



# Link

April 2020

*“You don’t have to be positive all the time. It’s OK to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.”* Lori Deschene

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A magazine for the parishes of Bunbury and Tilstone Fearnall

The Parish Council and St Boniface church are working together to support residents in Bunbury needing to self-isolate during the Covid-19 pandemic. Following UK government advice, volunteers will make deliveries of food, goods and medications and provide contact for people who may be isolated.

### Our service

Please contact us before 10.00am each day – you can leave a message the previous evening – and make your request, e.g.:

- Pick up medications (Monday to Friday)
- Give us your shopping list (every day)
- Post a letter, pay a bill, use post office services including pensions
- ... For anything else, don't be afraid to ask!

We want to help local businesses and ensure their long term future within our community, so will be using the Bunbury Co-Op, the Post Office, Burrows (Butchers/Deli) and delivering meals from Tilly's and local pubs/takeaways. We will visit between 1.00pm and 4.00pm to deliver & collect payment.

### How to contact us

For those without internet please call **07823 490 425**. For those with internet, please visit [www.bunburyvillage.info](http://www.bunburyvillage.info) – follow the links and use the contact form. Email us at: [bunburycommunity@gmail.com](mailto:bunburycommunity@gmail.com)

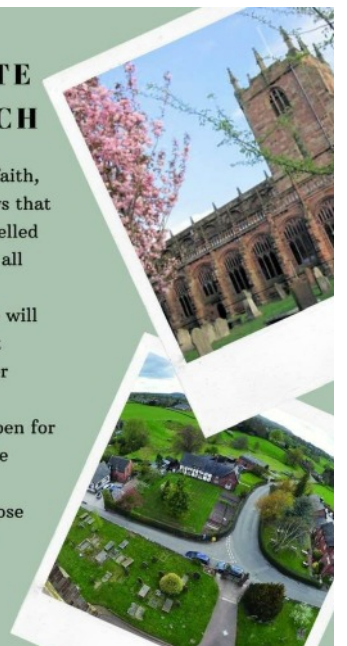
Our services will evolve as we gain experience so please bear with us.

### COVID-19 UPDATE TUES 19TH MARCH

With great sadness, but full of faith, hope and love we share the news that the Archbishops have now cancelled all public worship in church for all our wellbeing to reduce the transmission of the virus. There will be no services at St Boniface, St Jude's and Calveley until further notice.

But our Churches will remain open for prayer and sanctuary and we are setting up a Community 'Good Neighbour' Group to support those who are most vulnerable in our community.

REV TIM HAYWARD



Mark Ireland-Jones, Chair of Bunbury Parish Council  
Tim Hayward, Vicar at St Boniface church

# Who we are

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### Churchwardens

David Cox 01829 734008  
David Kendrick 01829 733254

### Vice-Chairman

Elsa Williams

### Treasurer

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### Churchwardens

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Vacancy

### Secretary

Jenny Brooks 01829 730225

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### Churchwardens

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## The Link

Please contact us if you would like to advertise your business or to send us your news, views and pictures.

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You can also read The Link online at: [www.stbonifacebunbury.org.uk](http://www.stbonifacebunbury.org.uk)

# Community news

Congratulations to **Neil Forsyth** and **Laura Eaton**, married at St Boniface on Friday 21 February.



Congratulations to **Alfie Willington**, christened at St Jude's on Sunday 8 March.



Congratulations to **Olivia Florence Timlett**, christened at St Boniface on Sunday 15 March.

## Suspension of local events

As with all parishes across the country and beyond, events in and around Bunbury have been cancelled until further notice. This applies to the WI,

gardening club, NGS Open Gardens scheme, Bunbury youth club, Friday at Tilly's and other groups. More information on resources to help residents through this challenging time are listed on page 4.

**Raising funds for Mind and FAIR (Funding Auto Immune Research)** – the Turn up the Volume fundraising coffee morning and supper were so well supported. The events and associated donations together raised not only a total of £767.70 to be shared equally between the two charities but also led to the delivery of 100+ volumes to the Mind Shop in Hoole and to the Oxfam Bookshop in Nantwich who were very pleased to receive so many books and in such good condition. Thank you everyone who came for your support.



Follow Bunbury Church on Facebook to receive regular updates on local support.



We would love you to send us a picture of yourself and your family, so we can tape them to our pews and remember you in our prayers. Public worship may have stopped for a while but the whole community remains in our hearts.

REV TIM HAYWARD



## A word from the editor

*Sadly we are cancelling the 700 year events for the spring and summer. At the moment we are going to hold the bell tower event and Katherine Stott in September.*

*Thank you to those people who have set up the group formed to help the vulnerable in our community. It helps morale to be doing something positive for others. Please remember to phone and keep in touch with the elderly, especially if they have been used to being out and about. It will be very hard for them. If we can all pray for our emergency services – especially the doctors and nurses in the front line – they will need special support.*

Thank you to the team that came along on Saturday 7 March to **cut the hedges in the new graveyard** ready for the spring. The team was: Rev Tim & his daughter Poppy; Nigel Overy; Alison Dentith, Bob Harris; Simon Leese Jones; and David Riley, some of who are pictured below. Special thanks to Nigel Overy who brought his tractor and trailer to remove the cuttings, and his power tools to cut the hedges: and also to Peter Moulton whom Nigel had arranged to come with his tractor mounted hedge cutter whilst we were there to cut the hedge on the northern boundary with his field. The next working party will be in the autumn. It's only a few hours commitment, and a better work out than the gym, if we can get enough volunteers. If you would be able to assist us, or just want more information on what is involved, please contact our Parish Administrator: [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com).



