



# KINGSLEY NEWS

NOVEMBER 2019

The news and voice of your village  
Community

Kingsley Community Association is a Registered Charity

**KINGSLEY COMMUNITY ASSOCIATION**  
**OFFICERS 2019/2020**

<b>Chairman</b>	<b>Elizabeth Batey</b>	<b>788788</b>
<b>Vice Chairman</b>	<b>Steve Easton</b>	<b>788050</b>
<b>Treasurer</b>	<b>Simon Batey</b>	<b>788788</b>
<b>Secretary</b>	<b>Jo Preston</b>	<b>787899</b>
<b>Kingsley News Editor</b>	<b>Elizabeth Wilson</b>	<b>787678</b>
<b>Kingsley News Accounts</b>	<b>Julie Mort</b>	
<b>Bookings Secretary</b>	<b>Jo Preston</b>	<b>787899</b>

**COUNCIL MEMBERS (elected)**

**Carol Rowlands, Vic Wodhams**

**COUNCIL MEMBERS (not elected)**

**One representative from each of the affiliated groups and clubs**

**CONTACT DETAILS FOR PARISH COUNCIL**

Contact: The Parish Clerk

Email: [parish.clerk@kingsleyparishcouncil.org.uk](mailto:parish.clerk@kingsleyparishcouncil.org.uk)

Mailing Address: The Boardroom, Hollow Lane, Kingsley, WA6 8EF

Telephone Numbers: landline to be advised

Mobile: 0748 3157679

The Parish Clerk will be available at the following times:

Every Friday of the month between 09.00am and 3.00pm

**KINGSLEY PRAYER DIARY**

**Each week of the year** Christians in Kingsley pray specially for people in a different area of the village and its surroundings. During November we think of, and pray for people living in: -

<b>W/c Nov</b>	<b>3rd</b>	<b>Depmore Lane</b>
<b>W/c Nov</b>	<b>10th</b>	<b>The Cross</b>
<b>W/c Nov</b>	<b>17th</b>	<b>Highbank Road</b>
<b>W/c Nov</b>	<b>24th</b>	<b>Top Road</b>

***We invite you to add your own prayers***

# *EDITORIAL NEWS AND VIEWS*

Dear Readers

Now we are in November, the clocks have gone back and winter is starting to take hold everywhere. It will soon be November 5<sup>th</sup> with fireworks and bonfires, loved by children and adults. But spare a thought for animals, both domestic and wild, who don't understand what is happening, all they hear is loud frightening noises. Make sure you keep all your pets inside when fireworks are being used. Also, before lighting your bonfire check to make sure that there are no small creatures hibernating inside it.

On 8<sup>th</sup> November Cheshire Rural Touring Arts will present The Ramayana, an Indian epic, at Kingsley Community Centre. See notice for further details.

For those of you who love quizzes the Red Bull are hosting a quiz in aid of Kingsley Youth Group on 17<sup>th</sup> November. Tickets are £10.00 including winter stew.

Finally, coming soon - look out for the Christmas Angels

*Elizabeth*

**Articles for the magazine to be sent to the Editor  
by email to - [kingsleynewseditor@gmail.com](mailto:kingsleynewseditor@gmail.com)**

**Tel: 01928 787678**

**Copy deadline is the 21st of each month  
[www.kingsleyvillage.co.uk](http://www.kingsleyvillage.co.uk)**

## **Kingsley Bookworms**

**Next meeting 14th November 2019 at the Hurst Chapel at 7.30pm**

At our last meeting we talked about “The Silent Companion” by Louise Purcell, which was described as a paranormal suspense book. The general consensus was that the book didn’t really hit the mark. Interestingly, some people didn’t read it because they avoid books that Gothic horror book which was the main marketing message. Basically, we agreed that this book was neither. We had an interesting conversation about marketing and “Top 100 award winning books”. Generally we were left feeling sceptical.

In November we will be talking about Melmouth by Sarah Perry. We read “The Essex Serpent” some time ago and then went to see Sarah at the Gladstone Literary Festival when she was about to launch Melmouth last year. This book has had great critical reviews but is said to be “troubling”. While it’s in the style of a gothic historical novel, it is in a contemporary setting.

