

Frodsham *Life*

FREE EVERY MONTH

Issue No. 117
December 2014

D.R.B. Jewellers

See our
main advert
on page 3

01928 731675

COVERING: FRODSHAM • HELSBY • KINGSLEY • NORLEY • ALVANLEY & SURROUNDING PARISHES



**GRAHAM
EVANS
MP**

See advice
surgery
dates on
page 2



**Frodsham
Christmas
Festival**

Page 10

www.frodshamlife.co.uk for all the latest news

Editor
Gary Skentelbery

Production
Paul Walker

Advertising
James Balme
Nick White

Freephone
0800 955 5247

Editorial
01925 623631

Email
info@frodshamlife.co.uk

Websites
www.culchethlife.com
www.frodshamlife.co.uk
www.lymmlife.co.uk
www.warrington.tv
www.warrington-worldwide.co.uk

Address
New Media Centre
Old Road Warrington
WA4 1AT

Frodsham Life is published monthly by Orbit News Ltd.

The contents of this magazine are fully protected by copyright and nothing may be reprinted or reproduced without prior permission of the publishers.

The publishers are not liable for any statement made or opinion expressed by third parties in this publication.

Printed by TwentyFourSeven

Editor's Comment



IS Frodsham Foundation's e-newsletter and Facebook page worth £10,000-a-year to Frodsham Town Council?

The question was asked at a council meeting by Cllr Mike Pusey, wearing his recently acquired Frodsham Foundation director's hat.

Perhaps the question should have more accurately been: "Is it worth £14,167 a year" for what the Foundation was seeking was an extra £4,167 to keep its communications work going until the end of next May. It had received a £10,000 fee from the council earlier in the year.

The council decided – albeit not too convincingly, as the vote was 5-3 – to pay out the extra money. Councillors who are also Foundation directors did not, of course, vote.

Now, we have no problem with the council paying fees for services provided by the Foundation. Indeed, we have said in this column previously that we believe the Foundation has done some magnificent work for the benefit of Frodsham and we have no reason to believe it won't continue to do so.

But one thing it is not good at is communicating, and if it intends to rely on a Facebook page and an e-newsletter it is difficult to see how it will become so. Certainly not to the tune of £14,167 a year,

as anyone can set up a Facebook page for free and an e-newsletter costs virtually nothing.

Of course, the Foundation says it plans to make its online communications sustainable, so it should not be necessary to ask the council for more money. If this proves to be the case, then the Foundation will have discovered the Holy Grail. It will have achieved what huge, multi-national media companies have been struggling to do for years – made money from the internet.

But let's ignore money for a moment. Let's ignore what we think, or what the Town Council thinks. Let's ask the people of Frodsham what they think.

Well, they have already been asked, in the town-wide survey carried out by the council itself.

Asked if they ever viewed the Foundation Facebook page or e-newsletter, 74 per cent said "no" and only 26 per cent said "yes". Asked if they had ever used either to look for a job, a massive 97 per cent said "no."

Need we say more?



On behalf of all the team at Frodsham Life we would like to wish all our readers and advertisers

A Merry Christmas

and a

Happy & Prosperous New Year



JPW Body Repairs

ACCIDENT & BODY REPAIR SPECIALIST

- 30 Year Experience
- Quality Plastic Bumper Repairs
- Perfect Colour Matching
- Courtesy Cars Available
- All Major & Minor Work Undertaken
- Collection & Delivery
- Oven Bake Finish For All Vehicle Repairs
- Free Mini Valet

Tel: 01928 787887 www.jpwbodyrepairs.co.uk
Meeting House Lane, Kingsley WA6 6TP



GRAHAM EVANS MP

Serving the people of Frodsham

CAN I BE OF HELP?

If there is anything that I can help you with, please contact me with as many details as possible:

Graham Evans MP,
The Bungalow, Sheath Street,
Northwich, Cheshire CW9 5BH

01606 350 323

mail@grahamevansmp.com

www.grahamevansmp.com

@grahamevansmp

MP'S ADVICE SURGERIES

December

Friday 5th
Northwich Constituency Office 4pm - 5pm

Friday 12th
Beechwood Community Centre, Runcorn 2:30pm - 3:30pm

Friday 19th
Halton Direct Link, Runcorn - 4pm - 5pm



Council agrees to fund top up fee for internet newsletter

FRODSHAM Town Council has agreed to pay a "top up" fee of £4,167 to Frodsham Foundation to keep its internet newsletter going until the end of May.

The payment was approved by five votes to three and follows a £10,000 fee paid earlier this year after the newsletter was launched.

Cllr Mike Pusey – a director of the Foundation – stressed that the payment being sought was a fee for a service, not a grant.

The newsletter had been set up by the Foundation at the request of the Town Council but its costs had to be met if it was to keep running.

It was for the council to decide if the newsletter was worth £10,000-a-year, although the Foundation was seeking only £4,167 to keep it running until the end of May.

Eventually it was hoped that newsletter would generate an income for the Foundation, would become self sustaining and that they would not need to come back to the council for another £10,000.

Cllr Graham Bondi questioned whether the newsletter represented value for money.

"There are quite a lot of Frodsham residents who do not use computers or tablets and do not use this form of communication," he said.

He also queried whether the council should be adhering to its policy of seeking three competitive quotes for a service.

Town clerk Jon Wild said the

newsletter was a "specialised service" and as such was exempt from the requirement of three quotations.

Cllr Lyn Riley – also a Foundation director - said it was doubtful if three quotations could be obtained locally as she could not think of anyone who could supply the service.

She said the service provided Frodsham with a wonderful

communication portal used by lots of people.

Cllr Rita Shearn asked how much the council had paid to the Foundation in total, since its inception. She was told the figure was a little over £30,000.

The council approved payment of the fee. Councillors who are also directors of the Foundation were excluded from the vote.

New trees to be planted

A PLANTING plan has been approved for 25 new trees in the community orchard in Frodsham's Hob Hey Wood.

In addition, five trees will be planted to replace dead trees, the Town Council has decided.

But the orchard will still occupy less than half of the meadow area in which it was originally planted, in line with the previously agreed policy of the council.

The trees are to be provided by Frodsham Transition Initiative.



Helping Hands
Est. 1989

If you are looking for an alternative to residential care then we're here to help. Our Frodsham care team has been providing award winning quality homecare since 1989.

We offer a one-to-one live in care service which enables you or your loved one to remain at home with compassion and dignity.

Call: 0808 180 1033 or visit: www.helpinghands.co.uk for further information

D.R.B. Jewellers



25 Church Street, Frodsham, WA6 6PN

01928 731675

More events commemorating the Great War

SPECIAL events to commemorate the centenary of the start of World War 1 have continued in Frodsham.

After a five week run at Castle Park Arts Centre, the highly successful exhibition to commemorate the Great War, organised by the Town Council's World War 1 Working Group, came to an end.

Cllr Pammi Taylor said: "It was satisfying to see the steady stream of visitors, many of whom wrote complimentary comments about the exhibition, as well as the refurbished gallery in the visitor's book."

