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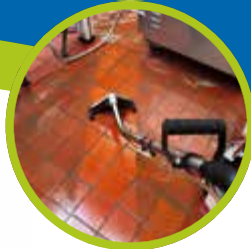
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Hello.
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Welcome to the businesses who feature for the first time in the publication.

Are you ready to 'Defeat Delamere'? Sunday 13th September is your next chance to participate in any of the 5k, 10k or 16k races. Also available on the day will be a junior run. If you are up for the challenge you can register by scanning the QR code listed in this edition.

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 the community page.

Would you like to join our delivery team? I am opening the waiting list for various rounds. Must be age 13+, if you are interested please get in touch to discuss the routes and find out more about the role.

Are you involved with a local club, charity, non-profit making organisation and have an event taking place soon? If so, you could have this featured on the community pages free of charge. If you would like a feature including next month, please email over the details and I will do my best to accommodate for you. Please note that space is usually given on a first come first served basis.

Have a great month!

Best Wishes,
Charlie

THE DEADLINE DATE FOR
THE OCTOBER EDITION IS
17th SEPTEMBER

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Some of the articles included in this edition

Grooming Pets



See You At The Club



Gardening In September



How Much Health



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A good dog groomer does far more than keep your pet looking smart – he or she plays an important role in your dog's wellbeing.

Yet with so many services available, how do you know which one to trust?

It's a fact - most dogs will need some form of grooming throughout their lives, whether that means a simple bath and brush or regular clipping and styling.

Yet finding the right groomer can be difficult... just ask your cherished pet! And while an accomplished artisan will make a huge difference to your pet's appearance, they will also contribute positively to their comfort and confidence.

Expect experience

One of the first things to look for is experience. Different breeds have very different grooming requirements. For instance, a groomer who understands the needs of a Cockapoo, Border Collie or West Highland Terrier is far more likely to achieve good results than someone using a one-size-fits-all approach.

Reach out for recommendations

Recommendations remain one of the best ways to find a quality service. Friends, neighbours and fellow dog walkers can often point you towards groomers with excellent reputations.

Online reviews can also provide useful insight, although personal recommendations tend to be the most reliable.

Push on price, but don't prioritise it

Grooming is one of those things where paying extra may well make sense. You don't want to scrimp on a

service and risk your pet being traumatised because things weren't exactly how they should be.

Ultimately, if the right groomer charges a few pounds more but does an impeccable job, it's going to be worth the investment.

Keep it clean

Cleanliness is another key consideration. A professional grooming salon should be tidy, organised and free from unpleasant odours, while equipment should appear well maintained, and staff should be happy to explain their procedures if asked.

The personal touch

How a groomer interacts with animals can reveal a great deal. Dogs should be handled calmly and confidently rather than rushed or restrained unnecessarily. A good groomer understands canine behaviour and knows how to put nervous pets at ease.

Health is happiness

It's also worth asking whether health checks form part of the service. Many groomers regularly spot issues such as skin irritation, ear infections, lumps or parasites before owners notice them at home.

Easy does it

Finally, consider convenience and communication. Reliable appointment systems, clear pricing and a willingness to discuss your dog's needs all suggest a professional operation.

The best groomers often become trusted partners in a pet's care, helping dogs stay healthy, comfortable and looking their best throughout the year.

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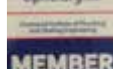
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Pick, plant and prepare - with it shortening days September is a busy month for gardeners as it marks the transition into autumn.

September is the last month of summer and gardeners should expect hot sunny weather to ripen fruits, but there are often good amounts of rain that will rejuvenate lawns. Looking to the future bulbs need planting and preparations need to be made for Autumn.

Lawns

August can take its toll on lawns, and many gardeners reduce cutting frequency and blade height to help grass survive. But September will offer a welcome reprieve and after a couple of downpours lawns should look lush. Apply low nitrogen, high potassium fertiliser to help it get through winter, consider aerating and scarifying, before scattering seed on any bare patches. Keep grass around 3 to 5cm high to allow it to absorb the maximum amount of sunshine.

