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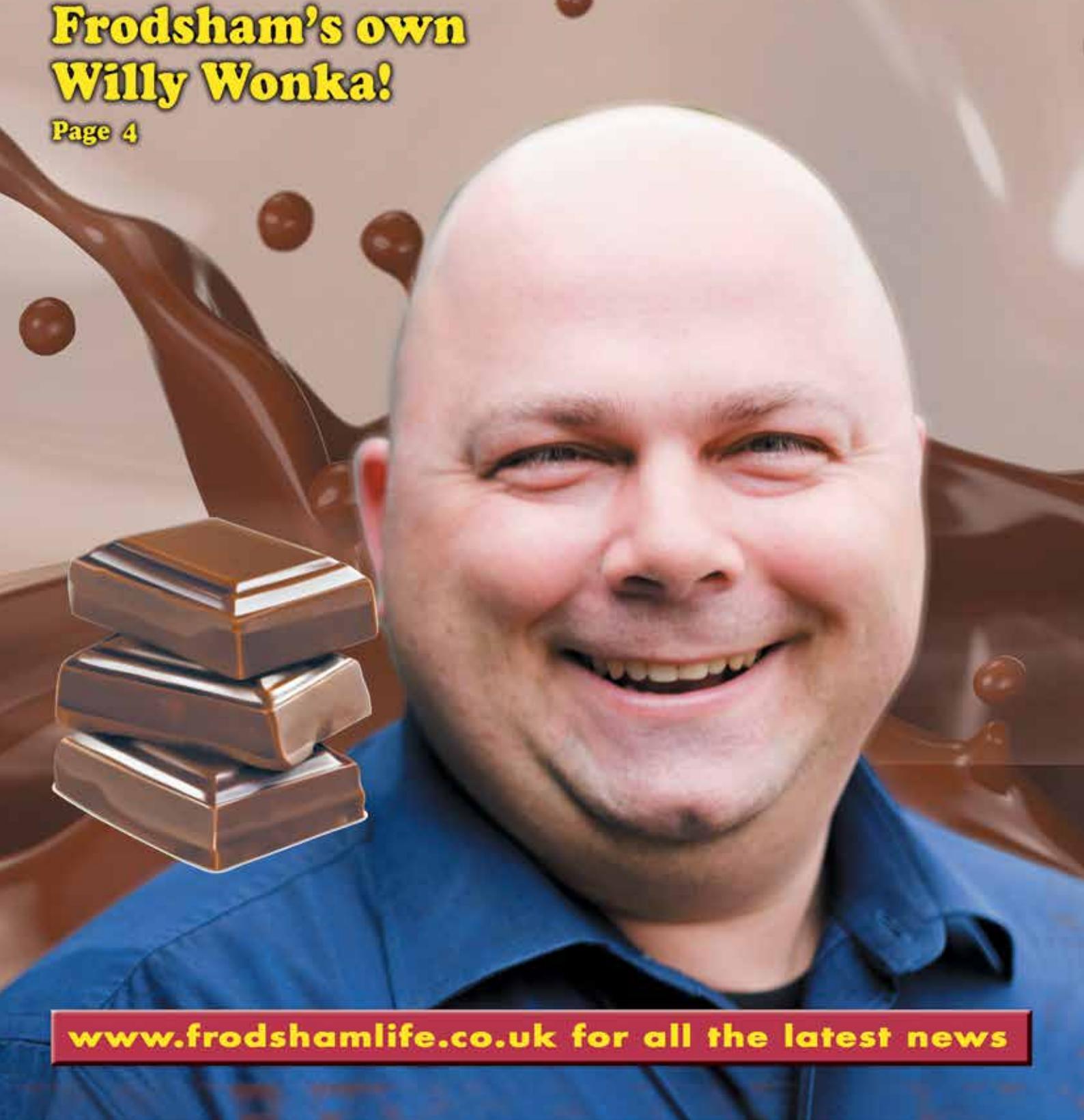
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Frodsham's own Willy Wonka!

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Editor's Comment

FRODSHAM Town Council has a big decision to make on whether they continue providing funding for a PCSO in the town.

If like some other parish and town council's across Cheshire, they decide to withdraw their contribution, it will be added to the annual council tax demand from

Cheshire West and Chester.

From all accounts from what I heard at the recent Town Council meeting the existing contract is complicated and confusing and requires some clarity.

Personally, having seen the good work of many PCSOs across Cheshire over the years, I would hope Frodsham could carry on funding the position, ensuring they retain some influence on local policing issues.

In many towns and villages, the PCSOs are basically the old "beat bobbies," who people see walking the streets. They provide the police presence which can be reassuring. They are generally also very good at getting to know the local trouble makers and dealing with them accordingly.

The monthly updates local

PCSO Neal Flanagan provides to Frodsham Town Council are often very informative and provide a real insight into issues in and around the town.

I believe this personal touch is vital for effective local policing as it also gives elected members and members of the public an opportunity to raise issues and concerns.

