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Issue 63 - June 2024

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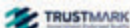
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Hello.
And welcome to
the June edition
of The Local
Life.

June is a popular month for local events to take place, with many scheduled over the next few weeks.

The National Trust Chester are running 2 different days out, the first being a coach outing from Chester station to Westhope College Gardens followed by Brenthall Hall on Monday 10th June. The second trip takes place on Friday 28th June, with a car outing for a Summer lunch at The Chester Fields. 2 course meal and tea / coffee for £32 per person.

Halton Haven celebrate 40 years of incredible hospice care this month! If you are looking to organise a fund-raiser and need some inspiration, some popular ideas are: a bake sale, BBQ or even brave the shave! All of the above are good ways to help support a fantastic organisation.

A date for your diary, this years Northwich River Festival takes place on Saturday 20th July. What promises to be a fun filled day with a duck race, different food stalls, bars selling alcoholic drinks, live music, a funfair and games, be sure to pop down between 11am - 4pm.

More details on all events can be found on the Community Pages.

Have a great month

Best Wishes,
Charlie

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The Local Life



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Some of the articles included in
this month's edition

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June is a very unpredictable month in terms of weather, but nature carries on regardless. Every corner of the countryside is teeming with all kinds of activity, common wild birds are breeding and smaller mammals, badgers and foxes, will be venturing out to feed their young. After the midsummer solstice, daylight hours will slowly decrease, so make a conscious effort to enjoy these warm summer evenings.

Evening walks are punctuated with the warm scent of wildflowers after a long day in the sunshine. Watch out for a wild flap of wings, as bats are at their busiest during these summer evenings. Bats are an integral part of the UK's biodiversity and play a key role in pollinating night-blooming plants and controlling insects. At this time of year, most females will be nursing a young 'pup' which requires a huge amount of energy. To keep up with the demands of motherhood, a single bat will catch thousands of insects in one night. Pups start to wean when they are around four weeks old, learning to fly and catch their own dinners. The Bat Conservation Trust has a wealth of information About Bats - Bat Conservation Trust

Butterflies can be hard to see against hedgerows, look out for meadow browns and gatekeepers on open land and in gardens, and smaller ringlets in the forest. These three brown butterflies are common in England, but quite challenging to see. All three have black-eye spots on their wings but varying amounts of detail.

The meadow brown is one of the most common butterflies in the UK. It has soft buff-coloured wings, except for a splash of orange on each upper wing and a small black circle on each side. Males have a little less orange colouring. They can have wingspans of around 55mm, and they enjoy flying, even on cooler, dull days. These butterflies can be easily spotted in gardens or around vegetable patches.

Ringlets are the same dark buff colour but fringed with white edges. They have a velvet some appearance and each wing has a double dot of black with a white centre, hence the name 'ringlet'. These butterflies love to feed on wild brambles and privet hedges. These are slightly smaller than the meadow browns and can be distinguished by their characteristic bobbing flight path.

Gatekeepers, or hedge browns, look orange from a distance. Close up they have a buff brown edge and one black circle on each upper wing, centred with a white dot. They love to explore hedges and gateways and edges of fields, hovering around clumps of flowers as if they are guarding them from an unseen enemy at a border. They are often seen alongside the meadow brown and ringlet butterflies, but they love to feed on wild herbs and brambles.



Nature on Your Doorstep

By Emma Russell



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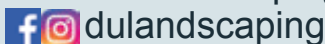


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Landscaping Gardens

By Emma Russell

British gardens reflect centuries of change and a long tradition of garden design, influenced by factors such as climate, culture, and history. There are so many eras that have influenced design over the centuries and each historical period has contributed to different styles and features.

Formal gardens are characterised by symmetrical layouts and very structured planting patterns. This style has a carefully planned shape and may include more elaborate and labour-intensive features like topiary, straight pathways, fountains, and geometric designs.

Informal gardens have a less rigid structure and more natural, irregular planting. This more relaxed approach is a way of mimicking natural landscapes and may include woodland areas, ponds, and meandering pathways.

Cottage gardens usually include a mix of colourful flowers, useful herbs, and essential vegetables. This is ideally situated in the grounds of a ramshackle cottage in the countryside but the style can be imitated in any location where space is limited and multiple plants are grown in close proximity.

