## KINGSLEY NEWS

THE NEWS AND VOICE OF YOUR COMMUNITY

#### NOVEMBER 2025



Online edition at www.kingsleyvillage.co.uk

#### Newsletter Highlights

**Kingsley Walkers** 

Kingsley Book Club

The Living Well Team - comes to Kingsley

Did you know?

Cheshire's Hillforts

Plant based cooking



A registered charity Charity number: 503072

Kingsley Community Association - Committee Members			
Chairman	Elizabeth Batey - Tel: 788788		
Vice Chairman/Kingsley News Editor	Steve Easton - kingsleynewseditor@gmail.com		
Treasurer	Heather Jones - Tel: 788104		
Bookings/Secretary	Heather Hayes - Tel: 07955 648670		
Council Members elected	Vic Wodhams, Carol Rowlands, Anne Kavanagh (In addition, one representative from each affiliated group supports the committee)		
Printing: Simon Batey; Printing Su	upport: Jane Wodhams; Distribution Co-ordinator: Carol Rowlands		

Kingsley Community Centre: Regular Weekly Classes					
Tai Chi	Monday	10.30am to 11.30am	liverpooltaichi@gmail.com		
Gentle Yoga	Monday	6.15pm to 7.30pm	janet@cheshireyogafitness.co.uk		
Pilates	Tuesday	12pm to 1pm	dickienad@yahoo.co.uk		
Karate	Tuesday	6pm to 7pm	dan@kenshinryu.co.uk		
Yoga	Tuesday	7.30pm to 8.30pm	bjerkan@hotmail.co.uk		
Gentle Keep Fit	Wednesday	11am to 12noon	janet@cheshireyogafitness.co.uk		
Yoga	Wednesday	7.30pm to 8.30pm	will@yogaandhealingcheshire.co.uk		
HiiT	Thursday	6.30pm to 7.30pm	info@alutotraining.com		

Community Centre Standard Hire Charges	Whole Centre	The Hall	Club Room	Green Room
Friday or Saturday Evening 6pm to 11pm	£90	£50	£45	£45
Sunday to Thursday Evening 6pm to 11pm	£60	£40	£30	£30
Sunday to Friday 8am to 12 pm or 1pm to 5pm	£45	£30	£20	£20
Saturday 8am to 12pm or 1pm to 5pm	£50	£35	£25	£25
8:00am to 11pm (All Day)	£150	£90	£75	£75

Rooms can be hired for an hourly rate of £15 per hour. There is a standard charge of £35 per session for the provision of the bar.

#### FROM THE EDITOR

#### Welcome to the November 25 edition of Kingsley News,

... and very warm wishes to all our Kingsley News Readers.

WE MEED YOU!



Needless to say, but we really do need you. It would be great to see more people getting involved in the work of the KCA. We primarily run Kingsley Community Centre and publish Kingsley News. Do come and join us for our annual AGM on Thursday 6th November.

As yet no volunteers for editing the Kingsley News! Is there no-one out there with the time and talent to take on the mantle of editing Kingsley News? If you could help in any way please do get in touch.

Lots again happening in village this month and a welcome back to the Kingsley Book Club.

Best Wishes Steve

I hope you continue to enjoy reading this edition and please do give feedback too. Please, don't forget that Kingsley News is also available in digital format on the Kingsley village website, www.kingsleyvillage.co.uk.

Photos/Articles/Adverts for the newsletter to be sent to the Editor at kingsleynewseditor@gmail.com

<u>Copy deadline the 21st of the month.</u>



#### **Advertising Costs**

Advert size (A5)	Colour	Black & White
Full page	£40	£24
1/2 page	£20	£12
1/4 page	n/a	£6



# HINGSLEY NEWS EDITOR

to prepare and edit the Kingsley News

#### BE PART OF OUR TEAM

For further information contact Elizabeth Batey, Chair, email: <u>embatey@msn.com</u> tel: 01928 788788, or Steve Easton, email: kingsleynewseditor@gmail.com

