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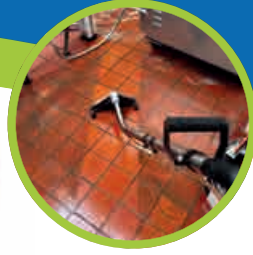
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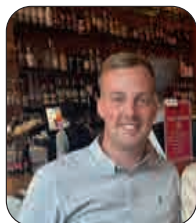
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**Hello.
And welcome to the
August edition of
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Winnington Park Rugby Club are welcoming new players for their girls teams. Girls aged 10-17 of all abilities are invited to join the pre season sessions. Training takes place on Wednesday evenings 6:30 - 8:00pm.

On Saturday 15th August you can enjoy a delicious Summer Barbecue at St John's Church Hall, Cuddington. Tickets are £10 for adults or £5 for under 18s, which includes the barbecue, side salads and deserts. Bring your own drinks and glasses. Booking in advance is required and details on how to do so can be found on the community page.

The M6 Bed Warehouse are pleased to announce that their new Macclesfield store is now open! They have 3 stores in total located in Northwich, Alsager and the new premises in Macclesfield.

A reminder that Tails Animal Rescue fun dog show will take place on Saturday 12th September. Join them for a tail wagging day, full of fun, friends & fundraising for charity. For more information on what's included throughout the day please see page 5.

Would you like to promote your business locally? We have 3 publications in total reaching over 22,000 homes and businesses. If you are self employed or have your own business, please get in touch to discuss how you can feature in the next editions.

Have a great month!

*Best Wishes,
Charlie*

**THE DEADLINE DATE FOR
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IS 14th AUGUST**

For advertising information please
contact Charlie on:

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**Some of the articles included
in this edition**

What is your pet thinking?



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Alfresco dining at home



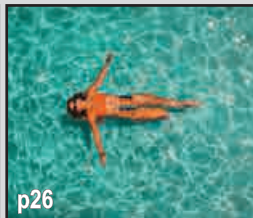
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What is the best driveway?



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Fit for life



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From DNA kits to behavioural assessments, modern pet owners are learning more about their animals than ever before. But what exactly is 'pet profiling', and why is it becoming so popular?

For many owners, pets have always felt like individuals with their own personalities, quirks and habits. Some dogs are endlessly sociable, others anxious or stubborn. Some cats crave attention, while others seem happiest ruling the house from a distance.

Now, a growing industry is attempting to explain why. Across the UK, more owners are turning to DNA testing, behavioural analysis and personalised health assessments to better understand the animals they live with.

What was once largely guesswork is becoming increasingly data-driven, offering insights into breed history, inherited traits, health risks and even behavioural tendencies.

Beyond the breed guess

One of the biggest drivers behind the trend is canine DNA testing. Originally popular among rescue owners curious about their dog's background, these kits have expanded rapidly in recent years.

A simple saliva sample can now reveal detailed breed breakdowns, inherited characteristics and, in some cases, genetic markers linked to health conditions. For mixed-breed dogs especially, the results can be surprisingly complex.

Owners often discover that a pet's behaviour suddenly makes far more sense. A dog that constantly digs, guards toys or demands endless exercise may be displaying instincts tied to breeds hidden deep within its DNA.

Far from being a novelty, many owners find the information genuinely useful when it comes to training, exercise and daily care.

WHAT IS YOUR PET REALLY THINKING?

Understanding behaviour

Alongside genetics, behavioural profiling has become increasingly common. Trainers and pet specialists now look more closely at factors such as energy levels, confidence, sensitivity and social behaviour to build tailored routines for animals.

Rather than applying one-size-fits-all training methods, owners are encouraged to work with a pet's natural tendencies.

Mental stimulation is also receiving greater attention. Puzzle feeders, scent games and structured enrichment activities are increasingly recommended for intelligent or high-energy breeds that may otherwise become bored or destructive. The aim is not to 'fix' pets, but to understand them better.

A personal approach

This growing interest reflects a wider shift in pet ownership. Animals are increasingly viewed not simply as household companions, but as individuals with specific emotional and physical needs.

That has led to more personalised approaches to nutrition, exercise and healthcare. Some owners now choose food plans based on breed type or activity level, while others use wearable trackers to monitor movement and sleep patterns.

Technology is helping to support that shift. Smart collars, health-monitoring apps and online veterinary services are making it easier than ever for owners to build a clearer picture of a pet's wellbeing.

In short, pet profiling is not about turning animals into data. It is about recognising that every pet is different... and learning how to care for them accordingly.



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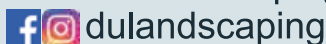


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What Is The Best Drive For You?

