



High Legh Community Association

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NEWSLETTER

PUBLISHED BY HIGH LEGH COMMUNITY ASSOCIATION | DISTRIBUTED AT NO CHARGE TO HIGH LEGH RESIDENTS

Issue 161
SUMMER
2023

HIGH LEGH
COMMUNITY
KINGS
CORONATION



High Legh News

The Newsletter is published by the High Legh Community Association. It is written and distributed by High Legh residents.

Download from
www.highleggh.org.uk

For regular email notifications about High Legh events email
whatsoninhighleggh1@gmail.com

If you want to Hire the Village Hall please contact Helen Wright the Village Hall Manager.
highlegghvhall@gmail.com
07703 194052

If you want to publish an advert or have information about a local social event or news that might interest High Legh residents email Gail Coenen at:
gail.coenen@btinternet.com

**DEADLINE
for the
WINTER
NEWSLETTER
is Friday 13th
October 2023**

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2023
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Note from the Editor

Hello! I hope you have all enjoyed the lovely May and June weather.

Let us hope the sunshine comes back soon! In this edition you will see some great news that the Community Association (CA), who run the village hall and organise great social activities in the village, have had volunteers come forward to help the CA continue! Thanks to all those who have come forward - its not too late of course if you would like to help! Contact Trish..

Despite the wet weather, the village Coronation celebrations were amazing and I hope you enjoy the photos! Well done to the Parish Council, Community Association and the Church for all their hard work. It was great to see so many children having such a good time - the Crown Competition was wonderful!

So what is your summer project? Any road trips planned with the family? Whatever you do I hope its fun filled and you manage to get to Sunday Teas at the Village Hall at least once to taste the delicious home made cakes and sandwiches! Feel free to drop me an email about anything that is going on in the village to share in the next newsletter or the monthly 'Whats on'

Gail Coenen - Editor
email: gail.coenen@btinternet.com
07557 678977

The opinions expressed are those of contributors, and not necessarily those of HLCA.

High Legh Community Association. The Village Hall, West Lane, High Legh, Nr Knutsford Cheshire WA6 6LR.



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SHELDONS 



High Legh Community Kings Coronation

High Legh celebrated the Kings Coronation with a wet but fun and packed celebration party on the Church car park. Keith Wellings gave his time free of charge to pipe the dusk in, as we lit the beacon.

Many thanks to the Parish Council, and representatives from the Community Association and St John's church who jointly organised the event.

A big thank you also to the High Legh WI for the baking 200 hundred coronation muffins, and the marshals, stall holders, helpers and party goers, for making it an evening to remember.

“I hope you enjoy these photos”.









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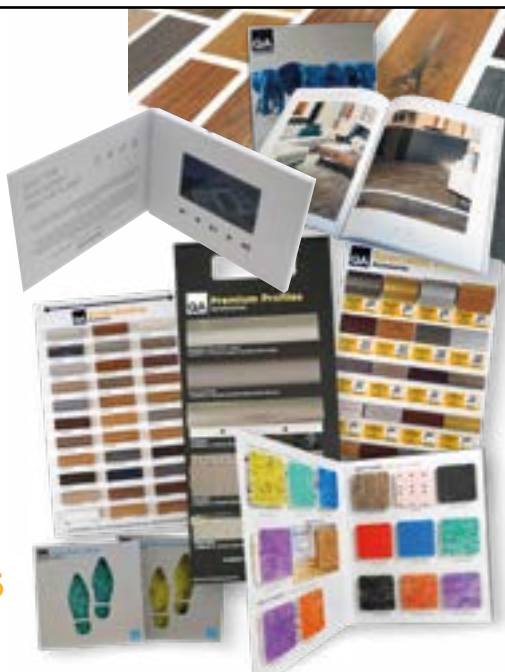


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Sunday Teas

6th August - St John's Church in aid of Alder Hey Hospital

13th August - High Legh Community Association

High Legh Sunday Teas have had a successful season with the Community Association doing the final Teas on 13th August..



The Teas have been well attended with regulars glad to return and newcomers all enjoying the homemade fare on offer. Teas open at around 1.00 pm and close at 4.30 pm so plenty of time for lunch or afternoon tea. Pavlovas, trifles, cheesecakes and meringues are particularly popular and along with a wide range of cakes and sandwiches there is plenty of choice. Takeaway is also popular with our customers so you can take home some goodies to enjoy later.

Every week a small group of volunteers keep the kitchen cupboards in order, stock up with supplies and do the laundry ready for each group to run their Sunday Teas. Sadly the Sunday Teas season is much shorter this year with some regular groups dropping out because of the difficulty of getting volunteers.

Do come along and to this popular event and support the local charities and groups that are hosting the Teas.



High Legh Preschool Nursery

Our summer fair is due to take place this month on Saturday 15th July we hope to have an enormous turnout please come and join in the fun and games. This years theme is farm animals, we have lots of surprises happening.in the fun and games. This years theme is farm animals, we have lots of surprises happening.

We held the very popular High Legh Afternoon Teas in June, and we had a mouth-watering array of cakes for everybody to enjoy, alongside a tombola stall, we raised over £900 this will help towards developing the garden.

A huge thank you to everybody for their fantastic support and all those who helped and volunteered on the day as well.



We had a graduation ceremony at the weekend for all our children moving into reception and starting school in September. The children danced to some of their favourite songs in front of their families. We have only 8 children leaving us this year, we wish them good luck in their adventures in the future.

