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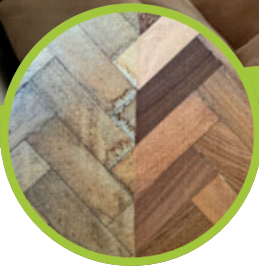
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**Hello.**  
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A reminder that Oakmere Wealth have their golf day taking place on 13th May at Vale Royal Abbey Golf Club. You can enjoy a relaxed day of golf, great company and a two course dinner. The day is in aid of raising money for St Luke's Hospice and the St James' Place Foundation. If you would like to take part, please see page 4 and use the QR code for more details and bookings.

I am opening up the waiting lists for delivery rounds. If you would be interested in delivering the magazines once a month local to where you live, please get in touch with your details. You must be age 13+ and delivery is over 5 days, once a month. More details will be provided on enquiry.

The community page is popular this month with 4 events taking place for you to enjoy. If you are part of a local charity, club, non-profit organisation and have an upcoming event, fundraiser, announcement or news and you would like a free feature, please feel free to get in touch with the details and where possible I will include this for you.

Are you a local business owner or sole trader? Have you thought about featuring in the magazine but never got round to it? Please get in touch to feature in the next edition and make our loyal readers become your local customers.

Have a great month!

*Best Wishes,*  
**Charlie**

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

p10



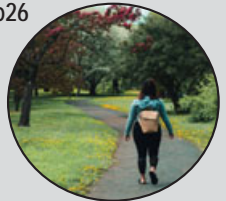
p20



p16



p26



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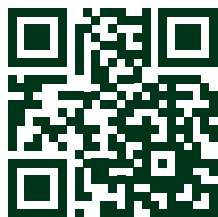
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A top-down photograph of a classic fish and chips meal. A white plate is filled with a large portion of golden-brown, thick-cut french fries. In the foreground, a large, rectangular piece of fish is coated in a thick, textured batter and fried to a golden brown. To the right of the fish and fries is a fresh salad consisting of green leafy vegetables, sliced tomatoes, and small pieces of red onions. A silver fork is visible on the left side of the plate. The background shows another plate of fries and a glass of beer, suggesting a restaurant or cafe setting.

## Classic Fish 'N' Chips

*We're always being encouraged to be brave, cook food home and style our own takes on famous culinary creations, yet fish 'n' chips often falls by the wayside as we head out to the local parade of shops. Yet nailing this famously British dish isn't as difficult as you might imagine...*

---

### Ingredients

50g plain flour  
50g cornflour  
1 tsp baking powder  
turmeric  
75ml lager beer  
75ml sparkling water  
about 1 litre sunflower oil for  
frying  
400g fillet sustainable cod, hake  
or haddock halved

#### *For the chips*

750g potatoes - Maris Piper or  
Desiree, peeled and sliced into  
thick chips  
2 tbsp plain flour  
2 tbsp sunflower oil

### Method

Start by combining the flour, cornflour, baking powder and turmeric in a large bowl, season, then spoon 1 tbsp onto a plate and set aside. Gradually pour the beer and water into the bowl, stirring with a wooden spoon until you have a smooth, lump-free batter. Leave to rest for 30 mins while you prepare the chips.

Next, heat oven to 200C/fan 180C/gas 6. Boil a large pan of water, then add the chipped potatoes and boil for 2-3 mins until the outsides are just tender but not soft. drain well, then tip onto a large baking tray with the flour, oil and some salt. Gently toss together until all the potatoes are evenly coated and the flour is no longer dusty. Roast for 30 mins, turning occasionally, until the chips are golden and crisp.

To cook the fish, heat the 1 litre oil in a deep saucepan until a drop of batter sizzles and crisps up straight away. Pat the fish dry with kitchen paper, then toss it in the reserved turmeric flour mix. Shake off any excess, then dip into the batter. Carefully lower each fillet into the hot oil and fry for 6-8 mins - depending on the thickness of the fish - until golden and crisp. Using a large slotted spoon, lift out the fish, drain on kitchen paper, then sprinkle with salt. Serve with the hot chips and Homemade tomato sauce (see 'goes well with').