Our next outings are to the Chester Literary festival at the end of November to see Benjamin Zephaniah and Roger McGough. There are several excellent speakers at this festival, the full programme is available at <http://www.storyhouse.com/literature>

In December we will be talking about “Wuthering Heights” by Emily Bronte. Anyone who loves this book or Emily Bronte is very welcome to join our December meeting and join in with our discussion.

We’ve chosen our books for the first quarter of 2020. They are:

January – “Becoming” by Michelle Obama

February – “The Incredible Pilgrimage of Harold Fry” by Rachel Joyce (for those that have already read this, “The Music Shop” by Rachel Joyce).

March – “Rebecca” by Daphne du Maurier

We now have some interesting titles on our wish list and we’re always happy to add to this.

Kingsley Bookworms meet on the second Thursday of each month and everyone is welcome to join us at any of our meetings or events. There is no need to commit to coming to every meeting. We aim to be friendly and welcoming to one and all. Meetings start at 7.30pm and are held at the Hurst Chapel. If you want more information, please contact me on [vgwillim@coach-work.co.uk](mailto:vgwillim@coach-work.co.uk) or call me on 07799 067 457. We have also got our own Facebook page called Kingsley Bookworms.

### **ROOM AT THE TOP**

***Rooms with kitchen facilities for hire at The Hurst Methodist Church.***

***Ideal for children’s parties etc. Moderate charges.***

**Contact Brian Moores on 787442**



**KINGSLEY & NEWTON  
VILLAGE INSTITUTE**

# **New Year's Eve** *Celebration*

**Tuesday 31st December 2019**  
**8.00pm till late**

**with entertainment by**  
**vocalist CHLOE COSTELLO**



**Tickets £17.50**

**to include buffet**

**from Brian 01928 788872**



## **WORSHIP AT THE HURST METHODIST CHURCH**

### **Sunday 3<sup>rd</sup> November**

10:00 am - Morning Worship at The Hurst: Miss. H Rowland

6:30pm - At Blakelees Chapel: Mr. A. Ellams.

### **Sunday 10<sup>th</sup> November**

8:15am - Holy Communion: Revd. D. Bintliff

10:00am - No Morning Worship at The Hurst: Remembrance service at St John's

6.30pm - At Blakelees Chapel: Mr. S. Robinson.

### **Sunday 17<sup>th</sup> November**

10:00am - Morning Worship at The Hurst: Revd. D. Bintliff

6.30pm - At Blakelees Chapel: Revd. D. Bintliff

### **Sunday 24<sup>th</sup> November**

10:00pm - Morning Worship at The Hurst: Mr J. Bell.

6.30pm - At Blakelees Chapel: Mr. M. Smyth

**All are truly welcome; Please come and join us and bring children, grandchildren and**

## **KCA IS PROUD TO PRESENT**

### **The Ramayana: Emily Hennessy & Sheema Mukherjee**

### **Friday 8<sup>th</sup> November at Kingsley Community Centre**

Storyteller Emily Hennessy and virtuoso musician Sheema Mukherjee playing sitar conjure up a vivid, wild and beguiling world in this retelling of the much-loved Indian epic. When Sita is kidnapped by the ten-headed demon king, Rama needs all the help he can get to rescue her. Who better to have on your side than a shape-shifting monkey? What could possibly go wrong?

Tickets are only available online at the moment but will be on sale locally nearer the time.

<https://www.ticketsource.co.uk/whats-on/cheshire/kingsley-community-centre/emily-hennessey-and-sheema-mukherjee-the-ramayana/2019-11-08/19:30/t-ggpyna>

Ticket prices are £12 and £6 for under 17s.

*Presented in conjunction with Cheshire Rural Touring Arts. More information on their Autumn Season can be found at*

<http://www.cheshireruraltouringarts.co.uk/wp-content/uploads/2019/09/CRTA-Autumn-2019-Brochure-web-3.pdf>

## **LITTER PICK UPDATE**

The litter pick on Saturday 12<sup>th</sup> of October 8 of the litter pick team collected 9 bags of litter from around the village.

Both the play area off Westbrook Road and the one off Middle Lane were practically litter free. Well done to all who have picked up any litter.

The next litter pick is on the 16<sup>th</sup> of November. There is no litter pick in December.

Eila Birtwistle

## **The MacMillan Coffee Morning, 27<sup>th</sup> September 2019**

Thank you to all those who came along to the Kingsley Community Centre last month to support our MacMillan Coffee Morning. We raised a magnificent £1,066 for Macmillan Cancer Support. £350 of this total came in the form of donations handed in to us on the morning: thank you for your kindness.