Zen or minimalist gardens have taken their influence from the Japanese approach toward gardening. The emphasis is on simplicity, a tranquil space with a combination of calming elements like water, wood, metal, and stone. This landscape strives for balance and harmony, creating a peaceful outdoor area that is easy to maintain and enjoy.

Landscaping a garden requires an idea of overall style and a combination of plants that will complete the desired look. Native plants are well suited to the British climate and soil conditions, so they will thrive in the right position and placement. Popular choices include roses, lavender,

foxgloves and hollyhocks, aquilegia, primrose, hellebore, and anemones. Native trees and shrubs add height and shape to a garden, cherry, holly, and elder are smaller companions to traditional English oak trees. Of course, you can always use exotic plants from around the world and try and cultivate them in the temperate British climate. Plants like magnolia, rhododendron, camellia, and trees like the Japanese Acer, have all thrived in Britain and provide a contrast to traditional plants.

When landscaping the garden, try and provide some interest throughout the year. With a little planning, you can select plants that will bloom at different times or exhibit interesting foliage during the winter months.

British gardens often have structural features, pergolas, arbors, gazebos, and even the humble garden shed. These are all functional and serve a functional or decorative purpose within the landscape. Pathways can be shaped to complement the design of the garden, straight or curved, brick, stone, or gravel to add to its aesthetic appeal. Water features can also be formal or informal to add another element to the garden landscape.

Nowadays, many gardeners consider wildlife within their landscaping plan, incorporating habitats, bird feeders, or native plants that will support wildlife. There's also a growing emphasis on sustainability, including practices such as composting, rainwater collection, or organic gardening techniques.

Landscaping in British gardens is a combination of tradition, innovation, and the appreciation of nature, creating spaces that are beautiful, functional, and inviting.

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June 5th to 11th 2024 has been designated Bike Week by the charity Cycling UK to highlight just how good cycling is for your health.

We all know how good riding your bike is for the environment, transport is the UK's most emitting sector and as up to three million commuters travel as little as a mile and a half to get to work, cycling could be an excellent alternative. But cycling is also good for your health. Here are some of the benefits of riding your bike!

Cycling is a great way to start exercising

Because your bike takes the strain, cycling is gentle on your joints. On a bike you can also go slow if you like, and bikes have gears that make peddling less effort. Cycling is great for strengthening your legs!

Getting on your bike is good for mental health too

Cycling has been proven to increase endorphins in your body that lower stress and makes you feel good. Getting out in the fresh air only adds to these benefits.

Losing weight is easier when you cycle

Riding your bike helps you lose weight more quickly. And reducing your weight can help boost the health of your heart, can reduce the chances of you suffering from diabetes or if you already have diabetes helps you fight it.

Riding in a group is good for your mental health

Apart from the obvious safety benefits riding in a group is a good way to meet new and interesting people who have similar interests to you. Strong friendships can be formed as you encourage each other when the going gets tough riding up that steep incline. Socialising is a great way of discussing issues that are worrying you.

A great way to start your day

Having a morning ride on your bike is a great way to start your day. By getting out early you can see the start of a fresh day, get your blood circulating and put the world into a new, positive perspective setting you up for the rest of the day.

It might help you prevent or manage medical issues

Because cycling is a great way to avoid having a sedentary lifestyle there are reasons to believe that it might even prevent or help you manage any health issues that you are facing. Regular cycling has been proved to help prevent having a stroke or a heart attack, and it can help reduce high blood pressure which impacts so many other conditions.

Riding your bike can improve posture, balance and coordination

On a bike your body is constantly working to adjust your position in the saddle, and this improves body posture and your balance and coordination. As all of these reduce as we get older and are less active so riding can help reduce the chance of falls.

There are so many health benefits to riding your bike so this Bike Week, why not give it a go!

Rob Bullock <https://robbullockauthor.blogspot.com>

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Travel insurance is an essential part of your holiday planning, but there are countless different options and varying amounts of coverage to choose from. Here are some key factors to consider before you purchase your holiday cover:

If you choose the cheapest option, it may not offer the best coverage. Compare premiums from different insurance providers and remember to balance cost with the level of coverage and benefits provided. You also have to consider your age, as some risks increase and your premium will reflect this. There are special insurance policies for older people that may provide better value coverage.