**TIM HAYWARD**  
Your Vicar

# Self – isolation

I'm writing this (Tuesday 17 March) just as the government and Public Health England have issued new far-reaching guidance on how we might best reduce the transmission of COVID-19 and the Church of England has decided to suspend all public worship and services with immediate effect.

I find myself as one of the people who now needs to self isolate for 14 days as both my girls have a high temperature and are staying out of school. It is frustrating because I feel well and have no symptoms myself and the girls are improving too. I would dearly love to be 'out there' helping those who are vulnerable, as well as honouring commitments in the diary. But the reality is by staying indoors, I am helping those 'out there' because the more we practice social distancing, the more we will reduce the transmission of the virus. Now if I'm honest, it goes against all my instincts and is contrary to all that we've been doing as a church these last few years. We've been delighted to set up the Friday morning coffee group at Tilly's and the Tuesday lunch and games afternoon at the Nags Head, in order to bring the lonely or bereaved in our community together to find support and friendship.

But we must, for the next few months, think and act differently. And it's going to be very difficult for some of us. We are going to have to let go of some of the things we have taken for granted - hobbies, clubs, societies, different social groups and church services. I especially feel for the over 70's and those with underlying health conditions, because

you will experience the most challenging isolation. But please be reassured, you will not be forgotten. You are not alone. Already, the Parish Council and Church are working together to establish a Community Group to support your needs in the coming months. Please visit the excellent web page Mark Ireland-Jones has set up with details on how you can contact us as shown on the front page.

Also, our thoughts and prayers are with our local businesses who are going to struggle as we live less social lives. We need to think creatively as to how we can support them and make sure they can remain open when hopefully things improve in the summer.

And as a church, we too will need to explore new ways of reaching out to the community and communicating the love of God, whilst our public worship and services have to be suspended for a time.

So as I start my self isolation, I'm reminded that Jesus chose to self isolate not for 14 days but for 40 days during Lent. It was during his time in the wilderness Christ discovered who he was: his passion and purpose. Yes, it was a testing time, but he came through it and demonstrated real resilience. My prayer for all those who are self isolating is that you will know you are not alone, and that you too will discover or rediscover the things that really matter.

I wish you and all your loved ones the best of health (both physically and mentally) during this difficult time. Take care and please be in touch.

**The copy deadline for the May issue of the Link is Friday 10 April. The magazine should be in church on Saturday 25 April. Notices to [bunburyparishoffice@gmail.com](mailto:bunburyparishoffice@gmail.com)**

# Help is out there

Priorities nationally and locally lie in supporting the vulnerable in our communities. As ever, Bunbury residents demonstrate their generosity and resourcefulness.

If you are finding online deliveries difficult to access, here are a few ideas that have been sent round to U3A members.

**www.milkandmore.co.uk** – a service run by milkmen who deliver three times a week. They sell eggs, cheese, yoghurt and other dairy goods. Bread and bakery goods, fresh fruit and vegetables, they also have a range of drinks and organic and gluten free goods. If you do not have access to a computer, you can order through the milkman, ask your milkman if he is part of this scheme. The name of the Tarporley and Bunbury Milk and More milkman is Paul Taylor. There seems to be no minimum order. You can register online and order up to 9pm the night before. They are currently experiencing high demand for items on their website, so some items might take longer to deliver.

**Briscoe's Dairy** also delivers a range of products with free delivery six days a week <https://briscoesdairy.co.uk/>

**Burrows Butchers** hopes to deliver to Bunbury and beyond by arrangement, free with no minimum order. Orders can be

placed at any time and they will arrange a convenient delivery time. They sell a range of ready to cook items, such as individual chicken breasts in sauces, stir-fry chicken and beef or curry etc. To order call: 01829 260342 or 07484 524225 or email: [rffburrowsandsons@btconnect.com](mailto:rffburrowsandsons@btconnect.com) or order on their Facebook page. Payments are made by card over the phone, by cash or cheque or by BACS.

Although face-to-face meetings at **Citizens Advice** are suspended, they are increasing resources for email and telephone advice. Tel: 03444 111 444 or email via the form on their website:

<https://www.citizensadvicece.org.uk/>  
email

Web chat is also available online via:

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/> and information is also available online. Services are likely to be very stretched due to staff and volunteer absence and volume of queries, so please bear with them.



## Protecting your mental health in isolation

Human beings like certainty. When things feel uncertain or when we don't feel safe, we feel stressed. A large part of anxiety comes from a sense of what we think we should be able to control, but can't.

Right now, many of us are worried about COVID-19, known as Coronavirus and in times like these, our mental health can suffer. We don't always know it's happening. You might feel more on edge than usual, angry, helpless or sad. You might get more frustrated with others or want to completely avoid reminders of what is happening. Those of us who already struggle with mental wellness might feel more depressed or less motivated to do daily activities.

We are not helpless in light of current events; we can always choose our response. Here are some things you can do to take care of your mental health in the face of uncertainty:

- 1. Separate what is in your control from what is not.** There are things you can do; focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit how much news you consume (do you really need to know what is happening on a cruise ship you aren't on?).
- 2. Do what helps you feel a sense of safety.** This will be different for everyone; don't compare yourself to others. Ask yourself if you are self-isolating because of potential for sickness or because of depression.
- 3. Get outside in nature – even if you are avoiding crowds.** Take advantage of sunshine hours to get a dose of vitamin D. Exercise also helps your physical and mental health.
- 4. Challenge yourself to stay in the present.** When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present

moment. Notice the sights, sounds, tastes and other sensory experiences in the immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

**5. Stay connected and reach out if you need more support.** Talk to trusted friends about your feelings. If you are feeling anxious or struggling, reach out to a mental health professional for support. You don't have to be alone with your worry.

