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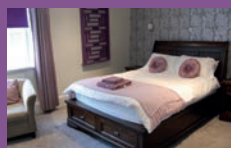
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Welcome

I just love this time of year, the first hint of the warmth of the sun on up-turned rosy apple cheeks . . . well, it was until 'The Beast from the East' decided to pay us a visit. At least the snow has disappeared now, and the flowers like snowdrops and daffodils are beginning to look a lot happier. Hope you enjoy this Spring edition.

David

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*Advertisers please note: The copy deadline for the Go Local May 2018 edition is
Wednesday 4 April 2018*

From the editor

Welcome to the April edition of the Go Local – hopefully you will have noticed that you are receiving the magazine more often. Go Local is now going to be produced eight times year; this is a result of positive feedback we received when we attended the Mexon Market last year, so we've introduced two more editions at the beginning of the year. We, as always, welcome your feedback, especially as we may consider adding another edition at the end of the year next year. You can contact us on office@golocalcheshire.com.

This edition features the PCSO report, a business advice page about the power of business networking, the 'What's on' guide, our own blogger #Middlewich and much more.



On the 22nd April it is the first Middlewich 5k, have your running shoes ready for a 10am start from The Big Lock Pub. The Fun Run takes place at the Cricket Club, with a 9am start – a great excuse for the whole family to get some fresh air, exercise and get involved in a community event!

Have a lovely April and I look forward to speaking to you again in May.

Katy - Editor



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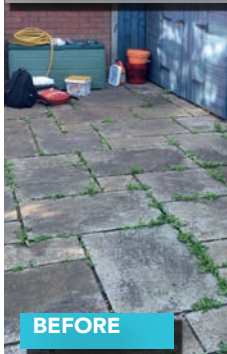
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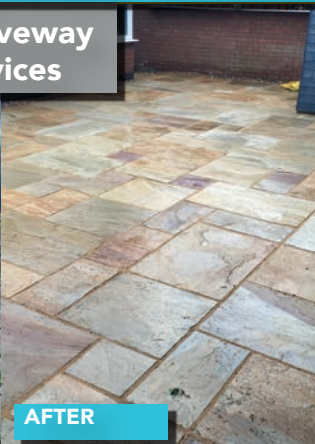
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Middlewich's heritage

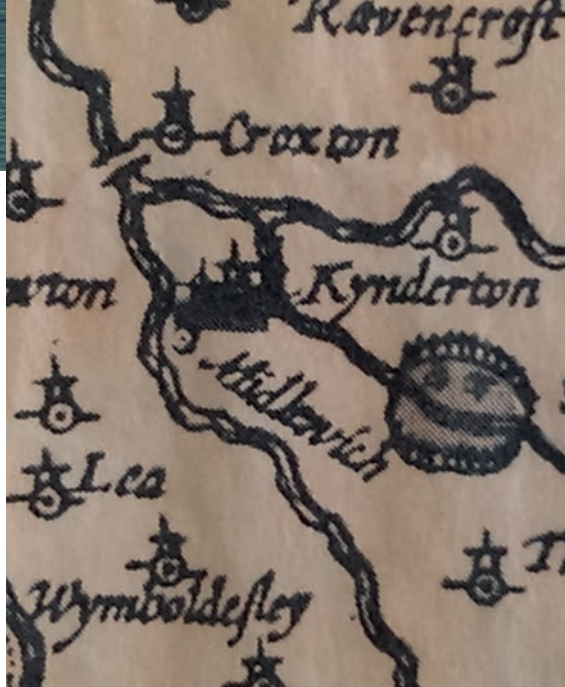
Springtime! Parks and gardens will soon be coming into glory once again. Middlewich was long notable for possessing quite a special example of green - one of the town's largest features. Ironically though, it is also just about its least known. So what was it? For hundreds of years Middlewich was graced with... a fine country park.

Intriguing evidence appears on maps from around 1610, part of a series made by Cheshire-born John Speede. Within the local district an emparkment is clearly marked. The standard way it is represented looks quite cartoon-like. Yet this hunting park was stylish. Just east of the parish church and off the road towards Sproston it had all the necessities incorporated. A river flowed through its grounds (in this case the small but useful Croco). There was a lodge, and several woods. A supply of deer, so essential, completed the picture.