Harvest

September is the month when there is something of a harvest crossover as late summer fruit and veg meet the early autumn crops. Potatoes should be still good to pick, as should runner beans, beetroot and sweetcorn, whilst there should still be some succulent plums and the last of the summer raspberries to pick. The early apples and pears, and blackberries are ripening in the warm sunshine, and some should be good enough to pick.

Plant

In the vegetable plot consider sowing winter hardy broad beans and peas for early spring harvest.

Remember, for the last of your summer legumes you should not pull up the whole plant when it has finished producing, instead leave the roots in the ground as this improves soil structure and helps fix nitrogen into the soil.

You can also continue sowing autumn planting onion and garlic sets and winter salad greens like mustard leaf and spinach for plentiful salad crops.

In the flower garden now is the time to plant spring bulbs like hyacinths, crocuses and daffodils to establish before winter but always make a note of what is planted where! Hardy annuals like nigella, English marigolds and cornflowers can be sown directly into the soil for early spring blooming.

Prepare

If you have one, netting the pond is a good thing to do this month as it will stop too many autumn leaves falling in and decomposing. In the greenhouse you can still take cuttings of fuchsias and geraniums to propagate for next year but do not forget to prepare your greenhouse for the colder weather. It should be cleaned and tidied and the glass washed and dried then line the inside walls and roof with horticultural bubble wrap.

Water butts also need a good clean out this month and given a thorough flushing, cold frames need cleaning, tidying and washing like greenhouse and then lining with bubble wrap. September is the perfect month to deep clean your patio and any flagged paths, or any decking removing any moss and algae which could make them slippery and allowing everywhere to dry in the sunshine.

A collage of autumn garden produce. In the top left, a yellow squash and some red chili peppers are visible. In the top right, a white bowl is filled with green and red tomatoes and small red berries. In the bottom right, a terracotta pot is filled with several large, dark-skinned potatoes. The background is a rustic wooden surface.

Gardening September

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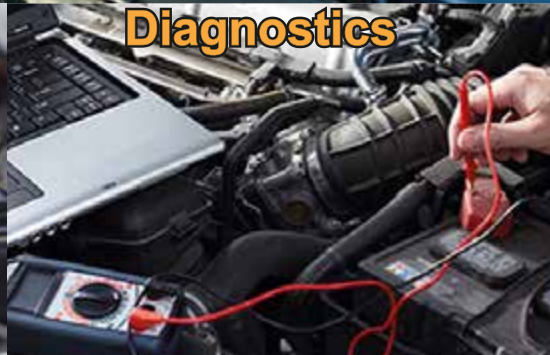
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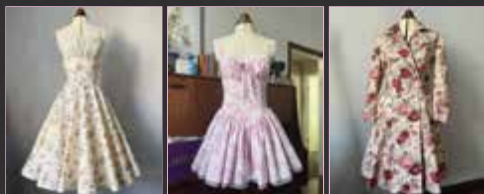
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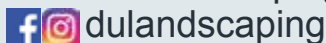


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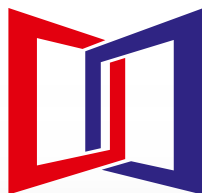
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For years, it seemed as though social media would replace many of the clubs and groups that once brought communities together. Yet across the country, book circles, walking groups, choirs and amateur sports teams are attracting new members.

The reality is, in an increasingly digital world, people are rediscovering the value of meeting face to face.

Not so long ago, joining a club was one of the most common ways to meet people. Whether through sports, hobbies, music or volunteering, these friendly groups provided opportunities to learn new skills, make friends and become part of a community.

Then came the rise of social media, streaming services and online entertainment. Suddenly, it became easier to spend evenings at home, rather than head out to meet others. For a time, many traditional clubs struggled to attract younger members.

Now, however, there are signs of a revival.

Outdoors groups are reporting massive surges in attendance, book clubs continue to flourish, while choirs, gardening societies and amateur dramatics groups are welcoming people of all ages. Community sports clubs are also experiencing renewed interest as more people seek activities that combine fitness with social interaction.