"On behalf the group, I thank them, the contributors and supporters. Without them we could not have achieved the success we did."

The group also organised a screening of the film "Ypres - Slaughter of the Innocents" at the parish hall.

Despite poor weather, more than 20 people enjoyed free refreshments, followed by the film which the audience found to be informative and interesting.

Two Remembrance Services were held – the first at St Laurence Parish Church and the second at Overton Hill War Memorial.

Father Michael Mills led both services and commented on how much the attendance at the services had increased over the years.

Wreaths were laid by the Royal British Legion, Frodsham Mayor Cllr Allen Wales and Junior Mayors

Charlie Villiers and Jess Capel, local school children and youth groups, representatives from the borough council and many of Frodsham's community groups.

Cllr Taylor said: "As the year full of commemorative events comes to an end, the WW1 Commemoration Working Group wishes everyone a Merry Christmas and Happy and Peaceful 2015."

"The group continues to plan events for the future and welcomes contribution of ideas from Frodsham's people."

Anyone wishing to join the group should contact the Town Council on 01928 735150 or email: council@frodsham.gov.uk

Pictures show the service at Overton Hill Memorial, the Mayor and Junior Mayors laying wreaths at Overton Hill Memorial and the service at St Laurence Church.



Short of space?

What is Self Storage?

Rent your own lockable storage room of any size from 25 to 10,000 sq ft and for any length of time - Whenever you like, with just one simple phone call.

- You are the **ONLY** key holder
- Fully secure with 24 hour CCTV security
- On-site helpful staff
- Full range of packaging materials available
- FREE use of trolleys
- FREE customer parking
- Forklift truck service
- Competitive rates

Self storage rooms for home or business



YOU CAN STORE VIRTUALLY ANYTHING

- Personal Possessions • Family Heirlooms
- Stock Samples and Materials
- Household Contents • Business Equipment
- Garage Contents *and much much more!*

50% DISCOUNT
on all units for the first 3 months

- Attractive rates from £9.75 per week
- You have your own lock and personal key
- Free easy access
- Safe place to archive documents
- From 20 to 10,000 sq ft - any length of time

OTHER DISCOUNTS AVAILABLE



H&L SELF STORAGE
01928 701 555

Unit 5, Ashville Way, Sutton Weaver, Runcorn



Solicitors announce senior appointments

FRODSHAM based legal firm FDR Law has made three new senior appointments, two internal and one external.

Long standing commercial partner Charles Agar has taken on the position of chairman of the full service legal practice, which also has offices in Warrington and Stockton Heath.

In addition to his well-established role of advising business clients, he will now also promote FDR Law in the wider community and foster and encourage strong links with the firm's business partners.

Charles was admitted as a solicitor in 1981 and since then has earned a reputation for top quality service in the fields of business acquisitions, disposals, partnership and shareholder agreements, commercial leases and licences, intellectual property and commercial property.

Commercial partner Stephen Woodall has stepped into the role of head of the Commercial Department. He will manage this department based in Bold Street, Warrington.

Stephen is a very experienced commercial property solicitor specialising in major acquisitions and disposals for residential and commercial development. He is a board member of Warrington and Co, the local public/private sector partnership responsible for regeneration projects in the Warrington area. Joining them as a new partner is Ian Sydenham, who will head up FDR Law's Private Client Department. Ian trained at Chester Law College and has worked in Cheshire since qualification. He has previous experience as a private client partner at Hill Dickinson and Knights in Chester and joined FDR Law at the beginning of November.

Ian specialises in wills, probate, trusts, powers of attorney, Court of Protection applications and personal tax planning. He is a full member of the Society of Trust and Estate Practitioners (STEP), Solicitors for the Elderly (SFE) and the Law Society's Private Client section.

NEW BETH TWEDDLE GYM STARS CLASSES AT FRODSHAM LEISURE CENTRE!

BETH TWEDDLE GYM STARS

FREE Trial Session for Frodsham Life Readers!
Quote: FRFREE. Valid until 31st December 2014

Beth Tweddle Gym Stars gives children the opportunity to learn the basic fundamental movements of gymnastics in a structured, fun and safe environment.

They will work through their star awards, gaining certificates, badges and stickers along the way. When you become an annual member of Gym Stars you will receive a t-shirt, progress booklet, drinks bottle and kit bag for your child to use in their gymnastics classes.

Classes are running in partnership with Brio Leisure at Frodsham Leisure Centre, Princeway, Frodsham, WA6 6RX:
Thursday 9.30am - 10.30am (age 2 - 4 parent and child)
Thursday 10.30am - 11.30am (age 2 - 4 parent and child)
Thursday 1pm - 2pm (age 2 - 4 parent and child)

Call 0161 979 0611, email info@totalgymnastics.co.uk or visit www.totalgymnastics.co.uk to book your space today!

Mill House CAFE

at

Gibson's KINGSLEY MILL

Open for coffee, breakfast, lunch, afternoon tea and ice cream.

Fully licensed: please enquire about functions

Cafe Opening Times
Open Monday to Friday 9.00am - 5.00pm
Saturday 9.00am - 4.30pm
Sunday 10.30am - 3.30pm

email: sales@wtgibson.co.uk Tel: 01928 288210

Kingsley Mill, Mill Lane, Kingsley, Cheshire, WA6 8JA

Commercial
Commercial Property
Litigation
Employment
Wills
Trusts
Probate
Personal Injury
Conveyancing
Crime
Family & Divorce

01925 231000
info@fdrlaw.co.uk
Warrington
Stockton Heath
Frodsham

www.fdrlaw.co.uk

'Fantastic' response to survey!

FRODSHAM Town Council has released the results of its major, town-wide consultation exercise carried out earlier this year.

More than 4,000 consultation forms were distributed across the town and more than 30 per cent were completed and returned to the council – probably making it the largest measure of public opinion in the town gathered in recent times.

Members of the council described it as a "fantastic" response rate. Many of the findings were predictable – others less so. But they will form an invaluable resource for the council as it works towards formulating a strategy for the future of Frodsham.

The consultation was launched in the wake of the controversy over the proposed sale of the Park Lane play area – and the results show that a majority of those responding – 63 per cent – supported the sale. An even larger majority – 71 per cent – would support the sale of the closed Ship Street play area. The same number support the sale of unused or surplus council land.

A significant 81 per cent supported improving play areas – but 72 per cent were opposed to

increasing council tax to pay for the improvements. A massive 96 per cent were in favour of protecting the green belt around Frodsham.

The popularity of the annual Christmas Festival was underlined with 93 per cent of respondents wanting it to continue. But opinions differed as to how it should be paid for with 73 per cent believing retailers who benefit from it should make up any funding shortfall and only 38 per cent thinking it should be funded through council tax. Sixty two per cent said they attended last year's festival.

Only 26 per cent said they used the Frodsham Foundation Facebook page and only three per cent ever use the Frodsham Foundation e-newsletter or website to look for a job.