But its origins go way further than Speede's time. Someone important was needed. Someone noble.

From the early 1200's this area was the seat of the Barons of Kinderton. A 'license to empark' - because of course an official permit was required - was sought about a century after they first took up local residence. The walled park they planned out occupied favourable land south-east of the manor-house. Now, private hunting was to be available for the baronial family and guests.

To complement the des-res spread, Kinderton Hall had fishponds and moats - a sort of on-site larder. Formal gardens were added during the 15th to 17th centuries. A viewing mound, highly fashionable then, was included to survey the illustrious landscape.



On into the 18th and early 19th centuries and the local townscape could still boast its very own "magnificent thicket of oak trees left and right along Holmes Chapel Road". Entrance to the deer park was by gates on the southern side. Unlike its original arrangement, by now it was most likely the public had access. Unfortunately (or perhaps not) on a number of occasions, deer escaped! Reports of the time mentioned the courageous creatures fleeing down Kinderton Street to "the excitement of the little village".

Today the same area remains fairly rural. Little evidence survives of its prestigious former function. However, tell-tale signs are retained in several place-names in the locality. 'Kinderton Lodge' and 'Parkside Farm' are strong examples. 'Spring Covert', indicates managed woodland to produce coppiced trees and therefore enough 'browse' (feed) for all those deer. Who would have guessed such status and history - all in a local park?

Julie Elizabeth Smalley

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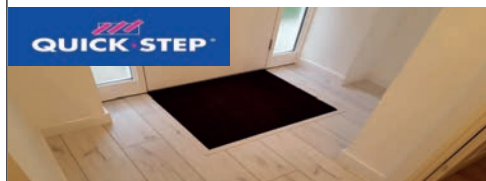


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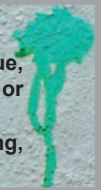
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PCSO Report

My name is Oliver Hopwood and I am one of your Local PCSO's for Middlewich.

We've had a very wintery start to March so I guess it goes without saying; remember to wrap up warm when on your travels.

We still have an ongoing issue regarding reports of speeding. We have drawn up a list of locations we believe speeding is occurring. We have now secured our S.I.D. (speed indicator device) to be deployed within March to address these complaints. This device collects information such as traffic volume and speeds. Look out for him at the side of the road soon!

Can I please take this opportunity to address parking; we have also had an increase in parking complaints in Middlewich. Please park responsibly and ensure you are not committing offences when doing so; this includes busy car parks, housing estates and turning circles.

The PCSO post box in the foyer at Tesco, Southway is having its effect. We have received a number of messages from local residents in regards to their issues and concerns. We hope to keep receiving more and more so we can identify your concerns and tackle them to help make Middlewich a safer community. However, the post box should not be used to report crimes. For non-emergencies call 101 and

for emergencies please call 999. You can also contact me or my colleague by the following email addresses:

Ollie.Hopwood@Cheshire.pnn.police.uk
and **Anthony.Lamon21609@Cheshire.pnn.police.uk**

You can also contact **CRIMESTOPERS** anonymously on **0800 555 111**.

Any suspicious activity should always be reported to the Police. No matter how small, we are always here to help you in any way we can.

As we have said before, contact with local residents is key. Therefore we hold beat meetings on a regular basis to give members of the public a chance to have their say in regards to any issues and concerns. A beat meeting was at Number 28 café in Middlewich in February and I am pleased to say we had a very successful outcome. A number of local residents came to speak to us with concerns and we are very thankful to them for coming forward. It helps us understand the needs and wants from the people of Middlewich and what we as the Police can do to help them. We plan to hold another meeting in the coming month and we hope to see more people come forward and have a chat with us. Keep an eye out for the details of our next meeting via twitter/facebook @SandbachPolice. Posters will also be put up in the Middlewich area with the details.



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Just a thought ...

Intuition. It's usually described as being *"The ability to understand something instinctively, without the need for conscious reasoning"*. I wonder nowadays though, whether as a society in general, we are beginning to lose this wonderful gift.

