



# f o r u m

## **Westminster Park Residents' Association newsletter**

**Issue 56     March 2013**

**www.wp-ra.org.uk**

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### **Chairman's piece**

2012 gave the Westminster Park Residents Association many successes, including the inaugural meeting of the Over 60s, which promptly changed its name to Evergreen! It was anticipated that 20-30 people would perhaps show an interest, however at that first meeting 84 people registered. The membership has already grown to over 100 thanks to an excellent committee organising interesting speakers, outings, etc. Numbers will, I'm sure, continue to grow - the only restriction being the capacity of the WPCC, which means the hall can only accommodate a certain number at any one time.

Then we had the fantastic Jubilee event in association with the WPCC and Belgrave School supported by many ancillary groups from the Community. More recently, of course, the Christmas celebrations. Thanks to the financial support of Councillor Razia Daniels and Councillor Neil Sullivan we were able to have festive lights like never before on Westminster Park. I know that many of you appreciated the illuminations and particularly the night of the Switch On. Again, I must thank the pupils and staff of

Belgrave, together with the local traders for their help. Of course none of our successes would be possible without the support of YOU, the Residents of Westminster Park, for which I THANK YOU!!

Please support our AGM on 10 April when I believe there will be the latest information on the GREEN BELT ISSUE, plus I shall have the latest on the efforts, on your behalf, to have a crossing installed on Wrexham Road (Ash Grove).

*David Pilling*

### **Community Centre news**

■ This year is the 40<sup>th</sup> Anniversary of the Community Centre, which began by the local community buying bricks to help fund the project. We are hoping to celebrate this occasion in the summer. We would also like to welcome the new user groups such as Keep Fit and Yoga.

■ We are very pleased to announce that the kitchen will be refurbished during the Easter holidays.

■ The club Bar is open at the following times:-  
7-30pm till 11pm, Mon to Thurs  
7-30pm till 11-30, Fri  
12pm – 2pm & 7-30 till 11-30pm, Sat  
12pm – 3pm & 7-30pm till 11pm, Sun

■ The Centre has a bar, pool table, dartboard and jukebox and the main hall is available for private hire. Come along and enquire about Membership.

■ Current Activities:-  
Mon-Fri 9am-12 Belgrave Pre-School (term time)  
Mon 1.30-2.50pm: Yoga (starting 25 Feb)  
Mon 7pm-8pm: Legs, Bums & Tums keep fit  
Tues 4.30pm-7.30pm: Ballet  
Wed 6.15pm-7.15pm: Shotokan Karate Club  
Thurs 7pm-11pm: Bridge Club (Duplicate)  
Fri 5pm-6pm: Zumba Gold  
Fri 7.30pm-8.30pm: Zumba  
Sat 9.30am-11.30am: Weight Watchers  
Sun 10am-12: Christian Family Club

■ The Centre also has a Bingo Night\*every third Friday of the month and Quiz Night\* the last Saturday of the month.

■ The Community Centre can offer free hire for Charity/Fundraising nights, please call or email to discuss.

Tel: 01244 671243 (from 7-30pm)  
answer phone out of hours  
Email: wpca2008@yahoo.co.uk

\*Please note Bingo & Quiz Night dates may vary. Visitors are welcome.

*Phil Williamson*

### **Dates for your 2012/13 diary**

2 March: Cheese and Wine Tasting.  
8 pm, Community Centre.  
21 March: Evergreen. 2 pm,  
Community Centre.  
3 April: Gardening Club, 8 pm,  
Community Centre.  
10 April: WPRA AGM, 7.45 pm.  
Community Centre.  
18 April: Evergreen. 2 pm,  
Community Centre

## **Westminster Park Residents' Association**

### **Cheese and Wine Tasting**

**Saturday, 2 March, at 8 pm**  
**Community Centre, Westminster Park**  
**Tickets £7.50**  
**Available from committee members**

## Lent & Easter at our parish church St Mary's

On **Thursday's** during Lent at 7.30pm there will be Compline with address.

### Palm Sunday, 24 March

At the 10am Holy Communion the Youth Group will give their presentation of the Passion of our Lord according to Mark

### Holy Week, Monday 25 - Thursday 28 March

7.30pm: Holy Communion with Address. Speaker: Canon Peter Howell-Jones, the Vice-Dean of Chester Cathedral

### Good Friday, 29 March

9am: Litany for Good Friday  
10am – 12noon: Young People's Activity Morning  
2pm: Hour before the Cross, joint service at St Andrew's URC

### Easter Day, 31 March

8am: Holy Communion  
10am: Parish Communion  
6.30pm: Evensong

## Subscriptions

### Westminster Park Residents' Association

Thanks to all members for their prompt payment and especially the number of additional donations.