But the Foundation's initiative to preserve The Goods Shed was supported by 58 per cent – and 80 per cent said they would like to see it renovated for public use.

A massive 96 per cent think it essential for Frodsham to have a waste recycling facility, and 73 per cent were happy with the existing one by Frodsham railway station. A total of 72 per cent would not travel up to three miles to go to a recycling centre.

Currently, Frodsham is expected to have 250 new houses built by 2030 and almost half the respondents – 48 per cent – thought this was too many. Eight per cent thought it too few and 44 per cent thought the figure about right.

Most respondents favoured a home-owning community. Affordable housing for first time buyers and older people wishing to downsize were favoured by 79

per cent and 61 per cent supported new houses at market prices. Private sector rented homes were opposed by 77 per cent and social housing for rent was opposed by 57 per cent.

A majority of respondents showed concern over speeding traffic. Sixty per cent supported a 40mph limit on the A56 between Castle Park and Helsby High School and 53 per cent supported a 20mph limit on residential roads. Permanent enforcement of the speed limit on Fluin Lane was supported by 62 per cent and on Bridge Lane by 55 per cent.

Parking was also an issue. Sixty three per cent of respondents

would like the Town Council to buy land near the town centre for parking and 52 per cent opposed time restrictions on free parking. A total of 42 per cent thought parking should be left as it is now.

Residents' parking schemes – with residents having to pay an annual fee – were opposed by 75 per cent. According to 67 per cent of respondents, business people should voluntarily park away from Main Street to leave it free for shoppers and 67 per cent think residents should park off road where possible.

Driver caught at 57mph - in High Street

A MOTORIST was caught travelling at 57mph in a 30mph zone area at Frodsham.

The incident was in High Street while police were carrying out a speedwatch operation.

PCSO Neil Flanagan said: "It was the fastest I have ever seen anyone driving in a 30mph area."

"But later on the same day, another driver was checked at 53mph."

Police have carried out Speedwatch checks on a number of roads in Frodsham in recent weeks, including Fluin Lane, Manley Road and Main Street.

They have also starting training volunteers for a Community Speed Watch. So far, 13 people have come forward and undergone training and another training session is due to take place on January 24.

PCSO Flanagan said in their first session on duty, the volunteers had caught 48 drivers travelling at more than 34mph and all the offenders had been sent warning letters.

He added: "It has been a big success."

"But the real success will be when they don't catch anyone, because that will mean drivers have learned the lesson and are no longer speeding."

Pro. Med Laser Clinics originally set up as Frodsham Laser Clinic in 2007 has built up a strong reputation in Laser especially hair removal. Winning over 8 awards in their first two years of business they have firmly set themselves on the Frodsham map in a discreet central court yard location.

Jan (Previously Williams now Bell) believes in using only the best equipment on the market her laser Cynosure are manufactured in American and sold to UK Hospitals and clinics rather than the beautician end of the market. This machine has been delivering her real long lasting results since 2007, the results are so good patients don't need much in the way of 'top up's' but keep asking for new treatments so they can keep coming back. She has searched for another treatment that she can add to the business and BTL Aesthetics to be only suitable choice of manufacturer for equipment capable of penetrating up to 40mm of fat, body contouring destroying fat cell's and tightening skin and anti wrinkle/anti ageing treatment even capable of non surgical labia reconstruction.

The equipment Exilis Elite has been making waves in the UK market, widely regarded as one of best performing aesthetic devices currently on the market. The Exilis Elite advance the non invasive treatment of face and body wrinkle, collagen loss and stubborn flab with its painless delivery of heat and cooling, plus real time constant monitoring of skin temperature for extrasafety and control of RF flow allows Jan to reach the therapeutic temperatures in the shortest amount of time, ensuring predicable and beneficial response as well as safety and control at all points of this treatment.

As Jan uses the RF energy she is heating the dermis, patients remain relaxed and pain free as the systems digital thermometer provides constant feedback as to the skins temperature, thus ensuring a comfortable, even treatment. The energy causes the collagen support tissues in the skin to remodel and tighten, thereby stimulating and strengthening the collagen network which improves skin laxity and texture.

The Exilis Elite is the only RF system capable of transmitting RF and ultrasound at the same time and has been awarded 'Best skin tightening Device' and 'Best Body Shaping Device' at the Aesthetics' show and The Woman's Choice Awards. The choice of our top plastic surgeons Martin Coady has just purchased two of them because they are the only real alternative to offer other than the surgical route.

To find out more info call 01928 730000 or e-mail Cheshire www.promedlaserclinics.co.uk



EXILIS ELITE™
IT'S A WHOLE NEW TREATMENT EXPERIENCE

Elite delivers lasting and measurable results in all areas of non-invasive aesthetic treatments.

- No anesthesia or pain medication
- No costly consumables
- Scientifically proven results
- Clinically tested results

The only Laser in the area we do not use IPL

BODY CONTOURING



FACIAL REJUVENATION



Exilis was voted the best skin tightening product in the UK!

Exilis Elite used recently on Loui Walsh, George Clooney and his new wife plus many more.

Tel: 01928 730000

Email: cheshire@promedlaserclinics.co.uk · www.promedlaserclinics.co.uk

9 Collinson Court (By The Helter Skelter Pub) Frodsham · Cheshire · WA6 6PN

The Centre for Reproductive Health to offer one year free egg storage

Following on from the announcement that American-based companies such as Apple and Facebook are offering egg-freezing as part of their employees benefits package, the Reproductive Health Group also recognise that such opportunities are becoming increasingly more relevant and in demand as many women are facing the real challenge of having successful, healthy pregnancies later in life.

Egg freezing offers women planning to have children after the age of 37 the opportunity to effectively slow down their

biological clocks by storing their eggs during their reproductive prime.

Mr Luciano Nardo, Consultant



Gynaecologist, Subspecialist in Reproductive Medicine and Clinical Director at CRH Daresbury Park explains, "In the 21st Century and after nearly 40 years of IVF advances, egg freezing is no longer a novel fertility treatment. It carries excellent success rates for women that are not yet ready to start a family. Women have to realise that freezing their eggs at the right time is likely to afford them the opportunity to have their own biological child later on in life. The provision of a quality comprehensive and established service including specialist counselling coupled with laboratory skills are at the heart of the success of egg freezing."

Furthermore, women may benefit from egg freezing if at risk of premature ovarian failure or undergoing specific medical treatment that may affect their fertility such as chemotherapy, radiotherapy or surgical removal of the ovaries.

Reproductive Health Group are offering women one year free egg storage for all patients having egg freezing treatment at the Centre for Reproductive Health, Daresbury Park, between 1st November 2014 and 1st May 2015. For more details please call 01925 202180, email info@reproductivehealthgroup.co.uk or see www.reproductivehealthgroup.co.uk

Advent trail around the shops

FOURTEEN different groups, including schools, pre-schools, toddler groups and Brownie packs were involved in decorating the advent boxes which made up the advent trail around Frodsham's shops.