I think it is safe to say that there has never been a time in human history where our minds are being constantly bombarded 24 hours a day with so much information, from television, desktop computers, tablets, smartphones, radio etc. I read a while ago that people's short-term memory retention appears to be decreasing at an alarming rate, and that it is thought to be due to the fact that any information we require is so readily available nowadays, so why bother to commit it to memory. (That in turn leads into the authenticity and accuracy of the information we have searched for – but perhaps that is best saved for another article).

But back to the subject in hand – Intuition. I have had the opportunity to study self-development / self-awareness for a number of years and have received training which has enabled me to trust my intuition, or as some groups refer to it as

'inner tuition'. Here's an example where my intuition proved to be lifesaving.

I was attending a stressful business meeting, about 20 miles from the small hamlet where I lived in Somerset. It was a really important meeting for me, where a substantial amount of potential business income was being negotiated. All of a sudden, a little voice (my intuition) whispered in my head and told me to go home, now, this minute. I tried as hard as I could to totally ignore this message, but the message just kept on being repeated and that I had to go home and it was imperative that I did so immediately. I apologised to those in the meeting saying I felt rather unwell and asked if we could reconvene in a week or so and left. When I got home I whizzed around the house, nothing. Then out in the garden, again nothing. As I stood in the kitchen wondering what on earth was going on . . . I heard a very faint hissing. The pipe under the sink from the liquid propane tank outside had cracked and propane was flooding into the house . . . and (stupidly) I had left a candle burning in the lounge! I rushed into the lounge and blew out the candle, then opened every window and door . . . and then shook from head to toe at the realisation of what would have been if I hadn't listened to my intuition.

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Business news

Building business through networking.

Driving sales is one of the core ways to build your business but in these days of global competition, where can you find the “right people” to deal with that suit your business needs? Business close to your base is usually more cost effective than on the other side of the world, hence one way is networking.

From formal weekly meeting where there are expectations set for activity between meetings to monthly ad hoc events which are informal, unstructured or casual, there is a networking event for all businesses out there.

But are you a hunter or farmer?

Business network hunters are on a mission to get everyone's cards, give them theirs, talk about what they do and move on. There is always that new person coming through the door that they see over your shoulder. You are old hat now.

You've got their card. They need fresh meat!

A slight over exaggeration but we have all met them. If they get in touch selling their products by email later, they will not know what you are looking for, not know what your goals and expectations are, nor will they be looking for that win-win scenario.

Farmers on the other hand plant seeds, nurture, feed; then in time, reap a harvest. Networking farmers take time to learn about you and what you are looking for. If they cannot help you, they may know someone who does. It may lead to doing business together quickly. It may be months or years, but they will keep in touch and be genuinely interested in you.

Next time you go to networking, have fun spotting the hunters and farmers. Be frugal with your business cards and choose who deserves to get one from you. Find out about them first and who knows where the relationship will go.

To build business, build a relationship. And relationships are best built locally.

Alison Roylance-White, The Alpha Group -



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#Middlewich

Even though my bulbs have had more ice than sunshine this year so far to raise their heads, and that we have seen more snow this year so far than normal, I have found myself walking around the clothes stores taking in the holiday clothes and looking at the kids cute swimming shorts rather than the wellies and mittens.

Now if you are like us and have to schedule holidays with military precision, due to work commitments and school holidays etc, booking a holiday can be a complete nightmare. Oh, yes and we are moving house right in the middle of the school holidays. I knew there was something I forgot!

Back when it was just me and my eldest lad, we did camping. It was brilliant fun as we roughed it out until we knew what we were doing. Then buying a few new bits of kit each year until we were seasoned pros! When I met Pete, he loved this too as did his two boys. But as we became five, the camping became tougher as we needed more kit. Two cars with roof boxes just didn't really cut it so we ended up opting for the caravan holiday park option.

We have done this the last three years and it has been great fun, meeting up with other family with kids now too, it was a really nice way to spend the summer weekends.

Last year we collected tokens from the Sun newspaper and booked some weekends away in Great Yarmouth and Devon, then also did a weekend camping at Drayton Manor. These can be great if you get in early and get great deals on the school holiday dates.

But, this year I am feeling my 45 years,

the appeal of camping is losing its shine. The thoughts of packing up the car, maybe in the rain (as in Devon last year it rained for 4 days), was leaving me a little cold. So, we bought a timeshare. In Gran Canaria.