*Notes:*



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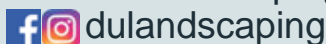


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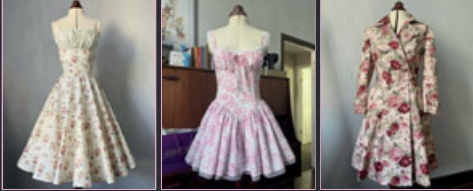
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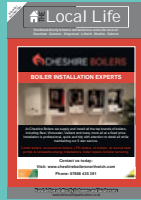
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Pets are remarkably good at hiding discomfort, which means infections can sometimes develop quietly before owners realise anything is wrong. The good news is that most common pet infections show subtle early signs, and when caught quickly, are usually straightforward to treat. However, knowing what to look for can make all the difference.

For dogs, the two most common infections are with the ears and skin. Ear infections often show up as frequent head shaking, scratching, redness, an unpleasant smell or dark discharge. Skin infections, including hotspots, can appear as red, inflamed patches, hair loss, excessive licking or scabbing. These often worsen in warm weather or after swimming. Treatment usually involves cleaning, topical medication and, in some cases, antibiotics prescribed by a vet. Early attention prevents recurring problems.

Cats are prone to upper respiratory and dental infections. Sneezing, watery eyes, nasal discharge and lethargy can indicate a respiratory infection, particularly in younger or older cats. Dental infections may show as bad breath, drooling, difficulty eating or pawing at the mouth. Cats often continue eating despite discomfort, so subtle behaviour changes are important clues.

For rabbits, respiratory infections and digestive infections are the most common. A runny nose, wheezing, head tilt or eye discharge can indicate

respiratory illness, often linked to environmental factors. Digestive infections may present as diarrhoea, loss of appetite or reduced droppings, all of which require urgent attention. Rabbits decline quickly when unwell, so prompt veterinary care is crucial.

Hamsters commonly suffer from wet tail and respiratory infections. Wet tail causes diarrhoea, lethargy and a damp appearance around the rear, and is a medical emergency. Respiratory infections may cause sneezing, laboured breathing or discharge around the nose. Clean bedding, good ventilation and stress reduction help prevent illness, but treatment always requires a vet.

In birds, respiratory and parasitic infections are most common. Fluffed-up feathers, tail bobbing, nasal discharge or changes in voice can signal respiratory issues. Parasites may cause feather loss, itching or restlessness. Birds hide illness extremely well, so any behavioural change should be taken seriously.

For fish, fungal infections and fin rot are frequently seen, with white cotton-like growths, frayed fins, lethargy and loss of appetite the key warning signs. Water quality is often the underlying cause, so testing and correcting tank conditions is essential alongside treatment.

As with so many of these issues, veterinary assessment is essential, as untreated infections can become serious.

By Rob Bullock



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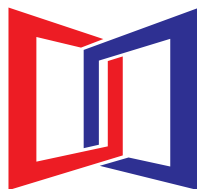
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# Gardening In May

With its long, sunny days, May is the perfect month to tidy up spring plants, prepare for summer and plant up hanging baskets.

Although gardeners always keep an eye out for cold weather even in May, it is a month where the days are long, and warm weather invites us to spend time in the garden tending flowers and vegetables and looking ahead to summer.

## General gardening jobs

In the vegetable garden earth up potatoes, covering the shoots with soil as they appear. Start sowing runner, dwarf and climbing French beans outdoors and harvest your delicious rhubarb whilst feeding the plants regularly. In the flower garden plant dahlia tubers after the risk of frost has passed. Sow annuals such as cosmos, marigolds and sunflowers directly into borders. Open greenhouse windows wide on warm days and water plants regularly. Mow your lawn regularly and begin to apply nitrogen-rich summer lawn feed. Consider varnishing, treating or painting any outside furniture to spruce it up for use.