There are 24 boxes open for preview for the Christmas Festival but then closed until their advent day.

Trail forms are available from the Dandelion gift shop and Gift Shop Around the Corner and anyone who can find all 24 boxes can return them to either gift shop where they will be put into a raffle on December 28.

The advent trail has been organised by Frodsham Manor House Primary School who would like to thank everyone who decorated boxes, businesses who donated raffle prizes and shops who hosted the boxes.

Reproductive Health Group

To find out about our unique approach to funding IVF, including **FREE** and **DISCOUNTED** cycles, call us on **01925 202180** or visit **www.reproductivehealthgroup.co.uk**

What makes us different...

- We are the only private women's healthcare group in the North West to offer a full range of investigations and treatments in fertility and gynaecology
- The newest assisted conception centre incorporating the most up-to-date technologies and clinical facilities in the North West

Find out more by visiting...

www.reproductivehealthgroup.co.uk



To book your free consultation please call
Tel: **01925 202180**
Email: info@reproductivehealthgroup.co.uk

Bed specialist bring in back care experts

HELSEBY-based Land of Beds have launched a special back care range – and assembled a team of back care experts to provide people with practical advice on how to improve back care and reduce pain.

Mike Murray, owner of Land of Beds, who developed the concept, said: "As winter approaches and people with back conditions look to their bedrooms as a source of comfort and relief, we decided to develop a back care range designed specifically for those who suffer from long term back problems

"Many people shop for a bed or mattress not knowing whether a firm or soft mattress is better for their condition. The fact is unless you speak to an independent specialist, you will never really know.

"Bringing trained specialists in store, when people actually need the advice, lets customers make a more

confident decision on a product right for their condition. As a result, our customers are much happier."

To launch the new range, Land of Beds held a chiropractor drop-in clinic. Gillian Smith, trained back specialist and chiropractor was in store to supply free advice for back pain sufferers.

Kit Wong, master trainer also dropped in to give demonstrations to show people what exercises they can do to alleviate back pain and improve spinal health.

Land of Beds are also producing a back care video series with The Back Care Experts to help online shoppers who can't make in-store events.

Each week, they feature a new video from each expert, providing advice and answering questions for improving back care.

The first video featuring Gillian Smith is online now on YouTube.

Mike said: "We know our customers undertake a lot of research, both online and offline

before investing in a new bed or mattress.

"With something as important as back care, we wanted to make sure that we were sharing the right information. The only way to do this was to engage independent experts and publish the information ourselves."

Free wi-fi at the library

A NEW, free wi-fi service has been launched for visitors to Frodsham Library.

The service is being provided by Cheshire West and Chester Council and will be rolled-out across libraries across the borough over the next few months.

Library users can sign up for a free account and start using 'Cheshire West Online' immediately on their Wi-Fi enabled device and there is no time limit on access, which means customers can study or work in the building for as long as they need to.

The free Wi-Fi service enhances and complements the existing provision of ICT facilities in local libraries, which currently offers customers one hour free internet access per day on the Peoples Network PCs and a wide selection of e-books.

The council's lead member for localities, Cllr Lynn Riley said: "In today's modern age bringing free wi-fi to our libraries adds another essential service for our customers - unlocking even more information for study or leisure purposes."

Best-selling artist to make personal appearance

ONE of the country's best-selling artists is to make a personal appearance at the Unicorn Gallery, Widnes.

Rozanne Bell – famous for her harbour scenes – will be at the launch of her exhibition at the gallery on Saturday, December 6 between 2-4pm.

The exhibition continues until December 20.

Rozanne Bell was born in Zimbabwe in 1962. Her mother was an artist, and she cites her as a great influence,

"Being the child of an artist...makes you very aware of another dimension to life at a young age...I was always going to be an artist - I had my first exhibition at the age of 20 and have turned my hand to many styles and subjects."

In 2002 the political climate in Zimbabwe necessitated Rozanne's move to England, where she arrived determined to succeed with her work to help secure her future and that of her children.

She developed a style which makes each and every painting totally unique.

Her famous harbour scenes are influenced by the Cornish coast.

She said: "I fell wildly in love with the Camel Estuary, I spent days on end just taking in the moods of the place; the lighting is so dramatic and when the tide is on its way out the estuary has so many interesting facets to it, as it does when the tide comes in, or simply when it is bloated with water. I could not believe how many coves, beaches, shapes and colours I could take in and could incorporate into one painting, I would say pretty much all of my harbour paintings stem from a Cornish memory..."

To receive an official invite to the opening of the exhibition call the gallery on 0151 4951194, or pop down to the gallery to see the exhibition during its run.



THE UNICORN GALLERY

Invite you to come and meet Celebrated Artist

Rozanne Bell

Saturday 6th December 2-4pm



Exhibition Dates: 6 - 20th December 2014

The Unicorn Gallery Ltd | 38 Victoria Road | Widnes | Cheshire | WA8 7RJ

T: 0151 495 1194 | www.originalpaintings.com

Goldilocks and the three bears go to the circus!

A NEW take on the famous fairy tale "Goldilocks and the Three Bears" comes to Frodsham next month.

Frodsham Panto Group are staging a hilarious version of the story at Frodsham Community Centre from Sunday, January 11 to Saturday, January 17 - although there is no performance on Wednesday January 14.

The story tells of an innocent girl who works for a failing circus, Dame Wanda's Estate Circus.

The circus is losing money and if it can't become successful it will have to be sold to rival circus entrepreneur, Finster.

Silly Billy dreams he will become the world's biggest clown and become worthy of Goldilock's hand in marriage.

The wicked Finster attempts several times to bring about the downfall of the circus, but Dame Wanda, with the help of three very special bears,

manages to transform her circus and Finster gets his comeuppance.

The pantomime is very much comedy-driven with a brilliant "double-act" between Dame Wanda and Silly Billy.

Adventure is found within the striving passion to bring fortune to the circus and the assistance of the Three Bears.

As well as hilarious comedy routines the show brings many magical moments to mesmerise all of the family.

Ticket Prices £7 children and £9 adults.

For tickets pick up a booking form at Frodsham Community Centre, Phone 07793 462 407 or book via the web site on www.frodshampanto.org.uk



Commemorative badges

FORMER members of Frodsham Town Council are to be awarded commemorative badges - subject to meeting certain qualifications and being prepared to pay for them themselves.

The idea has been under discussion for some time - along for awards for local people who have carried out meritorious community work.

But the council has decided former members should have served for at least two years and had at least a 50 per cent attendance record.

The full council will also have to approve each award. Cllr Andrew Dawson said there could, at some time, be former members it would be inappropriate to honour in this way.

An example would be someone who had been convicted for a serious offence. In addition, former members would be expected to meet the cost of their own badge, so that it would not be paid for out of the public purse.





Check availability at:
www.connectingcheshire.org.uk

Superfast Frodsham

Fibre broadband is here!