#### NOTICE OF ANNUAL GENERAL MEETING

KINGSLEY COMMUNITY ASSOCIATION

THURSDAY 6th NOVEMBER 2025 at 7.00pm
KINGSLEY COMMUNITY CENTRE

SMITHY LANE, KINGSLEY

ALL WELCOME

Contact: booking.secretary@kingsleycommunitycentre.co.uk

## KNOM 3

#### ...... that over the years, the Hurst has acquired a number of mobility aids

which they are now hoping will be of some use to you, the people of Kingsley. The plan is to loan them out free of charge to anyone you may know who may have a need for any such devices, for as short or long a time as they are needed.

The items range from wheelchairs, raised toilet seats, walkers, handy grab reaching aids, sanitary goods, walking sticks/crutches, commodes, and high stools with arms. If you find yourselves in need, or know of someone who is, please phone Julie on 01928 788775.







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#### KINGSLEY WALKERS



The Kingsley Walkers have been gadding about again, making the most of some decent weather as the leaves turn to the glorious reds and golds of Autumn or get blasted from the trees by Storm Amy.

Late September saw us attempting to meet up at a small car park near Chirk. The google pin directions and some emailed pictures of weird signs along the way were sufficient for most people. Some however, relied on their satnav and a postcode, which in this remote part of Wales seems to cover several square miles. For a while there were cars darting up and down lanes but we eventually managed to meet up, park in a somewhat higgledy piggledy fashion and set off.

After a short climb we joined Offa's Dyke Path then descended towards Bronygarth village. We passed through a farm with some inquisitive piglets and shire horses before climbing again. We were rewarded with spectacular views over the River Ceiriog, Chirk Castle and indeed back towards Beeston and Helsby Hill.

A pleasant stop for our packed lunches was followed by more climbing and fabulous views. One summit was at Selattyn Tower (built in 1847 but "nobody is quite sure why".. according to the interweb). However, here many trees blocked the view. I am not sure sizeable trees can ever be described as new but apparently they have arrived more recently than WW2 as the Home Guard set up a lookout post and large gun. The Germans clearly planning on invading a remote part of North Wales after being deterred by the defences of Walmington-on-Sea.

The October short walk was probably the most reconnoitred of our history. Several multiple and solitary expeditions were sent out in advance, confused by the fact that you can go over bridges as well as under them, that coffee shops open on odd days of the week and pubs occasionally change their menus. As a result of the immense research it was an immense success. We had a delightful, gentle walk around Grappenhall, along the Bridgewater Canal and through the delightful Walled Gardens. It ended with a very enjoyable lunch at the Rams Head.

Kingsley Walkers undertake two walks every month. New members are welcome.

Please contact kingsleywalkerswa6@gmail.com





### Holistic Sound Healing **OPEN DAY**

#### Book now for a 1-to-1 taster session

Saturday 15th November Appointments from 9.30 - 4.00pm

The sound healing takes place in a beautiful Shepherds hut. (Access via three steps)

All proceed will be donated to The Joshua Tree Children's Charity, so why not help an important charity while enjoying a one-to-one sound healing.

Contact us to book your place WillowandQuartzTherapies@gmail.com



#### What is sound healing and how can it help?

Participants lie on a comfortable table while the practitioner checks their energy points (chakras) and plays Himalayan singing bowls based on those findings. The gentle vibrations from the bowls help the body relax and improve energy flow.

Sound healing is an ancient practice that uses sound waves and vibrations to support physical, emotional, and mental well-being.

Research shows that sound vibrations can affect brainwave patterns. Certain frequencies promote alpha and theta waves, linked to relaxation, creativity, and meditation, which can help reduce anxiety and lift mood.

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"Climate Action Frodsham" invites you to cook for the planet:

#### Plant-based Cooking for Autumn/Winter

**New date** 

#### Saturday 22nd November

Times: 10.00 am start, finishing about 12.30 pm.

Cost: £10 per person. We ask for a £5 non-returnable deposit.