It has been such a busy time of year with some children leaving us at the end of the month to start their new adventure at school and a few new children joining the nursery, all the staff have worked hard helping the new starters settle in and organising the graduation. To say thank you and recognise all their hard work all of the team enjoyed a gorgeous afternoon tea treat as part of our staff wellbeing program.

Having had a few nice weeks of weather the children have been spending lots of time in the garden. We will be using the money raised from the fundraising events to develop exciting new and exciting areas outdoors for the children to enjoy.

The next few months are always a busy period for us with lots of fun things taking place. Keep an eye out on our Facebook and Instagram page for updates.

We have extremely limited availability across the nursery, if you would like more information or to view the nursery and put your child's name down please contact our manager Ellis on nursery.highlegh@gmail.com or **01925 756061**.



High Legh Community Association NEWS & EVENTS



High Legh Community Association invites all High Legh residents to attend the 2022/23 HLCA AGM on Sunday 19th November 2.30pm in the Village Hall Free tea and cake!!



High Legh Community Association is the registered charity, run by volunteers that:-

- **Maintain & run the Village Hall**
- **Promote and organise leisure activities**
- **Communicates village activities and news via the Website, Newsletter & What's On**

At the AGM we will show you what events and activities the Community Association has been doing over the last year.

“Come along and have your say and enjoy a cup of tea.”

‘Aya, an inspiration to us all’

Aya, a High Legh resident, was born at 27 weeks. She was diagnosed with Diplegic Cerebral Palsy at birth, her balance is significantly affected and she has daily challenges, physically, socially and academically.



However Aya is determined to keep going with her passion, ice skating. Head Coach Donna McCarthy is the one that has made this all happen. Donna believed in Aya's determination and inspired us to grow her confidence in skating, despite the challenges she faced. From being unable to stand on the ice and slipping consistently, bit by bit gradually strengthening her core to now being part of Planet Ice Altrincham Shows on Ice and entering competitions Aya is now 'Living her Dream'. With perseverance and

continuous hard work Aya is now a proud member of Inclusive Skating, the World-recognised Charity that provides events, activities, education and training for skaters with additional needs. Margarita Sweeney-Baird Founder and Board Chair of Inclusive skating is keen to develop a program that will include skaters with an impairment, allowing them to participate in all competitions and events on equal basis.

As a family we decided to share how much we learnt from Aya's journey and look forward to whatever her bright future may bring, as a result of her sheer determination...and hope it may help inspire other people in different ways. Our life may seem challenging and difficult, but we have learnt to cope with and oversee any difficulty or challenge because we



realise it is all about looking forward and taking pleasure from every moment.

Aya says; "My life may look different but with the incredible people in my life, I can still achieve a lot.... which I am and will always be grateful for! I move slower, have adaptive equipment, and need assistance most of the time. I cry, fall, and feel different. Yes I struggle when I still see people looking at me when I am out and about but I have learnt to embrace my strengths and have the support of my amazing family."

Meanwhile mum says; "Aya has shown me how to be patient, as I wait for her to catch up with her walker, with determination to succeed. Aya has taught me that we all adapt to life in different ways and can still smile and make the best of every day, no matter what is thrown at you. Aya shows appreciation for things that many of us take for granted, and feels and shows pure love to everyone in her life in a very precious way. When Aya looks in my eyes, it makes me believe she has incredible hope to be strong and successful in her life that has many obstacles. I am so proud to be a mother of such an incredible strong child that I am growing with and learning from on this exciting adventure."

Aya's dad says: 'Aya has enriched our life in more ways that we realise. Her determination to build her strength and being involved in all physical activities is incredible. She is a genuine star that is smiling and happy at all times. I am very proud to be her dad and be part of her amazing life.'

Misk Al-Rawi is Aya's 16 year old sister is a figure skater too and was Aya's main inspiration to start ice skating. Misk skates on ice and is part of the Silverblades Inline Team GB and supports her sister on the ice. The connection they have is magical.

Misk says; "Being Aya's sister has impacted who I am profoundly. She has allowed me to see the world in a compassionate way. Appreciating the power of what an inclusive world should be like. Where everyone is treated with respect and has value. Growing up together and seeing my parents care and make decisions on her behalf



which is quite tough at times, makes me feel grateful for the way I have learned so much about life because Aya was a big part of it."

"Truly an inspiration."



Lymm Runners
Club Number 7663040

Lymm Runners Enjoy Record Breaking Run at the 2023 Manchester Marathon



If you'd tried to get into Altrincham the weekend of 15th April, you'd have noticed all the road signs and closures for the Manchester Marathon on Sunday 16th. This is the second largest marathon in the UK -(no prizes for guessing which is the biggest) and with the highest ever number of runners ever taking part, some 28,000, Manchester is becoming a serious rival to London.

Naturally, Lymm Runners (many of whom live in High Legh) stepped up to the plate to join in with a record turnout of thirty individuals taking part, including fifteen women club members, plus four runners who took part as a relay team. They all

trained very hard and the outstanding results spoke for themselves, with new club records being set by four members, while twelve runners achieved Personal Bests. Finally, to top it all, the relay team won 4th place.

Special mention must go to Phil Rowen and Georgina Walker who were the first male and female Lymm Runners home, both setting new Club records with times of 2 hours 58 minutes and 3 hours 22 minutes respectively. Lymm Runners Katy O'Connor and Jennifer Todd-Power also set new Club Records for their categories. And many of the Club who didn't run got involved by volunteering to man the water station at

Mile 4, an activity rumoured to be almost as much fun as actually competing.

Next year's Marathon will be on 14th April 2024 and it's likely that the enthusiasm generated by this one will ensure an even bigger turnout next year.