EUROPEAN UNION
Investing in Your Future
European Regional
Development Fund 2007-13



DEPARTMENT
for Culture
Media & Sport

**SUPERFAST
BRITAIN**











Frodsham Christmas Festival

Pictures: John King

CROWDS flocked into Frodsham town centre for the annual Christmas Festival and lights switch on.

Frodsham Life was on hand to capture the occasion as local schools joined the reindeer parade through the town along with various community groups and organisations.



Frodsham Manor House Primary School and their lanterns.



Frodsham Junior Football Club.



Seven year old Cian Lawless meets Santa presented by the Frodsham and District Round Table.



Snow from 1918 bus.



A huge crowd showed up for the festival parade.

Frodsham Consultation document hard copies are now available from:

- Post Offices
- Library
- Community Centre
- Castle Park House
- Frodsham Town Council Office

or online at www.frodsham.gov.uk




Frodsham

Market, Health, Crossings, Shops, Highways, Castle Park, Play, Neighbourhood Plan, Festival, Swimming, Green Foundation, Weaver Sandstone Tip, Cycling, Walking, Leisure, Police, Social, Rubbish, Environment, Volunteering, Friendly

Dear neighbour.

Thank you for taking the time to complete the Frodsham wide consultation. We delivered over 4000 consultation documents, one to each Frodsham household, and have had a fantastic response rate of over 30%. If you wish to see a copy of the original questionnaire please go to www.frodsham.gov.uk

Thank you again.


 Cllr Lynn Riley
 Cheshire West and Chester


 Cllr Andrew Dawson
 Cheshire West and Chester


 Cllr Mark Warren
 Frodsham Town Council

Snow White and the Seven Mini Miners dig for success

SNOW White and seven mini miners will be digging for success when Kingsley Players stage a new twist on the popular traditional pantomime in December.

Veteran panto director Colin Smith has put his recent retirement to good use and decided this year he would like to write the script as well as direct the production. He invited musical director Arnold Asbrook to write new foot-tapping songs and the result "Snow White" will be staged at Kingsley Community Centre, Wednesday 10th – Saturday 13th December, at 7.30pm. There will also be a Saturday matinee starting at 2.30pm.

Colin explained: "I have been performing or directing pantomimes for 23 years with Kingsley Players and I have always wanted to have a go at writing one myself. I chose Snow White because it's a well-known classic story that I thought I could modify with a few twists. Kingsley has a wonderful pool of talent and there are 33 in the cast this time. I am particularly delighted that we have many young stars who have worked their way up from the junior chorus to speaking roles this time.

"The combination of young and old makes the whole show a colourful feast of comedy, singing and dancing which I'm sure our audiences will love. We have a beautiful Snow White (Chloe Rigby), a wicked Queen (Sandra Capper) to boo and hiss at, a charming hero (Tom Hayes), a comic partnership of the bumbling Chancellor (Malcolm Barker) and a loveable Dame (Joe Youds). We have seven mini miners who live in the forest and all these characters are supported by a delightful chorus of villagers and adorable woodland animals. There are all the usual pantomime favourites such as "Oh yes I will" and "Look behind you" and there's even a song for the audience. What more could any family need just before Christmas?"

Tickets cost £7/£8, with £5 concessions available on Wednesday, Thursday and Saturday matinee. They may be booked in advance through the website www.kingsleyplayers.co.uk or by ringing the box office on 07925 516760.



Kingsley Players' Snow White (Chloe Rigby) is pictured here with the seven mini miners - Eleanor Hurst, Anna Greenhaigh, Zoe Sherlock, Toby Goodridge, Lillie Rigby, Nathan Jarman and Amelia Partridge.



Where to see Santa and his sleigh

SANTA Claus will be touring the Frodsham and Helsby area again in the run-up to Christmas – with a little help from Frodsham and District Round Table.

Travelling on his festive sleigh and accompanied by Round Table members with collecting boxes, he will visit various roads across Frodsham, Helsby, Alvanley and Kingsley.

His itinerary is as follows:

Friday December 5, Frodsham: Howey Lane, Carriage Drive, Howey Rise, Netherton Drive, Hillfield, Church Road, Fieldway.

Sunday December 7, Frodsham: Ship Street, Waterside, Hawthorne Road, Saltworks, Ashton Drive, Clifton Crescent.

Monday December 8, Helsby: Primrose Lane, Latham Avenue, Meliden Grove, Linden Drive, Hillview Avenue, Rydal Grove.

Tuesday, December 9, Helsby: Robin Hood Lane, The Rock, Swireford Road, Rockfield Drive, Britannia Gardens, Crosslands Terrace.

Wednesday December 10, Alvanley: Meres Edge, The Paddock, Alvanley Road, Arden Lea.

Thursday December 11, Frodsham: Fluin Lane, Lime Ave, The Willows, Beech Avenue, Langdale Way, Penrith Close, Thirlemere Close.

Friday December 12: Frodsham pubs.

Sunday, December 14, Frodsham: Marsh Lane, Fountain Lane, Park Lane, Queensway, Kingsway, Sandfields, London Road, Churchfield, Red Lane, Ashlands.

Monday December 15, Frodsham: Keswick Drive, Coniston Drive, Grassmere Road, Ennerdale Drive, Silverdale Close, Buttermere Close, Borrowdale Close.

Tuesday December 16, Frodsham: School Lane, Bellmonte Road, Hillside Road, Arran Drive.

Wednesday December 17, Helsby: Vicarage Lane, Smithy Lane, Bank House Lane, Hallastone Road, Rake Lane, Station Avenue, Crescent Drive, Sandringham Avenue.

Thursday, December 18, Frodsham: Townfield Lane, Doric Ave, Fairways, Clover Avenue, Greenside Avenue, Bikerton Avenue, Pollard Avenue.

Friday, December 19, Helsby: Queens Drive, Kings Drive, Mountain View, Parkfield Drive, Lower Robin Hood Lane, Freshmeadow Lane.

Saturday, December 20, Kingsley: The Hurst, Top Road, Hunters Hill, Beech View, Westbrook Road.

Sunday, December 21, Frodsham: Bradley lane, Springbourne, Royleene Drive, Vicarage Lane, Bracken Way, Kingsley Green, Top Road.

Kingsley Players present

Snow White

Kingsley Community Centre
10th to 13th December 2014 - 7:30pm
Matinée on Saturday 13th - 2.30pm

Tickets available at www.kingsleyplayers.co.uk
or Telephone (07925) 516760 | Prices £7/8 (£5 conc.)

A pantomime written by Colin Smith with songs by William Arnold Ashbrook



COMPLETE SECURITY SERVICE of Frodsham
EST 1983
Domestic & Commercial
Intruder Alarms Installed to BS4737/DD243 STANDARD

- Specialists in Monitored Equipment
- City & Guilds Qualified Staff
- 24 Hour Emergency Service
- Award Winning Company

www.cssalarmscheshire.co.uk
01928 732549
72A Townfield Lane, Frodsham




Horse Rug Solutions...