Whatever the outcome the local tax payers will be paying for the service anyway, so it may as well be with some local influence – ideally with a less complicated contract of employment which is easy to understand and manage.

Hopefully common sense can prevail.

Freedom of Frodsham

FRODSHAM Town Council have agreed to bestow the Freedom of Frodsham on Father Michael Mills of the Parish of St Laurence to mark his retirement.

Christmas Shopping

FRODSHAM & District Ladies Circle annual Christmas Shopping evening takes place on Friday November 25th from 7.30pm at The Methodist Church on Kingsley Road, Frodsham. Admission costs £2 (children free) and includes a free raffle ticket, drink and mince pie. All profits go to Claire House Hospice.

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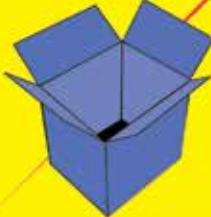
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Search is on for new community speed watch co-ordinator

THE search is on for a new Speed Watch co-ordinator in the Frodsham area following the resignation of Ian Welsh.

PCSO Neal Flanagan told members of the Town Council, that the resignation had "left a gap."

There was equipment available, funded by the Town Council and he was looking at re-launching the project, possibly in conjunction with Helsby.

"All I am looking for is volunteers to spend an hour or two a week. They will be trained by me to help make the roads safer. It will not involve prosecutions."

He has set up two training days on Saturday and Sunday 19-20th November at 1pm at the police station. Training will take less than two hours.

Meanwhile a driver engagement day on Fluin Lane, involving eight special constables and a volunteer had proved very successful, with a total of 17 vehicles being stopped.

Plans were in the pipeline for another event, on a different road on December 3.

Main Street mugger arrested

A man involved in the "mugging" of a woman on Main Street and stealing her handbag had been arrested and was now an ongoing investigation.

PCSO Neil Flanagan told members of Frodsham Town Council that following the recent incident he had looked back at records and, all but one had resulted in an arrest and/or prosecution.

"It would appear we are good at catching the offenders after the event," he said.

He said he had been proactive with Operation Shield and Youth engagement in recent weeks and also visiting schools raising awareness about anti-social behaviour.

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Question:

I'm interested in buying a property through auction, what should I consider?

Answer:

There are advantages to buying at auction; a lower risk of the other party changing their mind on the sale, not being part of a long chain and potentially getting a bargain.

Remember though that when the hammer falls in an auction it is the start of a legally binding contract which cannot be broken and you should therefore that you have completed your due diligence in advance.

It is highly recommended that you take professional advice on a detailed inspection and survey of the property. Often auction properties need substantial repair or have tenant's that could owe rent. A legal pack will be available pre-auction and you need to present this to your solicitor to review and investigate before you submit a bid. This will give information on right of ways, refusal of planning permission for building work and any covenants on the property.

On auction day, check if any changes have been made to the information; searches are often not available until the last minute and these will advise you, amongst other things, of any building regulation approvals, charges or contamination notices.

Keep an eye on your costs; house price, solicitor's costs, searches and an additional 3% Stamp Duty Land Tax if you already own a property. In addition there will be an auctioneer fee, property insurance (check if needed from date of purchase) and if you are successful in your bid you may have to pay a deposit on the day. Some auction contracts will also require you to pay the seller's legal fees.

Completion can be within 20 days (check contract terms in case it is sooner) and therefore it is imperative that you have funds available, or agreed in advance, as if you fail to complete the purchase you could lose the deposit and be subject to a breach of contract which carries hefty financial penalties over and above the 10% deposit.

For legal advice contact Chris Illingworth in our Frodsham office on 01928 739300 or by email chris.illingworth@fdrlaw.co.uk

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Frodsham's own Willy Wonka!

WHEN it comes to having a dream job it doesn't get much better than tasting chocolate - and Frodsham has its very own Willy Wonka with his own golden ticket - as a chocolate consultant - and most importantly taster!

Having worked in the chocolate industry for more than 20 years Simon Godden still gets excited when he walks into a room filled with hundreds of tonnes of chocolate and now runs his own business from Frodsham as a chocolate consultant - which of course can lead to plenty of chocolate tasting.

Simon has enjoyed working for Chocolate Manufacturers, Confectionery Producers and Cocoa Processors since 1993.

His "delectable" career and passion for chocolate" started as a quality assurance technician with a company just outside Eastbourne.

Simon explained: "Here I was fortunate to learn so much about the manufacturing of chocolate, caramel, fudge, jelly, boiled sweets, honeycomb, truffle filling and fondant from highly experienced, traditional confectioners.

"With such enthusiasm and an ever growing knowledge, I took on a senior position at quite a young age and became responsible for ensuring the organoleptic and physical characteristics of every confection developed and produced, met a specified standard - this involved a lot of compulsory tasting!"



"This also introduced me to and helped me understand the food safety aspects and regulatory requirements for Chocolate! There are regulations that manufacturers

must abide by, to enable them to call a product Chocolate."

