

FRODSHAM NEWS

Summer 2025
Issue 3

www.frodshamnews.co.uk

This could be you! Your business logo and a 20-word entry on a page. Scan the QR code or email sponsor@frodshamnews.co.uk for more details.



The Downhill Run 2025

After a worrying wet and windy night, a bright morning on 6th July brought runners to Frodsham Hill Memorial for the start of the town's legendary Downhill Run. This year, 206 individuals competed in the 1.3 mile race.

There was a wide age range of runners, from seniors to parents, grandparents to small children. There were supporters all along the route to the finish line in Castle Park, where a crowd cheered their entrance.

The overall winner, with an impressive time of 5 minutes 41 seconds, was 15-year-old Lewis Blake (pictured left), from Halton and Frodsham Harriers, who was ahead of his nearest rival by 23 seconds.

Awards were given by Councillor Mike Garvey to the first across the line in several categories:

- Junior female, Sadie Moss
- Junior male, Sam Williams
- Youth female, Eva Doran
- Youth male, Lewis Blake
- Adult female, Stephanie Gardner, pictured above.
- Adult male, George Hawthorn
- Veteran, Debbie Reid



Cllr. Mike Garvey, whose Council Members Budget funded the medical team on the day, told Frodsham News, "This year's Festival in the Park was, once again, a great success. So many different groups were represented and the Downhill Run was as popular as ever. It was wonderful to see so many people taking part and I feel privileged to have been asked to be a part of the day. Well done to all the runners!"



Downhill Run photos: Geoff White, www.gw-images.com

Festival in the Park

The rest of the afternoon went with a swing with a BBQ, and entertainment from Frodsham Sings, with one week to go before their appearance at the Llangollen Eisteddfod, our popular belly dancers and Zodiac singers and One Voice Choir. There were many stalls, a children's merry-go-round and puppet show, and the rain stayed away for another fun and vibrant day in Castle Park.

The event was organised by Frodsham and Helsby Rotary Club, a charity dedicated to supporting local causes, and who are actively looking for new members. Many Rotarians were present throughout the day, providing support where needed under the guidance of their newly-appointed President, Frank Holland.



Photos: C. Burrows & Ed



Food & Drink Festival

On a lovely sunny afternoon in June, Frodsham Town Council held a Food and Drink Festival in the beautiful grounds of Castle Park. There was something for everyone with a huge variety of food and drink on offer, onstage entertainment as well as children's games, rides and competitions all day. There was a fantastic community spirit at this wonderful addition to the Castle Park diary. Well done to all the organisers!



Photo: Ed

VE Day celebrations

At the Memory Café

The Memory Café at the Community Church, (known as the Tin Church) on Main Street, came into being about 3 years ago with a couple of members and a core group of volunteers with backgrounds in dementia care, nursing, mental health and social care. There are now about 35 members supported by volunteers providing friendship and a place to belong for people suffering with memory loss, and a lifeline to carers dealing with daily challenges. The Café offers a free service on Wednesdays 10.30-1.30 and covers Frodsham, Helsby and Elton.

VE Day celebrations were in full swing on 7th May with local ukulele group *Ukes on Track* entertaining with music and song, dancing and flag waving along with tea and scones for all. A festive atmosphere surrounded the event, giving a chance for interaction with others and chats to friends and strangers alike. Not every session is a party. Information, advice, companionship and peer support are all offered.



Photo: Wynford Evans

It is funded by generous sponsors, and other services are involved such as the Social Prescriber from the Knoll Surgery, bereavement services, Singing for the Brain and a signposting service to Adult Social Care. Referrals can be made from your local GP, the Chester Memory Clinic or self referral.

For more information, please call 07900 910006, or email jane.pinnington@aol.com



An Old Hall update

Holly Bunkell,
Sales & Marketing Director, Archway Homes

Archway Homes are pleased to announce that planning permission has been granted for the Old Hall, Frodsham, after many months of collaboration with Cheshire West and Chester Planning department. This is a landmark development for Frodsham that will see the

sensitive restoration of the historic Old Hall Hotel into two exceptional homes, alongside the renovation of the original Coach House and the creation of five new-build properties within its grounds. Homes will be advertised for sale in Summer 2025, and we intend to have all homes complete and ready to be moved into during the first half of 2026.