We wash, proof, repair
Competitive prices, discounts for volume

We buy
£5 paid for each unwanted rug

We sell
Renovated rugs at very competitive prices

For more information call:
01928 789039 / 07792 759558
Email: info@topturnout.co.uk
Visit: www.topturnout.co.uk
Follow: [topturnout.rugwash](https://www.facebook.com/topturnout.rugwash)

Pop in: Lady Heyes Craft Centre, Frodsham WA6 6SU



TOP TURNOUT



rescued rugs

FRODSHAM BREWERY

OLD FORT ALE
3 new beers in 2014!
Design your own label for someone special!



Bottle Conditioned Beers available in gifts sets – 3, 6 & 12s

Frodsham Brewery, Lady Heyes Craft Centre, Kingsley Road, FRODSHAM, WA6 6SU
Tel: 01928 787917 Open every day 11am-4pm www.frodshambrewery.co.uk

Perfect Presents for every occasion

endless JEWELLRY

Colour your life



from £55

LES HARRIS JEWELLERS
www.lesharrisjewellers.co.uk
90 Main Street, Frodsham, 01928 734223

HILLCREST RESIDENTIAL CARE HOME

Quality Providers of Residential & Dementia Care

Hillcrest is the premier quality Residential and Dementia care home close to the historic Cheshire town of Frodsham, enjoying beautiful views across the Cheshire Plain.

As specialists in dementia care our aim is to help our residents achieve their lifestyle choices and lead fulfilled lives. Prospective clients are invited to visit and see us at work.

We currently have a few vacancies for Christmas respite breaks. For more information please contact our Manager Lorraine on the number below.



Manley Road Frodsham WA6 6ES
www.hillcrestcarehome.com Tel 01928 733615



Looking for a great course to play?

...why not try Helsby Golf Club with winter green fees from only £10!

Contact our pro shop to book quoting code FL Dec 14

01928 722021
Helsby Golf Club, Towers Lane, Helsby WA6 0JB
www.helsbygolfclub.org




EXCHANGE YOUR GOLD AND SILVER FOR INSTANT CASH

All items of jewellery accepted

Did you know...?
We accept silver jewellery, cutlery, tea sets, spoons, cigarette cases, candlesticks, trophies, trays, medals, coins and pocket watches.

ROLEX WATCHES WANTED!
ANY CONDITION



Open: Tuesday-Saturday: 10am - 5.30pm
1 London Road, Stockton Heath (First floor entrance on Fairfield Road)
07544 486 621



GOLD & SILVER BULLION DEALER

To get your business on track and in the 'Pink' contact James Bryan on

01925 631592

Children have a 'spook-tacular' time

YOUNGSTERS from Frodsham Children's Centre enjoyed a spook-tacular Halloween packed full of terrifying activities.

In the lead-up to the night, a group of children joined local Police Community Support Officer Neil Flannigan at Frodsham Library to experience a "crime scene".

They learned about forensic investigation work including finger prints, body scanning and other procedures associated with a real-life crime scene.

On Halloween itself, the youngsters enjoyed spooky stories and other fun activities as part of a themed Stay and Play session at the library.

Later that day, Frodsham Youth Association hosted a Halloween Pumpkin Carving event with the lucky winners receiving prizes from Brio and Cheshire West and Chester Council (CWC).

Local councillor Lynn Riley said: "It is great to see so many parts of the town working together to make more things available to more people.

"With activities starting at home, moving to the 'crime scene' and a spooky stories event in the library and culminating in a creative competition at the youth club, our children had the chance of a fun-filled day.

"It really is a case of great

team work where everyone doing their bit adds up to a great and memorable day."

Nicola Miloleizik from Frodsham Youth Association said: "The pumpkin competition was a partnership between CWC and Frodsham Youth Association.

"The young people really enjoyed participating and the prizes were wonderful. Thank you to all those involved in making the pumpkin competition happen."

This partnership approach to delivering activities will continue through to the Christmas events, details of which are as follows:

Saturday December 6, 13 and 20: Christmas Family Craft at Frodsham Library, 10am-12noon.

Friday, December 12: Christmas Jumper Stay and Play at Frodsham Library, 9.30-11am. Wear your Christmas jumper for some festive fun stories and rhymes.

Saturday, December 13: Christmas Fancy Dress Roller Disco, 6.30-8pm at Frodsham Leisure Centre (charges apply).

Monday, December 15: Topsy Tumbles, 9.30-11.15am at Frodsham Leisure Centre (charges apply).

Friday, December 19: Christmas Party at Frodsham Children's Centre - 9.15-10.45am. Come along for Christmas crafts, carols, treats and fun.



Closer links

FRODSHAM Town Council wants to forge closer links with Helsby High School - possibly with a seat on the governing body.

Chairman Cllr Mark Warren said: "Seventy per cent of the pupils are from Frodsham so we regard it as much our school as it is Helsby's.

"We already have good relations with the school and we would like to get even closer.

"We could even suggest us having a seat on the governing body.

Cllr Warren said the council had already helped provide a safe route to the school for pupils from Frodsham and the school itself had provided additional lockers and cycle stands for Frodsham pupils,

The council is to write to the school, suggesting closer relationships.

Choral society stages TWO carol concerts

FRODSHAM and District Choral Society will be holding not one, but two, carol concerts this Christmas.

The two concerts will be at Frodsham Methodist Church on Friday, December 12 and Saturday, December 13 - both at 7pm.

A choir spokesman said: "This means people can take their pick - or even go to both."

The music will be the same, but the performers won't necessarily. A choir from Manor House School, led by their enthusiastic teacher, Mrs Naomi Anstice, will be performing their own Christmas pieces as well as helping out with the carols where audience participation is desired. There will be seasonal refreshments including mince pies, included in the price.

Once again FDSCS will be singing well-known carols and some less well-known, more unusual ones, including Benjamin Britten's haunting Hymn to the Virgin and a humorous medley called A Christmas Pudding!

Tickets cost £8 for adults and £4 for children and are available from Dandelion at 19 Church St., Frodsham, June Ross (01928 890736), Ros Rowe (01928 733247) or on the door.

All the proceeds will be shared between the churches of Frodsham Methodist and St Laurence.

THE NEW MEDIA CENTRE
 OLD ROAD, WARRINGTON WA4 1AT
01925 240247
 info@247print.net



10,000
A5
 FULL COLOUR
£248.00
 PAY FOR 1 SIDE
 GET THE OTHER
 SIDE PRINTED
FREE

500
 FULL COLOUR
 Digital Business Cards
 (Buy 1 set, get 1 set free) **£35.00**

100
A3
£38.00
 FULL
 COLOUR
 POSTERS

60"X40"
 FULL COLOUR POSTERS
 ONLY **£12.00 EACH**

*ALL PRICES ARE SUBJECT TO VAT



Defibrillator installed at sports club

HELSEBY Community Sports Club now has a new, lifesaving defibrillator – donated by the Have a Heart Foundation.

Weaver Vale MP Graham Evans joined former St Helens Rugby League player Tommy Frodsham and Have a Heart founder Dr Chris Hale when the equipment was handed over.