Simon left the south coast in 2000 and held a couple of technical positions in Crawley and Telford, before starting his role in 2005 at Classic Couverture (Liverpool) as a New Product Development Manager.

In 2006 this business was acquired by ADM Cocoa, who at the time were the largest cocoa processor in the world.

Simon led a small development team and helped produce a raft of exciting new products as well as hosting training days for



customers, colleagues and industry professionals. This covered topics including chocolate manufacture, the growing and processing of Cocoa, testing methods and how to produce some of the world's finest chocolates and coatings.

Simon added: "Exposure to so many customers inside and outside the UK opened my eyes to how widespread the love for chocolate and chocolate products across the developed world is. It is true, there are distinct differences in the types of chocolate that are preferred, depending on where consumers live, but the fact remains that most people, individuals and groups, are always very keen to talk about and taste chocolate."

"I have worked with skilled chefs, master chocolatiers and eccentric entrepreneurs, however I still get excited when I walk into a room and there is literally hundreds of tonnes of chocolate being stored."

"The smell is unmistakable and considering the ingredients and process, it is remarkable how such a product was ever invented. Today there is a growing trend for the manufacture of bespoke sophisticated artisan chocolates. These products must not be overlooked and I always love tasting something new, however my skills with trouble shooting, training and tailored recipe creation is where my passion remains and strengths are most recognised," he added

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MP welcomes record number of people in work

THE number of people claiming out of works benefits in Weaver Vale has dropped by 55% since 2010.

Local MP Graham Evans has welcomed the news that the number of people in work across the UK remains at a record high, and the rate of women in work is at the highest level since comparable records began, showing the fundamentals that the economy remain strong. According to the latest figures there are 193,058 more people back in work in the North West since 2010.

He says that in Weaver Vale, the number of people claiming the key out of work benefits has fallen by 1,115 - a 55 per cent drop - since 2010.

As well as the employment continuing at a record-high, the figures show that the unemployment rate is holding steady, and average wages are growing ahead of inflation.

Mr Evans said: "Overall employment remain at record highs, and the number of young people in work remains high, but there is more to do. I welcome the news that the Government is rolling out the Jobcentre Plus Support for Schools scheme in England, which will give tens of thousands of young people help in taking their first steps into the world of work."

"The number of people in Weaver Vale relying on the key out of work benefits has fallen by 1,115 since 2010 - a 55% drop - as businesses are able to get more people into work, helped by the decisions Conservatives have taken to strengthen our economy."

"But we know there is more to do to build an economy that works for everyone, and we will continue to work hard to help even more people benefit from the opportunities in our economy."

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Land of Beds destined for Entrepreneur of the Year Award finals

FRODSHAM and Helsby sleep specialists Land of Beds are finalists in the esteemed EN Entrepreneur of the Year Awards 2016.

The bed and mattress retailer will compete in the 'Family Business of the Year' category, with the winner being announced on November 3 at Mere Golf & Spa Resort.

"We had an amazing start to 2016 - winning the High Sheriff of Cheshire's 'Family Business of Excellence Award', says Mike Murray, Managing Director. "Since then, we have also been 'Business of the Year (11 to 50 employees)' finalists at the Cheshire Business Awards 2016, and my wife - Caroline Murray - was declared an 'Inspirational Woman in Business' at the Cheshire Woman of the Year Awards. We're thrilled to be ending the year on a high - heading to the finale of the EN Entrepreneur of the Year Awards 2016.

"While we are proud to have grown our customer base nationwide, as a family-run business with a 40-year heritage, we are especially grateful to our local community who support our

stores at 98 Chester Road, Helsby and 14 Church Street, Frodsham."

This is the first time Land of Beds have entered the EN Entrepreneur of the Year Awards, which celebrate their fifteen anniversary this year. The awards' 10-strong judging panel includes David Beatty, HSBC's Regional Corporate Director for the North; Red Letter Days founder Rachel Enaugh and MSIF's Chief Operating Officer Lisa Greenhalgh.

The award finals mark the start of an exciting period for the retailer - entering into the festive season.

"Being parents of two young children, Christmas is a special time for Caroline and I, and for our staff - many of whom have young families," says Mike. "We wanted to help make Christmas extra-special for other local families by sponsoring Ho Ho Helsby and Frodsham Christmas Festival 2016 for the first time."

Plans are currently being finalised with the events' organisers. Visit www.facebook.com/Lobsocial and www.twitter.com/landofbeds for more updates.



Land of Beds' Family Director team celebrating at the Cheshire Business Awards 2016 finals.



Land of Beds won the High Sheriff of Cheshire's Family Business of Excellence Award in March 2016.

Scouting in the Midnight Sun

THIRTY Scouts, Explorer Scouts and Network Scouts from Mersey Weaver Scout District have been selected to attend the world's northernmost Jamboree in Bodø, Norway.

The group - made up of 12 to 18 year olds from Frodsham, Helsby, Norley, Ince, Elton, Runcorn and Widnes - underwent a tough selection process, including a challenging selection day where they were assessed on team working capabilities, personal skill tests, group and individual presentations and also interviewed individually.

