

Link

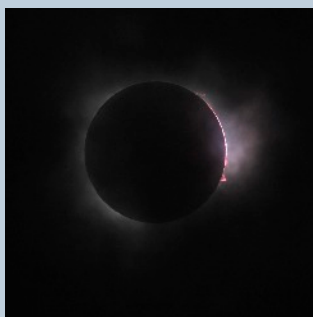
June 2024

Also in this issue...



5

How do you replace damaged Victorian tiles?



7

Total eclipse image taken by Richard Severn



Please give to St Boniface

A magazine for the parishes of Bunbury and Tilstone Fearnall

Rev Tim had a great evening under the Northern Lights on 10 May. He shared this stunning photo of St Boniface with us.



Please note that submissions for the July edition of the Link need to be sent to parishlinkeditor@stbonifacebunbury.org by Friday 7 June



Follow Bunbury Church on Facebook

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

Churchwardens

Si Lees-Jones 07711 227617
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

Churchwardens

Si Lees-Jones 07711 227617
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 **Charlotte Everton** and **Scott Mulligan** who were married at St Boniface on 19 April.



Congratulations to **Mike Healey** who ran the London Marathon in aid of DKMS. Mike said: "I had an amazing day at the London Marathon. It went far better than I could have wished. The crowd was incredible. I'm sure I was smiling



every step. I don't wear a watch, forgot to put Strava on, have never run in glasses before but, despite all that, I had an amazing time. Somehow I did it in 4hr 21mins! I know I couldn't have had so much fun without the tough training and

the donations and messages of support that helped me with that. Thank you to everyone who donated money or signed up to become a donor or read about why I chose DKMS UK, 10,000 Donors. Please continue to raise awareness. See page 11 for more details about DKMS.

Here is the page for donations:

<https://www.justgiving.com/page/dkms-gfg>

A message from Sue Watson: I had the privilege of being with my dear friend **Phyllis Cowap** as she celebrated her 100th birthday on 25 April in Wrenbury Nursing Home. Val and Rob Cowap had decorated the summer house, laid on refreshments, and the home where she is so well looked after, provided a cake and flowers. The rest of the family brought balloons, cards and presents, with a card of congratulations from Charles and Camilla, a joyous occasion for a remarkable lady. Prior to moving to Wrenbury Phyllis lived in Church Row Bunbury and was a lifelong member of Bunbury church.

Bunbury Gardening Club New members are always welcome. Please contact Margaret Bourne on 01829 260944 or email: mjbourne249@tiscali.co.uk, See news and events by joining Bunbury Gardening Facebook group.

Bunbury WI meets on the second Thursday of the month at Bunbury Playing Fields Pavilion. Members enjoyed a cream tea social afternoon in April. In May the WI Annual Resolutions were discussed and voted on, followed by bingo and cake. At the meeting on 13 June we will welcome Caroline Eames to talk about "Forensic science – fact not fiction". A coffee meeting is planned for 30 May at the Nags Head. We

A word from the editor

Many thanks to all those who have donated to Christian Aid Week. Special thanks to all those who came to the Christian Aid coffee morning at St Boniface. Thank you to Amber Middlemiss and Alison Moss for running the plant stall and to all those people who helped. The coffee morning raised a splendid £900!

The Church Fete at Beeston Castle was a lovely family event. Thank you to all those who worked so hard on the day and those who supported the event. Village Day is taking place on 8 June. Thanks must go to the Village Day Committee who put in so much work to make it such a successful event.

None of these events can run without committees and volunteers to help. Beeston Fete Committee are looking for volunteers to help for next year. There are roughly five meetings a year and then helping at the event on the May Bank Holiday Monday. If you would like to help please email me at elainecrotty2@icloud.com.

welcome guests and new members to our meetings. For further information contact Lynda Davies 01829 260084.

Afternoon tea at Tiresford in aid of **St Jude's Church** will take place on Sunday 7 July at 2:00pm for 2:30pm. Tickets are £20.00 each and available from Mrs Elizabeth Marren, 01270 528556, or Mr Mike Lightfoot 01829 732611. By kind permission of Ms S Posnett.



A successful coffee morning was held on 23 March in aid of St Jude's which raised over £300. The church is in need of a major restoration and grants are being applied for and more fundraising activities are going to be held in the near future. In March St Jude's presented Martin and Martina Philips with leaving gifts. Martin and Martina were stalwarts of St Jude's for over 20 years; Martin as treasurer to the PCC and Martina as pastoral carer. We wish them well in their new home close to their family.