We are wholly dependant on the income from membership subscriptions to finance our activities, including the publication of this quarterly Newsletter.

Completion of a form is not necessary - just place a cheque (made payable to "Westminster Park Residents Association") or cash for £2.00 in an envelope stating your name and address and forward it to any committee member or to Nick Ryan, 17 Vincent Drive, Chester CH4 7RQ.

For those who were members in 2012 but have not renewed their membership we hope you will renew and look forward to receiving your subscription.

We wish all households to consider membership; the subscription fee is only a very modest £2 per household.

*Nick Ryan, Treasurer*

## Chester Croquet Club Summer's coming, make the most of it! Welcome for new members and learners



After a long, wet summer and autumn last year and a dreary winter, everyone must be looking forward to warmer days and longer evenings. Now's the time to plan ahead. Why not try your hand at croquet? Perhaps you have played garden croquet with family or friends and would like to learn more about the game. Perhaps you have hung up your boots after playing a more strenuous sport and would like to switch to a game that involves challenge and skill but does not require the strength and stamina of more energetic activities. Perhaps the children have left home and you find you have more time for a new outdoor leisure activity. Perhaps you have just retired and would like to try something new. Perhaps you have moved to the area and would like to join a local club. With its handicapping system, croquet is a game that can be played and enjoyed on equal terms by men and women of all ages and abilities.

Chester Croquet Club meets in Westminster Park. It is a friendly and successful club with about a hundred members and is always pleased to welcome new members of all standards from beginners to more experienced players.

The next beginners' course will be held on Thursday evenings from 6.30 to 8.30pm for six weeks from 2 May to 6 June 2013. The fee for the course is £30 but is free for new members joining the club at a full subscription of £52.

No previous knowledge of the game is needed and the club will provide all equipment. The only requirement is that players must wear flat-soled shoes.

If you would like to enroll or would like more information, please contact the course coach, Janet Davies, on 01244 350370.

**Come and join in and make the most of the summer**

## Chester Model Rail Club

The administration centre for the Chester Model Rail Club is based in Westminster Park and the Club also owns its own premises at Saltney Ferry.

Do you have model trains in a box in your attic or garage and would like advice on the best ways of disposing of them?

Would you like to begin railway modelling and don't know how or where to start?

Members of the Chester MRC would be pleased to offer impartial advice.

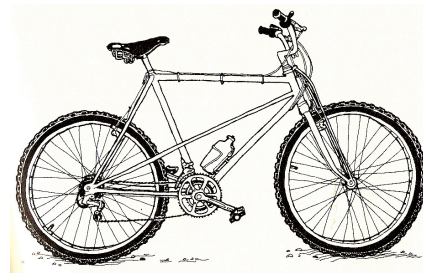
The Club is holding an open day with exhibitions of layouts on Sat/Sun 11/12 May at Upton Royal British Legion Club.

Would you like to join our Wessex Express Rail charter to Bath, Dorchester and Weymouth on Saturday, 20 April? You can get further details of all these on our website, [www.chestermodelrailwayclub.com](http://www.chestermodelrailwayclub.com) or speak to Colin Dollimore on 01244 629167.

## Dry cleaning

Did you know that we have a dry cleaning service once again on Westminster Park? Way 'B' Low is now offering this useful facility.

## Police update



To combat bike thefts Cheshire Constabulary is attempting to get residents' bikes registered on a free database. If you have a bike of value please contact PCSO Fox via e mail [christopher.fox@cheshire.pnn.police.uk](mailto:christopher.fox@cheshire.pnn.police.uk) or call 101 leaving your name, address and phone number and he will arrange to visit your address. He will then take down the bike's details and ensure the details are registered on the free database so the bike can be traced back to the owner in the event of it being stolen.

*Chris Fox,  
[christopher.fox@cheshire.pnn.police.uk](mailto:christopher.fox@cheshire.pnn.police.uk)*

## The information section Westminster Park RA Committee

**Chairman:** David Pilling

Tel: 680880

**Vice Chairman:** Brian Westcott

Tel: 675431

**Secretary:** Sue Britton

Tel: 677936

**Treasurer:** Nick Ryan

17 Vincent Drive, Chester CH4 7RQ.

Tel: 675923

**Editor:** Mary Pole

36 Lache Lane, Chester CH4 7LR

Tel: 674439

Email: newsletter@wp-ra.org.uk

**Website Co-ordinator:** Dave Craggs

Email: webmaster@wp-ra.org.uk Tel: 682407

### Committee members

Olwen Bellis	678719
Leah Dollimore	683100
Sue Eva	676697
Sandra Magilton	677373
Mark Sams	680378
Richard Short	678559
Allan Stobie	683461