A key aspect of the expedition is that the contingent members have to raise all of the funds themselves. The challenge is now on to raise £33,000 in just eight months. A variety of fundraising efforts are already underway, but the group is also seeking sponsorship and donations from both individuals and local businesses. Several fantastic sponsorship opportunities are available including t-shirt and kit sponsor, both of which would prominently show the sponsor's name and logo. To discuss sponsorship opportunities please call Michelle on 07856 177517.

The Jamboree is the opportunity of a lifetime for the contingent who will spend the second week of their trip with a Norwegian host family. Situated at 67 degrees north, above the Arctic Circle with beautiful mountain views. Bodø is the capital of Nordland county and is surrounded by some of the most pristine wilderness in Norway including 17 Nature Reserves. In the summer weeks, the sun never



sets, providing a unique light, day and night! Expedition leader, Oliver Chambers commented, "Our young people will be able to gain confidence through being moved out of their comfort zone, trying new foods and customs, learning some of the language and making lifelong friends from across the globe."

As well as thousands of Scouts from across Norway and Scandinavia, participants will be joining contingents from as far away as the USA, Netherlands and Hong Kong. They will meet Scouts from other countries and learn about their cultures, make friends and maybe even swap a few badges, as well as participate in activities such as midnight hikes.

Pictured at a fundraising event organised by Scouts at the Port Arades Shopping Centre are from left to right: Samuel Cliffe, Daisy Peacock, Annie Atkinson and Josie Atkinson.

Ella Pickstock and Jessica Pickstock are also pictured at the Nord selection process showing off their eye masks which will be essential for sleeping in Norway as it will be light for 24 hours a day!



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Town council remain undecided on future funding for PCSO

FRODSHAM Town council remain undecided on future funding for a Police Community Support Officer in the town.

The council was due to discuss the continued funding of a PCSO at a cost of £11,800 per year but decided to seek further clarification after hearing that other parish and town councils in Cheshire had discontinued funding.

Town clerk Hazel Clark said she had received a request from CWAC on whether the Town Council would continue funding in 2017-18. If the council decided not to, it would be included as an additional cost to rate payers as "special expenses."

There was also an option of looking at adding the cost to the parish precept.

But after hearing from CWAC Cllr Andrew Dawson, it remained unclear on how much control the

Town Council would have over their own PCSO and whether they would be liable for any redundancy if the role was discontinued.

Cllr Dawson said: "It is important to read up on the agreement with CWAC and get all the information. It is much more complicated than you can imagine."

Cllr Alan Oulton said: "We are being asked to make an astronomical decision without all the facts."

"We don't appear to have total control of our own PCSO but his impact is huge."

Members of the Town Council agreed that a letter seeking clarity on the situation should be sent to the Chief Constable, the Police and Crime Commissioner and CWAC before reaching any final decision on the funding situation.



Life Education Centre visits schools



The Rotary Club of Frodsham & Helsby once again sponsored and organised a visit of the mobile Life Education Centre to five primary schools in the area starting with Helsby Hillside School.

The mobile classroom was then moved to St John's in Kingsley and then onto Frodsham where it visited, Manor House and St Luke's before making its final move to Overton C of E School.

This annual event has taken place for over twenty years, remaining as popular as ever with the many schoolchildren who make use of this impressive educational facility during the nine days that the mobile classroom was in the area.

The mobile classroom is operated by Coram Life Education, a major children's charity which, amongst other services, provides health education programmes to schools across the country in its fleet of mobile classrooms. Rotary is one of the delivery partners that works with Coram in the organisation and logistics of reaching 800,000 children every year aged from 5 to 9 in order to help them to learn

to make responsible life choices. Photographed below is the mobile classroom outside at St Luke's School in Frodsham with teacher and pupils, Rotary President Mike Jackson and Life Education tutor Michelle Jennings.

The aim of the Life Education Centre is to provide a forum where children of primary school age are encouraged to discuss and consider the importance of taking care of their bodies. The various programmes look at many aspects at a level commensurate with children's ages. Children are introduced to a variety of subjects which include the need for a healthy diet, the importance of sleep and exercise, the risks of smoking and the dangers associated with the use and misuse of alcohol and drugs.

The interior of the Life Education Centre is equipped with various teaching materials including a replica life-sized female body cut away to reveal the various internal organs such as heart, lungs, muscles and blood vessels, etc., each of which can be lit up internally, and also audio-visual

facilities for showing educational cartoons and films. The interactive techniques used inform children in a stimulating and exciting learning environment about the cause and effect relationships of issues they may face as they grow up. Michelle Jennings, one of Coram's specially trained educators, delivered the programmes using positive teaching methods to provide the youngsters with a powerful learning experience. The young pupils are then better able to formulate their own informed judgements, which hopefully will allow them to manage the risks they may encounter, make healthier life-style choices and take responsibility for their own lives in the future.