Dr Hale, a former Helsby High School student and professional rugby player and his brother, Eric, set up the foundation following

the diagnosis of a serious heart condition in 2012.

They are now dedicated to raising awareness of heart disease and heart failure in young people and young athletes.

Mr Evans said: "I am delighted that Helsby Community Sports Club now have this life-saving piece of equipment which can be used even by people with no training. This is a fantastic initiative to save lives."

Public access defibrillators (PADs) give voice instructions and are completely safe to use.

Dr Hale said: "The defibrillator works out if the person needs a shock, so you can't give a shock to someone who doesn't need one."

"People are often afraid to use them, but people should use one if they need to as it can be the difference between life and death. Anyone who has collapsed and is not breathing needs a defibrillator as soon as possible."

"It has been proved that strategically placed defibrillators can significantly increase your chance of survival following

cardiac arrest.

"The Have a Heart Foundation is committed to being the difference between a life lost and a life saved and this project is helping us to save lives."

"With more defibrillators in public places, we can significantly reduce this tragic loss of life."

The charity is working to raise funds to buy defibrillators and also new cardiac diagnostic machinery for local hospitals through the recycling of unwanted clothes and shoes.

Football link with South Africa

FOOTBALL is providing a link between Frodsham and a village school in South Africa – thanks to the generosity of Frodsham Junior Football Club.

The club donated 10 footballs and 25 football shirts to Ntseveni Junior School, in the Sabi Sands area of South Africa.

Colette McIntyre, whose son, Theo, plays for Frodsham Under Nine's team, took Theo and his sister, Lily to South Africa and linked up with the Pride n Purpose charity, which supports local communities in the Sabi Sands area.

Through Dylan Jones, the Under Nine's coach, the club donated the footballs and shirts – and the McIntyres took them with them.

Colette said: "We were able to deliver the balls and shirts directly to the children of Ntseveni School during a visit to the village of Dumfries."

"They were absolutely delighted – and as a result our visit was rounded off with a mass football match with Theo playing on one of the teams."

"Unfortunately, Theo's team lost 2-0 but it was a wonderful visit."

"I don't even know how many players there were on each team."

"We would like to thank Frodsham Junior Football Club for their kind donation, which helped to make our visit to the community even more memorable."



Helsby High runners shatter records

THIRTY five Year 8 and 9 pupils from Helsby High School competed in the World Marathon challenge at Sportcity, Manchester.

The aim was to complete the marathon distance in the quickest time possible in 200m legs.

Helsby's team completed the race in 1 hour 54:59, breaking the school and stadium record and placing them second out of 122 teams competing across the world.

Countries represented outside of the UK included: Czech Republic, Canada, Estonia, Norway and France and others.

More than half the Helsby team and 14 out of the 16 boys will be eligible to run again next year.

A school spokesperson said: "It was a fantastic effort from everyone involved and the team never allowed their effort and intensity levels to drop even as they started to tire, pushing each other on more and more as the race continued."



Rotary help soccer girls keep warm



Naomi, Andrew and Adam with (left to right) Abi Loyden, India O'Reilly, Jasmine O'Reilly, Daisy Deegan, Gracie Pye and team captain Chloe Dean, all thrilled to bits with the jackets that will clearly help them beat the bad weather and hopefully their opponents too!

FRODSHAM Town Girls' Under 10s football team can start their games warm and dry – thanks to the Rotary Club of Frodsham and Helsby.

Rotary has come up with the cash to buy a set of jackets for the girls to wear while waiting on wintry playing fields for matches to start – and to put on again after the game is over.

A group of young girls have attended training nights with Frodsham Town Junior Football Club for some years and last winter formed an Under 10s team to play in competitive matches locally.

During their first season it became evident that suitable jackets were needed to keep the girls warm and dry while waiting for matches to start.

Club stalwart Naomi Dean approached Rotary asking if they would consider helping out – and the Rotarians agreed.

At a recent training session, Andrew Lawless, chairman of Rotary's community service committee presented a cheque to Adam O'Reilly, the team's manager.

Cycling festival

COULD Frodsham host a cycling festival on similar lines to its popular annual festival of walks?

The suggestion came from Town Council chairman Cllr Mark Warren as councillors were discussing the production of cycling maps for the town.

The aim is for students at Helsby High School to produce the map which will then be available online and as hard copies which would be available through schools and libraries, etc.

Cllr Warren said: "Perhaps we could consider organising a cycling festival - but that is some time in the future."

**CLASSIFIED
FREEPHONE
0800 955 5247**

CARPET CLEANING

SIMPLY THE BEST CARPET CLEAN you will ever have. Cleaners UK Ltd. Est 26 yrs. Have your carpets & sofas beautifully deep cleaned leaving them fresh smelling & colour restored. Latest & best methods. Dry/steam. Leather cleaning specialist. Professional, reliable & affordable. **For more info call Neil Riley on 01925 264989/ 07831 336060 www.cleaners-uk.net** (01/15)

DELIVERY SERVICES

FURNITURE FERRY LIGHT REMOVALS. Collections arranged from Ikea, Costco and other stores, garden centres, auctions etc. You choose, you buy, I deliver – SIMPLE. Reliable, inexpensive service. **Tel: Matt 07970 178 333 or 01942 732768. www.furnitureferry.co.uk** (05/15)

GARDENING SERVICES

WOW GARDEN DESIGN and Construction. Patios, decking, planting, turfing and water features. Free no obligation consultation. Fully qualified designer. **07801 284723/01928 751449. www.wowgardendesign.co.uk.** (01/15)

HOME SERVICES

ATLAS
Your friendly local independent

PEST CONTROL CHIMNEY SWEEPING
Affordable, professional, guaranteed service.
Fully insured, fixed prices – no surprises once on site!
Discrete vehicles, no embarrassing signs
07999 487 925 / 01925 445 222
www.atlas4u.co.uk (06/15)

SITS VAC

Frodsham Life magazine is looking to recruit an experienced SALES PERSON

Working on our other titles including **warrington-worldwide and Lifestyle magazine** you will have:

- Experience of selling advertising

You will be:

- Self motivated
- Flexible
- and computer/IT literate

The position offers a basic salary, commission and expenses.

To arrange an interview please email your CV to **garys@warrington-worldwide.co.uk**

Reader's Letter

Please send your correspondence to:
Frodsham Life, New Media Centre, Old Road, Warrington WA4 1AT
or email: info@lymmlife.co.uk

Halton Curve

*Peeved Parker, Frodsham
(name and address supplied)*

Dear Editor,

I found your editorial in November's edition of Frodsham Life very interesting as it put a different perspective on the pros and cons of the proposed Halton Curve and subsequent implications for car parking in the town.

Should the Curve bring extra visitors to the town, I would urge those who have responsibility for car parking, demand better practices from the company which currently manages Eddisbury Square car parking. I had a very unpleasant experience with this company.