More about Lymm Runners

Lymm Runners and HLCA jointly organise the very popular Robert Moffat 10k - Sunday March 17th 10am at High Legh Primary school. Book your place now!

Lymm Runners meet outside Lymm Leisure Centre on Thursdays at 7pm (this now includes a Power Walk group), and outside Lymm Library on Sundays at 8.30 am and Wednesdays at 9.15am.

On Tuesdays we meet at 7.00pm on Lymm High School playing fields for the Track Training Session in summer and the track at Victoria Park, Warrington in the winter.

The Club was formed in 2010 and now has more than 350 members. It is the only running club in the village, and many members live in High Legh.

For more information visit www.lymrunners.org.uk

An advertisement for Battlefield Live Knutsford. The background is a camouflage pattern. At the top, it says "THE ULTIMATE COMBAT GAME" in green. Below that, "BATTLEFIELD LIVE Knutsford" in white and yellow. On the left, "step out of the game and into the battlezone. Unleash the Marine in you" in red and white. On the right, "No pain No paint No bruises just adrenaline fuelled fun" in white. In the center, a woman in military gear is holding a paintball gun. At the bottom, "BOOKINGS: 07779248622 Email: bookings@battlefieldliveknutsford.co.uk www.battlefieldliveknutsford.co.uk" in white.



High Legh Community Association is pleased to announce that our future is secure and we are no longer at risk of closure.

A big thank you to those residents who responded to our appeal for volunteers to avert the risk of the Community Association closing.

As well as a Christmas Card and a flyer that were delivered to High Legh residents we had an appeal in the Newsletter, on the web-site and in the What's On email culminating in a Recruitment Brunch on Sunday 30th April.

We now have enough volunteers to ensure the future of the Community Association. Most importantly we have a volunteer for the treasurer, a key role, that the CA could not operate without and we are fortunate that Martin Roberts has agreed to take over this role from Su Carter. Su has been the CA's treasurer for the last 8 years and has wanted to retire for the last 2 years. We are

grateful that she has been able to remain until a replacement was found. Martin has valuable experience having been treasurer at the Tennis Club and more recently treasurer for the Knutsford Catenians. Martin is now working with Su to ensure a smooth handover at the end of September.

We are still working our way through the 20 or so volunteers and trying to work out how we can best use their skills so if you have volunteered and you have not heard from us then we will be in contact soon.

The continuance of the Community Association means the future of the Village Hall is assured and all the activities that take place there. The CA also organises social events, provides residents with news via the Newsletter, website and What's On and also offers grants to residents and organisation for relevant projects.

“Thank you to the volunteers who have stepped forward to ensure the future of the Community Association.”

Although we now have a pool of volunteers, we still need more people to help with day-to-day maintenance at the Village Hall and also someone willing to lead on maintenance/improvement Projects.

If you would like to help then please contact Trish Adams at trishhca@gmail.com
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HIGH LEGH CROWN GREEN BOWLING CLUB

Welcome

I would like to welcome all of you to share some of the activities and competitions at High Legh Bowling Club (HLBC).

Most of the items raised are obviously bowling related, but it might be of interest to discover the range of activities open to all. The club was established about 30 years ago as an indoor bowling club based in High Legh Village Hall. Shortly after we were very fortunate to be offered the opportunity to rent the plot of land opposite the Village Hall. The construction of the green was carried out by an enthusiastic group of members, a group to which existing members owe a great debt of gratitude. Through their efforts we are now able to pursue our sport in an idyllic and secluded setting. The club has grown in numbers throughout the years and at the present time has a membership of over 150.

We are registering new members almost weekly as the physical and mental benefits of bowling become evident. HLBC is excellent venue for meeting new friends while at the time keeping fit.

Bowls is thought of, by many, as a sport for the elderly but I can assure you that, if you look at many of the teams, we meet in league matches this is simply not the case.

Outdoor Bowling

We are at about "mid-term" in our league matches and I am pleased to report that most teams are doing very well, as of now, in their respective leagues maintaining a mid-table position. Special mention, however, must be made of several teams for their progress this

season. In the Norley and District League we are witnessing another fine season for our A team. Captained by Derek Jones, the team has made it's way up to Division 2 for this season and are presently lying fifth out of twelve teams. The scale of this achievement is highlighted when you realise that there are seven divisions in this league. The B team is also lying fifth in Division 5. The Veterans A team, captained by Brian Repton, has recently been promoted to Division 1.

I must also record the continuing success of the Trafford League team captained by Norman Harrison. This team is now playing in Division 1 (of three) and is holding its own in this competitive league. The position of eight out of twelve teams is highly commendable. The Ladies team is maintaining its position near the top of its league and will be fighting for promotion this season.

The progress of all teams and players can be found by clicking on the appropriate link on the “teams” page in the club’s website.

View from two team captains

In a break from the normal news items, I am including reports from two of our team captains who can give more details.

The High Legh Knutsford Veterans B team is enjoying its best season since its establishment. In their first two seasons the team finished bottom.

However, this season, however, the team are 7th and have twice recorded a record high score in the past three games. There have been excellent scores from all the squad contributing to the team’s results.

In the League’s Team Knockout Tournament, the team had to play one player short against Division One Helford and lost narrowly by 13 points having had to give away a 21 points penalty for being a player short.

Jon Springall, (Captain)

The Trafford Evening Bowling League team is still going well in the first division.

It is mid table in a very competitive League. This is our fifth year in this league, some achievement considering the quality of the opposition We have some twenty players registered and many new recruits. There is an excellent team spirit everyone supporting one another and considering the travelling and late nights the team is to be commended.