The feedback from teaching staff and parents was excellent and very positive and particularly from the children, who all thought that their educator, Michelle, did a terrific job during the sessions. The children then left the mobile classroom ready and eager to carry on learning about health and well-being with their own teacher.

Festival of Britten

FRODSHAM Choral Society are presenting a Festival of Britten at The Parish Church of St Laurence on Saturday December 3 at 7.30pm.

Forget the stories about Lapland, "little helpers" and red-nosed reindeer and hear the story of the "real" Saint Nicolas, as set to music by Benjamin Britten.

It lifts the white beard and recounts the story of a 4th century Turkish bishop who became the patron saint of sailors, archers, children, brewers and pawnbrokers!

Britten's Christmas cantata, "Saint Nicolas" presents the birth, childhood and career of Nicolas, involving some highly dramatic miracles, including the saving of some pickled boys!

The "Festival of Britten" will continue the Christmas theme by performing the much-loved and beautiful "Ceremony of Carols" and the gorgeous "Hymn to the Virgin" which he wrote as a teenager.

Flu vaccination reminder

LOCAL MP Graham Evans MP attended Westminster Flu Day, a flu vaccine clinic held in the House of Commons, to encourage his constituents to get this season's flu vaccine in line with Government recommendations.

Parliamentarians who would not be eligible for a free seasonal flu vaccine on the NHS made a £10 donation to the Carers Trust. £10 is equivalent to the cost of a private vaccination.

Graham said "The best way to help protect yourself against the flu is to get the flu vaccine. I would urge everyone who is entitled to a free flu vaccine to go and visit their GP or pharmacist."

Puddle Ducks is coming to Frodsham

BABIES and toddlers in Frodsham will soon be learning unique swimming and lifesaving skills, as Puddle Ducks Mid Cheshire is bringing its classes to Best Western Forest Hills Hotel from Thursday 10th November. Parents who sign up for Puddle Ducks swimming lessons will be able to take their babies and toddlers, who can start at any age, from just a few days old, to the classes to have fun while they learn to swim in a safe, encouraging environment.

Puddle Ducks classes, which last 30 minutes, teach activities including swimming, submersion, floating, songs and games. Each session incorporates rhyme, music and movement with class soundtracks that have been written by professional musicians. The focus is on fun and bonding for new and experienced parents and their little ones, meaning youngsters don't even realise they're learning to swim and are acquiring a skill that could save their lives.

Franchise Manager Rachel Bateson who is a mum to two children herself, said: "I firmly believe that swimming is a skill that all children should be taught from an early age. It's fun and helps them interact with other children and encourages them to lead a healthy life style right from the

start. Figures show that 15% of UK children can't swim, and we're on a mission to change that, so it's fantastic that we've signed up a lovely new pool in Frodsham from which to teach our classes!"

Puddle Ducks is a national company which was founded in 2001. The quality of teaching has been the number one priority for ten years, so parents know they are getting the very best for their little ones.

Rachel also said "The teaching program and methods we use are constantly evolving from the songs that we sing while the babies and parents are in the pool together to the techniques we teach. Puddle Ducks classes are based on age, not ability, so children are learning amongst their peers. This provides a great opportunity for parents to meet other local mums and dads, and many become friends for life. Class sizes are limited to eight, so we can really give everyone the best attention. Because we are trained to recognise and work with different ability levels within the same group, babies and toddlers are given an individually tailored swim program that builds their confidence and lets them learn at their own pace. We also put a real focus on teaching water safety, encouraging children to learn to save friend's lives without endangering themselves,



as well as learning how to stay safe themselves."

The first lessons at Frodsham are already selling out fast. Classes will be taking place on Thursdays

mornings from 10th November. For more information, visit www.puddleducks.com/midcheshire for class timetables and availability.

Players prepare to perform Goodnight Mister Tom

FRODSHAM Players are delighted to announce that they will be performing "Goodnight Mister Tom" as their 2016 Winter Production.

This will be one of the first amateur productions of this play in the country.

David Wood's adaptation of Michelle Magorian's magnificently uplifting book won an Olivier award in 2013 and will appeal to all ages.

Set against the backdrop of the build up and ultimate declaration of the Second World War, Goodnight Mister Tom tells the story of sad, young William Beech who is evacuated from London to the English Countryside. William builds a remarkable and moving relationship with elderly recluse Tom Oakley.

Goodnight Mister Tom is a tale of two broken souls at very different ends of the age scale that celebrates the value of love and proves that friendship knows no barriers.

Goodnight Mister Tom will be performed at Frodsham Community Centre from Wednesday 30th November until Saturday 3rd December. Curtain up is at 7:30pm with an additional matinee performance at 2:30pm on the Saturday.

Tickets are priced at £8 (adult) and £6 (under-16 or in full-time education) and can be purchased from www.frodshamplayers.com, box office 07754 455809 or at Dandelion, Church Street, Frodsham.