## Clubs & organisations based in Westminster Park

*Please let the Editor know if any of the details are incorrect or if you have a club or organisation that you would like listed.*

**Belgrave Badminton Club:** Keith, 671077

**Belgrave Pre-School:** Carol Welch, 671243

**Bowls:** Martin Fraser, 07966 334293

**Bridge Club:** Nick Ryan, 675923

**Cricknet:** Craig Edwards, 07765 475095

**Croquet:** Janet Davies, 350370

**Friends of Westminster Park:** Allan Stobie,  
683461

**Evergreen (Over 60's Club):** Sandra  
Magilton, 677373

**Gardening Club:** Mary Pole, 674439

**Healthy Walking Group:** Mike Lloyd, 680328

**Junior Football:** Tracy Sheedy, 680544

**Lache and Westminster Local History**

**Group:** Linda Shuttleworth, 679791

**Mini Soccer (5-10 years):** Tracy Sheedy,  
680544

**National Women's Register:**

Betty McLoughlin, 677680

**Shotokan Karate Club:** Dave Craggs,  
07711 009041

**St Mary's Church Parish Office** 671202

**Revd Paul Dawson** 675199

**Tennis-Glan Aber Tennis Club:**

Sue Britton, 677936

**Westminster Park Community Assoc:**  
671243

### SCOUTING:

**Group Scout Leader:** Sue Jones, 675538

**Beavers (Wednesday):** Jane Shorthall, 682136

**Cubs (Monday):** George Coward, 679259

**Cubs (Thursday):** Christine Owens, 676691

**Scouts (Friday):** Terry Coe, 676734

**Explorer Scouts (Tuesday):** Simon Ashton,  
0151 339 4759

**Network:** Kath Kitchen, 379031

### GUIDING:

**Rainbows (Monday):** Pat McGettigan, 677134

**Brownies (Tuesday):** Jan Hooper, 674701

**Guides:** Contact the District Commissioner:  
Sue Fryer, 679945

## Evergreen – our Over 60s Club

We finished 2012 with a very enjoyable meeting singing carols with the children of the Belgrave School choir with tea/coffee and mince pies, and then the following week a superb Christmas Lunch at the Chester Golf Club in Curzon Park.

In early January a coach party set off to the Lowry, Salford Quays, to enjoy a matinee performance of the National Theatre's award winning show 'One Man, Two Guv'nors' which was a great success. Our first meeting was a very interesting talk by Gaynor Roberts from Chester Trading Standards. The February meeting was our first AGM, which set out plans for the year.

We are now in our second year and memberships are being taken out or renewed. Forms for taking out or renewing membership will be available at meetings. Please note that members must be paid up members of the Westminster Park Residents' Association.

We put posters advising our meetings in the Community Notice Boards and on the WPRRA website. Our next meeting is on Thursday, 21 March, when Angus Tilston will give a presentation of 'Old Chester'. We look forward to seeing you there.

## Evergreen programme to June 2013

**21 March at 2pm:** Talk/DVD presentation on 'Old Chester' with Angus Tilston.

**18 April at 2pm:** David Mitchell: Town Crier.

**16 May at 2 pm:** History of steam ships with Tony Austin.

**20 June at 2 pm:** Quiz with vintage artefacts, with June Corner. Strawberries and cream.

## Box tops for books

Reading books can open young people's eyes and minds to many wondrous things, from exploring magical fairytale lands to learning more about the world around them. The Box Top Scheme aims to support children's reading by offering free books for schools in exchange for tokens from special packs of Nestlé cereals. Al Dente has kindly offered to act as 'Post Box' so please cut out the tokens and drop them off at the shop or give them direct to me. Thank you.

*David Pilling*

## Glan Aber Tennis Club

The club continues to thrive and we are looking forward to some warm spring weather. The coaching programme runs throughout the year with minor interruptions for snow and flooding which was a slight problem this winter!

Claire will be retiring as Head Coach in April 2013 after 15 years at the Club. We are pleased that she will remain a member and continue to captain our Ladies A team. Our new coach will start with a free (members and non-members) open day session on Saturday, 20 April. Anyone interested can turn up on the day at the following times:

9.30-10.00am Parents & Tots (3-5 years)

10.00-11.00am 6-10 year olds

11.00-12.00 noon 11-16 year olds

11.00-12.00 noon 11-16 year olds

## Cricket Club looking for sponsorship

Westminster Park Cricket Club is looking for local businesses to sponsor the club for 2013. Escalating costs are squeezing us financially and we need a partner to help with the purchase of match balls, replacement kit and Junior section cricket.