There are a multitude of coverage options, just make sure that you understand what type of coverage is offered such as trip cancellation or delay, baggage loss or delay, emergency medical expenses, emergency evacuation, and any extra travel assistance services. Is the policy provider reputable? Research the insurance company, check customer reviews, and gauge whether or not they can fulfil their obligations if you make a claim.

Go through all of the coverage limits and exclusions to ensure they meet your needs and cover all aspects of your trip adequately. Exclusions may include dangerous activities like adventure sports or high-value items you may have with you during your vacation. Think through all aspects of your holiday, from the journey to the airport and back home again and any activities you plan to enjoy during your stay. Do you need extra coverage for rental cars, transport delays, loss of a passport, or identity theft? Single-trip coverage may be better for a specific journey or destination but annual coverage may be more suitable if you enjoy regular trips abroad.

Medical coverage should include emergency medical expenses, hospital stays, doctor's appointments, or medication. If you travel to a country that has high healthcare costs, consider medical evacuation coverage to get you back to the UK if needed. Make sure you are honest about any pre-existing medical conditions, and check whether the insurance policy covers them. There could be limitations, or you could pay an extra premium.

Trip cancellations or delays can easily happen. Make sure your insurance covers the most plausible reasons that this could happen to you, such as illness, injury, or any natural disasters. Make sure you understand the conditions that the policy allows and any exclusions that may apply.

Read all of the terms and conditions, to make sure you know what is covered and what isn't, and make sure you understand the claim process and you know how to file a claim if you need to. It's a good idea to check the rating of the insurer's customer support and claims process, do they have a twenty-four-hour assistance during emergencies abroad?

For further details and advice, have a look at the CAB website [Travel insurance](#) - Citizens Advice

Travel Insurance

By Emma Russell

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The evenings are warm and light, so cooking needs to be quick and tasty and feature seasonal ingredients where possible. Here are three sensational summer recipes for June dining.

With the lovely warm, light summer evenings upon us no one wants to spend too long in a hot kitchen cooking, what we want are dishes that are quick, easy and tasty and if we can use some of the produce from our gardens or other seasonal foods all the better.

NEW POTATO SALAD

If you can why not make good use of your own early new potatoes with this super simple recipe. If not, shop bought freshly dug potatoes will be delicious.

Simply boil your potatoes until just cooked – do not overcook - drain and set aside to cool a little. Meanwhile finely chop some shallots. In a bowl, make up a dressing of the juice of one lemon (white wine vinegar works equally well) and six tablespoons of olive oil. Dress the potatoes with the mixture, add the shallots, and sprinkle on some freshly cut parsley and serve with a light green salad and wine of your choice.

LEMONY TAGLIATELLE

This is one of my favourites. The sauce is so versatile that it can be used with a variety of pastas from spaghetti to tortellini or ravioli. Here I've used tagliatelle.

Start by chopping an onion and cook until soft in olive oil. Add garlic – dried garlic works well - vegetable stock cubes and half a bottle of white wine. Reduce the wine and cook off the alcohol for about ten minutes. Add the juice of one lemon and the zest. Simmer for ten minutes and in the meantime cook your tagliatelle in boiling water until al dente. Add a small carton of cream or soya cream to the sauce and a large bunch of basil, finely chopped.

Drain the pasta and place back in the pan, mix into the sauce thoroughly and grate on the cheese of your choice. Serve with salad and garlic bread – unless you are worried about eating too many carbs!

QUICK SUMMER BRUSCHETTA

Why not pick some of your own tomatoes and basil for this tasty meal. Bruschetta is essentially posh Italian style tomatoes on toast and is delicious and quick to make.

Lightly toast some thick slices of good quality white bread and allow to cool. Meanwhile chop some tomatoes and drain off excess liquid so that you do not make your toast too soggy. You can skin the tomatoes and deseed them, but this is not necessary.

Rub the toast well with fresh garlic, pile on the tomatoes, add finely chopped basil, grate over cheese of your choice, I prefer a good vegan hard cheese, but cheddar is also delicious on bruschetta. Lightly drizzle with olive oil serve with a light salad.