Bunbury Village Fest is taking place on Saturday 8 June. The theme this year is Aquafest — celebrating the wonders of water. For more information



www.facebook.com/BunburyVillageDay
www.instagram.com/bunburyvillageday
www.twitter.com/BunburyDay
www.bunburyvillage.info
For press queries
bvd@bunburyvillage.info



Who said church wasn't meant to be fun?!

The Feast of Pentecost, though not as well known as Easter or Christmas, has been celebrated by Christians since the late first century. And as the centuries passed the traditions for Pentecost became quite something.

In medieval Bavaria in Germany, they would lower down through the roof of the church a wooden dove, the symbol of the Spirit, hovering over the congregation, to recall the Pentecost story and the gift of God's Holy Spirit. But the Holy Spirit is not wooden and fixed, so as they lowered the dove, choirboys up in the roof would tip buckets of water down on the congregation to literally drench people with God's Spirit. The one who got most wet was known in the village for the next year as the Pfingstvogel, the Pentecost Bird.

In France it was customary to blow trumpets during the service to recall the sound of the mighty wind, the noise of the God you cannot ignore, the sound that wakes us up and rallies us. A reminder that God speaks and continues to — his voice is not silent.

In England, where the day was known as Whitsun, because of the white clothes worn by the people who were being baptised, there were Whitsun ales to drink, obviously in honour of those disciples people thought were tipsy. Horse racing was the sport of the day: the galloping Spirit, carrying us on, journeying with us on our race through time.

In the Eastern church, congregations had services with lots of genuflection (knee-bending), the Spirit making us bend to his will, and flowers and supple green branches were carried to church — because the Spirit is forever fresh, full of potential, coming to its fullest blossom in the human heart. St Paul writes how the Spirit flowers in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

And talking of flowers, in Italy it was the custom to scatter rose petals from the ceiling of the churches to recall the little red fiery tongues over the disciples's heads, and so Whitsun in Italy is called Pascha rosatum — a sign that we are to be clothed with the Spirit, to catch fire.

The poet R.S. Thomas writes, "such a fast God, always before us and leaving us as we arrive". Pentecost was the day when the apostles knew the days of fear and whispering were over. Boats are safest in the harbour but that isn't what boats are for. The human soul needs its sails to be set ready for the breeze of God to launch us in to new life (and in the process have some fun!)

Gone sailing x

The copy deadline for the July issue is Friday 7 June. The magazine should be delivered from Saturday 29 June. Please send notices to parishlinkeditor@stbonifacebunbury.org

Mike Rogers

The ups and downs of life



Flaming June — what does it conjure up in your mind? Warm summer days? Barbeques? Holidays? Wimbledon? Strawberries and cream? Only six months to Christmas?

Or does flaming June bring to mind the birth of John the Baptist, the Death of Columba of Iona, or the Martyrdom of Alban, the first Martyr of Britain? I guess most of us would have warm summer days and so on at the forefront of our minds, rather more so than John the Baptist, Columba or Alban, and that's perfectly understandable; after all, very few of us mark the passing of the months by remembering notable religious festivals. It's probably only Easter and Christmas that are the exception to that rule.

I make the point simply to illustrate how easy it is to slip into the habit of focussing on the good things of life (although some may consider June being a harbinger of Christmas less favourably than others) rather than taking a more rounded view.

Now I'm not suggesting that we should all rush out and buy an ecclesiastical calendar such that we might mark our progress through the year by Saints' days or religious festivals (and there are 22 such festivals in June!) but I am convinced that viewing the year, and life, through rose-tinted spectacles is not necessarily the best way to live, for life is not like that.

We all experience ups and downs, good times and bad times, successes and disappointments. The question is, how do we cope?

Perhaps the best way is to think of it like this. Our lives are peppered with mountain top moments of joy and deep valley moments of sadness and sometimes despair and distress. But if we can recall the moments of joy, the mountain top moments, when we face the moments of despair, then the happy, joyful memories may well help us through the not so happy times.

With that in mind, when or if adversity does strike, things might not seem so bad.

And for that, thanks be to God.

Church diary for June

Sunday 2 June	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion and Forest Church 11:30am Morning Worship and Baptism	St Boniface St Jude St Boniface Calveley
Wednesday 5 June	10:00am BCP Communion	St Boniface
Sunday 9 June	9:30am BCP Communion 10:30am Morning Worship	St Jude St Boniface
Wednesday 12 June	10:00am BCP Communion	St Boniface
Sunday 16 June	09:30am Holy Communion 10:30am Third Sunday Brunch 6:00pm Evensong	St Jude St Boniface St Boniface
Tuesday 18 June	2:30pm & 7:30pm Contemplative Prayer	St Boniface
Wednesday 19 June	10:00am BCP Communion	St Boniface
Sunday 23 June	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wednesday 26 June	10:00am BCP Communion	St Boniface
Sunday 30 June	9:30 Morning Worship 10:30 Morning Worship	St Jude St Boniface

Our prayers

Dear God,

We pray for the world today. We pray for peace and hope to abound. Many are affected by natural disasters: floods, droughts and earthquakes Many are struggling with conflict, poverty and food crisis. We pray for your provision, peace and protection. In Jesus' name, Amen.