Earlier in the year, I was sent a fine notice for having apparently parked in the Eddisbury Sq over the permitted number of hours. The evidence sent was two photographs of my car clearly showing my registration, apparently entering and leaving the car park. What was actually photographed was my car entering and leaving the car park on two completely different journeys, one in the morning and one in the afternoon. When I challenged the company to produce all four photographs, they did not, and simply said in a rather ungracious letter they would ignore the fine on this occasion. (!)

I found the tone of the original letter intimidating and am sorry to report that neither a local councillor or the town council have been of any support in taking the matter up with the company. If the company that runs the car park continue to behave in this way and remain unchallenged there will be no need to worry about visitors to the town, Halton Curve or not. I wonder if any of your readers have had a similar experience.



Welcome

This is the latest news about what is happening in our busy community.
From your local Cheshire West and Chester Councillors, Andrew Dawson and Lynn Riley.

Frodsham Remembers

It's been wonderful to see the many different ways that people and groups around Frodsham have marked the 100-year anniversary of the start of WW1. It has been our pleasure and privilege to have been able to attend so many of these events, including the laying of poppy wreaths at St Laurence's Church and the war memorial on the hill. Congratulations to Cllr Allen Wales, Frodsham Town Mayor and his town team, together with everyone who has made the many local stories about local lives part of the rich programme of events. We have and will continue to remember them all in Frodsham.

School registers from Cheshire's 166 county schools – dated between 1870 and 1914 – are now available on line at the FindMyPast website. Details include pupil's names, date of birth, address and dates of entry and leaving, as well as Parents' names and occupation. Our Town tradition of reading out the names of those who feature on the war memorial makes us all think about "who you really are"- if you want help tracing your family tree there are lots of sources in Frodsham.

Remembrance Day was also the day when CWaC added to its Community Covenant to support our Reservists serving alongside Armed Forces personnel, ex-service personnel and their families across the range of public services.

Christmas Switch-on!

Whilst we're thinking of switching on different lights at this time of year, please think about joining in with our local scheme to buy gas and electricity collectively in a bid to save money on energy bills.

The next round of the Ready to Switch scheme – where residents combine their purchasing power to bulk-buy energy – opens on the 2 December.

Nine out of 10 of those who registered for the previous round were able to make a saving, with the average household seeing a reduction of up to £221 in their energy bills.

Anyone who has not previously participated in the scheme can register and there is no obligation to switch suppliers if the tariff offered does not benefit your current one. Registration is free.

The Council has joined with 11 councils across the UK to create the Ready to Switch scheme, which uses the combined purchasing power of thousands of households to drive energy companies to offer their lowest tariff.

Please get in touch on telephone 0800 088 5007 or visit www.cheshirewestandchester.gov.uk/readytoswitch

What's on your Christmas List?

Frodsham library is now offering free Wi-Fi with no time limit on access, to help you study or work in the building for as long as you want.

The free Wi-Fi service enhances and complements the existing computer facilities in the library and training is available for anyone wanting to brush up their skills or find new ones.

For those of us lucky enough to have Kindle or other e-reader, there is now a growing number of e-books available to download. We hope this encourages more people to become "virtual" library users and use e-books as a real alternative to the more expensive option of buying them online. Why not simply download a free e-book that will automatically "return" itself.

It's less than 28 "sleeps" to Christmas and we're sure the younger members of our community are getting very excited. In the build up to the 25th, why not check out the calendar (see right) of lovely events in the library and bring the little ones along for something different to do. It's free and it's so much fun!

There's also a lot going on at the Brio Leisure Centre. If you fancy getting in shape for the Christmas festivities check out the family pass for £20 for the whole month of December.

It's also important for us all to try and remember that for some, Christmas and the winter months can be frightening and lonely. We are using our stall at the Christmas Festival to tell people about the help and support available from Cheshire West and a whole range of partners

We seem to hear daily about the harm that living in isolation can do to our physical and mental health and wellbeing. In addition to the many activities run by our local community groups we are in the process of setting up an OPAL Club (Older People, Active Lives) in Frodsham and would love to hear from you if you are interested, know someone who finds it hard to get out or would like to help.

Cheshire West, together with 11 other partner agencies including Age UK has recently attracted an extra £5.2m that will be used over the next few years to help people who live alone or feel alone. If you would like to know more about this, please get in touch.

There's lots of practical help around too so if you are worried about yourself or other people, just tell someone and get in touch. Age UK are "spreading the warmth" with practical advice on staying well this winter and have winter warmth packs. Please look out for yourself and each other and don't worry about asking for help.

CWaC gets ready for winter when it's much warmer and our salt arrives in summer. As and when conditions require it, our gritter teams are out and about. You can follow them at grittertwitter, email alerts or via the website. If we are out, please just think about giving yourself a bit more time and space on the roads. The idea of a white Christmas is lovely but the reality can be less so. Please think about become a Town WinterGritter. FTC will deliver the salt if you volunteer to spread it on your streets and pavements. Last year we bought push along spreaders to make it easier so please feel free to borrow one. They are at the Leisure Centre, Top Shop on Langdale Way and Overton Village Stores. All our schools have been given them too.

Countdown to Christmas

By the time you are reading this, Frodsham will have started its countdown to Christmas with the Christmas Festival on the 29th November and the official switching on of the lights. We've been happy to contribute our councillor's grants towards this community led Christmas event and hope to see you there.

Christmas activities for children and families

Saturday 6th December, 10am-12noon

Family Craft
Frodsham Library
Make a decoration for your Christmas tree
Cost: Free

Friday 12th December, 9.30am-11pm

Christmas Jumper Stay and Play
Frodsham Library
Wear your Christmas jumper for some festive fun stories and rhymes with help from your local librarian
Cost: Free

Saturday 13th December, 10am-12noon

Family Craft
Frodsham Library
Design your own wrapping paper and gift tag.
Cost: Free

Saturday 13th December, 6.30pm-8pm

Christmas Fancy Dress Roller Disco
Frodsham Leisure Centre
Cost: £4 + £2 skate hire

Monday 15th December, 9.30am-11.15am

Topsy Tumbles
Frodsham Leisure Centre
Cost: £5 includes a drink, snack and gift

Friday 19th December, 9.15am-10.45am

Christmas Party
Frodsham Children's Centre
Come along for some Christmas carols, crafts, treats and fun!
Cost: Free

Saturday 20th December, 10am-12pm

Family Craft
Frodsham Library
Decorate a Gingerbread biscuit to leave for Father Christmas
Cost: Free

To find out more contact:

Cllr Andrew Dawson

Email: Andrew.Dawson@cheshirewestandchester.gov.uk
Tel: 07970 635629

Follow me on:

Twitter @CllrAndrewDawson
Blogsite:
www.frodshamtories.blogspot.com

Cllr Lynn Riley

Email: Lynn.Riley@cheshirewestandchester.gov.uk
Tel: 07800 869350
Twitter: @mustbecwaced

Political website

www.frodshamtories.co.uk
Visit:
www.cheshirewestandchester.gov.uk
www.talkingwestcheshire.org