Any of these three quick and easy recipes would make a delicious dinner to enjoy in June. Bon Appetit!



SENSATIONAL SUMMER RECIPES

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June is a busy month for gardeners in both the flower and vegetable plots. Here are ten gardening tips this month. Flaming June can be hot and dry, but it can also be rainy, these conditions combined with the longest days of the year mean it is busy time in the garden, tending vegetables, plants and keeping on top of weeds that are growing like weeds! Here are ten June gardening tips.

1) KEEP ON TOP OF WEEDS

The plants you want to grow are doing well but so are the weeds. Hoe regularly and mulch to suppress growth. If you need to use a weed killer choose a non-toxic bird and pet friendly product.

2) WATER REGULARLY

June can be dry, so you need to keep on top of watering. Plants are mainly composed of water and drought is a gardeners' enemy. Try mulching with organic matter to help suppress evaporation. Why not install a water butt to collect any rainfall?

3) MOW THOSE LAWNS!

The grass is growing, so your lawn needs a mow at least once a week. But why not consider leaving part of the lawn uncut and encourage wildlife.

4) SHADE YOUR FRAMES AND GREENHOUSE

The June sun is powerful and can easily scorch any tender plants you still have behind glass, so ensure adequate ventilation and make sure you put shades up. Special shades can be bought, or you can use some old carpet.

5) MAKE UP YOUR HANGING BASKETS

Giving height to your garden, hanging baskets can feature a variety of plants. When planting consider whether plants like to hang or grow up tall and position in the basket accordingly. Don't forget to water daily! They must not dry out!

6) PINCH OUT TOMATO PLANT SIDE SHOOTS

The plants need to put all their effort into fruiting so make sure you keep an eye on them. Regularly pinch out any side runners that appear.

7) TIE UP CLIMBING PLANTS

To encourage strong growth and extended flowering make sure you secure climbing plants such as climbing roses that can be affected by strong winds and storms.

8) DON'T IGNORE BEDDING PLANTS

Keep replenishing bedding plants and prolong the life of those already in the ground by daily dead heading.

9) LIFT AND STORE SPRING BULBS

Once your spring tulips have died lift them and store them in a cool dry place for next year.

10) HARVEST THE FRUITS OF YOUR LABOUR BUT KEEP SOWING

June is a time of plenty. Continue to dig and enjoy your early potatoes. Regularly pick salad crops to encourage more growth. Lettuce leaves are best picked earlier in the day, and you should try and pick little and often. To avoid a glut, keep sowing salad plants right through the summer, picking and planting them on as they get bigger, this way you will have a fantastic steady stream of delicious, nutritious home-grown vegetables.

When you have finished all these jobs, pull up a chair and enjoy a tall, cool drink!

GARDENING IN JUNE

BY ROB BULLOCK
[HTTPS://ROBBULLOCKAUTHOR.BLOGSPOT.COM](https://robbullockauthor.blogspot.com)

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Pros & Cons Of Buying To Let In 2024

Property has traditionally been a good investment with buying to let enabling income generation and capital growth but what is the situation in 2024?

Whilst house prices have seen small reductions despite high interest rates rents have remained stable. As the UK property market appears to be headed for more stable times is now the time to consider buying a property for rental? Here are the pros and cons in June 2024.

PROS

Stability of renting

Renting out your property can offer a stable investment. Rents have remained consistently high over the past few years, with rents in London rising at 12% since 2023, and rents outside London rising at 10%. When this is added to the high demand for rental properties, this provides excellent stability for return of investment.

Renting provides very good extra income when compared to other investments.

Capital growth

Strong property growth has been the cornerstone of economic growth for decades, with the average house costing around £102,000 in 2000 to around £280,000 in 2023, and although 2023 saw a 1.8% drop the long-term growth still makes property a sound investment choice.

Control and write offs

Unlike investments in externally controlled funds buy to let allows you control your investment. And buy to let allows you to write off some of the cost of your investment for example mortgage interest against tax liabilities.

Liabilities

Owning a property includes a responsibility for maintaining it and, if you can't do the repairs yourself this can be expensive even if you can find someone you trust to undertake the work.