We are in this together and help is always available. If you're struggling, you can reach out to several organisations, such as:

**The Silver Line:**

<https://www.thesilverline.org.uk/>

Tel: 0800 4 70 80 90

**Samaritans:** <https://www.samaritans.org/>

Tel: 116 123

*Reproduced courtesy of <https://afsp.org/>*

# A day in the life of...

## ... Tarporley Hospital nurse, Jo Lester

My parents, sister and I moved into Bunbury in 1982 and I attended Tarporley High school. It was during my time in the sixth form that I did my voluntary service at Tarporley War Memorial Hospital where I was given an insight into nursing and was taught how to make a bed with hospital corners.

After sitting my A-levels I completed my general nursing training at North Staffs School of Nursing and Midwifery, now the Royal Stoke, and spent a further eight years working on the vascular surgery ward, which is where I found my passion for wounds.

Following the birth of my youngest daughter I went to work at the intensive care and high dependency units at Leighton Hospital looking after critically ill patients.

After a further eight years I followed my passion for wound care and worked on the district and in the central dressing clinic in Ellesmere Port.

In 2009 my career came full circle and I started working at Tarporley War Memorial Hospital as a Staff Nurse. I have been there for ten years now and continue to enjoy the opportunity each day of being able to deliver individual patient centred care to the highest quality, in a homely environment that promotes recovery.

A day in the clinical area:

07:00hrs – Arrive for handover from the night staff.

Morning – Administer patient medication, assist with breakfasts, assist the GP on the daily round. Assist with personal care, wound care, take observations, speak to social workers and other multidisciplinary team members planning complex discharges.

Each morning is very different and can also include a multidisciplinary meeting with the physios and occupational therapists once a week and minor injuries

can walk in to be attended to at any time between 7–7pm. Return phone calls for private respite enquiries or medical admissions from GPs or local hospitals.

12:00hrs – Lunchtime medication round and assist with further GP visits reviewing their patients.

13:30–16:15hrs – Daily dressing clinic for the Tarporley GP practices with varying wounds chronic and acute including leg ulcer management, trauma and surgical wounds.

Evening – Assist with any admissions that have arrived, teatime medication round and assisting with teas. Catch up with any documentation that is outstanding, speak to relatives to update them or answer any questions they may have.

19:00hrs – Handover to the night staff.

19:30hrs – Home.

Every day is completely different and can change at any time if patients deteriorate or there is a patient who is confused and wandering, and at high risk of falls.

I love spending time with my husband and two daughters, both who are at university. After 23 years I still enjoy volunteering within girl guiding in Bunbury. In 2019 we successfully opened a thriving Rainbow and Ranger unit running alongside the Brownie and Guide units.

My highlight of 2019 was meeting HRH Sophie, Countess of Wessex when she visited the hospital to celebrate its



**Jo Lester (right) with Sophie, Countess of Wessex and colleagues**

100th year. It was an honour to not only discuss my time at the hospital but to also compare our Girl guiding trefoil badges and meet the President of Girl Guiding.

### A prayer for those who are ill

*Merciful God,  
we entrust to your tender care  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold  
them safe.*

*Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord.  
Amen.*



# Give us 2 minutes

The Link is going to feature some of our long-term advertisers in this column. This issue we have asked **Phil Stubbs of Sovereign Windows**, who lives in Bunbury, to "Give us two minutes".

Phil was brought up in Weaverham where he went to primary school and then Hoole Hall in Chester. He started work at Barclays Bank where he met Catherine, whom he married when he was 20. A year later he became a self-employed window salesman which led to Phil setting up his own company, Sovereign Windows 37 years ago. Phil and Catherine moved to Bunbury 36 years ago and their three children and three grandchildren have attended the wonderful school here.

**If you had a motto what would it be?**

Hakuna Matata - means no worries for the rest of your days - wouldn't that be nice!

**It's a celebrity beer call who would you invite?**

Alex Ferguson, Peter Kay, Johnny Cash and Ozzie Osbourne

**What would you call your autobiography?**

My Window of Opportunity

**What was your first job?**



*Phil Stubbs*

Helping out at Windy Ridge cafe, Kelsall when I was 15. I always went home smelling of chip fat!

**What would you change about Bunbury if you could?**

Apart from the obvious parking problems I would like to see improved facilities for footballers at the playing fields.

**What is the best book you have read to date?**

What Car!

**What is your biggest regret?**

Life's too short for regrets but I would have loved a Lambretta scooter when I was a teenager.

**If you were granted one wish, what would it be?**

Good health and happiness for my family

**What is one thing people would be surprised to learn about you?**

People may be surprised to know that I am teetotal and always have been.

**What is your favourite place and why?**

The Sanibel and Captiva Islands on the Gulf coast of Florida and also our garden at home.

**How would you spend your ideal weekend?**

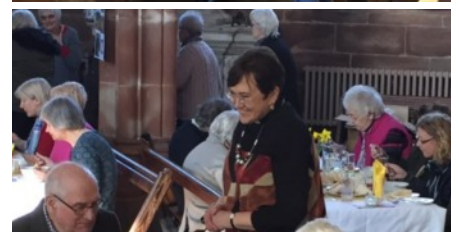
At home in the garden on a sunny day, having a BBQ with family and friends.