Choosing the right material for a new drive can be difficult because there is so much choice. Here are the pros and cons.

Many factors will determine what kind of drive you install, the cost, how much maintenance is required, and ,importantly, the look you are trying to achieve. Block paving is a traditional option and can sometimes be laid by the homeowner. And with its individual blocks, if the surface becomes damaged small parts can be replaced, easily and cheaply. Resin-bound surfaces are harder to install, but they offer an attractive, seamless, permeable, and low-maintenance surface. Porcelain paving is a super-stylish choice and can give your drive a fantastic look. It is a sleek, durable, and low-maintenance surface.

Block paving

Block paving is a cost-effective way to resurface your drive, from around £80 to £120 per square metre. There is a wide variety of choices available, with some sought after block designs more expensive than others. The complexity of the lay can also impact the cost.

Because they are made up of many individual blocks, if some become damaged, they are easy to repair. Block paving also lasts for decades if maintained correctly. While it is a very traditional surface, there are some excellent design options available to give it a modern look. On the downside, block paving drives require regular weeding and re-sanding.

Resin bound surfaces

This modern drive surface is a very stylish look and is low maintenance. Because resin-bound surfaces are permeable, they are highly effective at evacuating

water during very wet weather.

Laying a resin-bound surface is generally more complicated than laying a block paving surface and generally needs a specialised professional to do the work. However, the materials used can incorporate recycled products, and so, resin-bound surfaces can offer a very environmentally friendly option.

The average cost of a resin-bound driveway in the UK is between £60 and £120 per square metre but this depends on the type of resin and the conditions of the existing surface.

Porcelain Paving

Although more expensive at £130 to £180 per square metre, on average, porcelain paving is a stylish, extremely long-lasting excellent choice for driveways in the UK. If installed correctly, porcelain paving can last up to half a century and can withstand very heavy use. Porcelain drives are very low maintenance and naturally stain resistant and easy to keep clean. Porcelain has a very low water absorption rate, making it resistant to stains, and its non-porous surface reduces the growth of moss, mould and lichen. It is also frost and UV resistant which helps it maintain the appearance for longer.

A truly stylish option, porcelain paving comes in a wide range of colours, textures, and patterns, making it fit with the homeowner's own style preferences and giving a drive a fantastic modern look.

The type of drive you install is influenced by numerous factors, so seeking professional advice is the best place to start.

By Rob Bullock

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Brighten Up Your Furniture

If you have a sturdy table and chairs that would benefit from a quick sprucing up, then why not put your DIY skills to use and get out the paintbrushes? Some skilful painting using bright colours is an affordable but effective way of creating the perfect focal point for your outdoor dining area. Whether you enjoy a large garden or a small patio, a beautiful table and chairs could make all the difference.

Accessorise!

Adding accessories can be an easy way of turning any space into one you can't wait to spend some time in. Don't consign the cushions, blankets, and candles to indoors only - they can also look great outdoors. Bring some of your style into the mix with some statement pieces that add colour and texture to your outdoor space. Scented candles add a beautiful aroma and perfect mood lighting as the sun sets; while bright and cosy blankets will keep the chill away as the sun goes down.

Say It With Flowers

No outdoor dining space would be complete without some beautiful plants and flowers – it is outside, after all! From trailing leaves to beautifully scented blooms, the right flora can set the scene while also adding some wonderful scents to your space. If you are working with a small space, then the

addition of some plant pots, or even a beautiful vase of your favourite flowers is enough to add a stylish and pretty touch.

Dress For Success

Table linen does not have to be solely for the indoors. If you love a crisp tablecloth, then why not adorn your outdoor dining table with some beautiful fabric? Whether you prefer it to be bright and bold, or subtle and rustic, a tablecloth can take your table to the next level. The same goes for your cutlery and tableware. To take your outdoor dining to the next level, why not choose some cutlery, plates, and glassware that remind you of your perfect Mediterranean escape?

Don't Forget The Floor

Whether you enjoy a decked outdoor space, or you love nothing more than feeling the grass between your toes, the ground beneath your feet is an important part of your outdoor dining experience. If you have the space, why not consider an outdoor rug? Designed with practicality and style in mind, a rug can add a personal and unique touch to any outside eating space.

Whatever your budget, there are plenty of options out there to help you to transform your outdoor space into your own personal dining terrace. You'll be eating al fresco every day!