**Venue:** Main Street Community Church, Frodsham, WA6 7DF (by kind permission)

Booking - for more details and to book a place

please email Ruth using info@climateactionfrodsham.com

Or phone: 01928 733930

Numbers are limited – early booking advised

The sessions are run by "Fresh Beginnings" (a local CIC) <a href="https://www.fresh-beginnings.co.uk/community-cooking-classes/">https://www.fresh-beginnings.co.uk/community-cooking-classes/</a>

These sessions are subsidised in the hope that more people can learn about cooking to help the planet and for their own good health.

Act Globally, Cook Locally www.un.org/en/actnow/food

#### **KINGSLEY**

#### GARDEN CLUB



Last month Ross Unsworth, Head Gardener from Dorothy Clive Garden shared some of his extensive knowledge in a great talk about bulbs. He said snakeshead fritillaria, camassia and colchicum like damp conditions which might help some of us in Kingsley. Reasoning that planting tulips en mass was not very sustainable, he recommended using pots if space is limited or for effect. Consider moving away from crocs in pots for better drainage with grit especially as peat free compost can be overly moisture retentive. Don't forget too, to add feet under the pot for drainage.

For our next meeting in November we are joined by Stuart Hatton talking about "Plants for bees".

Please do join us, there's always a warm welcome whatever level your interest in gardening. Its £5.00 for a single visit and just £15.00 for the whole year.

See you at 8.00 pm in Kingsley Community Centre on Monday 10th November.

#### ST. LUKES HOSPICE FUND RAISING

The 'Women in Touch' ladies group are hosting the event on Tuesday 11<sup>th</sup>November at 2:00 pm

in the Kingsley and Newton Village Institute. All are welcome, gents too!

The Lostock Ukulele group will play and there will be a raffle, tombola and cake stall.

Refreshments of tea, coffee and homemade cakes will be served during the interval.

Admission and refreshments are free, donations welcome for St. Lukes.

Our last fund raising for St Lukes raised over £500, so please help us to top that.

Many thanks.

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By Dinne



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#### KINGSLEY BOOK CLUB





The Kingsley Village Book Club (usually) meets on the second Thursday of each month at 7:30pm in the Village Institute on Top Road. All are welcome—whether you've read every page or just want to listen in! We let the conversation go where it likes, and it's often lively, surprising, and full of good humour.

We read both modern novels and classics from around the world, but nothing too heavy or too long. Our choices range widely: prize-winning contemporary fiction, detective stories, short novels, translated works, historical sagas, and the occasional literary classic. Some are well-known favourites; others are hidden gems suggested by members. Everyone is encouraged to choose a future book if they wish, so the list develops organically and reflects the group's variety of tastes.

2025–26 Reading List (July–March) — with average scores out of 5 where available:

- Jul Driving Over Lemons Chris Stewart (3.98)
- Aug The Catcher in the Rye J. D. Salinger (3.86)
- Sep The Siege of Krishnapur J. G. Farrell (3.16)
- Oct My Brilliant Friend Elena Ferrante (3.81)
- Nov Still Life Louise Penny 2005 Canadian village murder, detective story
- Dec A Good Man in Africa William Boyd bumbling British diplomat
- Jan Foster Claire Keegan child sent to rural Irish farm (set in 1981)
- Feb The Midnight Bell Patrick Hamilton staff/guests in a 1930s London pub
- Mar The Forbidden Garden of Leningrad botanists under siege in WW2

We score each book out of 5, and our discussions often bring out unexpected perspectives and lively debates. The top scorers in 2025 have been Young Mungo by Douglas Stuart (4.20) and In Memoriam by Alice Winn (4.04), while the lowest was The Glamour Boys by Chris Bryant (2.36) — even less-loved books can spark some of our best conversations.

New members are always welcome—just turn up with your curiosity and love of books. Whether you prefer to quietly soak up the discussion or dive into the debate.

If you would like further information, please email Janet.Owen10@outlook.com.

October's Review: My brilliant Friend by Elena Ferrante - (Marks: 3.81)

A lesson in jealousy & rivalry that both pushed apart and joined the 2 main characters.