Keeping up to date with the relevant legislation can also be time consuming and complex.

Problem tenants

Good tenants respect and care for your property and are happy to maintain a good relationship with their landlords, and they pay their rent on time, but bad tenants can miss payments and damage or destroy your property. They can also be difficult and expensive to evict. Good trustworthy references or recommendations from trusted sources are invaluable.

Tax

You must pay income tax on profit that you make, and you are responsible for this, in addition when you purchase a property you pay higher rates of stamp duty, and upon selling a property you are liable to pay capital gains tax on any increases in the value of your property.

CONS

With the option of lower interest rates, borrowing becomes less expensive whilst the value of savings does not grow at the same rate and this makes buy to let more attractive, however it is a hands-on investment choice that demands a lot of your time.

Buying the right property at the right price and finding the right tenants makes buy to let a good choice but beware the pitfalls. It is advisable to seek professional advice before buying to let.

Rob Bullock

<https://robbullockauthor.blogspot.com>



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Do You Suffer From Gymtimidation

Attending the gym can be a fear-inducing feat for some people. 'Gymtimidation' is a term used to cover the self-conscious fear that people can experience when they work out. It's easy to feel intimidated by other, more experienced gym-goers. There's a fear of judgment that may stem from concerns about how you look or your abilities, or you may just feel out of place in a gym environment.

However, anxiety can manifest in a variety of ways. It is also possible for people to experience these feelings when they attend regularly, perhaps getting a little obsessive about their workouts. This type of anxiety could stem from pressure to perform, a relentless drive to meet certain goals, or demands to maintain a certain physique and stick to a strict regimen. People may fear judgment from others or worry about not meeting their own expectations. The pressure they put on themselves can lead to feelings of anxiety, unease, overwhelm, or nervousness within the gym environment.

Here are a few strategies that may help if you feel anxious about attending the gym.

Mentally prepare yourself for the gym, learn about different workout techniques, and how best to use the equipment. This will boost your confidence when you workout. Make sure you have clothing that is both comfortable to wear and appropriate, this will help you feel more relaxed and at ease during your workout.

By Emma Russell

Start small. Plan to visit the gym when it's less crowded and for shorter periods of time. If you're new, this will allow you to familiarise yourself with the environment. You can gradually increase the duration of your gym session as you become more comfortable.

Find a gym that has friendly staff and a supportive environment, this will help ease anxiety and build confidence. Working out with a reassuring friend can also make your gym experience much more enjoyable. Being with someone who knows you well could help alleviate feelings of self-consciousness.

Focus on yourself, and remember everyone is there to improve themselves, just like you. Try to shift your focus inward, instead of comparing yourself to others. Concentrate on your own progress. It can help to set clear and realistic goals that align with your abilities and are achievable. Having clear objectives can provide motivation and focus, which will reduce any anxiety.

If you have any anxiety about attending the gym, be patient with yourself. Take some time to practice relaxation techniques: deep breathing, meditation, and visualization can all help you remain calm and focused during your workouts. Overcoming fears can take time and perseverance. Focus on your enjoyment, and approach workouts with a positive mindset. Remember exercise should be enjoyable and fulfilling rather than stressful or intimidating. By implementing these strategies, you can build confidence and create a more positive gym experience.



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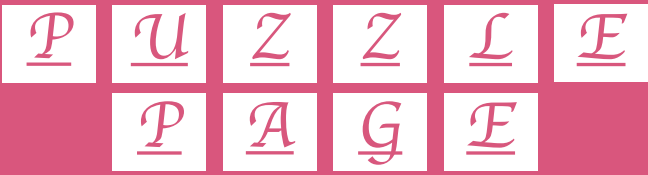
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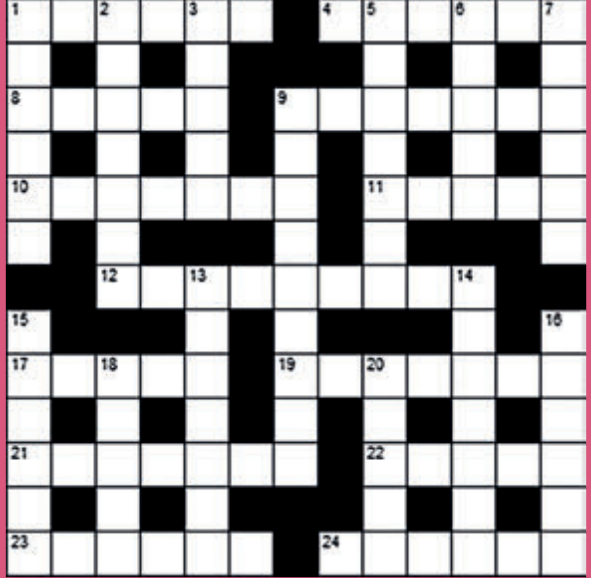
Across