We had been able to sneak a winter sun holiday for the last two years. The little one hadn't started school yet, the middle two were with their mum and the eldest had no time off work left. We fell in love with the Canaries. So, we decided to bite the bullet: the appeal of the school holiday dates and flights coming in at half the price we would pay for a package deal, kind of won us over. This year however the middle two are lucky ducks and off to Florida with their mum and we are moving house so we decided to do a week in May and a week in November.

The booking process was simple and easy, flights were good prices so it's a job done. Our timeshare experience has been good so far and much easier to navigate than the Sun holiday token lark! Mind you I have succumbed to an Easter Bank Holiday weekend outside Blackpool. Who doesn't still love a bag of chips by the sea! Best go back to Matalan and pick up some of those cute swim shorts and maybe just get new wellies too...just in case!

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What's on

Every Monday

Smilers

St Michaels Church 1.30pm-3.00pm. For Parents and Carers with their under 5s

Every Tuesday

Run Middlewich

7:15pm Middlewich Leisure Centre

Every Wednesday

Microtots

Only £1 per child. 9.45-11:30am (term time only) @ MCC

Every Thursday

Quiz Night

The Big Lock - With Dolly Disco

Every Friday

B.L.O.G. St Michaels Church

School years 4-6. 6.00pm-7.30pm.

DYN@MIC St Michaels Church

School years 7-9. 7.30pm-9.00pm

After Dark St Michaels Church

School years 11-13. 8.00pm-9.30pm

Every Saturday

Run Middlewich

9:00am Middlewich Leisure Centre

March

30 **St Michaels Church**

The Cross

2:00pm Good Friday Service

31 **Rose Fête Annual Easter Hunt**

April

1 **Middlewich Methodist Church**

Easter Sunday Service led by the Rev. Margaret. 10.30am



1 **Jumble Sale**

11am Wyche Centre
Middle-Wyches WI

3 **FAB FESTIVAL NEWS**

Early Bird Tickets tickets are available till midnight on the 3rd
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9 **Middlewich Clean Team**

The Big Lock 2pm - 3pm

14 **Middlewich Methodist Church**

Coffee Morning: 10.00am-11.00am £1 (Toasted Teacakes)

14 **Middlewich Music - IS BACK**

Live music night, local bands
The Narrowboat

21 **Middlewich Mexon Market**

22 **Middlewich 5k**

Starts 10am: The Big Lock Pub -
Finishes: Middlewich Cricket Club

Family Fun Run

9am: Middlewich Cricket Club
www.runmiddlewich.club

Should you wish to have your community event listed in "What's On", please contact office@golocalcheshire.com

(Please note that Go Local cannot be held responsible for any changes to the events shown in this listing).

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Did you know?

April

- 3 1721: Robert Walpole became the first Prime Minister of Britain.
- 4 1964: The Beatles fill the first five places in the US singles chart with "Please Please Me", "I Want to Hold Your Hand", "She Loves You", "Twist and Shout" and "Can't Buy Me Love".
- 6 1199: Richard I (the Lion-Heart) of England dies from an infected wound while besieging Chalus Castle.
- 7 1739: Travellers throughout England breathe a sigh of relief, safe in the knowledge that the most notorious of highwaymen Dick Turpin, was hanged today in York.
- 10 1633: Bananas, never seen before in England, went on sale in a London shop.
- 12 1606: The Union Flag becomes the official flag of Britain.
- 14 1983: The first cordless telephone went on sale in Britain.
- 15 1755: English lexicographer Dr Samuel Johnson published his Dictionary; he had taken nine years to compile it.
- 17 1969: The age at which a person is eligible to vote in Britain was lowered from 21 to 18.
- 18 1775: At the start of the War of American Independence, US patriot Paul Revere rode from Charleston to Lexington, warning people that British troops were advancing.
- 20 1912: The Irish-born writer Bram Stoker, author of Count Dracula, died at his London home. He was 65.
- 21 1509: Henry VIII becomes King of England, following the death of his father Henry VII.
- 22 1838: The first steamship to cross the Atlantic, the British ship Sirius, arrived

April has been
an import Month
throughout history,
here are some facts
to chew on...