Norman Harrison, (Team Captain)



Club Competitions

The club aims to run eight competitions throughout the season. The pairs competitions, held in May to July, saw some excellent bowling with games contested in a competitive but sportsmanlike fashion.

The winners and runners up are as follows.

EVENT	WINNER(S)	RUNNER(S) UP
Men's pairs	David Andrew and Derek Jones	Allan Burdett and Norman Harrison
Ladies' pairs	Jackie Springall and Jean Mason	Trish Bulger and Joan Kitchen
Mixed pairs	Jean Mason and David Maynard	Carol Bond and Allan Burdett



Congratulations to these members and thank you to all who supported the event in so many ways.

The competitions which are ongoing are the singles mixed handicap and the men's' and ladies' singles. These will culminate on the Finals Day on 19th August.

The final two competitions are the and the Non-Finalists' and the Teams competitions on the 9th and 16th September respectively. This Non-Finalst event is only open to members who have not won or been a runner-up in any other club competition.



Social Bowling and Events

The social has been very well attended over the last 3 months and we had 7 new members who were new to bowling. Two of these have started playing in league matches and are doing very well.

We played a friendly match in June with Lymm Dingle Probus and won. The return game is in July. We also have matches with Mere bowling club in August and September.

The club has hosted the Lymm and Thelwell U3A on Monday afternoon which has been very successful for both clubs. Arrangements for an away day bowling event on the 22nd of July are almost complete. Last year's event was a great success and away days will be an annual event in our calendar. The club is also planning to hold a barbecue on Sunday 17th September. This will be between 3-6pm. More Information nearer the time.

Join us

As always, the invitation goes out to anyone who would like to join us to contact us. If you have not previously bowled, just come along for a practice to see how you get on. We have a few spare sets of bowls, and you will be given plenty of encouragement. The setting is idyllic, and you will find a very friendly group of members who will be most pleased to see you.

The Wednesday sessions when you can get tuition are ideal for beginners If you require any information about the Club, you can contact our President, Jack Stant on 07831121735 or by email at jack.stant@btinternet.com

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 Every Monday except Bank Holidays - £3 including resources and refreshments
- **Little Acorns 9.30am-12noon**, St John's Church Room
 Every Tuesday morning - £2 including refreshments
- **Farmers Market** Abbey Leys Farm, Peacock Lane - First Sunday of the month in the morning
- **High Legh Community Observatory 7.30pm**, talks are in the Church Room on the second Thursday of each month and are open to all - Admission £4
- **The Observatory** is open at Abbey Leys Farm on the first Sunday of each month if the weather is fine

AUGUST

Tuesday 8th - WI Summer Social

SEPTEMBER

Saturday 9th - BBQ £8 adult, child under 12 £2 starts at **4.00pm**
 St Johns Church

Sunday 10th - 1.00pm 4.00pm - Repair Café, Village Hall,

Monday 11th - 7.30pm - Parish Council meeting, Village Hall

Tuesday 12th - WI Desert Islands Discs, Village Hall

Thursday 21st - 10:30am - 12:00noon - Coffee and Friendship,
 Village Hall, Donations for Macmillan

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High Legh Community Association invites all High Legh residents to attend the 2022/23 HLCA AGM

**on Sunday 19th November 2.30pm
 in the Village Hall**

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PAINTER & DECORATOR

OCTOBER

Tuesday 10th - WI Harvest Thanksgiving, Village Hall

Monday 23rd - 7.30pm - Parish Council meeting, Village Hall

Thursday 26th - 10:30am - 12:00noon - Coffee and Friendship, Village Hall, Donations for Macmillan

Saturday 28th and Sunday 29th - Weaver Vale Art Exhibition in the Village hall, (refreshments and tombola)

NOVEMBER

Saturday 18th - 10:30am - Afternoon tea £15, St Johns Church

Sunday 19th - 2:30pm - CA AGM, Village Hall

Thursday 23rd - 10:30am - 12:00noon - Coffee and Friendship, Village Hall, Donations for Macmillan

November - WI AGM & Hot Pot Supper, Village Hall

DECEMBER

Saturday 16th - 2.00pm - Christmas sewing event, make a Christmas decoration, St Johns Church £10 all materials included plus coffee and cakes.

December - WI Christmas Meal, Village Hall

SAVE THE DATE -

- **Sunday 17th March 2024 11am** - High Legh Robert Moffat 10k Run
- **Thursday 6th June 2024 D Day 80th** - We will be organising an event and lighting our Beacon. If there is anyone in the village that had some involvement in the D-Day landings or WWII as a whole, please get in touch with the Parish Council.



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10.00am -5.00pm

FIND



US ON

High Legh Community Association
NEWS & EVENTS



All CA queries please Trish Adams **01925 755983** or **trishhlca@gmail.com**

If you want to Hire the Village Hall please contact Helen Wright the Village Hall Manager. **highleghvhall@gmail.com 07703 194052**

Our Community Association Council members are :-

Trish Adams – Joint Chair,
Janet Harrison - Joint Chair
Su Carter – Treasurer
Kath Jones - Secretary

Nic Keeley & Louse Allan – Social Event Lead Organisers
Marilyn Ridler – Church Representative
Clr Tim Harrison & Clr Judie Morton – Parish Council Representatives
The Charity Trustees are
Trish Adams, Su Carter, Janet Harrison and Kath Jones



High Legh 23 Environment Hub

Don't throw it away!

Pop Up Repair Café

Sunday 10th September
1-4pm

Broken bike, damaged toy or hem undone?

