01829 732253/733737
www.tarporley-service-centre.com



The Deli
AT THE INN AT HUXLEY
DELI • STORE • BUTCHERY




TARPORLEY DENTAL CENTRE

Accepting New Patients

High quality Private, general
and cosmetic dentistry.
Implantology and orthodontics.

Finance options available

13 Nantwich Road, Tarporley, CW6 9UN
01829 732213
info@tarporleydentist.co.uk
www.tarporleydentist.co.uk
[@tarporleydentalcentre](https://www.instagram.com/tarporleydentalcentre)



DM
AUTO SERVICES

YOUR LOCAL INDEPENDENT
GARAGE

**Servicing and repairs
MOT testing station**

**Free collection and delivery
Courtesy car available**

**Fast, friendly & efficient
service**

Unit 1, Bank Farm, Calveley
Hall Lane, Calveley CW6 9LB
Tel: 01829 738663

To advertise your business with us and speak directly to our 3,500 regular readers, please email parishlinkads@stbonifacebunbury.org

MORNFLAKE
Mighty Oats

**GIVING BRITAIN
MIGHTY
MORNINGS**

SINCE 1675

MADE WITH 100% BRITISH OATS

SEE OUR FULL RANGE AT MORNFLAKE.COM

HJ Lea Oakes

Wardle Country Store & Service Station

FUEL STATION
CONVENIENCE STORE
HOT FOOD & DRINKS TO TAKEAWAY
FARM, EQUINE, PET & SMALLHOLDER STORE

NANTWICH ROAD, WARDLE, CW6 9JS
www.shop.hjlea.com | 01829 260304



The Dysart Arms



A truly classic English village pub with open fires, bookcases, lots of old oak and a lovely garden.



Daily menus of fresh food, local ales and a decent wine list.

01829 260183 ~ www.dysartarms-bunbury.co.uk

Bowes Gate Road • Bunbury • Tarporley • CW6 9PH

Come & visit our impressive showroom
with over 70 settings on display.

We offer a free measuring, advice &
quotation service.



Bathrooms and
Tiles

by
Pebbles

Tel: 01829 261319

Unit 3, Botterley Court, Nantwich Road,
Calveley, Nantwich CW6 9GT
Opposite Naylor's



Illingworth Seddon

Chartered Financial Planners

At Illingworth Seddon, we don't over complicate things.

We follow a **3 step process** to create a bespoke financial plan which ensures you are fully aware of where your finances are today, and where they could be in the future.

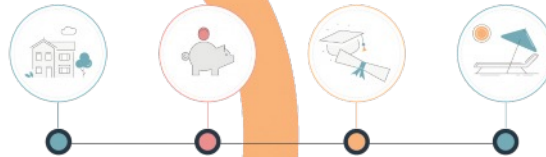
Plan

Starting with an honest, in depth discussion about your goals, we'll plan your roadmap to financial peace of mind.



Design

Considering where you are today, and where you want to be in the future, we'll craft a financial solution which is bespoke to you and the life you want to live.



Review

The review process never really ends. We'll stay by your side year after year, making sure your financial plan stays on track.



Sound interesting?

Contact us or visit our new website to find out more

01829 771 707

info@illingworthseddon.co.uk

www.illingworthseddon.co.uk

- o Cheshire
- o Merseyside
- o Cumbria