## Bunbury celebrates World Day of Prayer

The church was brightly decorated, Zimbabwean sweet potato biscuits baked, and Zimbabwean music played. And people came, over 50 of them, from local churches and communities, to hear about life in Zimbabwe today and to pray for its people. We heard how difficult life is for most of Zimbabwe's people today, especially in rural areas: health issues include gynaecological problems, cancers and AIDs/HIV, with many children left without parents due to this illness alone. Schooling is not accessible to all, and in rural areas people survive by subsistence farming.

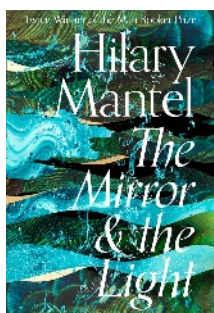
We also received a message of hope from the women of Zimbabwe - hope that truth and reconciliation will bring about peace, hope for equality for all, and hope for the country's future. In our prayers, we joined people all round the world praying for Zimbabwe and for better times to come.

The meeting closed with a shared lunch of soup, sandwiches and dessert. Very many thanks to all those who contributed to the service, including the children from Year 6 at Bunbury Aldersey School, and to all those who supported it. A collection raised funds to be sent to the World Day of Prayer international committee for distribution to community support projects.



# From my bookshelf

## The Mirror & The Light by Hilary Mantel



The Mirror and the Light is the long-awaited final part of the Wolf Hall trilogy, Hilary Mantel's stunning retelling of the life of Thomas Cromwell, Master Secretary to Henry VIII and Lord Privy

Seal of England in the 1530's. The first two parts of the trilogy; Wolf Hall and Bring up the Bodies both won the Booker prize in the years that they were published, and it is hard to see why this latest volume should not do the same.

These books paint a very different picture of Thomas Cromwell from the traditional historical view of an evil and manipulative

man pulling Henry's strings. Mantel shows us the man behind the myth and provides a really coherent narrative as to how a rough and ready blacksmith's son from Putney could have risen to become the second most powerful man in the realm. Wolf Hall took us from Cromwell's first interactions with Henry through to the crowning of Anne Boleyn as queen. Bring up the Bodies told the story of Anne's fall and finished with her execution which is where the Mirror and the Light takes up the narrative. The transition is seamless, so fans of the first two books will find much to enjoy here.

The primary criticism levelled at this final part of the trilogy is that it is too long at 912 pages. I don't agree. The book covers a momentous period of history

from the death of Anne Boleyn through to Cromwell's own fall in 1540. It takes us through the marriage of Henry to Jane Seymour, the birth of the future Edward VI, Jane's death and Henry's subsequent marriage to Anne of Cleves. The other reason is that, as a fan of the books, the length is a positive blessing as you just don't want it to end.

If you haven't read any of these books, then I can't recommend them highly enough, but I would advise starting with Wolf Hall and enjoying each of the over 2000 pages of this trilogy. For those looking for some way to pass this difficult period of self-isolation, a trip to Tudor England courtesy of Hilary Mantel could be just what's needed.

Paige Turner

## Celia Smyth's recipe for April



# Crispy Leg of Lamb

### Ingredients

1 leg or lamb, approximately 1.5 kg (3 lb)  
1 1/2 tsp salt  
freshly ground black pepper to taste  
2 tbsp lemon juice

### For the glaze

2 tbsp soft brown sugar  
2 tsp brandy  
2 tsp lemon juice  
1 tsp grated lemon rind

Easter is a time when we eat lamb in our household - it is a worldwide tradition which goes back thousands of years, linked to the Jewish Passover feast when the blood of a lamb was painted on the doors so that the angel of death would pass over their houses. This recipe adds a twist to the roast leg of lamb and is quite delicious! It serves between six and eight people.

First prepare the glaze by mixing all the ingredients together well.

Season the meat with salt, pepper and lemon juice. Place it on the rack of a roasting tin and roast at 160°C (325°F) gas 3 for 20 to 25 minutes per 500g (1lb) plus 20 minutes (medium) or 25 to 30 minutes per 500g (1lb) plus 25 minutes (well done).

Baste the meat frequently with glaze mixture during last 30 minutes of cooking time. Allow meat to rest for 10 minutes or so before carving.



# Bunbury school news

On 5 March Bunbury Aldersey CE Primary celebrated World Book Day with a number of events in school. On the afternoon of Wednesday 4 March we welcomed 'Jake the storyteller' into school. This was a very successful event organised by our PTA and was thoroughly enjoyed by staff and pupils alike.

On Thursday we celebrated World Book Day with a number of events in school. It was fantastic to see so many children dressed as their favourite characters from books as well as all the teachers too. It was clear to see that a lot of hard work had been put in by parents and pupils when making their costumes. As part of the day the children participated in a 'Stop, Drop and Read' activity where at several points throughout the day the bell rang, everything was dropped and we read for five minutes - wherever they wanted! It was a delight to welcome 30 pupils into the Headteacher's office.

The children also had to solve their very own 'reading book crime'. Overnight all the books had been stolen from our school library and taken. Throughout the day the children had to work out from the various clues, which were present at the crime scene, which member of staff had committed the theft. I am sorry to say that unfortunately, Where's Wally, aka Mrs Waring was guilty of stealing the books.



## Prayers about the COVID-19 outbreak

**Keep us, good Lord,**  
under the shadow of your mercy  
in this time of uncertainty and  
distress.  
Sustain and support the anxious  
and fearful,  
and lift up all who are brought  
low;  
that we may rejoice in your  
comfort  
knowing that nothing can separate  
us  
from your love  
in Christ Jesus our Lord.

