

Marston MURMURS

July/August 2023



The Newsletter of Your Marston Parish Council



A Word from the Editor

Welcome to the new-style Marston Murmurs!
The parish council decided last month that we'd start producing the newsletter

in full colour

So, an opportunity to make a few tweaks too!
Let me know what you think?



Remember this?

When we think of colour we think of summer. It's July now, so holidays ahead for many but in our house we went early this year. In fact we've just come back from a week driving & holidaying in Brittany.

I can report that the roads are all clean and tidy there, well maintained, well signed, technology just a little ahead of us. There are no potholes anywhere. They prefer roundabouts to traffic lights and these certainly keep the traffic moving. Lots and lots of km covered and only two minor road works encountered the whole time and these were on very minor roads. Even the minor roads are all in perfectly acceptable condition. There is more than adequate public parking in every town and village meaning that no-one parks on the roadside and so the traffic flows smoothly. All the parking is free. The drivers were very considerate and just about everyone conforms to the speed limits. We were there over the Ascension bank holiday and no "boy racers" seen anywhere. Towns have very imaginative and creative systems in place to slow traffic down and they work. There is no litter. The joy of motoring!

I don't know how they do it, but it's different here of course. See the short article on potholes on p.6 but first a haiku for those who know:

*Potholes mar the way,
Marston's roads, a treach'rous path,
Tyres tread with care.*

Parish Council Meeting

The next Parish Council meeting will take place on **Wednesday 12th July**. Proceedings start promptly at 18:45.

If you intend to attend please let the clerk know in advance. Please be early.



The Work Zone

All the help you need to get a job

Feed the Family for Less

This 3-hour workshop is designed to meet the needs of people looking to reduce their household food bills.

The course will give practical ideas and solutions to enable you to reduce your expenditure on food and understand areas in which you may be able to save money. We hope it will be useful. It takes place on Northwich Work Zone on Monday 10th July, 09:30 - 12:30.

To book your place call or email:

Email. learningandskillshub@cheshirewestandchester.gov.uk

OR Tel. 07833 236675



Ian's Joke of the Month

I always check the hood on my jacket in case there's a spider in there....

I have anoraknophobia!

Your Newsletter needs You!



If you have a contribution to make, an article, a paragraph, a poem, a (good) joke, a photo or just an idea then let the editor know by sending an email.

Environmental Projects Grants

Freedom Fibre has recently re-opened The Freedom Fund – a community fund for good and green projects operating within the area.

Non-profit community groups can apply for grants of up to £500 to support environmental projects.

You can find out more about the Freedom Fund and submit an application here:

<https://www.freedomfibre.com/fund>

or contact a parish councillor.

Where is this?

You know Marston well but do you know where this is?



Four Lanes Garage

It is with great regret that we have to report that Marston's garage has been broken into for the fourth time in a very short period of time.

If you are travelling past the Four Lanes Garage junction late at night please be vigilant and report any suspicious activities to the police as soon as possible.

There is however a caveat to this story, as reported by the local press:

A man has admitted a series of burglaries across Northwich. Richard Ennis, of Beaufort Close, Hartford, was arrested on Friday, and charged with a spree of burglaries at business premises which occurred between 1st - 2nd June.

The 44-year-old appeared at Crewe Magistrates' Court on 3rd June and admitted burgling the Clock Tower pub in Chesterway, Four Lanes Garage in Marston Lane, and Bombay Quay Indian restaurant in Northwich Quay, London Road, on 1st June.

On the same date he attempted to burgle Tesco petrol station in Manchester Road, Superdrug in Witton St., and Nicho's café in Chapel Street, Wincham.

Ennis also pleaded guilty to burgling Rudheath Dental Health Centre in Middlewich Road and a bar - where he stole £250 - at Moss Farm Leisure Complex on 2nd June.

He was remanded in custody to appear at Crewe Magistrates' Court on Monday, 12th June.

Among the offences for which Ennis is to be sentenced is breaching bail, relating to the incident at Bombay Quay; he previously pleaded guilty to an earlier break-in at the restaurant on 9th May and was banned from entering the restaurant as part of bail conditions.

In fact Ennis appeared at Chester Magistrates' Court on Monday, 12th June, where he was sentenced to 12 months imprisonment.

Following the sentencing, detective constable Claire Heatley from Northwich Proactive team, said: "Ennis is a prolific offender and I welcome the fact that he is now back behind bars.

"During his crime spree he only managed to steal £355 cash, yet he caused thousands of pounds worth of damage along with loss of trade for some of the businesses involved.