Come along to our pop up Repair
Café where our volunteer repairers
will help fix your stuff for free!

Drinks and cakes will be served too.



Repair Café

High Legh Village Hall
West Lane, High Legh
WA16 6LR



**The next High Legh Environment Hub event will be a Repair Café
in the Village Hall on Sunday 10th Sept, 1-4pm**

The event is free for all. It's an opportunity to bring something along that needs fixing, for example a mobile, laptop, bike, picture frame, toy or clothing. If possible, repairers will give it a new lease of life. There'll be cakes and drinks as well! If you have repair skills and would be happy to help on the day then we'd love to hear from you highlegh23environmenthub@gmail.com. The event will be insured.

CLIMATE AND ENVIRONMENT WORKING GROUP

HIGH LEGH ENVIRONMENT HUB EVENTS

This spring, members of the High Legh Environment Hub (under the umbrella for the High Legh Climate and Environment Working Group) have organised three successful events.

The first focused on **renewable energy** and energy saving in the home and was kindly hosted by **High Legh Garden Centre**. Atlantic Renewables, a company based in Trafford Park, gave a very informative talk on **the benefits of solar panels**, and Green Horizon Energy Solutions, a company based in Marple, gave an interesting talk on **the benefits of underfloor insulation**. Peter Murphy provided lots of information on **the benefits of air-source heat pumps for home heating**.

The second event, **Grow Your Own Veg and Herbs**, was kindly hosted by **Abbey Leys Farmers Market**. There were stalls demonstrating how to grow your-own-veg, take herb cuttings and grow organically. Children enjoyed planting their own lettuce seeds in egg boxes. Plus there was a chance to try a fresh mint or rosemary tea in the sunshine!



The third event was **Himalayan Balsam Bashing!** Himalayan Balsam is a non-native, invasive weed of riverbanks and ditches which spreads quickly, out-competing native plants, many of which have important ecological benefits to specific insects. The balsam is pulled

out of the ground before it has chance to form explosive seed pods. **Several large areas of balsam were cleared.** Many thanks to everyone who helped keep this species at bay!



WHAT'S IT LIKE BEING A MEMBER OF THE HIGH LEGH CLIMATE CHANGE AND ENVIRONMENT WORKING GROUP?

Susannah Staples is a young member of the group. She's studying A Levels French, History and Geography at Sixth Form. She's lived in High Legh almost all her life. Here she talks about what's inspired her to join the group and of her experience so far.....

When did you join the group and what inspired you to join?

"I joined the group last year in the summer as I wanted to become more involved in the local community. It's a good opportunity to learn more about the environment and how we can protect it, as I am interested in climate change and environmental issues. I think it's important that as many people as possible join these type of environment groups in order to spread awareness/ educate people about the environment and the simple things we can do to be more eco-friendly."

How often does the group meet and what topics are discussed?

"The group meets approx. every 6 weeks. We discuss a variety of topics, including upcoming events (such as the Christmas Tree Festival, Himalayan Balsam bashing, litter picking and awareness talks)."



What have you enjoyed most so far?

"Recently, we had a speaker from Transition Wilmslow where we learnt what a transition group is, events / activities that they do and what it's like to be a part of it. I really enjoyed this visit as it was interesting to hear what other local environment groups are doing."

What do you think are the most important things to know about climate change?

"The impact climate change has on indigenous communities around the world e.g the Amazon, Antarctica and North

America. Everybody already knows about global warming and rising sea levels, however, indigenous tribes are one of the most vulnerable groups to climate change and are often marginalised and forgotten about. Their voices need to be heard as they play a major role in combatting climate change.”

What do you think are the most important things that people can consider doing to help combat climate change?

“Educating young people, especially children, about the importance of recycling and having a healthy diet to help combat climate change. I also think people should do their own research and be mindful of where they are buying clothes from as some businesses sell fast fashion items, which is a key contributor to climate change. There are multiple things that can be done to fight against climate change and this can be overwhelming. However, I truly believe that education, sharing knowledge and spreading the word is the most important thing to do. If people don’t understand climate change, how can we fight against it?”



We’d love to see the High Legh Environment Hub community grow. Please e-mail highleggh23environmenthub@gmail.com to receive a monthly newsletter of top tips and info on future events. If you have any suggestions for topics you’d like us to cover in future events, please drop us a mail.

If you’d like to join a Climate and Environment Working group meeting to get a better feel for what it’s all about, please e-mail highleggh23environmenthub@gmail.com. Meetings are held approximately every 6 weeks, new attendees are very welcome.



The High Legh Tennis Club (HLTC) experienced coaching team, offer a comprehensive programme including group lessons and one-to-one individual lessons catering for tennis players of all ages and abilities.

Head of Tennis Emma Silcock supervises a diverse coaching programme catering for the absolute beginner right through to the more experienced player.

Our extensive coaching services include:

JUNIOR COACHING

HLTC has a thriving junior coaching programme with over 100 players receiving first class coaching each week. Our Junior Coaching is divided into four specific age groups:



Each age group uses a different colour ball, a different size court and a different size racket. The group lesson courses enable juniors to learn all the techniques and tactics needed to improve their game in addition to learning the rules of tennis.

WEEKLY PROGRAMME

- **Years 1&2** - Tuesday 3.45pm-4.30pm and/or Saturday 9am-10am
- **Years 3,4&5** - Wednesday 4pm-5pm and/or Saturday 10am-11am
- **Years 5&6** - Wednesday 5pm-6pm and/or Friday 5.30pm-6.30pm and/or Saturday 11am-1pm
- **Years 7 onwards** - Wednesday 5pm-6pm, Friday 5.30pm-6.30pm & Saturday 11am-1pm

SCHOOL HOLIDAY CAMP

The tennis camps are aimed at all junior members from 4 years old through to 16 years old with the camps being focused on all abilities of the player and tailored for specific age groups. Camps are great fun and all the children will really love them. Commence week beginning 10th July and running all summer until school returns in September.