**Lord Jesus Christ,**  
you taught us to love our  
neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us  
strength  
to comfort the fearful, to tend the  
sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake.  
Amen.

**God of compassion,**  
be close to those who are ill, afraid  
or in isolation.  
In their loneliness, be their  
consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone  
on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord.  
Amen.



# A dementia journey

In this feature, **Roger Craig**, who works as a dementia support worker, shares valuable information on the support and resources available to families following a dementia diagnosis.

My family moved to Bunbury in 2003, Halloween to be exact. I was born in Staffordshire and my wife Helen was born in The Wirral. We had been living in North Staffordshire and our eldest daughter Niamh and son Joseph were born there. Our youngest daughter Maisie was born in 2004 and claims to be the only Bunbarian in the family.

In 2008, both sets of parents still lived in Staffordshire and The Wirral. I was working full-time throughout Staffordshire and Helen had started back to part-time teaching having been a full-time mother since 2000. All appeared to be going well. Having vowed not to study again after my first degree, I had taken professional qualifications and was following a promotion pathway, had studied academically at two further universities, had qualified to teach and had enrolled on a master's degree programme starting in that September. In quick succession, my mother was given a terminal diagnosis in November, my father had a stroke in December, my mother died in March and my father came out of hospital in June 2009. Irrespective of the emotional toll, I had a young family, was travelling to work each day, working long and unsociable hours and my father had been replaced by someone who looked like him, but I did not recognise. The man that I knew as outgoing, compassionate and physically tough with a clear set of values and beliefs was replaced by someone who could change from moment to moment, would frequently threaten to take his own life and then not remember the conversation minutes later. I did not know it at the time, but my father had post-stroke related vascular dementia. I certainly did not know what to do or who to turn to as we as a family had always worked hard and been independent of any services or support. My professional and academic progression stopped and I have no regrets because being able to give care to someone, particularly one's parents is a privilege; there were frequent times that I may not have thought so, but I can recognise some amazing moments during that journey. My father died in 2013.

## Our prayers for April

We continue to pray for **Hazel Wilkinson, Cody Balshaw, Geoff Dickens and Linda Gregson.**

We also pray for all who are mourning a loved one, especially the families and friends of **Bill Corn, John Barton and Joan Hopley.**

In 2014, I was involved in a car crash that would ultimately end my career early after 27 years and my plans for a second career in lecturing. I did not know if I could work again but knew that if I did, it would not

be at the same level. Gradually as my rehabilitation progressed, I started to look for opportunities that I thought might be suitable for the new me. In 2018, I started to work part-time for a charity to deliver a new project to provide an ongoing information and support service to people living with a diagnosis of dementia. I can truthfully say that considering some of the extraordinary things that I had seen and done in my previous career, working on this project has been amazing. It is a natural fit for my skills, values and beliefs. My subject knowledge is developing but I am always clear that I am not a doctor or a nurse. I am a navigator, a translator and someone to speak to at any point in the dementia journey. I look to join up the dots and identify who is the right person or which is the appropriate organisation to best support people. Singularly, the most important part of this role is to be able to dedicate time for people and to listen and share their story. The term 'dementia detective' is sometimes used when describing how to try and find out what people living with dementia are experiencing and how to respect their personhood.

A Metropolitan Police detective recruitment advertisement currently suggests that: 'being a detective is all about uncovering the truth, while identifying and managing any risks. You'll do this by analysing evidence, talking to witnesses and building trust... You will talk to lots of different people and have the compassion and skills to deal with some difficult situations.'

I imagine that being a detective is demanding and fulfilling. My role certainly is, and my hope is that I can offer something to help along that dementia journey.

*These views are personal views and do not reflect those of any service or organisation mentioned above.*



There are some useful contacts below:

Alzheimer's Society 0300 369 0570  
Age UK Cheshire 01606 881660.  
National dementia helpline 0300 222 1122  
Dementia UK 0300 365 5500  
Admiral nurse helpline 0800 888 6678  
Cheshire & Warrington Carers Trust  
01270 394897  
Carers Helpline 0300 102 0008  
Live better with dementia 0203 870 3874  
Live well Cheshire East  
<https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

# Sky notes for April

Last month we looked at the constellation of Gemini, the Twins. This month we will look at its easterly neighbour, Cancer, the Crab. Cancer is a faint constellation lying between Gemini and Leo. Use the accompanying chart to find it in the southern sky this month. Note that you can use the well-known star grouping of the Big Dipper, which is also known as the Plough, as a pointer.

Cancer look like an upside-down letter Y. It's easiest to spot on dark evenings when there is no moon.

Cancer makes up for its lackluster stars by having within its boundaries one of the sky's brighter star clusters, the Beehive cluster, also known as M44. Another name for the Beehive is Praesepe (Latin for "manger"). It is marked by a red circle on the star chart.

In a dark sky, the Beehive looks like a tiny faint cloud to the naked eye. As seen through ordinary binoculars, this nebulous patch of haze instantly turns into a sparkling city of stars. It is an open cluster, one of the nearest to our solar system, being about 600 light years away. The Beehive is thought to contain a larger star population than most other nearby clusters, numbering around 1000. All the stars in the cluster were born at about the same time, 600 million years ago.



Before closing, I should also mention that the planet Venus is still dominating the western sky after sunset. On the 3rd of April, Venus appears in front of the star cluster known as the Pleiades, which we looked at in February's Sky Notes. At first glance Venus will look a bit fuzzy to the naked eye, but binoculars or a small telescope will reveal the dazzling bright planet accompanied by a swarm of stars!