The tiles of St Boniface

Michael Goldsmith, retired architectural historian and technical advisor to the Bunbury PCC, has kindly written this article on the history of the tiles being replaced in the chancel at St Boniface and the manufacture of their replacements.

Church floors make an important contribution to the character of a building. In the 700 year history of the church in Bunbury, there will have been many floor surfaces.

When the heaters turned cold last year, plumbers discovered that a major cast iron pipe had failed, and it had to be repaired. Getting access to the pipe involved taking up the floor in that part of the church. The beautifully decorated, encaustic tiles had to be lifted and in doing so, quite a few were damaged or broken.

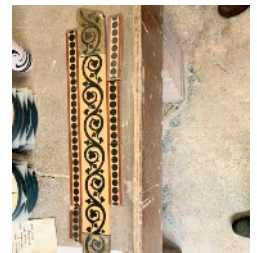
The tiled church floor was probably laid in the mid to late 19th century and the tiles are thought to have been made by a company called Maw & Co. which operated in the Ironbridge area of Shropshire. Victorian encaustic tiles were formed by a "burning-in" process through which different coloured clays from many sources were skilfully blended by machine and then fired under controlled conditions. The clay was pressed

into shallow moulds, bearing the patterns on the face of the tiles and the different coloured clays formed the design of the tiles.

The tiles needed to replace those broken in Bunbury church couldn't simply be bought from the stock of a manufacturer; they either had to be replaced with salvaged tiles or by making new ones. An extensive search couldn't locate any salvage tiles so we were simply left with the alternative of making the tiles from new.

The company chosen to manufacture the new tiles was Craven Dunhill Jackfield Limited who are based in Ironbridge, on a site near to the original company of Maw & Co. Using samples of the original tiles, photographs and drawings, the tile moulds were made and the new tiles are being manufactured.

The floor will be repaired in the next few months.



Gardener's June diary

I am sitting in a warm and light conservatory, chatting to the owners of an established garden consisting of many levels up a hillside. A beautiful garden with very good structure. I am here because the owners are continuing their mother's passion —growing and propagating **fuchsias**.

I asked how many varieties they have to propagate from. They have 16 to 20 plants from which they take 60 to 80 softwood cuttings in the spring. The cuttings are taken from last year's plants, which they bring in for protection during the winter as their fuchsias are not hardy. The cuttings are popped into a jar of water. Every single cutting is named in the jar. The plants then go into a pot of compost to grow on. This method is not the commercial way but they enjoy seeing the roots developing. To be on the safe side, they overwinter two of each variety and after taking the cutting, discard last year's plant. Once the plants are ready to go out they put a combination of them into large pots for a stunning display.

There are two forms of fuchsia: upright bush and trailing. When they are large enough to be planted out they pinch

out the tips so that they fill out. Some of their favourites are White King trailing, Quasar, Blue Angel and Waltz Jubilation — an upright with star like flowers. There are quite a few hardy fuchsia which can be left out during winter although the flowers are not so exotic. Hawkshead is one of my favourites, Sky Rocket and the Thalia group are well worth investing in.

However, propagation starts in March or April so, folks, you are too late for this year but you will know how to get going next year, creating plants for free.

Other jobs for May if you, like me, have many tulips, they will now have gone over; lift them; do not cut the foliage back; clean them off and keep them for next year. Some may split, however, and be small.

Happy gardening.

Your gardening correspondent, Keith.

Do you have a passion for a particular plant? Then let me know at Keith.651@yahoo.com.

Bunbury School news



We have had an exciting few weeks to start the summer term. As we returned from the Easter break we were delighted to have our temporary onsite heated swimming pool back onsite for the Key Stage 2 children to use. Over two weeks we were able to offer swimming sessions to all our Key Stage 2 children, as well as welcome children from our sister school in RCSAT — St Oswalds for their swimming lessons. It has been fantastic to see how much the children have progressed after many days of consecutive swimming.



As the swimming pool left our site we welcomed “ten potential new starters” to Bunbury School. Kitted out with an incubator and brooding box Bunbury School nursed ten eggs and at the start of May we were delighted to have welcomed six chicks into school.