"On top of this, he also had the audacity to break into a business he had burgled before and was on bail awaiting sentencing for.

"Thankfully, as a result of the support and intelligence we received from the local community, we were able to quickly locate, and arrest Ennis and he is now being held accountable for his actions.

"I hope that his sentencing provides reassurance to the local business community and to residents across Hartford and Northwich."

Upskill your IT Knowledge

Do you want to upskill your IT knowledge for FREE?



Yes! Free! If you are over 19 years of age, on an out-of-work benefit or earning under £20,319. Then you may qualify. Please phone or email us for further information, times and dates and we will check the Level that you are at, ranging from Entry Level 3 up to Level 2 in a variety of topics:

[workzonenorthwich](https://www.workzonenorthwich.com)
[@cheshirewestandchester.com](mailto:info@cheshirewestandchester.com)
or Tel 07833 236675

Church Hall

Coffee Mornings continue at the Marston Church Hall,

Tuesdays, 10am – 12 noon.

Please join us for tea, coffee and a selection of hot toasted snacks. We have lively chats and a quiz.

All welcome



To hire the church hall for your event contact details are near the back of this newsletter.

Play Area

Recently we were contacted by a resident who had gone to the Higher Marston playground with her children and has found dog mess concealed in the over long grass. At the time the council were subscribing to "No mow May" but we think it should not be at the risk to the health and safety of children.

We have reported this to CWAC.

We have also had complaints that children have not been able to play on other grassed areas due to the grass being so overgrown and being dangerous concealing litter and being a trip hazard.

In June work was done which has improved the playground. New retaining boards are in place and a new wood chip surface has been laid. Also the grass has been cut.

Improving the look of the playground.

Residents have been querying why the benches removed from the playground have not been replaced.

Two new metal benches will be installed shortly, the two wooden ones had to be removed as they were rotten at the bottom and unsafe. The new metal benches give a longer life and are more cost effective to maintain.

Litter Issue at Pickmere Lake

Following recent meetings involving residents, police and parish, there is agreement that we need to do things differently if possible to try and curb the anti social behaviour in Wincham, adjoining the lake.

Wincham Parish Council has kindly spoken to some of the litter pickers and asked them **not** to pick up on the 'party' field. The hope is that if there is such a mess, visitors will not want to go there.

Obviously there is a concern that this rubbish could cause harm to our wildlife but as we have agreed in all the meetings we need to do something.

Potholes

Potholes have been reported just about everywhere in the village. Marston Lane is particularly affected (or is it "infected"?) with holes all the way from Higher Marston to Earles Lane and beyond.

The council have been informed.



Brainstorming for Defibrillators

Calling all brainstormers! The parish council would like to purchase a second defibrillator for the village and possibly even a third one, the village designed as it is like a triangle.

If anyone has any sponsoring or fundraising ideas for this purpose please contact the editor or any of the parish councillors.

Princess Royal visit for Budworth Sailing Club's 75th anniversary

It has been a milestone year for Budworth Sailing Club, fresh from being crowned the Royal Yachting Association's (RYA) Club of the Year in 2022.

Last month Her Royal Highness The Princess Royal paid a visit to the Warrington Road club to mark the occasion. Club commodore, Hugh Attfield, greeted Princess Anne along with flag officers Bill Kenyon, Paul Clancy and Wendy Martin. Hugh said: "It was an honour to welcome The Princess Royal and show her our fantastic club.

"She showed a keen interest in every aspect we were able to show her, from our foundation in the 1940s to teaching youngsters how to win races.

"Budworth is run on an entirely voluntary basis by its members and we are very proud of what we have achieved." The Princess Royal was given a tour of the clubhouse and heard stories the club's rich history before being introduced to some members who have played key roles in its success.

She also watched the start of a junior sailors' race before presenting prizes to the winners as well as certificates to club members who have recently completed their dinghy instructor qualification.

Hugh added the club's focus on training and development of newcomers to the sport is vital to its continued growth and future success.



Hedgehogs

You'll have been following the occasional column inches we've dedicated to our spiny friends, the hedgehogs. They are struggling out there and any help we can give them would be worthwhile.

Wendy Greenwood sent us this photo and we have sent her a hedgehog highway.

She calls him Harry the Hedgehog and he's eating kitten biscuits. One of 3 hedgehogs she sees regularly in her garden on Fernlea Road.