## Hanging baskets

May is the perfect month to create stunning hanging baskets that will hopefully bloom right through the summer and well into the autumn. With so much choice available, the type of hanging basket you choose will depend on several factors, including cost, amount of maintenance required and your personal tastes.

Lined hanging baskets are very popular and traditional. They consist of a simple cage of metal or woven natural material which will require a lining of moss, coir, plastic or a mixture of materials.

They look great and can be used year after year, although they tend to dry out quickly so will require more maintenance, or an irrigation system or perhaps water storing granules.

Simple plastic hanging baskets are cheap to buy and easy to plant, often coming ready-planted, and they retain water well. They generally don't last as long as lined baskets but could easily last a few years with careful use. They are also very strong.

Bloom around baskets also tend to be plastic, so retain water well but they have special holes or 'gates' in the sides to allow you to plant at the sides and top for a stunning look.

Wall baskets, or hay racks, don't hang but rather attach directly to a wall. They are strong and enduring and tend to be large enough for a magnificent display. They are a good choice for exposed spots.

Stone-effect hanging baskets are a great style choice, they are contemporary, sleek and stylish and make the basket a real part of the feature. They do tend to cost more, but can last for years.

Once you have selected your hanging basket, chosen a location and installed it, it might need lining and a few pebbles in the bottom to aid drainage. Fill with a peat-free compost and plant up. Begonias look stunning and are low maintenance and last well and the trailing varieties work well in hanging baskets. Fuchsias, petunias, geraniums and lobelia offer a good choice of colour. Water thoroughly before hanging!

By Rob Bullock



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”



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*Janet Beard*



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Walking is something we do all year, but spring transforms it from a task into a pleasure. As the days lengthen and temperatures rise, walking becomes easier, more appealing and far more powerful for both mental and physical health.

One of the biggest changes is light. Increased daylight boosts serotonin levels, improving mood and motivation. Thus, a spring walk feels different because your brain responds differently - you're more alert, more optimistic and more willing to move.

Physically, walking in spring is gentler on the body. Cold muscles relax, joints loosen and breathing feels easier. This reduces injury risk and makes movement feel more natural rather than forced. Walking also supports cardiovascular health, strengthens muscles and improves balance, all without the pressure or impact of more intense exercise.

Mentally, spring walking offers a reset. Being outdoors amongst greenery, blossom and birdsong has been shown to lower stress hormones and reduce anxiety. Even short walks can improve focus and lift low mood.

For many people, walking becomes a form of moving meditation, a way to process thoughts without sitting still, and that fits in with spring's ability to encourage routine, where regular evening or morning walks become easier to maintain when the weather cooperates.

This consistency is where the real benefits appear, with daily walking supporting better sleep, steadier energy levels and improved digestion. It also offers social opportunities, from walking with friends to joining local walking groups.

**Walking in numbers**  
When it comes to walking, small really does count. In the UK, health bodies often recommend aiming for around 7,000-10,000 steps a day, but research shows benefits begin well below that.

Studies suggest as few as 4,000 steps a day can significantly reduce the risk of early death, with improvements continuing the more consistently you walk.

An average brisk walk burns around 200-300 calories per hour, depending on pace, terrain and body weight, making it one of the most efficient low-impact exercises available.

From a muscular perspective, walking activates over 200 muscles throughout the body. It strengthens the glutes, quadriceps, hamstrings and calves while engaging core muscles to support posture and balance. Regular walking has been shown to increase leg strength and joint stability, particularly around the hips and knees, helping to reduce the risk of falls as we age.

Cardiovascular benefits are equally strong. Walking briskly for 30 minutes a day can lower blood pressure, improve cholesterol levels and reduce the risk of heart disease by up to 20 per cent.

Perhaps most impressively, walking also stimulates the release of endorphins and reduces cortisol, which explains why even a short walk can noticeably lift mood and ease stress.