INDIVIDUAL LESSONS

Individual tennis lessons are often crucial for a player's development in tennis, allowing the pupil to choose the area of focus and work at their own pace. HLTC has a great coaching team with three experienced coaches available for coaching throughout the week.

For further information regarding individual lessons, group coaching, holiday courses and relevant booking forms please contact our Head of Tennis Emma Silcock 07985605565 or (emmasilcock@mail.com)

Kind Regards

HLTC Coaching Team, Emma Silcock (Club Coach Award - Performance) Head of Tennis

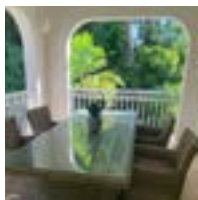
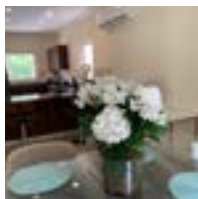
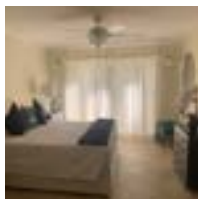
High Legh Tennis Club, A50 Warrington Road, High Legh, WA16 0RT

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www.highlegghclean.co.uk

High Legh Community Association

COFFEE AND FRIENDSHIP



Coffee and friendship is an opportunity for All High Legh residents to come along and enjoy a cup of tea/coffee and homemade cake, meet new people and catch up with old friends and neighbours.

In March we had a visit from Cheshire East Health & Wellbeing staff who did free health checks. Thank you to Lindsey from Tropic Skincare, a resident of High Legh, who came in May and did hand massages for us. This was very popular and Lindsey has said she will come again later in the year.

The next coffee mornings will be on 21st September 10.30 – 12.00 at the Village Hall and donations will be for Macmillan Cancer. Other dates are 26th October and 23rd November.

Thanks to High Legh Community Association for helping towards the funding of these events and to all the volunteers who bake and help. All donations go towards a Christmas lunch.

For more information contact
Trish Adams on 01925 755983, email trishhlca@gmail.com or
Doreen Walker on 01925 754818, email doreenwalker@btinternet.com



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(BUT ARE NOT LIMITED TO)

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FREE NO OBLIGATION QUOTE

High Legh Community Association NEWS & EVENTS

DO YOU KNOW YOUR CARBON FOOTPRINT?



Cheshire East Council are encouraging everyone to measure their carbon footprints to help understand what small changes they could make to reduce their carbon emissions.

To measure your footprint visit: [WWF Footprint Calculator](#). The questions will only take 5 minutes and you will instantly find out your carbon footprint. Being aware of your footprint can help you track your impact on the environment over time. Try making small changes in your life and see how many tonnes of carbon you can reduce from your footprint!

To find out what Cheshire East Council is doing to reduce their carbon footprint and become a carbon neutral council visit: Carbon Neutral Council (cheshireeast.gov.uk)

HANGING BASKETS AT THE VILLAGE HALL

Thank you to Derek Smith for supplying the beautiful hanging baskets that make the Village Hall look so attractive and welcoming and will be flowering for months to come.

Derek, of E. Smith and Sons, runs a nursery on Booths Lane, Lymm, selling a wide range of plants, compost and containers. The nursery is a family business started in 1959 by Derek's father and is still selling the plants his dad loved. Call in to see their wide range of stock.



ST. JOHN'S CHURCH

Dear friends

"Don't be afraid, for ***I am with you***. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand" (Isaiah 41:10 NLT)

St Johns church is the heart of our community; we are here for all; people with faith, of all faiths and those who don't. As the verse in Isiah states "that I am with you" St John's community is with you.

Our Priest in Charge, Reverend Clare, lives within the Community and together with her team is available to support everyone in life's decisions and challenges. The door is open, all you need to do is ask.

St John's is a vibrant and welcoming church that has several regular services a month starting on Sundays with a 10am service with communion, All Age worship is a welcome for everyone and particularly families with children. On the fourth Sunday each month there is the Book of Common Prayer Communion Service at 8.30 and then Cafe Church, which is a very informal service of favourite hymns and breakfast, including tea and coffee. This is a service that, if you haven't been to church before, offers a place where you can meet others and make friends. The Cafe Church has grown over the months, which is testimony to our outreach to all in the community, offering everyone a relaxed and friendly community feel. Going forward, there are services to celebrate special occasions such as harvest, remembrance and Christmas. These offer everyone an opportunity to come together in positive spirit for the occasion. If you follow St John's social media on facebook or look at the website for updates.

There are lots of group events such as Monday crochet, meeting every week between 2-4 in the afternoon; this is a group for Beginners through to advanced. we are currently crocheting poppies for November for a Remembrance Day display. Little Acorns, our Parents and



Tots / Babies group is on a Tuesday morning from from 09.30 to 11.30. This is a drop in facility for young families, grandparents and carers. We are currently on a break for the Summer. We return in September. Coffee, create and chat meets on the second Tuesday afternoon of the month. Our community lunch is the 4th Wednesday of the month; a great group of people from the wider community coming together to have lunch and friendship in the Church Room. You don't need to know anyone, just come a give it a try. In addition the HLCO Observatory group meet up on the second Thursday evening of the month, Mothers Union is the first Tuesday of each month, and on a Wednesday morning at 9am a small group meet for Celtic prayers.