Cast (in order of appearance):
 Billeting officer – Meriel Cashin
 Tom Oakley – Ian Lancaster
 William Beech – Matthew Betteridge
 Charlie Ruddles, ARP Warden – David Leslie
 Mrs. Fletcher – Hazel Betteridge
 Doctor Little – Douglas Cashin
 Mrs. Annie Hartridge – Angela Lucas
 David Hartridge – Isaac Tomlinson
 Carrie and Ginnie – Eleanor Roberts & Keira Lemmy
 George Fletcher – Ben Bierkan
 Miss Thorne – Derinda Watson
 Zach – Joseph Cowell
 Mrs. Miller – Julia Burgess
 Miss Miller – Jackie Pooler
 Vicar – David Varley
 Mrs. Beech – Louise Doyle
 Ticket collector (London) – David Leslie
 ARP Warden (London) – Carlo Marson
 Glad – Carol Crooks
 Policeman – James Hutchinson
 Nurse – Angela Lucas
 Sister – Jackie Pooler
 Mr. Stilton – Jake Powell
 Social Worker – Carol Crooks
 Londoners – Julia Burgess/Jackie Pooler/Hazel Betteridge
 Puppeteer: Eva Lemmy
 Director: Michael Mills



Flying the flag for Frodsham in Europe

FRODSHAM Borough Councillor Andrew Dawson has been appointed to serve as one of 18 UK Representative at the Congress of Local and Regional Authorities at the Council of Europe.

He has recently returned after spending a week in Strasbourg.

Cllr Dawson said: "It is an honour to represent the UK abroad. The Council of Europe is all about embedding democracy, human rights and the rule of law throughout Europe. In the context it was wonderful to be able to point to our experience in Frodsham and in the wider Borough. I participated in several debates ranging from gender equality and the assessment of the UK's compliance with the European Social Charter. When discussing the Social Charter I had a sharp exchange of views with a Spanish Law Professor who believed the UK's record on certain social rights was the equivalent of Turkey and the Ukraine.

"Having given him my views about Parliamentary Sovereignty and our common law legal system I pointed out that 3.6 million EU workers had come to Britain to enjoy our liberal labour market. They hadn't come to the UK for the weather! I also pointed out to him that the European Trade Union Institute has recognised that the right to strike in the UK is freer than in Germany, Belgium, Luxembourg and Austria to name a few.

"It was also interesting to see how, without being complacent, we are in advance of our continental friends in things like both genders fully participating in politics. The Council of Europe is looking to ensure a minimum of 40% of political representatives are female. Since 2011 Frodsham Town Council has been gender balanced - and 37% of Councillors on CWaC are female. Whilst we still have a way to go, we are way ahead of many other European countries in this.

"One of the things that struck me most, though, was that our approach to embedding democracy and the rule of law is different to our European colleagues. For us Parliament is Sovereign and we look to Parliament to defend our rights. For our European colleagues they look more to international conventions, treaties and their own written constitutions. We both aim to end up in the same place - but we do get there by different routes," added Andrew.

The Council of Europe was established by Winston Churchill after World War II to embed respect for democracy, human rights and the rule of law.

The Council of Europe covers all of Europe and includes 19 non-EU member states like Russia, Turkey and Ukraine as well as the 28 EU members.





Mayor of Frodsham's Charity Page



Mayor of Frodsham Cllr. Mallie Poulton is looking forward to a great community day and night for the annual Frodsham Christmas lights switch on.



**by the mayor's consort Miss Amelia Pusey and
the town's junior Mayor's Jack and Lilly.**

There will be fun and activities taking place all over town from 10.30am until late with a general Christmas Market from noon on the station car park, street entertainers, a Christmas fair in the Parish Hall, Bears Paw Fun fair, Father Christmas's Grotto in The Craft Box, Castlepark Winter Wonderland, including a market, entertainment, fun fair, bar and much, much, more!

Children can meet the reindeer at the station car park and later, following the parade at Castlepark.

Cllr Poulton, who will be raising funds for his chosen charities on the day said: "Please make this year's event the biggest and best yet.

"It is a fantastic way to kick start the festive season and will help support the local business community and local charities."

The mayor would like to thank the following business for making this charity page possible.

- Hunters Estate Agents • Kash 22 • The Craft Box • Little Cotton Frocks
- Frodsham life • 4 Seasons Fish & Chip Shop

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Children admitted to Communion



ELEVEN children from Frodsham CE Primary School were admitted to Communion at a special service at St Laurence Church, Frodsham.

The children led the service, reading beautifully and it was made all the more special by the attendance of the Bishop of Birkenhead - the Right Rev Keith Sinclair.

When children are in Year 4 at Frodsham CE Primary, their Religious Education lessons incorporate a six week course which explores the basics of the Christian Faith and what Christians believe about Communion.

These lessons are taught in school by Father Michael and Mr Coates and begin by looking at life as a journey and the children share their own "Life Journeys". The children make a special memory box and after each lesson they complete an activity with their family to add to the box.