It has been such a fantastic experience for the children — they have been very keen to visit our new additions as much as possible during their time with us before being re-housed in a local small holding. This will be fantastic for the children as they will be able to see how they grow and change and maybe even do some cooking with their eggs.

At Bunbury School, we pride ourselves on a broad and balanced curriculum promoting high academic standards but also building a strong knowledge and understanding of the world around us. RE at Bunbury is taught as an academic subject with high standards and expectations exploring world faiths and beliefs as well as focusing on Christianity. Over the past few terms the children will learn or have learnt about Judaism, Islam, Sikhism and Humanism.

On Friday 10 May, we learnt about the Sikh faith as part of one of our World Faith and Belief days. Through these regular days we aim to promote understanding of different religions and beliefs around the world. Each class participated in a workshop led by our visitor, Prags Birk, alongside classroom activities planned over the course of the day. The workshops taught the children about different

aspects of Sikhism and were thoroughly enjoyed by all. As we enter the month of May the official statutory testing timetable begins in primary schools across the country. Over the next few weeks and months children in Year 1, Year 4 and Year 6 will take part in some form of statutory testing:

Year 1 - Phonics screening tests

Year 4 - Multiplication tests

Year 6 - End of Key Stage 2 tests in reading, writing and maths

Whilst we may all have very different views on the place of testing within the primary curriculum, at Bunbury Primary we keep the testing process very much in perspective for the children. For some it may be quite challenging emotionally, some may be on a roller coaster, and for others they may take it all in their stride. As their headteacher, and a parent, I know that it is not easy being tested as a child at any age, but there is something that as teachers we ask the children of Bunbury School to remember: none of the tests listed above measure what makes them special and unique. They do not know that they sing, dance and are extremely creative. They do not measure how kind they are to their friends or how they look after their classmates. They do not know how far they can run, how well they can ride a horse or how many goals they have scored. They do not know that they have overcome hurdles and obstacles in their life and they certainly do not test how special, unique and amazing they are as individuals. The results from these tests will tell us something, but not everything.

*Nic Badger
Principal*



Bunbury Village Day will take place on Saturday 8 June and this year we will be celebrating the wonders of water in our very own **Aqua Fest!** This year's theme marks the 200th anniversary of the Royal National Lifeboat Institute,

the amazing volunteer-run charity that save lives at sea. It's now time to start planning your water themed costumes. We are looking forward to seeing mermaids, water sprites, sailors, pirates, sea creatures, deep-sea divers and synchronised swimmers! And don't forget there will be prizes for the best dressed!

Sky notes for June

Summer nights

June nights are very short. In fact, it doesn't get properly dark at all. Midsummer's Day is on 20 June, with the longest period of daylight and the shortest night. The summer solstice occurs at 9:51pm British Summer Time. The North Pole of the earth will be tilted toward the Sun, which will have reached its northernmost position in the sky and will be directly over the Tropic of Cancer.

One advantage of June nights is they are mild. Now is a good time to take a pair of binoculars and scan around the sky. You might already have binoculars, so try them. The ideal size for astronomy is 8 x 50 or 10 x 50. This means the magnification is 8 or 10 times and the lens diameter is 50 mm. 30 to 50 mm will give good views. Larger than 50 mm means you will see fainter objects, but they become quite challenging to hold steady.

Standing in the shadow of the Moon

New Moon occurs on 6 June. Usually at this time the Moon passes just above or below the Sun. However, a solar eclipse occurs when the Moon passes between the Sun and Earth, casting the Moon's shadow on Earth. This only happens occasionally, because the Moon doesn't orbit in the exact same plane as the Sun and Earth do. Two things need to occur at once for you to see a solar eclipse: the Sun, Moon, and Earth need to be in a straight line, with the Moon between the Sun and Earth; and you need to be standing in the correct place on Earth. On 8 April this year that was a narrow band, the eclipse track, that ranged from Mexico, crossing the USA, on into Canada and out of the Atlantic. In Bunbury it would have been a partial eclipse at sunset.

The fact that solar eclipses happen at all is a fortuitous numerical coincidence. It just so happens that the Sun is approximately 400 times larger than the Moon and also 400 times more distant from the Earth. So, even though the Moon is much smaller than the



Sun, it is just close enough to Earth to appear the same size as the Sun when seen from Earth. This means that the Moon can blot out the Sun completely.