Clear skies!

Bunbury Stargazer

## Calveley Primary School

This month the school celebrated World Book Day and their love of reading. For World Book Day all dressed up as their favourite book characters. There were some amazing and inventive costumes, and it was great to see the children so excited about reading. The children shared stories and took part in a book quiz to test their literary knowledge.

Class 1 and 2 visited Nantwich Library, taking part in a book quiz, making bookmarks, learning about the library and reading stories. The children all behaved amazingly and the teachers were extremely proud of them!



## *An inspirational poem by a Capuchin Franciscan in Ireland*



### Lockdown

Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.  
But,  
They say that in Wuhan after so many years of noise  
You can hear the birds again.  
They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.  
They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.  
They say that a hotel in the West of Ireland  
Is offering free meals and delivery to the housebound.  
Today a young woman I know  
is busy spreading fliers with her number  
through the neighbourhood  
So that the elders may have someone to call on.  
Today Churches, Synagogues, Mosques and Temples  
are preparing to welcome  
and shelter the homeless, the sick, the weary  
All over the world people are slowing down and  
reflecting  
All over the world people are looking at their neighbours  
in a new way  
All over the world people are waking up to a new reality  
To how big we really are.  
To how little control we really have.  
To what really matters.  
To Love.  
So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.

### Foodbank calls for help

Food banks across Cheshire are making urgent appeals for donations as they struggle to source supplies due to panic-buying. A huge strain has been put on charities catering to the poorest and most vulnerable in Cheshire. Their biggest shortages are tinned meat, tinned tomatoes,

long life milk, long life fruit juice, tinned fruit, cereal, nappies 9 larger sizes (5, 6 and pull ups) and toiletries. If you are able to source any spare items, please leave them in the porch of St Boniface church and they will be delivered to Nantwich Foodbank on a weekly basis.

Yes there is sickness.  
But there does not have to be disease of the soul  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.  
Listen, behind the factory noises of your panic  
The birds are singing again  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.

**Richard Hendrick, March 13 2020**

### A prayer for hospital staff and medical researchers

*Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord.  
Amen.*



# The evolution of St Boniface church

**Phase 3: The rebuilding of Bunbury church from Norman to 'decorated' gothic style, 1320-86**

This rebuilding was the most significant in the evolution of Bunbury church. As noted earlier the date 1320 is merely nominal as the rebuilding would have taken many years to complete. Did the rebuilding of the church take place in a single operation or in stages? Though the timetable for this major rebuilding is unknown the outcome was a new decorated gothic, pointed-arch style church. In more detail below.

**The tower:** This very solid structure remains largely as built having undergone only quite minor alterations over the centuries. The tower is about twenty-seven feet six inches square and about seventy-five feet tall. Typically of the period, the tower was built without a west door which was installed later, and stands on three arches opening to both side aisles and the nave, an arrangement also found at St Peter's, Chester, and Brereton. Overall the tower is overall the most massive part of the church built to house swinging bells and also as a look out. The history of the west tower window remains unclear as the Ormerod extract, quoted earlier, indicates it was an original feature, but a later date of c.1387 has been suggested. Probably the former date is to be favoured as the window is a little unsymmetrical with the centre of the west tower wall.

**The nave:** This was similar in area to both the Norman church and that of the present day. Hexagonal columns supported 'decorated' arches forming arcades which, in turn, supported a steeply-ridged, single, thatched roof covering both aisles and the nave. As such, the sloping roof was comparatively low and, rested on apparently windowless aisle walls of about 8ft interior height with the only

natural light coming from the large east and west windows. A feature of the nave/chancel walls are the two corbels that supported a gated rood screen bearing a statue of the Virgin Mary: traditionally rood screens were fitted with doors to prevent animals from soiling the chancel in times of peril. Thus, it can be deduced that medieval churches were both places of worship and also safer havens in troubled times. For similar reasons Bunbury church had only a single entrance - through the porch situated at the mid-point of the south aisle wall.

With hindsight, rebuilding the nave seems to have had little purpose, as simply changing the more massive Norman work with the newer style slender hexagonal columns and pointed 'decorated' gothic arches achieved very little increase in nave area, but perhaps the false god of fashion was appeased!

**The chancel:** The chancel, of two bays, was the most flamboyant part of the nominally dated 1320 rebuilt church, as it featured two large windows of three lights on each side, complemented with an even larger five light east window. So, in contrast with the dark nave the chancel, at least, allowed entrance of daylight. Presumably there was a sanctuary and altar beneath the east window with a sedilia of three clergy seats each under ogee arches (arches with two ogee curves meeting at apexes) on the south side. A larger ogee arch, situated at the easterly end of the north wall, marks the traditional location of the founder's tomb. In all probability the founder was David de Bunbury, rector 1337-1387, named in the east window inscription, which was later recorded by historian Samson Erdeswick, in 1580, which translates, as follows:

The window was erected in 1345 in honour of St. Boniface, by Rector David de Bunbury who thereby sought his prayers .

Thus the 1345 date possibly indicates the end of Phase 3 rebuilding and was the date used in the modern Grade 1 listing building citation, dated 12 January 1967 for Bunbury Church. Overall, the rebuilt church consisted of a sturdily built tower and ornate chancel but apparently little had been done to the nave apart from new arcades. Were funds short? We do not know.

Nationally, the earlier part of the 14th century had seen a period of increasing prosperity with the Norman and Anglo-Saxon races becoming unified as the English, or in modern idiom 'integrated'. This statement was paralleled in Bunbury by the change from the heavier Norman style to the lighter decorated fashions of church architecture. Earlier problems with the neighbouring Wales had been settled in 1284, but the Hundred Years' War started c.1338 and involved the famed Cheshire archers and also Bunbury's Sir Hugh Calveley, who was to play an important role in the evolution of Bunbury church.