## WALKING BACK TO HAPPINESS

**Why the humble walk is arguably the best exercise any of us can have.**



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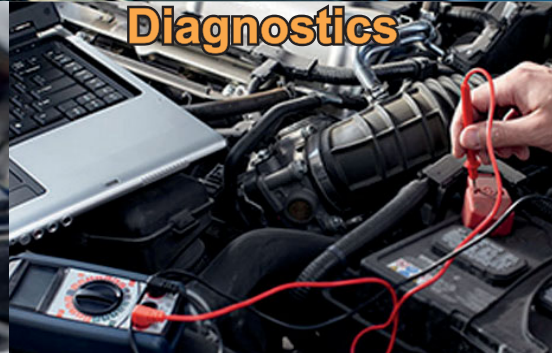
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# Kids' Page

## Did you know...?

Very few people in the world can lick their own elbow.  
Crocodiles can't stick their tongues out

A shrimp's heart is in its head.  
When you sneeze your heart stops for a millisecond.

The electric chair was invented by a dentist!

## Mini Sudoku

Can you fill in the grid so that each row, column and 3x2 box contains the numbers 1-6 with no repetition?

	5	1		4	3
3			5		
		6			2
4	2		3	6	

Can you work out what the two words are from the picture clues?



+



+



+



## Daft Ditty

Mary had a metal cow,  
She fed it safety pins.  
And every time she milked her cow,  
The milk came out in tins!

Last but not least...

Almost everyone who reads this page will try to lick their own elbow!

4	2	5	3	6	1
1	6	3	2	5	4
5	1	6	4	3	2
3	4	2	5	1	6
6	3	4	1	2	5
2	5	1	6	4	3

Sudoku Solution

Picture Puzzle  
Solution  
Moonlight  
Sunflower  
Spring time

# Community Events & What's On....

FREE pages for charities and non-profit making organisations



## QUIZ NIGHT

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or scan the QR code



COMMONWEALTH WAR GRAVES



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If you would like to support the Commonwealth War Graves Foundation in its aims to keep alive the stories of those who made the ultimate sacrifice in the two world wars, you can find information here:  
<https://foundation.cwgc.org/donate>

COMMONWEALTH WAR GRAVES Foundation

Community Events deadline for the June edition is 13th May

Please email Charlie - [thelocallife@btinternet.com](mailto:thelocallife@btinternet.com)



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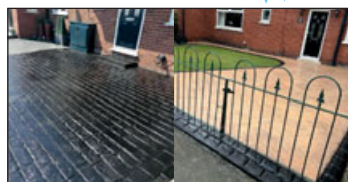
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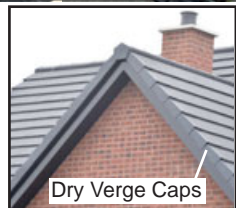
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# Advertisers Index