A great insight to living in Naples just after WW2 and how the 2 main characters survived and tried to get themselves out.

<u>Disagreement:</u> a split decision between beautifully written giving a real insight to the lives of all the characters and a bit repetitive needing the story to move along rather than 1001 thing that happen to the main characters during their childhood.

Agreement: the book is worth reading.



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#### St John the Evangelist, Kingsley

We are part of the United Benefice of Norley, Crowton and Kingsley with Alvanley and Manley

#### Services in November 2025

#### Sunday 2<sup>nd</sup> November

10.00 am Family Holy Communion at Norley 6.30 pm Sacred Space at Crowton

#### Sunday 9<sup>th</sup> November -Remembrance Sunday

10.00 am Service of Remembrance at Kingsley 6.00pm 2<sup>nd</sup> Sunday @ 6 – at NCK Centre, Norley

#### Sunday 16th November

10.00am Holy Communion at Kingsley

#### Sunday 23<sup>rd</sup> November

8.30am Holy Communion at Crowton 10.00am Holy Communion at Alvanley

#### Sunday 30<sup>th</sup> November - Advent Sunday

10.00 am Advent Agape Worship in NCK Centre Norley

#### Mid-week Holy Communion all at 10.00 am

6<sup>th</sup> November at Norley 20th November at Kingsley 13<sup>th</sup> November at Crowton 27<sup>th</sup> November at Norley

#### St John's Church is open every Tuesday morning 9.30am – 12noon

#### for private prayer or just to take some quiet time out

Associate Minister Revd. Hilary Merrington Tel: 01928 788087

Email: hilary.merrington@btinternet.com Church website www.nck.org.uk

#### Worship at The Hurst Methodist Church

#### November 2025

#### **Sunday 2<sup>nd</sup> November**

8.30am Holy Communion led by Revd G Gresswell Followed by Tea, Coffee and Toast 10am Morning Worship led by Mr J Evans

#### Sunday 9<sup>th</sup> November

10am Remembrance service at St John's
Church Kingsley
Led by Revd C Rawlinson
No service at the Hurst today

#### **Sunday 16<sup>th</sup> November**

10am Holy Communion led by Revd G Gresswell

#### Sunday 23<sup>rd</sup> November

10am Morning Worship United Service at the Hurst led by Prof N Ford

#### Sunday 30<sup>th</sup> November

10am Gift Service led by Revd C Rawlinson

A warm welcome awaits all who wish to attend.

We are anxious the most vulnerable of our community feel safe, so ask that you please do not attend if you have cold or flu symptoms.

Feel free to wear a mask if you wish.

## KINGSLEY PRAYER DIARY

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

W/c Nov 2nd Depmore Lane
W/c Nov 9th The Cross
W/c Nov 16th Highbank Road
W/c Nov 23rd Top Road
W/c Nov 30th Mansefield Road

#### Coffee and Chat

Please come and join us each **Tuesday morn 10am** at the Hurst Methodist Church

For 'Coffee and Chat', meet old friends and new.

You will be most welcome

#### Men's Brunch

Friday, 21st November at 10.30am in The Hurst meeting room for bacon/sausage bap.

Please come and join us.

## St John's Parish Church, Kingsley Churchyard Notice

(Not to be confused with Kingsley Cemetery)

Every few years the church has to check all the gravestone for their safety. This has recently taken place and some gravestones have been found to be unsafe and as a consequence have had to be laid flat. We are keen to contact the families concerned but have no record of these families due to the age of the graves.

If anyone knows of the families and give us some information of how we can contact them, we would very much appreciate your help. Graves have the names of Lucy Ormsby 1902 and George Ormsby 1905. Also Samuel, Annie, Elizabeth 1894-1900 and John and Annie Robinson 1916 & 1935.