To be continued...

John Elsworth, Churchwarden 1992-2001

## A prayer from one who is ill or isolated

*O God,  
help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord.  
Amen.*



## Pat Ellis - Reader Emeritus Footprints in the sand

When life is difficult, we can feel very lonely and abandoned.

Jesus must have felt like this in the dark hours of his betrayal, trial and excruciating death on the cross, abandoned by even his closest friends and totally alone.

Jesus understands how we feel, he has been there before us, and now, risen and reigning in glory, he is always by our side, and when we need help, he will carry us.

*One night I dreamed a dream.*

*I was walking along the beach with my Lord.*

*Across the dark sky flashed scenes from my life.*

*For each scene, I noticed two sets of footprints, one belonging to me and one to my Lord.*

*When the last scene of my life shot before me I looked back at the footprints in the sand. There was only one set of footprints.*

*I realised that this was at the*

*lowest and saddest time of my life.*

*This always bothered me, and I questioned my Lord about my dilemma.*

*"Lord, you told me when I decided to follow you, you would walk and talk with me all the way.*

*But I'm aware that during the most troublesome times of my life there is only one set of footprints.*

*I don't understand why, when I need you most, you leave me."*

*He whispered, "My precious child, I love you and will never leave you.*

*During your trials and testings,*

*When you saw only one set of footprints, it was then that I carried you."*

*Mary Fishback.*



Mike Rogers writes...

## A jigsaw puzzle



Casting around for something to fill a couple of hours or so the other day I came across a jigsaw which had been sat in the bottom of a drawer for longer than I cared to remember. It was not large and I couldn't recall ever completing it.

So, not being one to avoid a challenge, I set to. Once it was done, it struck me that a jigsaw puzzle can teach us a great deal about how we might live our lives – the protocols are not dissimilar: -

- Don't force a fit – if something is meant to be, it will come together naturally.
- If things aren't going too well, take a break. Things will look different when you return.
- Be sure to look at the overall picture. Getting hung up on just the little pieces can lead to frustration.
- Perseverance pays off. Every important puzzle went together gradually, piece by piece.
- When one part of the puzzle becomes difficult, move to another part and then go back to the difficult bit later.
- The creator of the puzzle gave you a picture as a guide. Refer to the Creator's guide often.
- Variety is the spice of life. It's the different colours and patterns that make the puzzle interesting.
- Working together with friends and family makes things easier and more fun.
- Establish the corners and the border first. Boundaries give a sense of security and order.
- Don't be afraid to try different combinations. Some matches will surprise you.
- Take time to celebrate your successes (even the little ones).
- Anything worth doing takes time and effort. Puzzles cannot be rushed.
- Finally, when you put the last piece in place, don't be sad. Rejoice in the masterpiece you've created and enjoy a well-deserved rest.

## From the potting shed

At last instead of the sound of rain on the shed roof, the sun is shining through the windows. The ground is drying out and the perennials are shooting from the flower beds.

The weather has not stopped me from preparing for the coming season. Vegetable seeds have been sown, tomato seeds are in the greenhouse and some of the annual seeds are showing in the trays. Perhaps I am a little early but I am keen; there is still

plenty of time to get seeds in as they soon catch up in the extra daylight.

Dhalias, gladioli, lilies and canna, stars of mid to late summer, should now be potted and planted all will give glorious colour. Remember: preparation is all. Looking from the door of the potting shed I see crocus, hyacinths, daffodils, primroses and early tulips – results of autumn preparation. We had a mild although wet winter; I may be wrong but I think almost everything is early this year by about two to three weeks. I

don't think I remember my cherry tree in flower this early and the fruit trees are about to break bud.

Do you remember my lawn being cut very early? I haven't cut it since but it needs to be cut and the edges trimmed to lift the clean look and the gardening spirits. This time I will feed and weed with a proprietary brand to give it a good healthy start.

Happy gardening – I think we will all have plenty of time in the coming weeks for it. And fresh air is good for you!



# William "Bill" Charles Corn

Bill was born on 12 March 1922 in Willaston, the youngest of seven children. During his childhood Bill became fascinated by his father's tales of service life. Bill's father trained horses during the Boer War and undoubtedly it was these tales that started Bill's lifelong love of horses. He left Willaston School, aged 14, and became apprenticed to a local plumber.