<b>Beds</b>		<i>PRH Electrical &amp; Handyman</i>	14
<i>M6 Bed Warehouse</i>	23	<b>Interiors</b>	
<b>Building / Home Improvements / Refurbishments</b>		<i>The Home Shop Cheshire</i>	36
<i>Elite Roofing Co</i>	13	<b>Joinery</b>	
<i>Home Roofing</i>	8	<i>MC Bespoke Joinery</i>	6
<i>LPB Building &amp; Roofing</i>	17	<b>Kitchens</b>	
<b>Car Garage / Car Services / Car Sales</b>		<i>Collins Kitchens</i>	1
<i>Cliff Dickenson &amp; Son's - Ford</i>	35	<i>MC Bespoke Joinery</i>	6
<i>Homestead Garage</i>	27	<b>Pet Care</b>	
<b>Cleaning / Waste Removal</b>		<i>Happy Feet Dog Boarding</i>	9
<i>Atropa Cleaning Services</i>	14	<b>Plumbing / Boilers / Heating / Bathrooms</b>	
<i>Delamere Chimney Sweep</i>	4	<i>Hardies - Gas, Plumbing &amp; Heating</i>	4
<i>Howard The Gutter Man</i>	33	<i>North West Electric Radiators</i>	5
<i>LPB Roof Moss Removal</i>	29	<i>Plumbing Plus</i>	8
<i>Zero Dry Time</i>	2	<i>Rightio Plumbing &amp; Heating</i>	28
<b>Driveways / Paving</b>		<i>Splash - bathrooms, heating, plumbing</i>	6
<i>DU Landscapes</i>	11	<b>Roofing</b>	
<b>Electrical</b>		<i>Delamere Chimney Sweep</i>	4
<i>Kingsley Communication</i>	22	<i>Elite Roofing Co</i>	13
<i>North West Electric Radiators</i>	5	<i>Home Roofing</i>	8
<i>PRH Electrical &amp; Handyman</i>	14	<i>LPB Building &amp; Roofing</i>	17
<i>RA Electrical Services</i>	12	<i>LPB Roof Moss Removal</i>	29
<b>Financial Advice / Mortgage Advice</b>		<b>Security / Alarms</b>	
<i>Oakmere Wealth Management</i>	4	<i>Kingsley Communication</i>	22
<b>Flooring / Carpets</b>		<b>Seamstress / Alterations</b>	
<i>Rodgers Flooring and Carpets</i>	15	<i>Rachel Frances Bespoke</i>	12
<i>Zero Dry Time</i>	2	<b>Will Writing / Family Research</b>	
<b>Gardening / Landscaping / Patios / Tree Services</b>		<i>CL Wills &amp; Estate Planning</i>	22
<i>DU Landscaping</i>	11	<b>Windows / Doors / Glass / Guttering</b>	
<i>Greenary Tree Care</i>	25	<i>Cloudy 2 Clear</i>	24
<i>My Lawn</i>	7	<i>Howard The Gutter Man</i>	33
<i>Northwich Tree Surgery</i>	14	<i>Northwich Glass</i>	18 & 19
<i>OJT Tree Services</i>	21		



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

### Crossword

G	A	P	E	S		N	O	T	E	S		
R		R		K		E				R		H
H	O	V	E	R	I	N	G		E	R	O	S
C		S				A		M		P		
M	E	S	S	I	E	S	T		O	U	S	E
R			X			I		R				
C	Y	G	N	E	T		V	E	S	T	R	Y
			E			R		E			A	
S	L	O	T		E	C	S	T	A	T	I	C
O		T		M				L		L		
O	V	A	L		I	M	P	L	I	C	I	T
E	E		S		U	B		N				
R	E	S	I	T		G	O	I	N	G		

### Sudoku

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

- ### Mind Benders
1. In complete control
  2. Look both ways
  3. No through road

### Word Search

R	O	R	K	E	S	D	R	I	F	T	G	D	J	W
P	X	B	O	S	W	O	R	T	H	F	I	E	L	D
L	B	G	O	O	S	E	G	R	E	E	N	A	E	B
A	A	K	Z	V	M	E	G	I	D	D	O	K	X	A
S	L	Z	X	M	T	S	T	O	A	R	M	I	N	
S	A	U	O	B	X	G	R	A	N	M	B	A	N	N
E	K	S	E	C	N	U	M	P	T	U	L	T	G	O
Y	L	S	Z	I	O	I	E	F	O	S	E	E	T	C
B	A	Z	Z	H	O	O	O	Y	A	N	R	O	K	
N	V	S	N	O	W	T	K	H	C	Q	H	L	N	B
D	A	K	O	S	P	O	E	M	A	E	O	C	U	
H	G	K	K	E	J	O	B	N	Y	L	I	O	J	R
A	L	I	W	A	L	E	L	A	L	A	M	E	I	N
N	P	O	G	G	U	T	D	I	M	P	H	A	D	
Z	L	N	G	Z	Z	O	C	U	L	L	O	D	E	N



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