- at New York; it made the crossing in 18 days.
- 23 1616: Death of William Shakespeare, playwright and poet, aged 52. He leaves behind a wife, Anne, two daughters, Judith and Susanna as well as a wealth of literary treasures.
- 24 1858: At the second attempt, the biggest bell in the world, Big Ben, is finally ready for hanging in the clock tower of Westminster Palace, London.
- 26 1923: The Duke of York and Elizabeth Bowes-Lyon, later King George VI and Queen Elizabeth, were married in Westminster Abbey, London.
- 27 1828: The Zoological Society of London opened a zoological gardens in Regent's Park. Lady visitors were politely requested to refrain from poking the beasts through the bars of the cages.
- 28 1770: English naval explorer James Cook arrived in Botany Bay, Australia, the first European to do so.
- 29 1884: Oxford University agreed to admit female students to examinations. However, woman are not to be awarded degrees.
- 30 1945: In his hideaway bunker in Berlin, Adolf Hitler shoots himself. His wife of 48 hours and former mistress, Eva Braun, took a cyanide capsule. In accordance with Hitler's instructions both bodies were then burnt.



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Fitness

It has long been thought that exercise and running gives you the licence to eat (and drink) whatever you want. But, things are changing. If you simply want to exercise, eat what you want and enjoy life, then there is absolutely nothing wrong with that. However, if you are the person who wants to push themselves, run further, ran faster, lose weight then you need to consider how you are fuelling your body. Fuel being the key word. If you start to see food as fuel to meet the demands of your exercise, then you are part way there.

There is no one size fits all approach when it comes to fuelling and nutrition; you have to find what works for you, your lifestyle and probably your family. I will outline some of what has worked for me and what could work for you. I should state that I do not claim to be a nutritionist and my writing is not evidence based, however I read and use evidence-based sources from leading running nutritionists to influence my own ideologies.

First of all, have a plan. It is well supported that by having a meal/nutrition plan you can: train harder, increase stamina, increase strength, recover quicker, reduce illness, have a more competitive edge, perform better, lose weight & gain muscle

A weekly plan of meals helps you save money and time. It prevents the headache of wondering 'what to make tonight', where you go for a microwave meal or takeaway for convenience. Another tip, prepare enough for your lunch the next day – huge healthy time saver. A plan

is a quick change you can make today to transform your diet; there are other changes you can make to improve your lifestyle and running long term.

Aim to avoid crash quick fix diets instead look to change your eating habits long term. The changes below are ones to build in one at a time for 2-3 weeks so that they become habit.

- Cut down and watch out for hidden sugars e.g in cereal.
- Reduce the amount of meat to once or twice a week.
- Cut out processed meat totally – only eat lean cuts
- Avoid marketed 'low fat' products – full of added unnecessary chemicals and sugars (especially the spray oils)
- Cut down the amount of bread (only eat wholegrain)
- Switch to brown rice and brown pasta
- Eat more seeds and nuts – especially Chia seeds
- Eat more berries and whole fruit as opposed to smoothies.
- Avoid energy drinks (e.g Lucozade) and recovery shakes – use water and natural food sources to fuel your run/recovery.

These are just a few changes that you could make – it is over to you to find what works for you. Remember, food is fuel and you want to give your body the best fuel to perform at its best.

This is just a scratch at the surface for exercise nutrition, if you want more information please do get in touch.

For recipe and healthy snack ideas head over to my website for some inspiration

www.acrunningandfitness.com/recipes/

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Quiz page



And finally

here is a little quiz, plus a 'fairly difficult' Sudoku puzzle for all you games addicts out there . . . answers at the foot of the page.

- 1 Who was at a payphone, trying to phone home in 2012?
- 2 Beyoncé was a member of which group before going solo?
- 3 In what year did Christina Aguilera have a hit with Say Something?
- 4 'Yellow diamonds in the light, And we're standing side by side' Are the opening lines to which Rihanna song?
- 5 What is Taylor Swift 's middle name?
- 6 Who had a hit with Roar in 2011?
- 7 Little Mix shot to fame after winning which talent contest?
- 8 In 2015 Rita Orta was a judge on 2 British Talent Shows. Name both of them
- 9 Which American female vocalist had a 2000 hit with "I'm Outta Love"?
- 10 In which year did Madonna release a cover of Don McLean's American Pie?
- 11 Which All Saints single begins: "I've crossed the deserts for miles / Swam water for time / Searching places to find / A piece of something to call mine"?