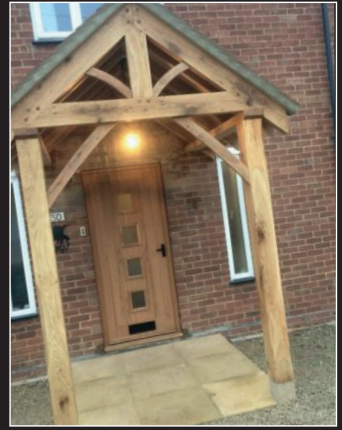
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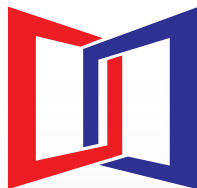
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In the UK, private schools continue to be an important part of the UK's educational landscape, educating around 6% or over half a million school-age children. They offer academic excellence, and they do this in nurturing, supportive learning environments.

With their smaller class sizes, tailored support and world-leading extracurricular activities, private schools in the UK are very much sought after by parents both for their academic excellence and life-enhancing learning that contributes to a second-to-none, well-rounded education for their children.

Commitment to Academic Excellence

Overall, private schools have long been recognised for their high academic standards, and this is certainly the case in 2026, particularly in terms of GCSE and A-level results. With their state-of-the-art facilities, small class sizes, tailored support and specialised staff they regularly achieve the best exam results in the country. This can lead students to obtain places at some of the world's most prestigious sought after universities.

Smaller class sizes are particularly attractive to parents as they allow for more one-on-one interaction between teachers and students and this, along with tailored support, has been proven time and time again to help pupils achieve their best academic results.

But academic life at private schools does not stand still; it is always progressing with regular updates to the curriculum, ensuring they remain at the forefront of education.

Pastoral Care

One of the main attractions of private schools is that they offer pupils the very best pastoral support possible which focuses on the emotional and social

well-being of students. This includes emotional support, which allows pupils to feel understood and secure, builds their confidence and self-awareness, which in turn builds resilience. All of this is possible because the dedicated staff are given the time to really get to know their students and build long-lasting relationships, and this creates a supportive environment.

Rounded School Experience

A major attraction of private schools is that they offer a wide range of extracurricular activities that enhance the educational experience of pupils and help develop life skills. Many schools have specialities, and these can include a strong focus on individual and team sports; on music, drama and the creative arts; science and technology, and often languages.

Often, private schools have strong connections with their local communities, which they are rooted in, and this offers pupils a chance to volunteer and participate in community projects and learn new life skills. Many individuals who attend private schools make friends for life because they are offered life-affirming opportunities that include both academic development and encourage personal development, to foster a sense of curiosity, and a feeling of belonging among their fellow students.

Private schools remain popular because they continue to offer the very best academic opportunities for pupils, along with pastoral and emotional support by creating a nurturing environment that prepares students for future challenges and opens doors for careers and life opportunities.

Private Schools

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By Rob Bullock

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August Gardening

August might be a lazy month for many, but for gardeners it is a busy time, pruning, harvesting and watering.

The hot days of August can make gardening hard work, but by taking your time, keeping hydrated and well covered from the hot sun, gardeners, like plants, will enjoy this wonderful time of year. Watering is, again, a priority this month and the needs of your garden must be considered if you are away on holiday.

Deep watering

Hot, dry weather means gardeners need to water consistently and deeply. This is especially necessary for more thirsty plants like hydrangeas, dahlias and tomatoes, which are at the height of their growing season. And don't forget to water anything newly planted and especially containers, which you should move into more shaded spots in very hot weather. Pots should be fed regularly this month with liquid fertiliser.

Lawns

Hot, dry weather can lead to browning of lawns, but a good August downpour will help rectify this. Whilst it is important to mow your lawn regularly, this month you might consider mowing only every ten days or two weeks and keeping the mower blades high to prevent drying out the grass.

Fruit and vegetables

In August frequent harvesting is the key to better cropping for some, especially courgettes, runner beans and tomatoes which, if picked each day, should be succulent and delicious. Plums and Blackberries are ripe for picking this month.

As you continually harvest your potatoes, be vigilant for potato blight – removing any affected plants. On a dry day, lift onions and shallots if their tops have died down, then leave to dry out in the sun.

As you pick your summer salad crop, regularly sow hardy crops such as land cress, rocket and lamb's lettuce for late season harvest. Looking forward, now is a good time to plant potato tubers in large tubs in a cool outbuilding or porch so you can have freshly harvested potatoes with your Christmas lunch.

Flowers

Hanging baskets and pots not only need regular watering and feeding this month but deadheading and cutting out dead flowers should be done almost daily to encourage new growth and the best display. In borders, deadhead dahlias, roses and bedding plants to ensure new growth and colour well into the next season. Likewise, hardy geraniums should be cut back a little as this will ensure new growth and flowers for longer. On a hot day there is nothing nicer than pottering in the flower garden and with a little effort and careful attention to your flowers you can extend their blooming season considerably.