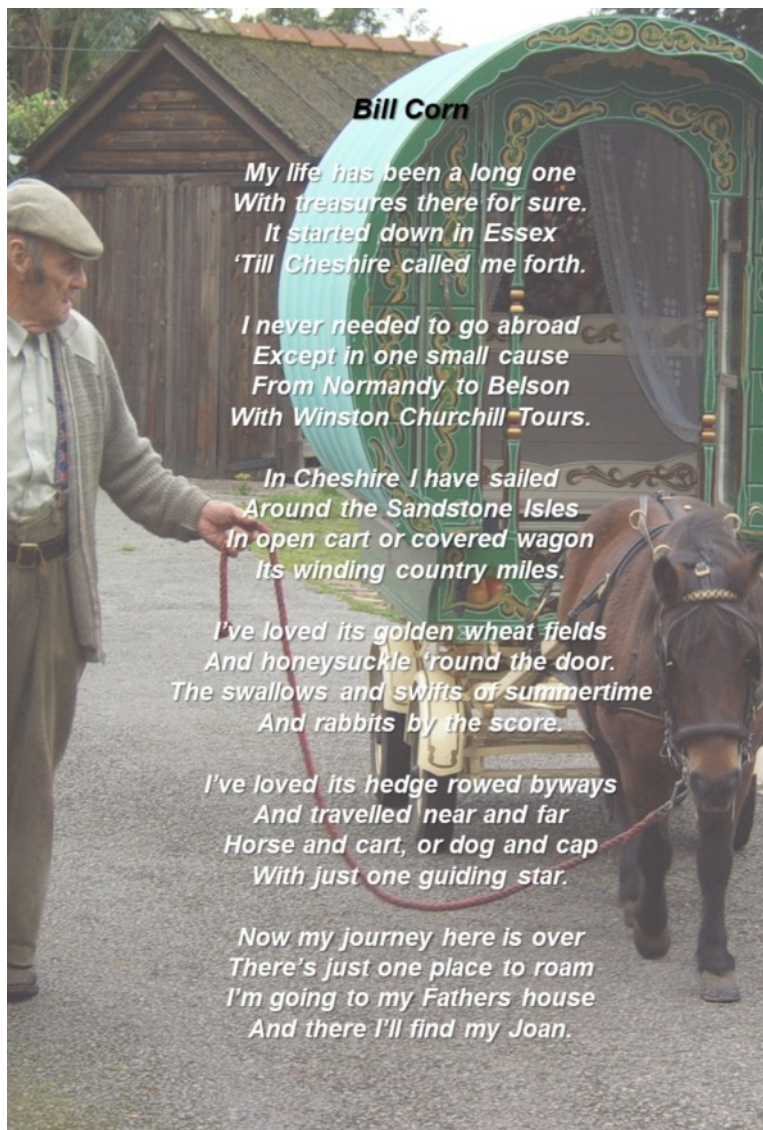
Bill met his future wife, Joan, whilst she was still at school and it soon became apparent that theirs was far more than just a teenage romance. They married in 1941 at Wistaston Church and their early married life, like that of many others, was challenging due to WW2.

During his war service Bill took part in the D-Day landings: an event that many years later, in 2017, led to him being appointed a Chevalier de l'Ordre National de la Legion d'Honneur. This is the highest honour given by the French Government in recognition of those actively involved in D-Day. Returning to France in 1994 for the 50th anniversary of the D-Day Landings Bill was asked to show his passport when entering France and he famously quipped back: "You never asked to see it back in '44!".

After the war Bill and Joan bought a house in Willaston and settled down to family life, having five children. He returned to his former work as a plumber and a later move to work for Severn Trent Water necessitated the family moving to one of the on-site houses at the Peckforton pumping station. The house was nestled at the foot of the Peckforton hills and it gave Bill the opportunity to enjoy the countryside activities and pursuits he loved. During this time Bill owned several horses and ponies and restored horse drawn carts and Romany caravans. His love of the countryside was shared with his children and grandchildren as he passed on his enthusiasm and knowledge.

On retirement Bill and Joan moved to the cottage in Bunbury where he lived for the rest of his life. Renting land around the village allowed him to continue keeping ponies and to restore and show his carts. Always out and about, Bill made many new friends and with his good humoured banter and tales of yesteryear he entertained many people. Sadly, Joan died in 2007 not long after they had celebrated 65 years of marriage. It was a difficult time for Bill but many people helped him with their friendship, love and support.

Enjoying a long, full and happy life, Bill loved to share his enthusiasm and love of life with all who met him. He will sadly missed by his family and friends.



## Bill Corn

*My life has been a long one  
With treasures there for sure.  
It started down in Essex  
'Till Cheshire called me forth.*

*I never needed to go abroad  
Except in one small cause  
From Normandy to Belson  
With Winston Churchill Tours.*

*In Cheshire I have sailed  
Around the Sandstone Isles  
In open cart or covered wagon  
Its winding country miles.*

*I've loved its golden wheat fields  
And honeysuckle 'round the door.  
The swallows and swifts of summertime  
And rabbits by the score.*

*I've loved its hedge rowed byways  
And travelled near and far  
Horse and cart, or dog and cap  
With just one guiding star.*

*Now my journey here is over  
There's just one place to roam  
I'm going to my Fathers house  
And there I'll find my Joan.*

**This poem was written by Bill Corn's grandson, Pete Bonner, and read by Nigel Burrows at the funeral**

## A prayer for the Christian community

*We are not people of fear:  
we are people of courage.*

*We are not people who protect our own safety:  
we are people who protect our neighbours'  
safety.*

*We are not people of greed:  
we are people of generosity.*

*We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs*

*For as long as it takes  
wherever you call us.*



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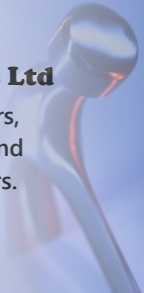
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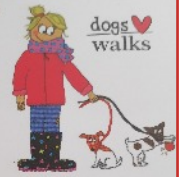
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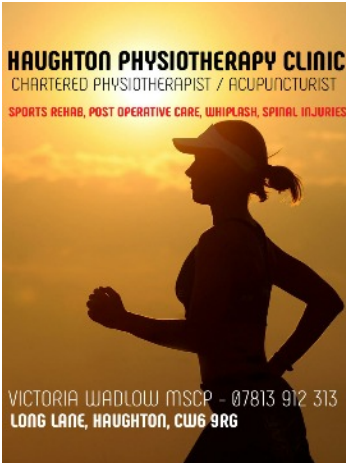
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