Particular thanks are extended to Mary for organising the raffle and of course to the local businesses who so generously donated the raffle prizes and to the Co-op for, once again, providing the tea, coffee, milk and sugar for the event. All very much appreciated.

Of course these things don't happen by chance and a great deal of hard work was done on the day. Thanks to all who came along to help set up the room and then again to the gentlemen who came back at the end of the morning to put everything away. As ever, the ladies of the Kingsley W.I. worked tirelessly serving refreshments and selling the cakes that they had baked for the occasion. Thank you, we couldn't have done it without you.

It was lovely to welcome the children, staff and parents from St John's School throughout the morning. The joy of the MacMillan Coffee Morning is that it brings the village together, young and old. Thank you for caring.

See you next year!  
Elizabeth M. Batey, KCA Chairman

## **The Hurst Church Soup Lunch Monday 11<sup>th</sup> November**

Meal served at 12 noon.

\*\*\*\*\*

Home-made Soups, Puddings, Tea and coffee  
- only £3.00 all in.

\*\*\*\*\*

All proceeds this month in aid of "Blind Veterans UK". If you have not been before you will be warmly welcomed and enjoy a friendly chat whilst eating delicious home-made soup and pudding. Really good selection of both.

There is even a small raffle with many small prizes to be won!!!

## On Stage Near You

Not already enjoying local shows? You really ought to get out more.

**Sad news from Kingsley Players that they had to postpone their performances of *How the Other Half Loves* but they plan to reschedule to next April. They tell us that in January Jo Oultram makes her directorial debut with another new pantomime, *Jack and the Incredible Beanstalk* written by their multi talented Music Director, Arnold Ashbrook to be staged from 29<sup>th</sup> January to 1<sup>st</sup> February. In addition KP's version of *Allo Allo* which they have been touring for charities for many years is returning yet again to Kingsley on 16<sup>th</sup> at the Village Institute (sold out) and Tilston near Malpas on 9<sup>th</sup>. Other venues can be seen at <https://kingsleyplayers.co.uk/shows/allo-allo/>**

### Others in November

6<sup>th</sup> to 9<sup>th</sup> Knutsford Little Theatre – ***Teechers*** by John Godber. A popular play and well worth a visit to this charming little theatre. <http://www.knutsfordlittletheatre.com/>

12<sup>th</sup> to 16<sup>th</sup> Centenary Players – ***Our House***, a popular musical featuring *Madness* hits. At The Brindley, Runcorn. <https://tickets.thebrindley.org.uk/en-GB/shows/our%20house/events>

16<sup>th</sup> to 23<sup>rd</sup> Chester Little Theatre – ***Nightwatch*** by Lucille Fletcher. An outstanding Broadway success when it was first produced in 1972, this ingeniously devised thriller builds steadily in menace and suspense until the final breath-stopping moment of its unexpected “twist” ending.. <https://www.chestrelittletheatre.co.uk/events/night-watch-by-lucille-fletcher-directed-by-yvette-owen/31>

29<sup>th</sup> to 4<sup>th</sup> Jan Tip Top at The Forum, Chester – ***Snow White & The Seven Dwarfs*** by Peter Swinger. They say” Guaranteed great fun for all the family, there’s surprises in store for you at every performance plus, of course, the old jokes...and maybe a new one here and there!. <https://www.chestertheatre.co.uk/>

14<sup>th</sup> - 19<sup>th</sup> Altrincham Garrick – ***When We Are Married*** by J B Priestley has been performed in the last few years by KP and Harlequins. Its an excellent period comedy so if you did not see it or want to see it again then this is the place to go. <https://www.altrinchamgarrick.co.uk/>

20<sup>th</sup> to 23<sup>rd</sup> Guilden Sutton Players – ***Allo Allo*** by Jeremy Lloyd and David Croft. Not to be confused with KP's touring production, this is the actual stage play written by the writers of the TV series. <http://www.guildensuttonplayers.org/>

26<sup>th</sup> to 29<sup>th</sup> Frodsham Players – ***A Christmas Carol*** by Charles Dickens (adapted by Neil Bartlett). <http://www.frodshamplayers.com/>

In the professional theatre, the Lyceum Crewe; Bill Kenwright presents Willy Russell's ***Blood Brothers*** and at Theatre Clwyd it's panto time again with ***Jack & The Beanstalk***.