The Parkies now compete countywide in the Cheshire Cricket Alliance and are obliged to purchase match balls from the league, the cost being a lot more than when we supplied our own.

We want to provide a training/club shirt to all kids who wish to join the club, this reduces any risk of self consciousness or embarrassment due to their families financial circumstances and would help in making the individual feel he/she belonged to the club; there is also the premium increase for the club's insurance policy with the creation of the juniors. Any interested parties can contact the club secretary, Craig Edwards, for details by email at craigandkatrina@btinternet.com or via www.westminsterpark.play-cricket.com

## Friends of Westminster Park

At the AGM of the Friends of Westminster Park in November 2012, Allan Stobie stood down after seven years as Chairman. He and the former secretary, Paul Makin, made a significant contribution to the development of Westminster Park through constant dialogue with the council and lobbying and chivvying whenever necessary to get things done and to help raise funds from a variety of external sources.

Since the year 2000, nearly £1m has been spent on significant improvement projects including the transformation of the former disused council nursery into a woodland area, drainage of the football pitches, the expansion and upgrading of the children's play area, a new multi-use games area (MUGA), a teenage recreation area, BMX track, a cricket pitch, a replacement croquet and bowls pavilion, an outdoor gym and jogging tracks. In addition, local schools and residents have helped with planting trees and spring bulbs and installing bird boxes. The result has been a substantial improvement in the quality and attractiveness of the park and it is now well used throughout the year. We are pleased that these achievements have been recognised by the park receiving a national Green Flag award. We are also pleased that Allan Stobie has agreed to remain a member of the committee representing the Westminster Park Residents Association.

In the more difficult financial climate we are now experiencing, the era of major projects is now probably past but there continues to be the important task of maintaining the facilities at a high standard and representing the community's views on priorities at a time when resources are more limited. Norman Trott as secretary and I as the new chairman are maintaining our close dialogue with the council. In this context we have been contributing to a Greenspace strategy review and the council's management plan for the park. We have also initiated discussions with Brio which is a new public interest company formed by the council to manage sports and recreation facilities across the borough

including the Northgate Arena, the Christleton Sports Centre, and the golf course and café in Westminster Park. We have impressed on them the need to restore the quality of the golf course and to offer a more appealing range of food and beverages in the café, and we have arranged regular meetings to monitor progress. We have also expressed concerns at the state of the toilets, which are managed by the council. On a more positive note we have been pleased to support a private venture proposal to re-instate and upgrade the putting green in front of the café.

We welcome your support in speaking for all users of the park and if you have views on issues that need attention or priorities for improvement do please pass them on to any member of the committee.

*David Guyton*

### Cooking for comfort

This time of year everybody enjoys some real comfort food. With the recent resurgence of slow cookers there has never been a better time to make tasty casseroles, pot roasts or stews. The beauty of slow cooking is that it lets you take advantage of the cheaper cuts of meat, which often have more flavour.

■ Why not try shoulder of lamb as an alternative to the leg. Slow cooked on the bone until it falls apart or have it boned and rolled for easier carving.

■ For a lamb casserole or tagine, the diced shoulder is perfect, try bulking it up with some neck of lamb, which adds even more flavour.

■ Lamb breast is also a cheaper cut; cooked very slowly the fat will melt away.

■ Brisket beef is a real alternative to topside with its natural layer of fat it is full of flavour. Slowly pot roast in plenty of liquid to prevent it drying out.

■ Shin beef has become very popular once more with many celebrity chefs rightly singing its praises. Cooked slowly on a low setting it will break down to give wonderful flavour.

■ Lean mince can be used in so many ways, from cottage pie to bolognese, meatballs to burgers.

■ Lean stewing steak is also a good seller at this time of year; this can be bulked up by the addition of lamb neck, which also adds more flavour.

■ Pork is good value at the moment; slow roasted shoulder or belly pork with a layer of fat gives the best crackling.

Slow cooking generally takes very little effort once everything is prepared it is just a case of putting it in the pot and leaving it to it.

At the butchers we can cut and prepare any of your specific requirements.

*S.J.BEBBINGTON Butchers of Chester*

## Westminster Park Residents' Association

### Annual General Meeting

Wednesday, 10 April 2013, 7.45 pm

Please support our AGM

There will be an update on the  
**GREEN BELT ISSUE**  
Plus the latest on a pedestrian crossing on  
Wrexham Road near Ash Grove





An Easter Extravaganza is being organised in the Community Centre to raise funds for the British Heart Foundation.