With everything that happens around St John's people need not feel alone, so come and join us and make friends. We look forward to growing with you in our community in whatever way you choose to do.

And finally, Friends love each other the same way Christ loves us (John 15:12-13); Friends challenge each other to meet the highest good (Proverbs 27:17).

Take care and every blessing
Liz Whimpany

HIMOS HUB ARTS SCHOOL IS BASED AT THE HIGH LEGH VILLAGE HALL



- **Mini Makers** First monday of the month, 10am-12pm (Messy, sensory, craft for all pre school age children) £10
- **Mini Movers** - Middle monday of the month, 10-11.30am, (Yoga for all pre school age children) £7.50
- **KS2 After School Art Club** - Monday & Wednesday, 3.45-5.15pm, £8 per session (discount for block booking)
- **KS1 After School Art Club** - Tuesday. 3.45-5.15pm, £8 per session (discount for block booking)
- **Jewellery Making** - Monday, 5.30-6.30pm, all ages welcome, £7
- **Tuesday Chill** - Tuesday, 5.30-6.30pm, 8-14 year olds, £7 (max. 5 people, this is a quieter session for children who prefer a calmer atmosphere)
- **Sew Sew Club** - Wednesday, 5.30-6.30pm, all ages welcome, £7 (all kinds of material crafts: sewing, knitting, crochet etc)
- **Cake Craft** - Thursday, 5-6pm, all ages welcome, £7 (introduction to cake crafting skills)
- **Drink & Draw** - Thursday, 7-9pm, adults, £12.50, all materials, drinks (alcoholic & non-alcoholic) and nibbles included. Suitable for ALL abilities
- **High School Drop In** - Friday, 3.30-5pm, £5
- **Home Ed sessions** - Every second Friday of the month and the following Wednesday, 10am-12pm for under 10's, 12.30-2.30pm for 10+, £10
- **Holiday Clubs for primary age children during all school holidays**
- **Private Party bookings available**



CONTACT LIZ JONES AT LIZ@HIMOSHUB.COM OR
POP ALONG TO THE VILLAGE HALL TO FIND OUT MORE.

NEW COUNCILLOR

Following our Annual Meeting, we welcomed Cllr Lorraine Batchelor to the Parish Council and Rev Clare Leal was co-opted onto the Council. Cllr Matt Cooper was elected as Chairman and Cllr John Sykes as Vice Chairman. If you would like to read the Minutes, Chairman's Report and Financial Report they are on our website:

www.highleghparishcouncil.gov.uk



CORONATION

Thanks to all who helped and attended our Coronation event and a special thank you to the organising committee and the Church for allowing us to use their car park. Thank you to the WI for baking and icing 200 muffins.

Although it was a bit wet the 250 plus people there seemed to enjoy themselves. These events bring the whole community together. Thank you to Liz from HIMOS for keeping the children entertained. Sadly we didn't have very many entries in the make a crown competition but it meant that all the children who entered got a book token.

Thank you to Specimen Trees for donating the oak tree that has been planted in the Chapel grounds.



ROAD SAFETY

Please keep your hedges and shrubs trimmed to keep pavements clear so they are safe to walk on.

You can report any Highways problems, fly-tipping and streetlights out on fixmystreet.cheshireeast.gov.uk

HS2

Councillors Cooper and Hennerley attended the Parliamentary Select Committee in May to speak about our petition on the Hybrid Bill. We've received a letter informing us that the Secretary of State for Transport intends on depositing the Crewe – Manchester Additional Provision 1 (AP2) in Parliament on Monday 3rd July 2023 and we will receive



the documents the first week in July. HS2 will be sending out a second set of amendments to the Bill that include additional powers to construct works and to acquire or use land affecting our local authority area. These amendments will also be proposed by means of an Additional Provision (to be known as “AP2”).

POLICE

We don't have a PCSO at the moment as our PCSO was moved to another area. Please use either 101 or 999.

MOBILE LIBRARY

CE are consulting on library opening times at present but the Mobile Library won't be affected. The Mobile Library visits High Legh every 3 weeks on a Monday between 11.15am and 11.40am on Surridge. Dates: 31 July, 21 August, 11 September and 2 October. Dates can be found on the CE website.

Need a wheelchair? British Red Cross provides mobility aids to support individuals on a short-term basis, during illness, injury, the worsening of a medical condition, for day trips and holidays or to fill the gap whilst people are awaiting long-term service provision. We provide wheelchairs and toileting aids for adults and children (aged 5 and over). Mobility Aids Service number **03004561914**. Equipment can either be delivered or collected from our Knutsford branch. To book: redcross.org.uk/wheelchair.

Millbrook Healthcare of Winsford are offering free equipment collections to Cheshire East residents. This includes equipment not prescribed by them. If you have any equipment that you no longer want or need, ring to arrange collection. Contact details are: Millbrook Healthcare – **01606 655 560**.

Next PC meetings: Monday 11th September and 23rd October at 7.30pm.
at High Legh Village Hall.

If you would like to subscribe to our email updates, please email the clerk

Mrs Doreen Walker (Clerk) Tel: 01925 754818

Email: clerk@highlegthparishcouncil.gov.uk www.highlegthparishcouncil.gov.uk

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Farm Shop Opening Times:
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Saturday 9.00am – 5.00pm
Sunday 10.00am – 4.00pm

Community Farmers Market
Opening Times:
10.00am – 1.00pm

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www.abbeyleys.co.uk



What is GraveTalk?