**If your production or a play you have seen did not appear here then please email us and do tell us about plays you have seen by emailing [cheshireonstage@btinternet.com](mailto:cheshireonstage@btinternet.com).**

John Doe



## **Kingsley Parish Council - November Update**

You may recall our article in last month's Kingsley News with regards to the daffodil bulbs. We did in fact miss the submission date, but we have subsequently been informed by our Borough Councillor Hugo Deynem, that we have in fact been allocated 3 sacks of bulbs. We still await the delivery of these to the Parish Clerk at which point we will need to organise a planting work force from the schools, youth groups and villagers.

The Parish Council has stipulated that the areas of proposed planting must be agreed beforehand so any suggestions would be welcome. Possibilities may be; in the verges on the periphery of the village on say the Norley Road, Mill Lane, Top Road, etc; please let us know via Facebook or the Village Website. We are aware of a small number of residents who have expressed opposition to more bulb planting and we have taken note of your comments.

Another planting will take place soon by Frodsham Rotary Club, this time on the banking leading into the Kingsley Cemetery. The bulbs in question this time are Crocus bulbs. The cost of the bulbs and the planting of them is being undertaken by the Rotary Club themselves. We look forward in the growing gloom of winter, to a beautiful and colourful display in our verges in Kingsley in spring 2020.

You may also have seen our two new black planters at The Cross. These have been supplied and installed by CWAC, placed on paving slabs and filled with compost and a small bush. The two green planters that were at The Cross, have now been relocated to the bottom of Dark Lane and at the "Welcome to Kingsley" sign on Hollow Lane. The green planters will be planted up by the WI in the coming weeks / months, and we thank them for their kind offer to undertake this work.

Finally, the Parish Council would like to welcome two new Co-opted Councillors who were selected to join us at the October meeting. The first (in alphabetic order) is Stuart Begg who lives on Mill Lane and the second is Adam Currie who lives on Top Road, both have businesses in Kingsley Village. We welcome them both and look forward to working with them in the future.

## **Norley Ladies Badminton Club**

We are looking for new players to join us on Tuesday mornings from 10-12. We are a group of 8 ladies in their 50's and 60's, playing to a reasonable standard whilst having fun. If you would like to join us, give us a ring for more information.

Ring Shirley Craven on 01928 787251 or Dawn Herbert on 01606 888972.

## Kingsley Garden Club - November 2019

The speaker for our second meeting of the season was by Ted Brabin, a very enthusiastic Liverpoolian ex-police officer (vice squad!) was ably assisted by his wife, who gave us an interesting talk on the flora of the Yunnan province in South West China. A province with snow capped peaks and bordering on Tibet and Laos. The main plant species were rhododendrons and many named after their discoverers who were Jesuit priests. It was interesting to note the plants grew on rocks with the barest of soil cover and minimal water in some cases.

The Committee would like to say a very big thank you once again to everyone who came along, especially to those new members who came for the first time. We had 29 people this time, and now have 37 full members which is good news, but there is still room for more. If you know anybody, or are someone who is interested in gardening and would like to increase your knowledge then please bring them along, or come along yourself, we are a friendly bunch - honestly. And there is free tea or coffee, and a biscuit at the end.

The "swaps" table is proving very popular, if you have anything garden related that you have too much of, don't need or is taking up too much room please bring it along. The only rule is; if it is not sold by the end of the evening please take it back home. All we ask is that you give a donation to the club as you see fit when you walk off with your item. This is NOT a sales table it is swap only. We have had plant pots, trays, plants, tools and even a scarifier!

Our speaker for next month is **Tim Carter on 11th November 2019, at 8pm**. Tim will be talking about **The Eden Project**, a project he was involved in the early days and in its construction.

### Gardening Tips and Jobs to be done.....

- Rake up all those leaves off your lawns, do not leave them to rot on the lawn and ponds and put them on your beds or on a compost heap
- Make sure pots and containers are off the ground on some bricks so they can drain
- Plant your spring bulbs now (daffodils, tulips, etc) remember points of the bulbs pointing up.
- Give roses a prune to take off any large growth, especially standards, to stop the wind uprooting them, get it done before the frosts come.
- Insulate any large containers with bubble wrap and wrap in fleece any delicate plants such as olives, citrus.
- No more mowing of lawns! Top dress and spike the lawns then leave them, try not to walk on them over winter.
- Finally, please put out food for the birds, seeds, mealworms, fat balls and keep doing it throughout the winter. And don't forget fresh water and break it if it freezes.