Once they have finished flowering, August is the perfect time to prune climbing and rambling roses and collect and store in a cool, dry place the seeds of your hardy annuals and perennials like Nigella and Cerinthe which you can then sow in the autumn.

Thinking about the wildlife, don't cut off the flowerheads of ornamental grasses. Ornamental grasses such as Indiangrass and Big Bluestem provide food and shelter that many species rely on when other food sources are scarce.



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Exercise looks different at every stage of life. The good news? Staying active is not about pushing harder as we age - it is about adapting smarter.

Ageing changes the body, but it does not have to mean slowing down completely. In fact, health experts consistently point to regular movement as one of the biggest factors in maintaining quality of life long-term.

According to NHS guidance, adults should aim for at least 150 minutes of moderate exercise each week, yet millions of Britons still fall short of that target.

The challenge is not necessarily motivation. Often, it is knowing what kind of exercise works best at different stages of life. So let's have a look:

Twenties: Experiment and explore

For many people, their twenties are the decade of physical freedom. Energy levels tend to be higher, recovery is faster, and there is often more opportunity to explore different sports and routines.

It is an ideal time to build healthy habits and discover forms of exercise that are genuinely enjoyable rather than purely functional. Team sports, running clubs, climbing, swimming, cycling and gym-based training all offer both physical and social benefits.

Thirties: Building strength and balance

By the thirties, the body gradually begins to change. Studies suggest adults can start losing muscle mass from around their thirties onward if strength training is neglected. Metabolism may also slow slightly, making movement and recovery increasingly important.

This is why many experts recommend incorporating resistance training into weekly routines, even in small amounts. Strength work supports muscle retention, posture and long-term mobility.

Forties: Investing in future health

The forties are often viewed as a key decade for preventative health. Cardiovascular fitness becomes increasingly important, particularly as risks linked to heart health, weight gain and blood pressure can begin to rise with age. Activities such as brisk walking, jogging, cycling and hiking help support heart health while remaining manageable long-term. Bone density also becomes a greater consideration, especially for women. Weight-bearing exercise and moderate strength training can help maintain both balance and overall strength later in life.

Fifties: Staying mobile and engaged

By 50, many people begin rethinking fitness less as competition and more as lifestyle. Activities such as tennis, dancing, golf, hiking and swimming can provide both movement and enjoyment, helping exercise remain sustainable and social. Flexibility and mobility also become increasingly important, with Pilates, stretching and yoga helping maintain joint movement and posture.

Sixties and beyond: Movement matters more than ever

Exercise remains hugely important later in life. Research increasingly links regular activity with improved mobility, better mental wellbeing and reduced risk of conditions associated with ageing.

Even moderate exercise can make a difference. Walking, gardening, swimming and light resistance training all help support balance, coordination and strength.

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Once considered a quick and inexpensive errand, washing the car has quietly become another rising motoring cost. But as prices increase, are drivers still valuing a clean vehicle, and when it comes to machine versus hand wash, which option actually makes the most sense?

For many motorists, a car wash used to be almost automatic. A few pounds at the local petrol station, a quick rinse on the way home, and the job was done.

Today, however, the cost of keeping a car clean has noticeably increased, and drivers are becoming more selective about how, where and how often they do it.

Across the UK, a basic automatic machine wash now commonly costs between £8 and £12 depending on location and package, while premium washes including waxing, wheel treatments and interior cleaning can climb far higher.

Hand car washes, meanwhile, often begin around £15 for a basic exterior clean and rise significantly for larger vehicles or detailed valeting services.

Part of the increase simply reflects wider operating costs. Water, electricity, cleaning products, rent and staffing have all become more expensive in recent years. Added to that is the changing nature of the modern car wash itself. Many sites now offer more advanced cleaning systems, specialist coatings and upgraded finishing options aimed at drivers who increasingly see vehicle care as part of maintaining long-term value.

Yet despite rising costs, demand for professional cleaning remains strong. For many people, a clean car is about more than appearance. It creates a sense of pride, comfort and routine.

Regular washing can also help protect paintwork from dirt, salt and environmental damage, particularly during winter months.

There is also a practical consideration. As motorists keep vehicles for longer, maintenance and presentation matter more. A well-maintained exterior can help preserve resale value and prevent small cosmetic issues from becoming larger problems over time.

Meanwhile, the debate between automatic and hand washing continues to divide motorists. Modern machine washes are faster, increasingly sophisticated and generally more effective than older systems that gained a reputation for damaging paintwork. For regular maintenance cleaning, they remain a practical and convenient option.