Please contact Revd. Hilary Merrington 01928 788087



St John the Evangelist - Kingsley 175th Anniversary 1851 - 2026 To launch this special year we are hosting a

#### **Christmas Tree Festival**

Open on the following Saturdays in December 6th, 13th, 20th 10:00am – 4:00pm



& Monday 22nd December 6pm - 8pm



Get in the festive mood and enjoy visiting the trees decorated by local

Organisations and businesses

You are invited to this free event which includes festive refreshments



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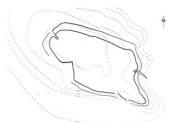




#### **CHESHIRE'S**

#### HILLFORTS

Cheshire's landscape is dotted with ancient hillforts, providing glimpses into the region's Iron Age past.



These hillforts, strategically positioned atop ridges and hills, served as defensive strongholds, community centres, and status symbols for early inhabitants. The county boasts several notable sites, including Maiden Castle near Bickerton, Eddisbury Hillfort, and Helsby Hillfort, each offering unique insights into prehistoric life.

Eddisbury Hillfort, perched on the edge of Delamere Forest in Cheshire, is the largest and one of the most significant Iron Age hillforts in the region. Its commanding position atop Eddisbury Hill offers sweeping views over the Cheshire Plain, revealing why ancient communities chose this strategic location for settlement and defence.

Believed to have been constructed around 2,000 years ago during the Iron Age, Eddisbury Hillfort showcases impressive earthworks, including multiple ramparts and ditches designed to fortify the site. These defensive structures suggest that the hillfort was not merely a refuge during times of conflict but a thriving settlement where people lived, worked, and traded. The expansive area within the fort's boundaries indicates it could have housed a sizeable community.

Archaeological excavations have unearthed fascinating remnants of the hillfort's past. Pottery fragments, tools, and evidence of roundhouses paint a vivid picture of daily life during the Iron Age. Interestingly, the site's significance didn't end with the Iron Age; there is evidence of Roman activity, indicating that Eddisbury remained an important landmark well into the Roman occupation of Britain.

Helsby Hillfort, perched on a sandstone outcrop, provides breathtaking views over the Mersey Estuary, a vantage point that likely served both defensive and communicative purposes.

Maiden Castle, though smaller, reveals intricate construction techniques with its well-preserved ditches and banks. Archaeological finds from these sites—pottery, tools, and remnants of roundhouses—offer valuable clues about the daily lives, trade, and social structures of their ancient occupants.

Today, these hillforts are cherished heritage sites, inviting hikers and history enthusiasts to explore their rugged beauty. Managed by conservation organisations, they stand as silent sentinels, bridging modern Cheshire with its rich, ancient past.

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If you have any queries then please call us or pop into the pharmacy to discuss.

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#### Adventures, Friendship, and Pancakes: Life at Kingsley & Norley Guides!

We thought we'd share what 1st Kingsley & Norley Guides have been up to so far this year — it's been a busy one!

Jan-March:

One of our favourite traditions is celebrating Shrove
Tuesday by cooking mini pancakes on the top of a tin,
heated by a candle. It's a tricky skill to master, but once
you get it right, the pancakes are fabulous!

We also celebrated International Women's Day with a special activity: we asked parents to send in a paragraph describing their daughter's best qualities. The Guides then had to guess who was being described! There was lots of laughter, lively debate, and some really lovely moments hearing those tributes read aloud.

#### April-July:

This is our favourite term of the year because we get outdoors as much as possible! We did a scavenger hunt, played one of our favourite wide games 'capture the flag' in the forest, whizzed down the zip wire at our county outdoor centre, bounced and climbed our way through the inflatable assault course at Wild Shore water park, cooked a two-course meal on an open fire, enjoyed a treasure hunt and our annual chippy night in the park, and finished it all off with a weekend camp in tents.









#### Sept-Dec:

So far, we've had a stall at Norley Village Show, done a team-building session with the Royal Navy Youth Engagement Team, cooked on camping stoves, and created outfits out of rubbish to show off on our 'catwalk'! Still to come are our Bonfire Night theme night, Parliament Week with a special guest, a Christmas craft evening, a fun new activity supporting our local foodbank, and of course, our annual Christmas party.