Taking place on Friday, 22 March, from 7.30pm until late, the evening is designed to have fun - so be prepared for joviality and laughter.

It is for a good cause where 100% of the money raised will go to the British Heart Foundation.

**During the Evening there will be:** Easter Bonnet Competition, Bingo, raffle, tombola and other fun surprises.

**There will be available:**

- A licensed bar with a fine selection of alcoholic beverages and bar snacks
  - Hot & cold drinks
  - Selection of buffet style food and pastries
- Entry Ticket Price is £2 - tickets available from:**
- The British Heart Foundation shop located on Frodsham Street Chester. All enquiries please phone 01244 345487
  - From the Community Centre during the bar opening hours (all evenings)
  - Available at the door on the night

**As a charity the British Heart Foundation relies on donations to continue the vital work.**

The Forum Newsletter is published by the Westminster Park Residents' Association (WPRA) with the understanding that from the information presented therein, there can be no responsibility as to the accuracy or legality of the content on the part of the WPRA. Views expressed are not necessarily those of the Editor or Committee of the WPRA.

## Get fit for spring

We are now well into the New Year. Hopefully the snow is behind us and we can look forward to longer days and nicer weather.

Now could be a good time to think about getting a bit more exercise. There are lots of groups and activities going on locally. At the community centre we have Zumba and Zumba gold, Karate (for ALL ages), a new Yoga Class, plus Ballet, Bridge and Weightwatchers. There is the local Walking Group, plus all the activities in the park itself: football, tennis, cricket, bowling, croquet and don't forget the outdoor gym. So get off the sofa and get moving!!

### Zumba Gold

Show ageing who's boss with the Zumba Gold program. You can try a live Zumba Gold class and get groovin' with exciting dance-fitness workouts featuring upbeat Latin and world rhythms. Sessions are held in the Community Centre on Fridays from 5-6pm. And don't forget the main Zumba class from 6.30-7.30pm, also on Fridays.

### Karate

The Shotokan Karate Club is affiliated to the Karate Union of Great Britain and classes for beginners and intermediates are held every Wednesday from 6.15-7.15pm in the Community Centre.

Training sessions are also held at the Westminster Park Scout Hut on Saturday mornings from 9.30-10.30am. Contact Dave Craggs for more info on 07711 009041 or email davidcraggs@hskc.org.uk

### Yoga

Dru Yoga combines traditional yoga postures with tai chi type movement sequences that revive and rejuvenate. Learn meditative breathing, experience deep relaxation – ideal for beginners and those more experienced in yoga. Sessions are on Mondays at the Community Centre from 1.20-2.50pm. Bring a yoga mat, water and something warm/a rug for the relaxation. £6. Contact Teresa Keast on 675641 or 07876 254518, email teresa@teresa4yoga.co.uk

### Legs, Bums and Tums

Every Monday in the Community Centre for Legs Bums and Tums Exercise Class, from 7-8pm. £4 per session.

## Gardening Club

Now in its fourth year, the Gardening Club is becoming well established in the community. The aim of this club is to stimulate a knowledge and love of gardening. All members of the Westminster Park Residents Association are welcome to attend – after all, most residents have gardens and enjoy making their plot look attractive.

Our meetings are publicised via this Newsletter, the WPRA website and posters on the community notice boards. Meetings are held at the Community Centre.

We have been lucky to have knowledgeable speakers who have covered a variety of topics including garden design, plants for small plots, productive gardening and the art of compost making. We also have a summer outing to an inspirational garden and have visited David Austin Roses and Wollerton Old Hall.

We have regular plant swaps and can usually go home with something new and interesting from a neighbour's garden.

Our meetings for 2013 are now on the calendar so why not update your diaries and come along and join us.

### 2013 meetings

**Wednesday, 3 April, at 8 pm, Community Centre**

Harry Delaney, a lecturer at Reaseheath College, will talk on growing fruit and vegetables in small gardens. Plant swap.

### Sunday, 14 July

Outing to Cholmondeley Castle and gardens. Details will be in the June Newsletter – put the date in your diary.

**Wednesday, 9 October, at 8 pm, Community Centre**

Speaker. We have invited a National Trust Head Gardener to speak but this is still to be confirmed. Plant swap.

**Please come and join us**

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preparing - don't leave it until  
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Advertise your local business or service on the Notice Board and/or in the Newsletter. It only costs £5. Delivered to 1200 households in the Westminster Park area. The next edition of the forum will be June 2013 so send your copy to the Editor by early May.