Further down Marston Lane we set-up a motion sensitive webcam in the garden and at 3AM one morning recently it snapped the following image. We call ours Harry the Hedgehog too, maybe its the same hedgehog?

Not brilliant image quality but proof that there are hedgehogs on Marston Lane too.

If you have one or more in your garden then there is a website to record them, so please enter the details of your sighting here:

<http://bighedgehogmap.org/>



Hedgehog, Higher Marston



Hedgehog, Marston Lane

Our Beautiful Village

We kindly request all dog owners to join us in maintaining our streets' cleanliness. Here are some friendly reminders:

Carry Waste Bags: Always take bags when walking your dog. Dispose of waste in designated bins.

Be Vigilant: Pay attention to your dog's behaviour during walks. Guide them to appropriate relief areas.

Encourage Others: Lead by example and kindly remind fellow dog owners of their responsibilities.

Report Concerns: Notify authorities of repeat offenders or areas with persistent fouling.

Let's be responsible stewards of our community, ensuring a safe and clean environment for everyone. Together, we can preserve our neighbourhood's charm and unity. Thank you for your cooperation.

Best Front Gardens Competition

July brings our front gardens competition.

Councillors will be admiring the wide variety of front gardens around the village and deciding on their favourites. Please contact one of the Councillors if you think you have seen a garden of merit and add your vote. It is always a hard task to decide which garden is the best with so many worthy gardens.

Judging will take place in July.

To exercise or not to exercise?

When you think of exercise, what comes to mind? We may often think of exercising as heavy weight-lifting in a gym or going for a run, but vigorous physical activity isn't the only way to reap the benefits of exercise.

Seated exercise is an effective way to help you stay physically active, and all you need is a chair! Low-impact chair exercises help increase movement throughout the day while keeping pressure off of your joints. Like other forms of physical activity, seated exercise offers similar benefits while reducing the risk of injury or discomfort.

Here are seven ways seated exercise benefits your mental and physical health.

1. It strengthens your muscles

We start to lose muscle mass over time, leading to decreased mobility and potential injury. Upper and lower body chair exercises isolate the muscles in your arms and legs to increase strength. Strengthening your muscles with seated exercise helps build healthier muscles and bones, improves posture, and relieves back pain.

2. It improves flexibility and balance – Incorporating chair exercises into your routine helps stretch your muscles to achieve their full range of motion. Stretching and strengthening your muscles with seated exercise also helps with balance by improving your stability.



3. It elevates heart rate – Studies have linked regular physical activity to cardiovascular health. Gentle chair exercises help get your blood pumping to strengthen your heart and help your body move oxygen and blood to your muscles more efficiently.
4. It increases blood circulation – Poor circulation can cause numbness and tingling in your hands and feet, digestive problems, and even fatigue. Gentle chair exercises help work your arms and legs to get your blood flowing. As a result, increasing your circulation helps relieve discomfort and swelling of the hands, legs, and feet.
5. It boosts energy levels – Studies have consistently shown people who move regularly experience less fatigue than individuals who don't exercise. Incorporating gentle chair exercises into your daily routine will help you get your blood flowing to increase both your body's oxygen and energy levels.
6. It enhances thinking and memory – Research suggests just six months of moderate exercise can help improve your thinking skills and memory. Exercise increases oxygen supply and promotes the growth of new blood vessels and cells in the brain to sharpen your memory.

7. It improves overall mental health –
When we exercise, our body releases endorphins. These are the chemicals that elicit a positive feeling and improve your mood. Regular movement impacts your mental health by reducing stress and feelings of depression and promoting healthy sleep patterns.

Fostering

Without enough foster families willing and able to offer homes, some children will find themselves living a long way from family, school and friends, being split up from brothers and sisters, or being placed with a foster carer who does not have the skills and experience to meet their specific needs. If you'd like to come forward then contact a parish councillor who will point you in the right direction.