The programme culminates with a special visit to Noddfa, Penmaenmawr with Father Michael. This trip enables the Year 4 children to reflect on what they have learnt about the Christian faith.

They have also had opportunity to explore a place of peace and tranquillity and the beauty of the surrounding hills and the sea. During this time, the children being admitted to Communion baked bread with the Sisters of the Sacred Heart of St Mary, which was then shared with the congregation during Holy Communion.

When asked about their time in Noddfa, the children said:

"I enjoyed it a lot because I liked the peace and quiet for once" - Jacob.

"We did a lot of fun activities - my favourite bit was playing on the beach" - Harry.

"The sisters made me happy and they were very peaceful" - Christa.

Meanwhile Mayor of Frodsham Mallie Poulton attended his first public function wearing new mayoral robes, donated by his family, when he attended the service at St Laurence Church for new communicants from Frodsham CoE Primary School.

The Mayor is pictured with the Bishop.



Helsby stroke survivor receives special award

A Helsby stroke survivor has received a Highly Commended Life After Stroke Award from the Stroke Association in recognition of her courage and determination.

Grandmother of two, Vera Kelly, 83, was told it was unlikely she would ever walk again after she had a stroke in December 2012, which left one side of her body almost completely paralysed. Vera was in intensive care for three days before being moved to the hospital's rehabilitation unit.

Vera said: "It was awful lying in hospital praying I'd be able to walk again. Before I had a stroke, I walked and rode my bike every day. I remember thinking, there's no way I am staying in bed; I'm going to fight this."

After intensive physiotherapy and a lot of determination, Vera proved everyone wrong by walking out of hospital two months later,

surrounded by her family.

Following her return home, Vera was supported by the Stroke Association service in Chester, and she began fundraising to raise vital funds for the charity. She took part in the charity's Step out for Stroke event in Chester alongside her family, before becoming the eldest participant to complete a fundraising firewalk in December 2015.

Vera was nominated for the Adult Courage Award by Jane Fenwick, Information, Advice and Support Coordinator at the Stroke Association, who helped Vera throughout her recovery.

Jane said: "Watching Vera take on her incredible fundraising challenges so soon after being told she would never walk again was truly moving. Everyone who meets Vera is touched and inspired by her determination and zest for life.



I know that Vera's nomination will help inspire other stroke survivors and show everyone that there is life after stroke."

Vera received her Highly Commended certificate at a celebratory event at the AJ Bell Stadium in Salford, which was supported by Bayer. Her certificate was presented by ITV Granada Reports presenter Elaine Willcox.

Vera said: "I feel so proud. It's an honour to receive the Life After Stroke Award; it's given me a real sense of achievement."

Chris Larkin, Regional Director for the Stroke Association in the North West, added: "A stroke happens in an instant and often changes lives forever. We were

thrilled that so many of our community in the North West were nominated to receive a Life After Stroke Award. Our regional event highlights the tremendous courage local people like Vera have shown in rebuilding their lives after a stroke, or in helping others to do the same."

The Stroke Association's Life After Stroke Awards recognise the courage shown by stroke survivors and carers as well as the great work and commitment shown by health professionals, groups and supporter organisations. For more information visit www.stroke.org.uk/LASA/

Could an aqua park be opened in Frodsham?



A COMMUNITY action group is being set up in Frodsham to look into the feasibility of having an aqua park in the town.

The group is to look at where the best place would be for such a facility from the six identified play areas in Frodsham.

Group spokeswoman Vivien Shaw said: "I am sure everyone would agree that to have an aqua park in Frodsham would be fabulous.

For many, many years the town has campaigned for a swimming pool, but we have to accept this is very unlikely to happen in the current economic climate. But an aqua park may just be possible."

The group will study the six play areas, taking into account the impact on residents, the need for parking, the increase in trade for local businesses, but most importantly the accessibility for the children and young people of the town, including those with a disability.

Once a site has been identified, the group will need to look at funding.

Ms Shaw said: "An aqua park similar to the one on Sandy Lane in Chester costs about £90,000 to install. There are a number of organisations around offering funds for such schemes, as well as the fund that will be available from the windfarm.

"So do you have an opinion? Are you involved in working or volunteering with young people in Frodsham? Could you canvas their views? Do you have experience of writing bids? Would you like to join us?

"Let's get going and let's get those children splashing!"

Anyone with an opinion or who would like to get involved is invited to contact Vivien Shaw at vivienshaw@btinternet.com

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Cyclists staged their own tours of France and England

INTEREST in cycling soared this year with British successes in the Tour de France, Tour of Britain and the Rio Olympics – but four Frodsham women staged their own tours of France and Britain.

As a result, Cath Blanchard, Therese Hynes, Sue Wallace and Fiona Barry raised a whopping £10,200 for the Clatterbridge Cancer charity.

Cath said: "Fiona had inspired me back in December with her idea of cycling home to Frodsham from Paris in order to fundraise for the Duke of Edinburgh's Scheme.