**QUIZ NIGHT IN AID OF KINGSLEY YOUTH CLUB  
RED BULL INN  
SUNDAY 17<sup>th</sup> NOVEMBER  
7pm for 7:30 Start  
£10 including Winter Stew  
Tickets on sale at the Red Bull**



## **United Benefice of Norley, Crowton & Kingsley**

Kingsley Parish Church is one of three churches in the above Benefice.

All our family services have a Sunday School each week apart from the 2<sup>nd</sup> Sunday Family Morning Worship which is a contemporary service and caters for everyone.

### **Sunday 3<sup>rd</sup> November**

10.00 am – Family Holy Communion - Norley  
6.30 pm - Sacred Space at Christ Church Crowton

### **Sunday 10<sup>th</sup> November - Remembrance Sunday**

10.00 am – Service of Remembrance – Kingsley  
10.55am – Act of Remembrance at the Cenotaph - Kingsley  
6.30 pm – Evening Prayer (sung) at Norley

### **Sunday 17<sup>th</sup> November**

10.00 am – Family Holy Communion – Crowton

### **Sunday 24<sup>th</sup> November**

10.00am – Family Holy Communion - Kingsley

### **Midweek Holy Communion Services – Thursdays at 10:00am**

7<sup>th</sup> Nov at Norley. 14<sup>th</sup> Nov at Crowton.

21<sup>st</sup> Nov at Kingsley. 28<sup>th</sup> Nov at Norley.

**A warm welcome awaits you at any of these services**

**Associate Minister: Rev'd Hilary Merrington 01928 788087**

[hilary.merrington@btinternet.com](mailto:hilary.merrington@btinternet.com)

**Website: [nck.org.uk](http://nck.org.uk)**

### **Coffee Mornings**

Friday's 1<sup>st</sup> November and 6<sup>th</sup> Dec - Kingsley Church Room

Join us for a drink and chat from 10:00am.

Everyone welcome

# The Ramayana

Epic Storytelling and Music

**8<sup>th</sup> November Kingsley Community Centre**

**Tickets £12 adults, £6 under 17's**

**Available from: The Red Bull, Hollands Pharmacy  
or by calling 07912 280804**

**Doors open 7pm for 7.30pm start**

*Storyteller Emily Hennessy and virtuoso musician Sheema Mukherjee on sitar conjure up a vivid, wild and beguiling world in this retelling of the much-loved Indian epic. When Sita is kidnapped by the ten-headed demon king, Rama needs all the help he can get to rescue her. Who better to have on your side than a shape-shifting monkey? What could possibly go wrong?*

**Doors open 7pm for 7.30 pm start**

**Kindly supported by Cheshire Rural Touring Arts**



"Coming Soon! In December look out for the  
**CHRISTMAS ANGELS**

**theWI**  
INSPIRING WOMEN

At our last meeting in October our speaker Judy Popley gave us an insight into her life working on programmes at Granada Television during the 1970s and 1980s. It was truly a trip 'down memory lane' for many of us.

Our next meeting on Wednesday 6<sup>th</sup> November will be our AGM and also a demonstration of pottery making by one of our members, Hilary Pickett.

**Meetings are at 7.30pm on the first Wednesday of the month in the Community Centre**

**Visitors are always welcome.**

For further information ring 01928 788873

**ASHCROFT VETERINARY SURGERY**  
59 Main Street, Frodsham, Cheshire WA6 7DF  
[www.ashcroftvets.co.uk](http://www.ashcroftvets.co.uk)



**FIREWORK SEASON  
NOVEMBER TO NEW YEAR**

During the firework/party season, many pets become stressed and fearful.  
Symptoms to look out for include:

- Trembling and shaking
- Clinging to owners
- Covering and hiding behind furniture
- Barking or meowing excessively
- Trying to run away
- Soiling the house
- Refusing to eat
- Pacing and panting



**We can advise on suitable treatment and/or ways in which you  
can help to reduce the stress**

**Call us now for advice or a consultation**



**Tel: 01928 733228**

New ideas and events are always welcome; if you would like to get involved with a single event or on a longer term basis then please get in touch.