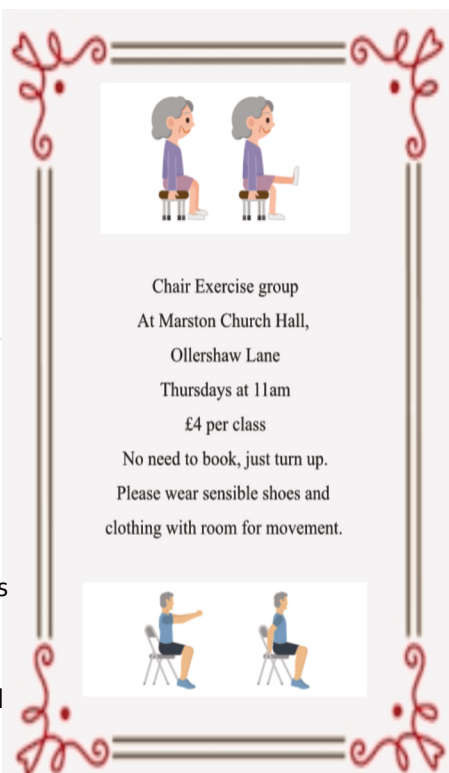
Lord Mayor's Biodiversity Comp

The Lord Mayor has launched a competition to encourage residents and schools to share their work to support and encourage greater biodiversity in Chester and the borough.

Biodiversity projects can include: attracting wildlife into a school or community project; discuss climate change and biodiversity with pupils; planting hedgerows, trees, or wildflower meadows; creating an allotment or raised beds for vegetable growing or installing compost bins.

Categories:

- Primary schools
- Secondary schools
- Community Groups



Chair Exercise group
At Marston Church Hall,
Ollershaw Lane
Thursdays at 11am
£4 per class
No need to book, just turn up.
Please wear sensible shoes and
clothing with room for movement.

→ *Biodiversity, how to enter:*

Any school or local community group is invited to enter this competition.

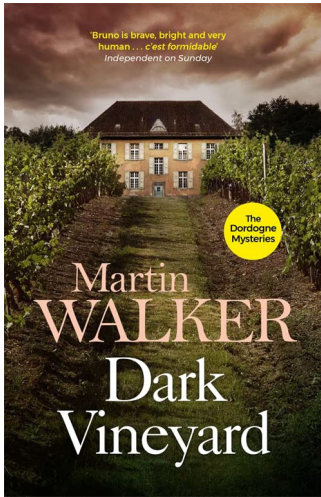
Please submit entries to
chestercivic@cheshirewestandchester.gov.uk

- Photographs of active Biodiversity projects
- A short description of why protecting biodiversity is so important to your school or community group
- How your project helps to preserve the natural world.

Please note that by sending in your photographs you agree to having your projects shared on the Lord Mayor's website.

Prizes will be awarded by the Lord Mayor and the Chairman.

Closing for entries: 6th July 2023 – 17:00



Miriam's Book of the Month

Dark Vineyard by Martin Walker

Just before dawn one summer morning Bruno is summoned by the wail of the siren in the little town of St Denis in the Perigord. A fire is raging in a local barn and spreading to the surrounding fields. When Bruno arrives at the scene, the smell of petrol leaves no doubt - it was arson. Meanwhile, a Californian producer wants to set up a wine-making business in the valley. Despite the money and jobs this would bring, many fear it would destroy their town. When a violent death follows the crop burning, it looks as though someone is prepared to do anything to stop the scheme. Bruno will have to draw on all his local knowledge to reach the truth. This is a very good read and looking forward to reading more in the series.

Dragon Boat Racing

If you're in town on the 15th July you will be able to catch the Northwich River Boat festival featuring the Dragon Boat Racing on the Weaver. There should be lots to do.

<https://northwichriverfestival.org.uk>



Question Time

Our M.P., Esther McVey, will be holding a surgery at the Church Hall in Marston during July.

If you have any questions about any subject that you would like to put to our M.P. then please contact Esther McVey's office directly.

Contact details are on page 14. Please do this with some haste.



July Quiz



1. Which USA President first held a Fourth of July celebration for famous people and distinguished guests at the White House?
Geo. Washington, Thos. Jefferson, John Adams or James Madison
2. In which city would you see the July Column?
Rome, Tokyo, Paris or London
3. What is the birth flower for July?
Larkspur, Rose, Holly or Cosmos
4. When were fireworks first officially used in a celebration for 4th July?
1770, 1777, 1901 or 1972
5. What is the star sign for anyone born in the first weeks of July?
Virgo, Scorpio, Leo or Cancer
6. Which of these summer events takes place in July?
World Animal Day, Barn Day, International Women's Day or Columbus Day
7. Who was the month of July named in honour of?
Romulus, Mark Antony, Pope Gregory XIII or Julius Caesar
8. What is the birthstone for July?
Pink tourmaline, Ruby, Topaz or Sapphire
9. David Bowie released "Space Oddity" on the 11th July of which year?
1969, 1972, 1974 or 1976
10. The original Disneyland, designed by movie maker Walt Disney, opened on 17th July in which year?
1940, 1945, 1950 or 1955

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Direct Payment Workshops, a message from CWAC

CWAC are looking for residents who use a social care direct payment, or who have decided not to take up this option, to get involved in a workshop that the Council will be hosting.