"I wanted to get fit and at first I completely dismissed the idea as I had never cycled more than 20 miles and that was a long time ago. However, by Christmas I had completely bought into the idea when, by coincidence, work colleagues Therese Hynes and Sue Wallace said they were considering doing the London to Paris Ride for Clatterbridge Cancer Charity and I found myself persuaded to join in.

"We had seven months to get fit enough to cope with the challenge and to reach our fundraising targets. Fiona by this time had decided to challenge herself to two weeks cycling solo around Cornwall, visiting all the National Trust properties in the county.

"I am in awe of Fiona for planning, preparing and organising her challenge which included taking the bike down on the train and resulted in her cycling 270 miles over two weeks.

"On the other hand our trip was 280 miles over four days, all organised for us - all we needed to do was make sure we were fit and turn up!"

To take part, the women had to fundraise and Cath, Sue and Therese had set a target of £5,000. But by the end of July they had raised £5,000.

Fiona had also raised £180 for the Duke of Edinburgh's scheme which goes towards improving the lives of young people.

All the women say that their motivation was incredibly improved by the enthusiasm and support of friends, colleagues and local businesses.

They now want to say a big thank you to everyone who helped.



Energy in the home workshop

FRODSHAM Transition Initiative has partnered with National Energy Action to bring an 'Energy in the home workshop' to Frodsham with the intention that residents shall be well informed about steps they can take to live in a warm, dry home.

This FREE event takes place at Frodsham Community Centre on Tuesday, November 15 from 2.00pm to 4.30pm. Between 2.15pm and 3.15pm, there will be an interactive energy in the home workshop run by Kathy New from National Energy Action (NEA), a charity working on affordable warmth.

NEA have been working with Cheshire West and Chester Council on innovative technical solutions to support vulnerable people to stay warm over the winter, and this workshop will provide people with top tips to save money on their energy bills, and improve your home comfort. Previous attendees at the workshops stated how interesting and informative they have found them. Kathy will be on hand afterwards for 1-1 discussions if required. There will be quizzes and activities, and free tea, coffee and biscuits will be served.

Local Frodsham Transition Initiative supporters will be on hand to help and their project displays will include 'Energetic Mindfulness', Orchard planting, Care for the Elderly, Volunteering, Cycling and the Frodsham Children's Garden. Part of the cost of this event has kindly been met by Cheshire West and Chester council.

What is Mediation and Why Should You Consider It?

By Linda Hunter from Rowlinsons Solicitors

"Mediation – (noun) a non-adversarial process in which two or more parties work through discussion and compromise towards agreement with the aid of a neutral party or Mediator"

It can be quite a worrying and confusing time when facing the breakdown of a relationship and emotions often run high. There is so much advice and information in the public domain and so much legal jargon. Hence deciding on the best course of action can seem like a very daunting task.

Often people think that a legal and court route is the only option available. This is not the case. Almost always, problems are best resolved when people talk and this is where mediation can help.

So what is mediation all about?

Mediation is not about getting you back together,

which is a common misconception. Mediation is about helping you to make arrangements for you and your family after you have separated. It allows you more say about what you want to happen, as the decisions are made by you and the other party.

What are the benefits?

Mediation can be less stressful and reduce conflict for you and your family. It can improve communication, as well as reducing hostility and tension. It is often cheaper and quicker than costly court battles and helps children by showing that their parents are working together. It allows flexibility whilst identifying means to achieve resolutions.

What sort of things can you do at mediation?

Mediation can help resolve all manner of practical issues, such as

arrangements for children, financial matters or child maintenance. It can also be used to help with the other issues you might face, for example, your children keeping in touch with their grandparents, step families, or in-laws. Mediation can also be helpful when arrangements you've made before need to change, particularly as your children grow up.

Ultimately mediation gives you more control than going to court. In court a Judge will make all the decisions and you must abide by those decisions whether one or both of you are unhappy about them. At Rowlinsons Solicitors our qualified mediator will help you find a solution which works for you both.



If you feel you need advice on family disputes or are considering separation, divorce or dissolution of a civil partnership,

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Family mediation is a way for separating couples and families to resolve disputes and difficult issues in an amicable way.

Many separating couples want to come to agreements themselves about arrangements for their children or financial matters. Mediation can provide a safe, neutral space to allow separating couples to reach a resolution.

At Rowlinsons Solicitors, we have a trained family mediator who is also a member of Resolution, a national organisation of family professionals committed to the constructive resolution of family disputes.

For more information about mediation and whether it is right for you, or to book an initial **FREE** consultation please contact us on **01928 735333** or linda.hunter@rowlinsons.co.uk

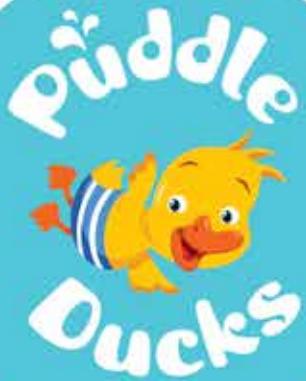


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