Photo: F. Barry

Local awarded Freedom of Frodsham

At a Frodsham Town Council meeting on 19th May, Mark O'Sullivan was awarded the Freedom of Frodsham making him a Freeman of the town. The award was in recognition of Mark's exceptional service and dedication during the past eight years in helping to preserve Frodsham's last piece of ancient woodland, Hob Hey Wood, which is now included on the official register of Ancient Woodlands.

Mark formed The Friends of Hob Hey Wood, whose members work with him to clear fallen trees, carry out repairs and protect wildlife in the wood. Mark leads guided walks and monitors the bat population. He also produces an annual calendar filled with his excellent photographs. A wildflower meadow was recently created and the first phase of the path and boardwalk restoration completed. Mark embarked on this project on retirement and credits his wife Julie in supporting him with his work. He continues to liaise with local community groups and organisations and works tirelessly to protect and enhance this important piece of nature.



Photo: Hob Hey Friends Group

Chief Scout Silver Wolf award for local Scout



Jeff Wood was presented with his Silver Wolf award in December at Queen Charlotte's Wood by Oliver Chambers, District Lead Volunteer. The award was in recognition by the former Chief Scout Bear Grylls for services to scouting of the most exceptional nature. Jeff is an outstanding volunteer and is involved with Explorers, Top Awards, Nights Away and the Queen Charlotte's Wood Activity Centre.

As a recipient of this prestigious award, Jeff was invited by current Chief Scout Dwayne Fields to celebrate more formally at Windsor Castle by attending a service in St George's Chapel and watching the annual King's Scout St George's day parade in the Castle grounds.

Remembrance on the Hill

Frodsham joined the rest of the world in remembering VE Day with local groups celebrating in their own way during the week. Afternoon tea in Castle Park Café was enjoyed by many and the Rainbows, Brownies, Guides, Squirrels, Beavers, Cubs and Scouts had a wonderful picnic in Castle Park.

On Frodsham Hill on the 8th May, the Proclamation was read by Mike Collins, member of the Rotary Club. Four Peace lamps were lit by the Girl Guides and the 4th Frodsham (Overton) Scouts lit the beacon. The Reverend Elaine Attack from St. Laurence Church led prayers and gave the blessing and the One Voice Choir led the crowd in singing "I vow to thee my country"; a fitting end to the celebration and remembrance of such a significant day in history. Photo: Vivien Shaw.

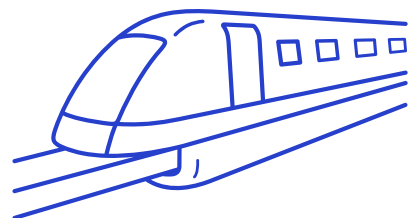


All aboard the train

Have you an interest in trains and stations? North Cheshire Community Rail Partnership (NCCRP) has a vision to ensure we are proud of our railways in North Cheshire, Halton and Warrington. It is a volunteer led organisation that works with the railway industry to support funding and facilitate projects as part of the National Community Rail Network.

Rail travel is essential for work, leisure and tourism. One planned project is for a programme to support individuals to travel and combat social isolation. Other plans include artwork to be displayed at stations and on trains and use gardening, greening and bio diversity to improve station environments. You could help these projects come to life by volunteering to join the team with as much or little time as you have.

Visit www.northcheshirecrp.org or call our Chair, Chris Kimberley, on 07714 887057 for an informal discussion.



Health and wellbeing in our community

You may not have heard of the Frodsham, Helsby and Elton Partnership, which is now known as Frodsham, Helsby and Elton Together, but you will undoubtedly be familiar with its contribution to Frodsham.