CWAC wants to make sure that when local people have a need for care and support, they also have as much choice and control themselves over this as they are able to.

Direct payments are cash payments that residents can receive instead of the Council arranging services for them. Having a direct payment gives the person more choice, control, flexibility and creativity over the support they receive to meet their identified social care needs. For example, a direct payment can be used to pay someone (a personal assistant) to provide assistance on days and times that better suit the individual, it can also be used to join activities such as the theatre, swimming, or a day out somewhere, or to go on a short break if the individual or the carer are in need of respite.

We know that sometimes our current processes and the ways of applying for a direct payment have got in the way of people choosing this as an option. Therefore, we want to hear from, and work with, local people to improve our approach.

In July we will be hosting an event that will bring residents, CWAC officers, and other organisations such as community partners together, to review our processes and make changes to improve them. There has already been lots of work to look at this and many local people have told us about their experiences. These events will use this information to share what is happening now and to discuss what is working well as well as what needs to change.

At each event there will be the opportunity for people who want to, to join a focus group. The group will work together over the following six months to improve current processes and the Council's local approach.

5th July - 17:30 until 20:30

Storyhouse, Hunter Street, Chester, CH1 2AR

The link below can be used to book a place at one of the workshops, or alternatively an individual can get in touch by telephone - places are limited to 30 per session and will be allocated on a first come first served basis.

<https://forms.office.com/e/1ktL4AW2Aq> OR Tel: 07938 600 081

For anyone who is unable to attend a workshop but would like to share their thoughts or ideas, or would like more information about direct payments, they can email,

Nathan.Meech@cheshirewestandchester.gov.uk

In the Garden

Timely tips

Summer can still throw out a few surprises, so make sure tall plants and climbers are well supported in case of bad weather.

Water at dusk to reduce evaporation and use mulch to retain moisture around plants.

Terracotta pots are prone to evaporation so dampen the pot down to keep roots inside cool and damp.

Regularly deadhead bedding and perennial plants to encourage new blooms for as long as possible.



In the flower garden

Cut back geraniums to encourage new growth and cut back faded perennial plants to keep borders tidy.

As your penstemon flowers fade, cut them back to just above a bud to encourage more flowers.

Cutting back growth in hanging baskets can encourage new flowers and foliage and will revive the display. Make sure you feed your baskets well after doing this.

Cut back hardy geraniums and delphiniums after the first flush of flowers to encourage new growth and further blooms.

Keep an eye on your newly-bloomed hydrangeas for hydrangea scale - a sap-sucking insect that can affect growth. Read our dedicated scale insects pest & diseases page to learn more.

Continue to tie in and train new growth on climbing plants.

Prune wisteria. Remove the whippy side-shoots from the main branch framework to about 20cm from their base (about five leaves from the main stem). Prune lupins to encourage more flowers and if you need to prune your deciduous magnolia, now's the best time to do it.

Divide clumps of bearded Iris so they have time to form roots and flower buds for next year before the cold weather arrives.

Take cuttings from your favourite tender plants for overwintering indoors. Cuttings can also still be taken from shrubs and border perennials.

Deadhead bedding plants and perennial plants to stop them self-seeding and to encourage further flowering. Deadhead your roses to keep them looking tidy. Leave the flowers in place if your rose produces attractive hips (seed pods). Deadhead sweet peas regularly to keep them blooming. Water daily in dry weather.

Useful Contacts

Parish Councillors	Marion Potts	CHAIR 07842894733	marion.potts703@gmail.com
	Caroline Constable	CLERK	clerk@marstonparishcouncil.co.uk
	Phil Carter	07879843900	philandshe@hotmail.co.uk
	Dave Collier	07901810558	davecollier87@hotmail.co.uk
	Angela Johnson		angelazjohnson48@gmail.com
	Amanda Nixon	07786135375	hoasisgarden@gmail.com
	Margaret Peake		peakemargaret22@gmail.com
	Ian Stanley	EDITOR	ian@ianstanley.org.uk
CWAC Councillors	Lynn Gibbon	07581226814 lynn.gibbon@cheshirewestandchester.gov.uk	
	Norman Wright	01606 74788 norman.wright@cheshirewestandchester.gov.uk	
	Phil Marshall	07917171438 phil.marshall@cheshirewestandchester.gov.uk	
Cheshire West and Chester Council	Mon-Fri 08:00 - 19:00 and Sat 09:00 - 12:00		
	Online at www.cheshirewestandchester.gov.uk		
	General Enquiries	0300 1238123	
	Highways	0300 1237036	
	Street Scene	0300 1237026	
Local Police	PCSO Diana Wiggins PCSO20322	diana.wiggins@cheshire.police.uk	
	Officer Terry Boyle PC4555	terry.boyle@cheshire.police.uk	
Local MP	Esther McVey MP	01625 529922	
Church Hall Hire	1. Angie Kemmett	07716565038	
	2. Dave Collier	07901810558	
	3. Angela Johnson	angelazjohnson48@gmail.com	