Hand washing, however, is still widely viewed as the gentler and more thorough approach. Professional hand wash teams can reach difficult areas, pay closer attention to detail and tailor the clean to the condition of the vehicle.

Ultimately, the modern car wash sits at the intersection of convenience, maintenance and lifestyle.

Yes, the days of the ultra-cheap wash may largely be behind us. But for many drivers, keeping a car clean still feels worthwhile - not simply for appearances, but for comfort, pride and protecting something that remains one of the household's biggest everyday investments.

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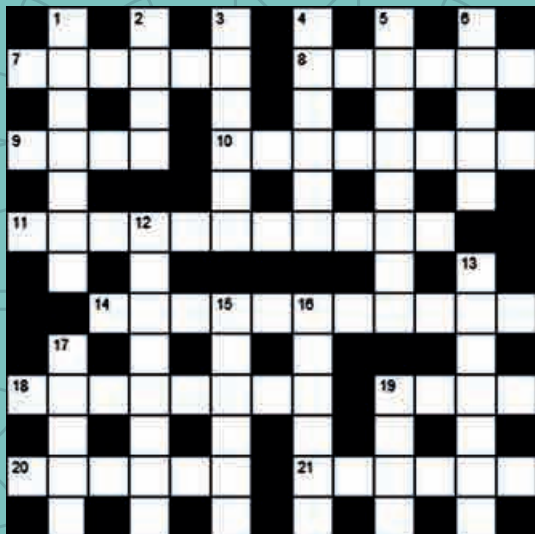
Crossword Clues

Across

- 7 crusade, combat (6)
 8 required (6)
 9 stride, walk (4)
 10 tussles, struggles (8)
 11 venture, enterprise (11)
 14 mediator, negotiator (11)
 18 sucker, soft touch (8)
 19 recognize (4)
 20 meal (6)
 21 engage, put to use (6)

Down

- 1 containers, packets (7)
 2 cease (4)
 3 mass, tonnage (6)
 4 reveal (6)
 5 reply (8)
 6 measuring device (5)
 12 pachyderm (8)
 13 atomiser (7)
 15 frolic, romp (6)
 16 grain, nut (6)
 17 god of desire (5)
 19 preserved, saved (4)



bean, beetroot, cabbage, caper, carrot, celery, chard, chive,
 corn, cress, fennel, garlic, gherkin, gourd, kale, leek, lentil,
 lettuce, marrow, nettle, okra, onion, parsnip, pea, potato, pulse,
 radish, red pepper, sage, spinach, sprouts, swede, tomato, turnip



Mindbenders

Find the three hidden phrases

YOU E M

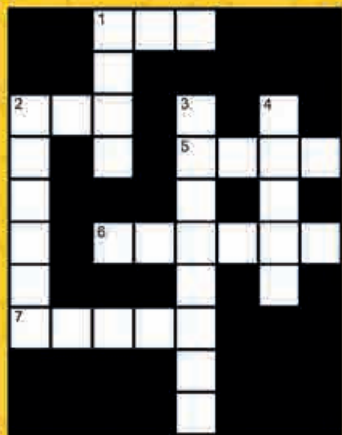
DELSGSSUINCE

CAKE

Sudoku

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

Kids' Page



Across

1. If you swim in this watch out for the waves (3)
2. It's so much nicer when the ____ is shining (3)
5. You might find one of these in a rock pool (4)
6. Fill this with sand to make a sandcastle (6)
7. Use this to dig a big hole on the beach (5)

Down

1. This always gets in your sandwiches! (4)
2. You can collect lots of these at the seaside (6)
3. Delicious to eat on a hot day (3,5)
4. It's fun to jump over these (5)

Seaside Sudoku

Each row, column and 4-square box must contain the letters SAND. Can you solve the puzzle using logic?



Seaside Puzzler

If you dug a hole on the beach 1m deep by 50cm wide, how much sand would be in it?

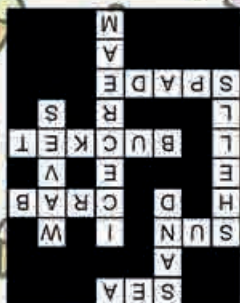
Try Our Summer Tongue Twisters

She sells seashells on the sea shore.
Red lolly, yellow lolly.
Sixty seagulls swooping swiftly

Answer to Summer Puzzler
None - it's a hole so it doesn't contain anything!



Sudoku Solution



Crossword Solution

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[Dementia Friendly](https://www.facebook.com/dementiafriendlynorthwich)

Community Events deadline for the September edition is 14th August

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

Crossword



Sudoku



Mind Benders

1. You cracked me up
2. Blessing in disguise
3. A piece of cake

Word Search





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