I decided to travel to Texas to experience the April eclipse and set up in a location about 60 miles from the Mexican border. This was almost on the centre line of totality. The day before was beautiful and clear, but eclipse day started with light cloud. Fortunately, it cleared just at the right times so that I was able to see most of the total phase, when the Sun is blocked by the Moon. This happened at about 1:30 in the afternoon and as you can see in the photos, pink prominences, looping features of hydrogen gas emanating from the Sun's surface, were visible at the edge of the Sun. These are only visible during a total eclipse.

It felt surreal for it to be almost totally dark in the middle of the day for the four minutes and 20 seconds that totality lasted. Streetlights came on. Even the local herd of deer, which normally comes out at dusk to graze, appeared at totality, thinking it was much later in the day. Similarly, the abundant birdlife quietened as darkness approached, reasserting itself as a dawn chorus — the second of the day — just minutes later. All very confusing!

Many people report that standing under the shadow of the Moon leaves us awestruck, more connected to the wonders of our world. The whole event was very moving and something I shall never forget.

The next total solar eclipse is on 12 August 2026 and will be visible from Greenland, Iceland and northern Spain. This will only be a partial eclipse from the UK, but still worth looking out for. Perhaps time to start your travel planning?

We don't have too long to wait for the next partial solar eclipse which will be visible from the UK. This will take place next year, on 29 March 2025. More on this in a future column. However, we shall have to wait 66 years to experience the next total solar eclipse in the UK. That will be on 23 September 2090. I wonder who will be writing the Sky Notes column then. Clear skies!



The Sun in total eclipse (Richard Severn)

Bunbury Stargazer

Bunbury Medical Practice

June news

Last month, we focused on the care navigation pathway for patients, which we hope was helpful.

A separate and key part of Bunbury Medical Practice is our dispensary. At a recent PPG meeting (Patient Participation Group) it was suggested that we include a piece in The Link to explain how our dispensary works.

Dispensary staff

We have four dispensers: Chris, Karen, Melody and Suzannah. Our dispensers are qualified personnel who dispense medication as per the patient's prescription. We are currently actively looking to employ two further dispensers. We also have a vacancy for a Dispensary Manager. We have three prescription clerks: Jen, Jude and Sue. Our prescription clerks work at the dispensary hatch, issuing patients with their medication; they are not trained dispensers, so any queries would need to be directed by them to the relevant person.

Dispensary opening times

Monday to Friday, 08:30am until 1:00pm and 3:00pm until 6:30pm.

The surgery will close at 1:00pm on Tuesday, 4 June for training; it will re-open the following morning.

Our dispensing process

We would like to share with you how our dispensary works. Once a repeat medication prescription has been received, it is manually added to a computer queue. This request is then electronically sent to a clinician who personally reviews the medication request to ensure that it is clinically suitable. Once reviewed and approved by the clinician, it is electronically sent to the dispensing queue within the dispensary. As approved prescriptions are received in dispensary, they are placed in date order in the electronic system; the dispensers then work through the queue, again in date order, to order/dispense the medication.

Due to our current staff shortages, this process is taking seven working days to complete; we are working hard to reduce this turnaround.

Those patients to whom we dispense will receive a text, inviting them to collect their medication. Some patients have controlled drugs; for safety reasons, these drugs require two dispensers to sign them out. It would therefore be helpful if controlled drugs could be collected after 9:00am and before 6:00pm, if at all possible.

We are often asked why we will only supply 28 days' of medication at one time. This NHS guidance is intended to prevent wastage; a patient's medication may change in dose or be stopped and any unused medication would be thrown away. The 28 day rule also helps where a particular drug may be in short supply as obviously we can give two patients a 28 day supply each, rather than one patient having 56 days' worth.

Medication shortages

Shortages in certain medications have recently been well documented in the media. When we have not been able to source a particular drug for a patient, we have given the patient their script to take elsewhere. We do understand that some drugs are not widely available, and we will always do our utmost to help, whether this be to find an alternative medication, or checking availability with the manufacturer.

From 1st May 2024, prescription charges went up to £9.90 per item. If a patient is exempt from paying charges, we ask that they provide their medical exemption information when collecting.

Order your prescriptions using the NHS App The NHS App is the quickest and easiest way to order a repeat prescription and it puts the patient in better control of their own health.

- Patients can use the app to order medication at a time that is convenient for them.
- It allows the patient to access a range of other NHS services. Patients can use it to view their GP health record, find their NHS number, register their donor status, check vaccinations and more.
- Ordering medication through the NHS App also helps to reduce unnecessary medicine waste as a patient can just order the medication they need, when it is needed.

The app can be downloaded straight to a mobile phone or other device via the Apple App Store or Google Play. If a patient would rather use a PC, it can be set up via the website: www.nhs.uk/nhs-app/account/

Our Patient Participation Group is planning to arrange an event at the surgery to educate and help patients to import and use the app; more information to follow!