Full Colour

We hope that you enjoyed our first “full colour” Murmurs? Do please write or email your comments to the editor. If fact if you think you could write a column for us on a subject dear to your heart, either as a one-off or as a series this is your opportunity! You can find the editor’s email address on the previous page.

RHS Flower Show Tatton Park

Between 19th and 23rd July, Tatton Park will be bursting with a whole host of colour. There will be trade stands and demonstrations, plus beautiful gardens, special guests and more.

Marston Murmurs

We’re taking a break now for the summer, so there will be no Murmurs produced in August. Have a great summer and I look forward to discussing village matters with you again in September.

A special request for you. We don’t always have sufficient copies of the Murmurs to supply the Garage, Salt Barge & Salt Museum.

If you read your copy quickly please consider dropping it off at one of those places so that someone else can read it. Many thanks.

The Nantwich Show

This year the show will be on Wednesday 26th July. Always a good day out.

Quiz Answers

- | | |
|---------------------|------------------|
| 1. Thomas Jefferson | 6. Barn Day |
| 2. Paris | 7. Julius Caesar |
| 3. Larkspur | 8. Ruby |
| 4. 1777 | 9. 1969 |
| 5. Cancer | 10. 1955 |

Where is this?

Bicycle racks at the Salt Museum

Neighbourhood Plan

The NP for our village got underway with an informal meeting at the Salt Barge on 12th June. If you’d like to have your say and/or maybe join our team please contact us.

We have another meeting planned for Sept., so perhaps we’ll see you there?

Super Blue Moon

Look at the sky on the night of 31st Aug and you may notice that the full moon appears larger and brighter than usual. That’s because the moon will be the closest in its elliptical orbit to Earth, making it a supermoon. There are four supermoons in a row this year —on 3rd July, 1st & 31st Aug & 29th Sept.

Because Aug sees two full moons, the second is considered a blue moon. Blue moons happen every 2½ yrs, but the last Super Blue Moon was in Jan 2018.

Marston Parish Council cannot be held responsible for any errors, misprints or opinions stated in this publication. The views expressed by the contributors are their own and not necessarily the views of the parish council.

Your contributions and ideas are welcomed! We are always grateful for ideas or articles from any readers. Just send them through to the clerk or any one of the councillors.

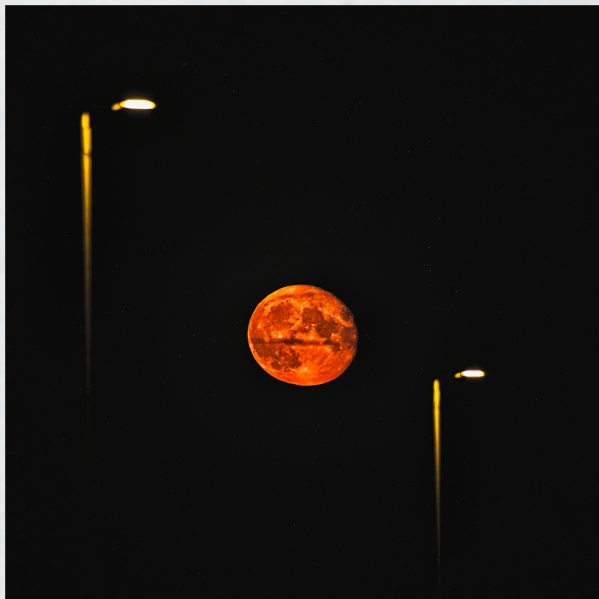
Further information on parish matters can be found on www.marstonparishcouncil.co.uk

Back copies of Marston Murmurs are also on this website. For Facebook see www.facebook.com/marstonparish

Those preferring an electronic copy please email info@marstonparishcouncil.co.uk



The Full Moon seen from Marston Lane



Marston Parish Council