Part of the appeal is simple human connection. Online conversations can be convenient, but they rarely replace the benefits of meeting people in person.

Shared experiences help build friendships, reduce feelings of loneliness and create a stronger sense of belonging.

Many clubs also offer opportunities to learn new skills. Whether it's photography, painting, dancing or local history, organised groups allow people to pursue interests they might never have explored on their own.

The mental health benefits can be significant too. Studies have repeatedly shown that social connections contribute to happiness and wellbeing. Regular participation in community activities can help reduce isolation while boosting confidence and self-esteem.

Another attraction is affordability. Compared with many forms of entertainment, clubs often provide excellent value for money. Many are run by volunteers and rely on modest membership fees.

For those looking to meet new people, learn something different or simply spend less time staring at a screen, there has rarely been a better time to get involved. Ironically, perhaps, the best way to find out what's available around you is to jump online! There, you should be able to locate the leisure activities that suit best your needs and schedule; but past that point, put the phone down and reach out to new experiences and, who knows, perhaps a new friend or too as well.

In 2026, the humble club may be one of the oldest forms of social networking, but it remains one of the most effective.



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SJP Approved
03/06/2026

The big Five

Blueberries frequently appear near the top of healthy eating lists. Packed with antioxidants and vitamin C, they're associated with a wide range of health benefits.

Kiwis are often overlooked but contain impressive levels of vitamin C, fibre and potassium. Their nutrient density makes them one of the most valuable fruits available.

Broccoli has earned its reputation as a superfood. Rich in vitamins C and K, fibre and plant compounds, it offers considerable nutritional value while remaining low in calories.

Spinach delivers a powerful combination of iron, folate, vitamins and antioxidants. Whether eaten raw or cooked, it provides a substantial nutritional boost.

Finally, **sweet potatoes** round out the top five. High in fibre, vitamin A and beneficial plant compounds, they offer a more nutritious alternative to many refined carbohydrate options.

Less good... but still good!

Iceberg lettuce, which is crisp and refreshing, definitely, contains significantly fewer vitamins and minerals than darker leafy greens such as spinach or kale.

Cucumber is hydrating and low in calories, but much of its composition is water, meaning its nutritional profile is comparatively modest.

Celery shares similar characteristics. While healthy as a snack, it contains fewer nutrients than many other vegetables.

Aubergine offers some benefits but generally provides lower concentrations of vitamins and minerals compared with many colourful vegetables.

Watermelon, meanwhile, is enjoyable and hydrating, particularly during summer, albeit the nutritional density on offer is lower than fruits such as berries, kiwis or citrus fruits.

How Much Health?





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PUZZLES

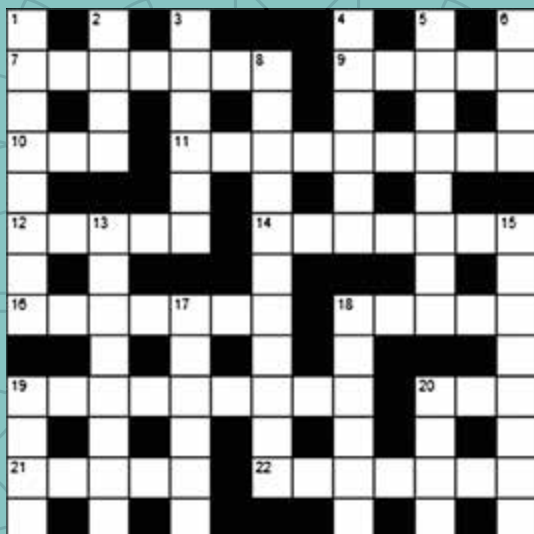
Crossword Clues

Across

- 7 Mexican drink (7)
- 9 Wind instrument (5)
- 10 Range cooker (3)
- 11 Hired soldier (9)
- 12 Coach, instruct (5)
- 14 Anguish (7)
- 16 Buffer, protect (7)
- 18 Polishes, wipes (5)
- 19 Occasionally (9)
- 20 Glide over snow (3)
- 21 Fleshy fruit (5)
- 22 Barrel makers (7)