Guide Leader Sue says: "A personal highlight for me recently was chatting to two of my former Guides — one now a mum of two, the other a primary school teacher who tells all her pupils' parents to send their children to Brownies or Guides. She said the skills she learned with us have helped her in adult life. Once I get over how old I feel when I bump into former Guides who are now adults (!!), I'm always so proud to see how the girls grow up and still value their time in Guides. It makes volunteering so worthwhile."

We said goodbye to our 5 oldest Guides in July and have already welcomed 3 new members this term. We currently have space for more girls aged 10–14 to join us!

With guiding, girls have fun, adventure and the space to discover their potential.

Register online at <u>www.girlguiding.org.uk</u> or scan the QR code. If you'd prefer to have a chat first, drop us an email at <u>kandnguides@hotmail.co.uk</u>



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#### CHRISTMAS FAIR

### Kingsley Community Centre Saturday 8th November 10am - 3 pm

Come and browse the many stalls. CRAFT & NEW. Jewellery, Honey, Jams & Cakes. Decs, Mugs, Fairy Stuff, Wood, Knits, Cards, 3D, Wreaths Plaques, Scarves, Candles & more!

Cafe: Bacon Butties, Soup & Roll & Drinks Host: Anne 01928 618113 Stall fees after expenses are donated to THE HURST CHURCH, KINGSLEY



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www.fmb.org.uk/find-a-builder.co.uk.

We can also be found on social media platforms Facebook or Instagram searching @keytechdevelopmentsltd.











## KINGSLEY AND NEWTON VILLAGE INSTITUTE AGM

#### TUESDAY 4th NOVEMBER 2025 at 7.30pm

AT THE INSTITUTE ON TOP ROAD, KINGSLEY WA6 8DA

KNVI will be holding its AGM on 4th November 2025.

All residents of Kingsley and Newton and all Friends of the Institute are welcome to attend. We would appreciate your support.

KNVI is a venue for events in the village and has two tennis courts used by a thriving Tennis Club. It has a competition standard Crown Bowling Green and a keen Bowling section. There are also snooker facilities.

All Trustees (who are Members of the Management Committee) are up for re-election at the AGM. Also we are interested in anyone else who would like to take on the role. This is an interesting role to help with the Management decisions relating to this important village asset and charity, which is in a sound financial position. If you are interested in becoming a Trustee, or want a chat about the role then please contact me for a discussion as soon as possible.

Nominations for election to the management committee (as a Charity Trustee) must be sent to Fiona Crane (Secretary) at the email below, to be received by 5:00pm on Thursday 30th October 2025:

e-mail fiona.crane1@outlook.com

Nominations must meet the following criteria in our constitution – please confirm these items in your e-mail:

- You (the person nominating) must provide your full name and address
- You (the person nominating) must live in the Parish of Kingsley or Newton (this is in the constitution)
- You must provide the full name and address and e-mail address of the person you are nominating. (The person you are nominating is not required to live in Kingsley Village)
- 4. The person nominated must be over the age of 18 years

If anyone wants a copy of the 2025 Accounts and Minutes of the 2024 AGM, please e-mail me at the above e-mail address and I will send you a copy a few days before the AGM. There will only be a few paper copies available on the night.

Fiona Crane - fiona.crane1@outlook.com

KNVI Secretary Registered Charity Number: 517740



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Raising funds for MND and St John's Norley

#### SUNDAY, 14<sup>th</sup> DECEMBER 2025 7:30pm St John's Church, Norley



Tickets £12.50 including seasonal drink and mince pie Contact Barbara on 01606 882533/ 07508 535927 barbarajbuckley@gmail.com

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# The Living Well Team

- Winter vaccinations
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- Routine vaccinations
- Anything that's concerning you

#### Visiting your area:

**Date: Wednesday 3 December** 

Time: 10:00 - 16:00

Kingsley Community Centre 34 Smithy Lane WA6 8ED

Find out more: cwp.nhs.uk/livingwellservice