“Just one thing” for a healthier life

Our well-being expert brings us more ideas from the successful Radio 4 series



Cut out sugar

Free sugars in our food cause spikes in blood glucose, leading to spikes in insulin, which can bring on insulin resistance (a precursor to diabetes) and also tends to lay down fat. A study in 2015 of 70,000 women showed that consuming lower levels of added sugar correlated to lower levels of depression, and another of 4,000 women in Australia linked less sugar to better memory. In the US it was found that reducing sugary drinks led to increased longevity (fewer premature deaths).

Any added sugars including honey, dextrose, fructose, maltodextrin and glucose have this effect, and fruit juice is also high in them; our maximum daily allowance is only 30g. Choosing to eat whole fruit instead is an excellent alternative; the sugars are bound to fibre which slows their absorption, thus reducing the spikes, and the fibre itself helps to reduce sugar cravings. Free sugars adversely affect our gut microbiome but eating whole fruits (with skin on e.g. apples, grapes) boosts the microbiome.

So next time you have sugar cravings try eating a piece of fresh fruit; it may take a few days for the full effect while the gut microbiome changes, but you will feel huge benefits for it, and not have the energy crashes that tend to follow the highs of free sugar consumption.

Take a Break

Taking frequent small breaks from your daily routine is massively beneficial; increased creativity, reduced stress and

stabilised blood sugars are just some of the effects. Others may include reduced joint pain, less fatigue, and less eyestrain if you work at a computer. A minimum of three ten-minute breaks a day is recommended; move around, and get outside if possible.

One study of surgeons found that taking a five-minute break every 30 minutes led to better decision-making and accuracy in their work, and less self-reported stress levels. Giving the body a change of posture and activity is fairly easy for us to see as a positive, but it seems that allowing the mind to wander for a few minutes is an important function for creativity and boosting the mood. When we are not actively thinking or concentrating something called the Default Mode Network takes over and the brain becomes active in different, less conscious ways; “free association” occurs whereby it makes new connections which help to incubate new ideas and to widen our imaginations and perceptions, which in turn boosts our mood and reduces fatigue.

It's important to note that watching TV or scrolling through social media do not count as down-time in the ways described above; the mind needs to not be actively engaged in or distracted by anything, except perhaps being mindful of our surroundings such as noticing the sights, sounds and smells of nature, if we are outside.

Liv Weller

Alleviating Loneliness in Village Environments: ALIVE

In November 2023 the World Health Organisation (WHO) declared loneliness to be a global threat. Worsened by the outbreak of COVID, which ended social activity, the situation has now reached epidemic proportions, not only in the United Kingdom but throughout the world. The WHO have recently launched a commission to look into the problem over the next three years.

Our elderly population is growing exponentially. However, loneliness is not exclusive to the elderly, it also blights the lives of between 5% and 15% of our children and adolescents.

Did you know that loneliness is also very bad for your health? Its effects equate to smoking 15 cigarettes a day and is twice as harmful as obesity. There is a 50% higher incidence of dementia, a 30% increase in cardiac disease and increased incidence of death in those who suffer loneliness. This in turn places an enormous strain on our health services. It has been

proven that for every £1 spent addressing loneliness the NHS saves £3.

The ALIVE project was launched in 2019 to address the issue of loneliness in those over the age of 60. Every Tuesday the group meet at 12 noon in the Nags Head, Bunbury, where they enjoy a choice of hot meal for £5. Many stay after lunch for a social afternoon. There is also a coffee morning every Friday from 10.30am. We also go on outings; in June we are visiting the Ironworks in Oswestry and we enjoy occasional interesting, informative talks.

Do come and join us. You don't have to commit to every week, just come along when you can. We are a lively, friendly group and you would be made to feel very welcome. The ALIVE motto is “Anyone who wants company should never be without it”.

Pat Blackwood

Have you ever wondered...

David Kendrick continues his series on the history of the windows at St Boniface using his rich knowledge of church records and history with a little help from Wikipedia: the Dutton window

What is the connection between St Boniface Church and the ancient Egyptian god Horus? The answer can be found in the west north chancel window and the remarkable life of Joseph Everett Dutton whose story featured in last month's Link.

You will recall that two brass plaques on the lower windowsills of the north chancel windows can still be seen today, but the actual dedicated stained-glass windows to which they related, were destroyed in the WWII bomb blast in 1940.

It was to be ten years before work to restore the beautiful church would commence. With the support of the family, it was decided to replace the two "Dutton" windows by one new combined memorial stained glass window to commemorate both Joseph Everett Dutton and his parents.