Never tried Sudoku?

				8		2	4	
	1					5		
	6				4			
		9		7			1	
				9				
			6				5	3
			7		2			
	5	4						
	2		3		6		7	

All you need to do is fill in the grid so that every row, every column and every 3x3 box within the grid contains the numbers 1 to 9. Nothing has to add up to anything else, just one number from 1 to 9 in each column, row and square grid. Simply solve the puzzle using reasoning and logic. Good luck.

8	2	1	3	5	6	4	7	9
7	5	4	8	1	9	3	6	2
3	9	6	7	4	2	1	8	5
1	4	7	6	2	8	9	5	3
6	3	5	4	9	1	8	2	7
2	8	9	5	7	3	6	1	4
5	6	8	2	3	4	7	9	1
4	1	2	9	6	7	5	3	8
9	7	3	1	8	5	2	4	6

Here are the answers
– no peeking now!

1. Maroon 5 2. Destiny's Child 3. 2013 4. We found love 5. Alison 6. Katy Perry 7. The X Factor 8. The Voice and The X Factor 9. Anastacia 10. 2000 11. Pure Shores



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<i>Tel 01606 832218</i>	

Churches, Schools, Public Services

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<i>Tel 01477 689500</i>	
Middlewich Town Council	10
<i>Tel 01606 833434</i>	

Health & Beauty

Samantha Hatton (Podiatry)	40
<i>Tel 01606 841255</i>	
Slimming World	19
<i>Tel 07899 694959 / 07545 077582</i>	
The Tipping Point 'Diet'	43
<i>Tel 01606 841254 / 07890 434499</i>	

Education, Training & Instruction

Maureen Leverington (Music)	43
<i>Tel 01606 834889</i>	
The Collin School for Dance	18
<i>Tel 07800 503579</i>	

Home Services

AM Skip Hire	29
<i>Tel 01477 535380</i>	
Andrew G Hemmings (Stoves)	31
<i>Tel 01606 834986 / 07880 587699</i>	
Cagna Contractors	43
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<i>Tel 01606 739089 / 07398 161179</i>	
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<i>Tel 07788 202104</i>	
Gladys Booth (Dressmaking)	7
<i>Tel 01606 738491</i>	
G Moody (Windows)	7
<i>Tel 07801 443260</i>	
GoggleboxTech	4
<i>Tel 07766 985029</i>	
H&D Aerial Services	18
<i>Tel 01606 841432</i>	
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<i>Tel 07939 908187</i>	

Hamilton Electrical Services

<i>Tel 01606 737750</i>	36
Holmes Chapel Windows	30 & 33
<i>Tel 01606 836595</i>	
Hough Plumbing & Heating	19
<i>Tel 07722 498706</i>	
Ian Harrison (Photographer)	26
<i>Tel 07899 671710</i>	
Labradoors North West	17
<i>01477 500925</i>	
Mackay's Plumbing	11
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Streamflow	30
<i>Tel 01606 836044</i>	
T. A P. S & Co (Decorator)	6
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<i>Tel 01606 832673</i>	
Jane Barker Optician	26
<i>Tel 01606 832673</i>	
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The Cottage Cattery	27
<i>Tel 01270 526395</i>	
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Professional & Business Services

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Blain Boland & Co	39
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<i>Tel 01606 841273</i>	
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<i>Tel 01606 822636</i>	
Taylor & Co. Accountants	6
<i>Tel 01606 837555</i>	
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<i>Tel 01606 837040</i>	
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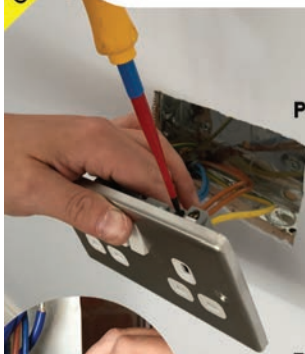


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