For those with big questions about death, dying and funerals, having someone to talk to can be invaluable. But how do you start those conversations, and with whom? St Johns Church is starting a group in a café style environment to have 'conversations' with each other. This 'conversation' is also for younger people as well as older people, it is to talk about planning, most of us put this to one side and choose not to think about it. Grave talk is a conversation NOT a training session. People find that once they start talking, there is a lot to be said about this sensitive but important reality.



We plan to run it over 2 sessions time and dates to be confirmed. It will be very relaxed it's about planning. This is open to everyone in the community. The conversations will be led by Chris Stanisstreet and Liz Whimpany.

High Legh News CONTACTS

(National Grid) 0800 111 999
(United Utilities) 0345 672 3723
(SPEnergy) 105 or 0800 001 5400

Village Hall Manager **Helen Wright 07703 194052** or highleghvhall@gmail.com
Newsletter articles and advertising **Gail Coenen** at gail.coenen@btinternet.com / **07557 678977**

Website **www.highleggh.org.uk**

Send your email to **whatsoninhighleggh1@gmail.com** to receive monthly
"What's on in High Legh" notifications.

Facebook **High Legh Community Association** Sunday Teas **Trish Adams 01925 755983**

Mrs Doreen Walker (Clerk) **01925 754818** or clerk@highlegghparishcouncil.gov.uk
HL Primary School **01925 753713** or admin@highleggh.cheshire.sch.uk
PTA Ruth Ande and Laura Boyd (Co-chairs) laura.boyd@carnellgroup.co.uk
HL Pre School Nursery Manager, Ellis Starkey **01925 756061** or nursery.highleggh@gmail.com
St John's Church Wardens. Tom Drury **07985 600122** Nick Whimpany **07554 343133** or
highlegghstjohns@gmail.com

Coffee and Friendship Doreen Walker **01925 754818** or doreenwalker@btinternet.com
HL Community Observatory John Anderson www.highleggh-communityobservatory.com
HL Women's Institute (President) Jenifer Morton **01565 8302947**
HL Bowling Club Jean Mason **01925 753643** or email secretary@highlegghbowls.co.uk
HL Park Golf Club **01565 830 888** or email info@highlegghpark.com
HL Tennis Club (Head of Tennis) Emma Silcock **07985 605565** or emmasilcock@mail.com
HL Community Transport **01925 755394 / 07876 161893** or jeromeevans@sky.com
Cheshire East Council Cllr K. Parkinson **07565 158989** or kate.parkinson@cheshireeast.gov.uk

Appalachian Dance - Margaret **07508 329764** or cathj123@hotmail.com
West Coast Swing Dance - Hazel hughzy_tigs@hotmail.com
Baby Ballet - Joanne Chambers **07732 819984** or jeschoolofdancing@gmail.com
Bridge Club - Joint chairmen, George Bradshaw **07837 254326** or George.bradshaw14@gmail.com
Dave Smith **07702 520232** or dave@basementsystems.com
Tai Chi contact via Trish Adams **01925 755983** or trishica@gmail.com
Tango Classes - Simon simon.auty@icloud.com
Pilates - Wendy **07900 953584** or wendy_ryan@hotmail.co.uk
Balance Strength Core - Alison Roe **07866772123**

Information on this page about Emergencies, High Legh CA, Newsletter and Village Hall Users was checked at the time of publication, no responsibility can be taken for any errors or omissions.

As our President, Jenny Morton, is on holiday, it falls on me, Norma Wright, as Secretary, to write a contribution for the HLCA Newsletter.

Our meetings since February have certainly been varied. We started with a DIY demonstration on how to remove a gallbladder with the assistance of one of the members, as you will see by the photo below! Rag Time Music entertained us in March and in April a visit by a speaker, in appropriate period costume, who talked about the Primitive Methodist Movement, was very amusing. June saw a return visit of John Carpenter, who spoke about a Social Snapshot of Manchester Libraries and John Anderson from HLCO will speak to us in July.

The W.I. is renowned for making cakes and High Legh is no exception. We contributed nearly 30 cakes to help with the refreshment tent at the Cheshire Show and must mention the 200 muffins which we made for the Coronation Celebration.

We try to meet regularly at the Garden Centre just for tea and cake, and of course a chat. Recently several of us had a day out at Bodnant Gardens. Outside our own monthly meeting, we take part in many events and outings which are organised by the Chester Headquarters. These include Golf, Darts and Bowls tournaments and outings for River Cruises in Chester with lunch, a Jigsaw race, Lowry Theatre visits and craft days. So you can see we keep busy.



Our entries for the Cheshire Show were down in number this year but the photo shows a stunning shawl made by Tricia Jones which won 2nd prize.

We are very proud of her work. We would always be pleased to see visitors at any of our meetings. Just pop in and you will be made most welcome.

PROGRAMME FOR THE COMING MONTHS ARE:-

8th August Summer Social
12th September Desert Islands Discs
10th October Harvest Thanksgiving
November A.G.M. and Hot Pot Supper
December Christmas Meal

Norma Wright Secretary, HLW.



**“CHANGE HAPPENS THROUGH MOVEMENT,
AND MOVEMENT HEALS”** *Joseph Pilates*

BACK PAIN? STIFF JOINTS? POOR POSTURE? WE CAN HELP!

FIT4LIFE is a small family run business based in Parkgate, Knutsford.

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“I feel stronger, more flexible and more energised...”

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For more information call **Linda** on **07812 525776**

or email **linda@fit4lifeknutsford.com**

info@fit4lifeknutsford.com www.fit4lifeknutsford.com





High Legh Community Kings Coronation





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