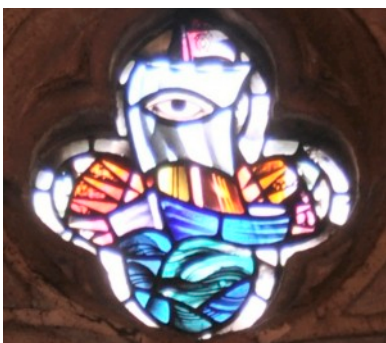
The designer selected was Leonard Evetts, Head of Design for nearly 40 years at King's College, Newcastle University, who was the most prolific English church window designer of the 20th century. The coloured glass was blown by hand by Messrs. Hartley Wood & Co of Sunderland, whose stained glass can also be found in the windows of Westminster Abbey and St. Paul's Cathedral today.

The design of the replacement window consists of three main lights and three tracery lights, one of which is what is known as a quatrefoil. The right-hand main light is based on Malachi 4.2-3; the centre light is based on Revelation 12.1-2, in the head of which are the arms of Dutton; and the left-hand light is based on an episode in the life of St Boniface showing the saint cutting down an oak tree in Fritzlar, Germany — the oak tree was sacred to Thor and worshipped by pagans. The two larger tracery lights depict angels holding burning censers. There is an inscription on the window glass itself which reads:

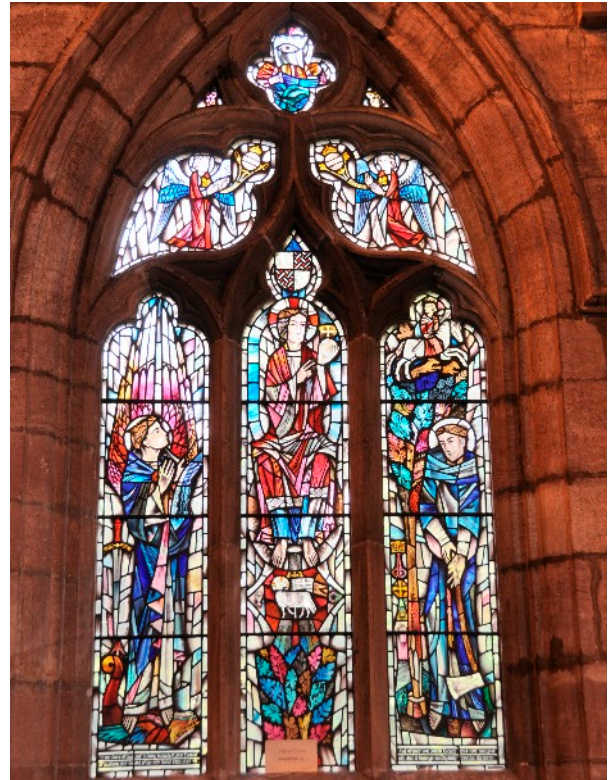
"To the Glory of God and in loving memory of John Dutton of Bunbury 1819-98 and of his wife Sarah Ellen 1834-91. And of their son Joseph Everett 1874-1905 biologist who died at Kasonga investigating tropical diseases."

The window was dedicated by the Venerable R.V.H. Burne, Archdeacon of Chester on 7 December 1952.

But what of ancient Egyptian god Horus, you may be



wondering. According to Egyptian myth, Horus was the Egyptian god of the sky and took the form of a falcon. After fighting a battle against his uncle, Seth, Horus became the king of Egypt, but during this fight, he lost his left eye. According to



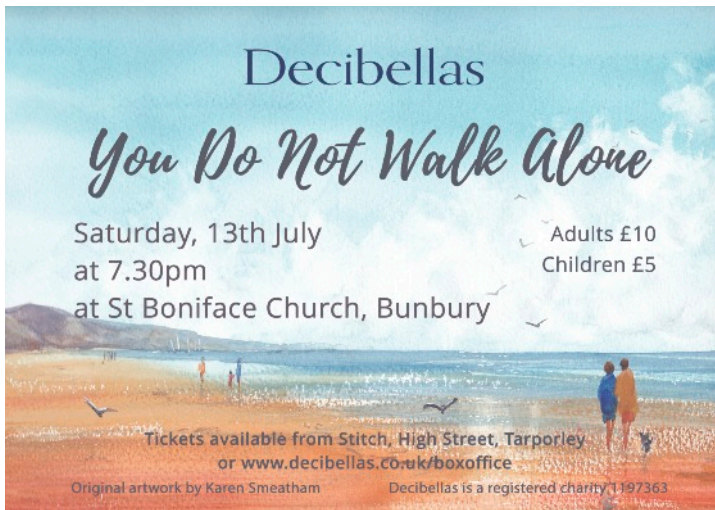
mythology, his eye was magically restored by the goddess Hathor and the Eye of Horus became one of the most important symbols in ancient Egypt, symbolising making whole and healing.