**Meetings in November:-**

Monday 11	8pm	Gardening Club	8.00pm
Tuesday 6, 12, 19, 26		Karate	6-7.00pm
Wednesday 6		Kingsley W.I	7.30pm
Thursday 14, 21, 28		Purestretch	9.30-10.15am
Thursday 7, 14, 21, 28		Kingsley Youth Group	4.30pm
Thursday 7		Flu Clinic	8.00am – 2.00pm
Friday 1, 8, 15, 22, 29		Pilates	9.30-10.30am
Friday 8		CRTA Evening Performance of Ramayana	7.00 for 7.30pm)
Saturday 9, 23, 30		Zumba	9.45-10.45am
Saturday 16		Table Top Sale	10.00-12.30am

**Parish Council meets at the Centre the third Tuesday of each month apart from August when there is no meeting.**

**The Centre has a great dance floor – it’s a fabulous venue for a party, be it Birthday, Anniversary, Retirement or Wedding Celebrations. Children’s Parties are particularly popular – AND GREAT NEWS, BOUNCY CASTLES ARE BACK!**

**There is potentially something here of interest for everyone: it is truly a Centre for the Community**

**Rooms are available for hire at the Centre from as little as £20. We can also hire out at an hourly rate where appropriate. Contact Jo Preston, Booking Secretary, email : [joquilter72@outlook.com](mailto:joquilter72@outlook.com) or 01928 787899.**

**POPPY APPEAL**



The annual Royal British Legion Poppy Appeal is underway. The work of the Royal British Legion includes support to personnel and ex-personnel serving in the Armed Forces. They provide advice and guidance, help with recovery and rehabilitation and transitioning to civilian life.

In Kingsley, poppies are available in many businesses. If you need a wreath I can arrange it for you.

Thank you to everyone for your generous support.

Fiona Crane  
Kingsley Poppy Appeal Organiser  
01928 787629"

## FRODSHAM OPAL CLUB VOLUNTEERS NEEDED

TO HELP WITH DRIVING, COOKING AND HELPING WITH ACTIVITIES  
ON TUESDAYS 10.00 -2.00pm

Our mission is to reduce the isolation and loneliness of older people.  
Our club in Frodsham runs weekly with up to 12 members being collected from their home and brought into the club. Activities include painting, singing, pottery, day trips and much more. Members also enjoy a nutritious meal. **We need more volunteers to help us deliver this fantastic service.**

Please contact our Volunteer Co-ordinator Jackie Clegg  
On 07592 464856 or email [volunteering@opalservices.org.uk](mailto:volunteering@opalservices.org.uk)

**WINTER WELLBEING EVENT**

**Thursday 7<sup>th</sup> November**  
**at Castle Park Arts Centre**  
**6.30pm – 9.30pm**

(Presentations on products commence 7pm)  
**£5.00 per person - raffle ticket included**  
Pay on door or contact Sarah on  
07834716888 to book your tickets

**Come along and be inspired with beautiful  
natural products that are perfect for gifts  
and stocking fillers.**

 

 

# ELEGANCE

health and beauty

Hollow Lane, Kingsley

[www.elegancehealthandbeauty.com](http://www.elegancehealthandbeauty.com)

## **November Wellbeing Offers** Hot

**Stone Back, Neck and Shoulder £35 (saving £10 )**

**ESPA aromatherapy Full body 1hr £45 (saving £10)**

A 40 minute treatment using heated basalt stones to relax the body to its deepest level. Also detoxifies and promotes a feeling of harmony and wellbeing.

**NEW Precious Moments Treatment 55 minutes £55**

A blissful treatment incorporating a lower leg and foot massage with an application of Pink hair and scalp mud, following a 40 minute ESPA unique facial massage following with the overnight hydration mask moving into a deep relaxing scalp massage.

Telephone 01928 787870 to book

Cannot be used in conjunction with any other offer

## **Planned Future Events at Kingsley Community Centre**

**CRTA Event 'Romayne'** Evening on Friday November 8th 7.30pm

**Table Top Sale** 10-1230am Saturday November 16<sup>th</sup>

Table £5 - to book ring 01928 787899

Come and find a bargain, tea and cake also available

## **FRODSHAM & DISTRICT CHORAL SOCIETY**

**Saturday 9<sup>th</sup> November 2019**

7.30pm - St Laurence's Church, Frodsham, WA6 7DU

**'Simple Gifts'**

Tickets £12, under 16s free - Dandelion, 19 Church Street, Frodsham;

Tilly Patel 07971 606409,

Morag Bragger 07845 730061



## Kingsley Walking Group – October Walks



The October Long Walk started from Prestbury and took 7 of us through some lovely countryside and across the National Trust Hare Hill estate.