- 1 Small round stone (6)
- 4 Pristine (6)
- 8 Large black bird (5)
- 9 Zeal (7)
- 10 Type of large military ship (7)
- 11 Rectify, revise (5)
- 12 Scarlet food dye (9)
- 17 Yellow/brown (5)
- 19 Gleaned (7)
- 21 Sparkle, shine (7)
- 22 Barbecue (5)
- 23 Cantankerous (6)
- 24 Burns supper dish (6)

Down

- 1 Robbery at sea (6)
- 2 Temporary, makeshift camp (7)
- 3 Estate, territory (5)
- 5 Recite, recount (7)
- 6 Tally, total (5)
- 7 Make fun of, insult (6)
- 9 Outlawed, prohibited (9)
- 13 The fastest big cat (7)
- 14 Deficient, incomplete (7)
- 15 Purchased (6)
- 16 Grown-ups (6)
- 18 Lift (5)
- 20 Belief, principle (5)

Crossword



Sudoku

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

Mindbenders

Can you find the hidden phrases?

budget budget budget

GET IT

2222 Ltd

budget ←

Community Events & What's On....

FREE pages for charities and non-profit making organisations



National Trust - Chester Centre



On Monday 10th June May there will be a coach outing to Westhope College Gardens followed by a visit to Benthall Hall (admission for non members of the National Trust is £9) leaving Chester Station at 8.40am. Cost £35

On Friday, 28th June there will be a car outing for a Summer Lunch at the Chester Fields for a two course meal including tea/coffee and staff gratuity at 12.00 for 12.30 Cost £32

You do not need to be a National Trust Member to attend our events...

New Members are always welcome, for details of membership please ring the membership secretary: 0151 336 2156 or 01928 723389 or email ntchestercentre@gmail.com

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June 2024

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Community Events deadline for the July edition is 15th June

Please email Charlie - thelocalife@btinternet.com

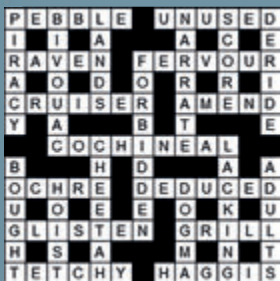
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P U Z Z L E
S O L U T I O N S

Crossword



Sudoku



Mind Benders

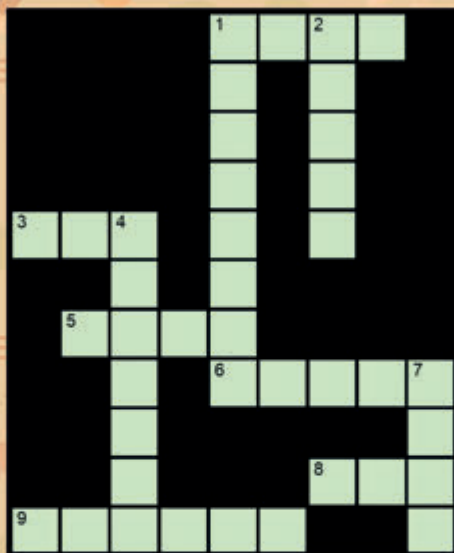
1. Low budget
2. Get over it
3. Two's company

Word Search



Kids' Page

Can you solve our farming picture crossword?



SPOT THE DIFFERENCE



Did you hear about the Magic tractor?
It turned into a Field!



Spot the Difference

Crossword Answers



HOWARD THE GUTTER MAN

RAIN ☁️, SLEET ☁️❄️ OR SNOW ☁️❄️❄️, GUTTERS MUST FLOW!

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