In 1898, several thousands of years later, the Liverpool School of Tropical Medicine (LSTM) was founded and it became the first institution in the world dedicated to research and teaching in tropical medicine. The LSTM adopted the Eye of Horus as their emblem, representing protection, health and restoration and their concern for health the world over. This was the organisation to which Joseph Dutton devoted his life.

Look up to the top of the west north chancel window and there it is: in the quatrefoil, the Eye of Horus, set into the sail of a brightly coloured Egyptian vessel, the voyage of which symbolises LSTM's mission, which is concerned with health the world over and knowing no bounds. A tribute to Joseph's dedication and invaluable contribution to the LSTM, tropical medicine research and understanding.

Also notice that alongside the window hangs a small, framed sketch of St Boniface Church drawn by Joseph himself. When drawing the sketch, he would have been sitting with his sketch pad in the quiet of the ancient churchyard, opposite the south door, beneath the figure of St Boniface. A world and lifetime away from Kasonga in Africa and ancient Egypt. What dreams and ambitions he must have had.

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



A new Easy Exercise class for 60+
For those with limited mobility
Thursdays at 12noon in Bunbury
Surgery £5 a session
No Booking required



APPLICATION FOR A NEW LICENSE LICENSING ACT 2003

NOTICE is hereby given that I, James Edward Rutter, have applied on 20th May 2024 to Cheshire East Council in respect of the premises known as Mount Pleasant Farm, Wrexham Rd., Ridley, Tarporley, Cheshire CW6 9RX for a PREMISES LICENCE to provide the following licensable activities:

Supply of alcohol on Sunday 11th August 12.00 to 19.00

Provision of recorded music, late night refreshment and supply of alcohol on Wednesday 14th August from 19.00 to 24.00

Provision of recorded music, late night refreshment and supply of alcohol on Friday 16th August from 18.00 to 02.00 on Saturday 17th August

Representations shall be made in writing to the below address on or before the following date:
19th June 2024

Licensing Team, Cheshire East Council, Regulatory Services and Health, c/o Delamere House, Delamere Street, Crewe, CW1 2LL.

Or by email to: licensing@cheshireeast.gov.uk

The application may be inspected at the Licensing Section of Cheshire East Council by prior appointment during normal office hours.

It is an offence on summary conviction, to knowingly or recklessly make a false statement in connection with this application, the maximum fine for which is, unlimited.

Information about DKMS

My name is Pete McCleave and on the 1 September 2018, I started a campaign called 10,000 Donors. Our purpose was to raise awareness of the life-saving power of stem cell technology and how every one of us has the potential to be a lifesaver. To date, nearly 100,000 people have registered to be potential donors and 17 have gone on to donate to a patient in need. It is a simple game of numbers, and it does work.

The catalyst for the campaign came from a personal diagnosis of myeloma, an incurable blood cancer, that led to a prognosis of seven years unless I could find myself a stem cell donor. To this day I am yet to find my match. As a mixed race man, the odds of me finding a donor were unacceptably reduced compared to people of a white European heritage (32% vs 72%). This health inequality is very fixable, so we are launching a new marketing campaign called #GOBFORGOOD. Partnering with DKMS, this campaign aims to highlight the health inequality that exists today and raise awareness and funds for the charity which will use all monies raised to specifically engage minority ethnic communities and increase their representation on the global stem cell register. DKMS are dedicated to the fight against blood cancer and blood disorders. Their mission is to provide a matching donor for every blood cancer patient in need of a blood stem cell donation and improve blood cancer therapies through research. To donate, please go to: <https://www.justgiving.com/page/dkms-gfg>

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



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://twitter.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**

MADE WITH 100% BRITISH OATS

SINCE 1675

SEE OUR FULL RANGE AT MORNFLAKE.COM

MORNFLAKE
Mighty Oats

CREAMY SUPERFAST OATS
PERFECT FOR Porridge

MORNFLAKE
Mighty Oats

MIXED & SEEDS
HEARTY HEALTHY
OATBRAN Granola

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.

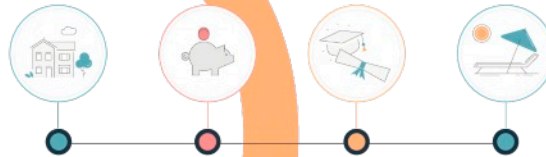
Plan

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