The sun shone and we finished back in Prestbury for afternoon tea and cake. We were delighted to welcome a number of our newer members back as well as some regulars.

The October short walk is scheduled to take place through Carey and Marbury Parks, alongside Neumann's Flash and a section of the Trent and Mersey Canal. We will have lunch at The Salt Barge Pub in Marston.

In November the long walk will be around Lyme Park, taking advantage of the new road which makes it quick and easy to get to. As ever, we plan to walk between 8 and 9 miles, meeting at Kingsley Community Centre at 9.00am.

We have booked our annual Christmas walk on December 10th. We will meet at the Community Centre at 10 and enjoy a local walk, ending at the Red Bull. Everyone is welcome, especially past members. If there is enough demand, we will organise a shorter and longer walk on the day. Give Vony a call if you'd like to join us.

Kingsley Walking group is an informal group that has been meeting for several years. Our monthly long walks on the second Tuesday of each month usually start up to 90 minutes drive away from Kingsley and would typically be between 7 - 8.5 miles (bring a packed lunch). Generally the long walks would be classified as "moderate". We have a leader for every walk who checks for stiles, distance, closed paths etc. New members and walk leaders are very welcome.

On the *last Wednesday of the month* we have a short walk of approximately 5 miles with a coffee break and pub lunch, these walks are leisurely. However, from January 2020 we plan to change the day of the short walk to the last Tuesday of the month. The October and November short walks will be on Wednesdays.

The next long walk will be on Tuesday November 12th, meeting at the Community Centre at 9am. The next short walk will be on Wednesday November 27th. In December we will have one walk on December 10th.

During the summer months we meet for our long walks at the Community Centre at 9.00am (9.30 in January and February). We aim to be back in Kingsley by about 6pm. Short walks start at 9.30 and end around 1pm. For details about our walks, or if you're wondering about joining and you'd like more information, contact Vony on 789098.

purestretch

**PureStretch**  
(suitable for all ages)

45 minute fun class to improve:

FLEXIBILITY  
POSTURE  
STRENGTH  
MOBILITY  
CORE

Thursdays 9:30am  
Kingsley Community Centre  
34 Smithy Lane  
Frodsham WA6 8ED

**Move & Stretch**  
(new class)

45 minute low impact class to :

INCREASE STAMINA & STRENGTH  
LENGTHEN & STRENGTHEN  
ENTIRE BODY  
IMPROVE BALANCE & CORE

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## Dates in November 2019

Wed 6th	At the Hurst – Weekly Holy Habits study group at 10:30
Sun 10 <sup>th</sup>	St John's Remembrance Service
Mon 11 <sup>th</sup>	At the Hurst – Soup Lunch for Blind Veterans UK at 12 noon
Tues 12 <sup>th</sup>	At the Hurst Guild – Vietnam and Vietcong at 19:30
Tues 12 <sup>th</sup>	Kingsley Walking Group long walk - meet 9.00am at KCC
Wed 13 <sup>th</sup>	At the Hurst – weekly Holy Habits study group at 10:30
Sat 16 <sup>th</sup>	At the Hurst – Big Breakfast in aid of CATH – please see Jean Moores or Carolynne Maddock for further info or to book – must be pre booked
Sat 16 <sup>th</sup>	Village litter pick from KCC at 10:00
Wed 20 <sup>th</sup>	At the Hurst – Weekly Holy Habits study group at 10:30
Fri 22 <sup>nd</sup>	At the Hurst – Men's Brunch at 10:30
Wed 27 <sup>th</sup>	At the Hurst – weekly Holy Habits study group at 10:30
Wed 27 <sup>th</sup>	Kingsley Walking Group short walk - meet 9.30am KCC
Thurs 28 <sup>th</sup>	Tea at Two-Thirty at The Wyches at 14:30 .

Every Tuesday in term time Barneys Buddies for all pre-school children, all are very welcome at the Hurst Church. From 9.00am-11.30am

Every Thursday 9-10 am in term time there is a Mums Drop –in at The Hurst. Come and meet other Mums and enjoy chat and scones.

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