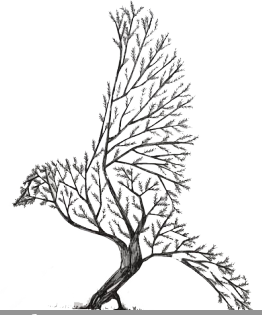




NEWSLETTER

2025



Autumn Issue

chesterheartsupportgroup.co.uk

October 2025

Chairs Chat



Dear members,

It was wonderful to see the hall so full at our last meeting; the atmosphere was absolutely buzzing with conversation and friendship. We had a brief moment of shared laughter during our raffle, which was a lovely, light-hearted part of the evening.

A true highlight was the fascinating presentation by our guests from Sunlight Bees. Their talk gave us a captivating glimpse into the intricate world of beekeeping, from the vital role of the queen bee to the incredible process of how honey is produced. It was clear how much everyone enjoyed it, especially as many of you went home with some of their delicious honey and other products. For anyone who wishes to learn more or purchase their local products, their website is sunlightbees.co.uk. It is always a pleasure to support local artisans and learn something new together.

Looking ahead to our next meeting, I am delighted to announce we will be welcoming local historian Linda Shuttleworth for a talk on the wonderful story of Chester's Historic Plaques. Chester's plaques offer a unique window into our city's rich history, from the original green plastic ones first installed around 1975 to the familiar blue plaques we see today. Linda's presentation promises to be an engaging journey through the people and places they commemorate.

I'm very much looking forward to seeing you all there.

With warm regards,

Kind Regards,
Irene Roxburgh
Chairman

chair@chesterheartsupportgroup.co.uk

Don't Forget: The Clocks Go Back !

Just a quick reminder that the clocks will go back by one hour at the end of the month. The change happens in the early hours of Sunday, 26th October. At 2:00 a.m., the time will officially become 1:00 a.m., meaning we all get an extra hour of sleep!



Meeting

The next meeting is scheduled to take place 3rd November 2025 7.30pm Columbas House, Plas Newton Ln, Chester

Welfare

George had a bad fall in M&S in the escalators this month, keep going George we hope you recover soon.

Visit to Knutsford Xmas Market

29th November cost £20.00. We have booked a 16-seat minibus for those who visited it last year were very impressed.

Contact Liz Kevan on 07903 273269.



Speaker

Linda Shuttleworth, "History of Westminster Park Blue Plaques in Chester"



Cartoons this Month

A little humour goes a long way!

editor@chesterheartsupportgroup.co.uk



"We're politicians fleeing France to avoid being made prime minister"

Editorial

For Newsletter enquiries, please contact

Editor: editor@chesterheartsupportgroup.co.uk

KYNREN

Kynren Show

August 2026: We are planning a holiday next year, Saturday to Monday to Bishop Auckland to see the wonderful Kynren show covering 2000 years of history and a visit to Newcastle. If interested phone Liz Kevan 07903273269



Walkers

Our dedicated walkers enjoyed a wonderful stroll in Parkgate recently. It was fantastic to see everyone out in the fresh air, enjoying the beautiful views across the Dee Estuary.

Walkers Programme

Oct 22 to Nov 12 2025 Inclusive

22nd October - Aldford. Enter Church Lane off B5130 at the Aldford River Dee Bridge and park opposite the church, CH3 6JD. Lunch at The Grosvenor Arms, Chester Road, CH3 6HJ.

Leader: Irene. Mobile: 07927 646062

29th October – Guilden Sutton. Park and lunch at Meadow Lea Farm coffee shop on Station Lane, Mickle Trafford. CH2 4EH. From Chester, take the A56 Hoole Road to Mickle Trafford then turn right along Station Lane. Coffee shop is about half a mile on the left.

Leader: Denise Campbell, Mobile: 07941 640937.

5th November – Greenway towards Blacon. Park at The Little Owl, East Countess Way, CH1 4DA (On A5480 off A540). Remember to log car reg number with pub before the walk! Lunch is also at The Little Owl. We will walk along the Greenway to Blacon and have a cheeky coffee stop at Chatwins. Bacon bap optional!

Leader: Jill Evans. Mobile: 07305 960879, or Irene, Mobile: 07927 646062.

12th November - Chester Meadows, in reverse! Meet at Chester Bus Interchange at 10.30am. Lunch at The Boathouse in The Groves.

Leader: Irene. Mobile: 07927 646062.

TRUSTEE MEMBERS

Chairman: Irene Roxburgh

0151 356 1485

07927 646062

Vice Chairman: Barrie Jones

07925 450931

Treasurer: Liz Kevan

07903 273269

Business Secretary: Barrie Jones

07925 450931

Trustee + Minutes Secretary: Chris Lloyd

07925 855578

Social Secretary: Liz Kevan

07903 273269

Trustee: Dorothy Curtis

01244 300699

Trustee: Tony Curtis

01244 300699

Trustee: Stella Lunny

07521 520883

Trustee: Anthea Box

Trustee: Alan Miller

0151 339 3227

Membership Secretary: Tony Curtis

01244 300699 - curtisaa@talktalk.net or

membership@chesterheartssupportgroup.co.uk

Trustee meeting:
Upton Village Hall - 17th Nov.

Non Trustee Posts

Speaker's Secretary:

Thelma Reynolds

01829 741646

Walkers' Secretary

Irene Roxburgh

walkers@chesterheartssupportgroup.co.uk

0151 356 1485

Coordinator of Welfare & Welfare Leader

Pat Priest 01244 343758

Cards & letters to:

Pat Priest 01244 343758

Welfare duties also carried out by:

Newton area:

Pat Priest 01244 343758

Upton area:

Lyn Mercer

01244 399767

Saughall area:

Valerie Crawford

01244 880510

Farndon area:

Vacant

Ellesmere Port area:

Vacant



PROGRAM OF ACTIVITIES

MONDAY

Exercise Class - Whitby Sport & Social Club

10.15-11.15 am

Chris Lloyd **07925 855578**

Low Impact Exercise Class - Whitby

Sports & Social Club

11.30 - 12.30 pm

Chris Lloyd **07925 855578**

TUESDAY

Exercise Class - Upton Village Hall

10.00 to 11.00 am

Chris Lloyd **07925 855578**



WEDNESDAY

Walking Group - Up to 4 miles, various venues 10.00 am. Irene Roxburgh

walkers@chesterheartssupportgroup.co.uk

0151 356 1485