Down

- 1 Second-largest ocean (8)
- 2 Water (4)
- 3 Pilot, aviator (6)
- 4 Tenders, puts forward (6)
- 5 Absconders (8)
- 6 Fee, tariff (4)
- 8 Designed to reduce drag (11)
- 13 Make (8)
- 15 Most treacherous (8)
- 17 Contemplate, mean to (6)
- 18 Absolute ruler (6)
- 19 Drainage pan or pit (4)
- 20 Spore, germ (4)



Adhesive labels, Batteries, Box files, Calculator, Card, Compact discs, Drawing pins, Envelopes, Eraser, Folders, Glue, Highlighters, Hole punch, Ink pad, Notepad, Packing tape, Paper, Pen, Ruler, Sellotape, Shredder, Stapler, Staples, Twine, Waste bin



Mindbenders

Find the three hidden film titles

TRANSLATION

→ Kalashnikov
Assault rifle
Colt 45
Magnum
Ruger

SENSE
SENSE
SENSE
SENSE
SENSE ←

Sudoku



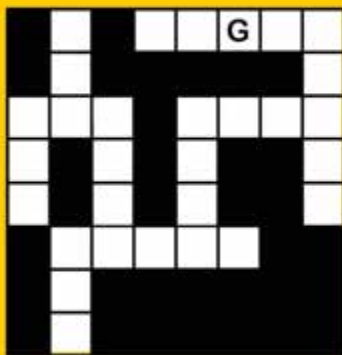
Kids' Page

	11	22	16
15		7	
21	4		8
13			5

Add 'em up!

Can you place the black numbers below into the empty squares so that each row and column adds up to the white number? Each number can only be used once.

6 5 9 3 2



Can you arrange the numbers below so they all fit into the grid? The first letter has been done for you.

ONE
TWO
THREE
FOUR
FIVE

SIX
SEVEN
EIGHT
NINE
TEN

Why was number six scared?
Because 7 8 9

What did zero say to eight?
"Nice belt!"



Number Grid
Solution

13	2	6	5
21	4	9	8
15	5	7	3
11	22	16	

Add 'em up!
Solution

Community Events & What's On....

FREE pages for charities and non-profit making organisations



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Dementia Friendly Northwich Cafe

Dementia Friendly Northwich is offering a drop-in cafe for people living with dementia and their carers.

When?
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Where?
The Salvation Army
Tabley Street
Northwich
CW9 5DP

For more information, please visit our Facebook Group

THE SALVATION ARMY

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

Community Events deadline for the October edition is **14th September**

Please email Charlie - thelocalife@btinternet.com



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Oakmere Wealth Management

Flooring / Carpets

Rodgers Flooring and Carpets

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16 Gardening / Landscaping / Patios / Tree Services

DU Landscaping

9 My Lawn

Northwich Tree Surgery

5 OJT Tree Services

7 PRH Electrical & Handyman

22 Health

4 Vale Royal Foot Care

29 Kitchens

Collins Kitchens

36 Plumbing / Boilers / Heating / Bathrooms

15 Hardies - Gas, Plumbing & Heating

11 North West Electric Radiators

Plumbing Plus

13 Rightio Plumbing & Heating

Splash - bathrooms, heating, plumbing

16 Roofing

8 Delamere Chimney Sweep

35 Home Pride Roofing

26 Horne Roofing

2 LPB Building & Roofing

LPB Roof Moss Removal

17 Seamstress / Alterations

Rachel Frances Bespoke

23 Will Writing / Family Research

16 CL Wills & Estate Planning

8 Windows / Doors / Glass / Guttering

Cheshire Hardware

28 Cloudy 2 Clear

Howard The Gutter Man

27 Northwich Glass

2

17

1

12

21

16

14

25

12

23

22

33

8

8

4

22

29

26

12

14

5

24

35

18 & 19



P U Z Z L E

S O L U T I O N S

Crossword



Sudoku



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1. Lost In Translation

2. Top Gun

3. Sixth Sense

Word Search





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