The Partnership is one of seven in West Cheshire with people from different organisations and services who come together to help improve the health and wellbeing of our community. It is unique in having for the past two years, Iris Keating, as its Chair in a voluntary rather than professional role.

One of the most well known activities that was seed funded by the Partnership is Frodsham Bee Friends, the Thursday morning drop in at the Parish hall in Church Street where hot drinks and biscuits are served to anyone seeking lively conversation and companionship. Other initiatives include The Memory Café at Main Street Community Church, (see article) STAR, a bereavement peer support group, and "Meet and Eat" a more recent project bringing together men who are living alone to connect, learn basic cooking skills and enjoy eating together.

More details on these projects and others funded by the Partnership can be found on fhetogether.org.uk

Plastic: Solution or Pollution?

By Bella, Daisy and Eva, Year 6

Plastic, invented in 1907, was thought to be the solution to everything, but is it the solution or is it just pollution? Pupils and staff at Frodsham CE Primary School have been trying to answer this question.

After half term, we were shocked to find our playground engulfed in plastic. We realised it was part of a project to teach us about ocean pollution.

On 4th of June, the whole school visited Blue Planet Aquarium. Some of our favourite parts were travelling through the glass tunnel and seeing the beautiful fish; but we also learned about how plastic pollution affects sharks.

We started a whole school project: Plastic Pollution. We share our concerns with our link school on the Solomon Islands. Mrs Kirby, Headteacher said, "We want our children to go out and make a real difference in the world. Many are already passionate about protecting the environment. Through our project on plastic pollution and the damage to the oceans, we

hope they will think carefully about their choices but will also persuade others to reduce, reuse and recycle."

Each class is focused on a specific marine animal; Year 6 are learning about manta rays. They consume microplastics (bio-persistent particles that come from larger pieces of plastic) and are in danger. Fish cannot adapt to eating microplastic.



A year 6 pupil said, "Plastic pollution is affecting our area. Animals are eating microplastics every day and it makes me upset." Humans also consume 50,000 microplastic particles each year. An Art Exhibition was staged for public viewing on 1st and 2nd of July.

Photo: Frodsham C of E Primary School.

Zucca celebrates 1st anniversary



Photo: Emma Halliday

Zucca celebrated its 1st anniversary on 15th May and they are delighted at being named Best Newcomer of the Year by "Taste Cheshire". Starting in a London Wimpy Bar, Yusuf Mutlu learned the basics from English cottage pies and apple crumbles to the high quality menu he now offers. Yusuf and his wife moved North seeking business opportunities and arrived in Chester in 2018. Realising environmentally friendly, good quality coffee was in high demand, he and his business partner Hakan Atalar opened a coffee shop. Looking for further opportunities, Yusuf and his wife visited Frodsham and decided this was the place they wanted their bistro and his wife designed a stunning eatery. Improvements to the frontage were made and a very attractive new look greets customers. With a changing seasonal breakfast and lunch menu of locally sourced produce and still serving great coffee along with a variety of teas and desserts, business has grown and continues to develop with another bistro being considered. And if you wondered, Zucca means pumpkin.

Frodsham Sings Community Choir at the Eisteddfod

After auditioning for a second year, the choir was proud and excited to be accepted again for the International Eisteddfod. They made two appearances on 12th July at the spectacular 5-day cultural festival of dance, music, food and crafts set in picturesque Llangollen.

Members come from Frodsham and surrounding areas to join this inclusive and affordable choir. No audition is necessary and fun is had in rehearsals and performances of contemporary music. There

are social events throughout the year and friendships made. There is strong emphasis on raising money for local charities and money is raised through events, raffles and donations. If you are interested in joining your local community choir, please send an email to: info@frodshamsings.org to arrange a free taster session.



Photo: Frodsham Sings

Frodsham Flames Volleyball



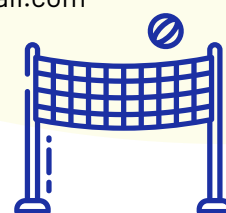
Volleyball is an under publicised sport but one which brings fun and positive team work to this group of young people from local schools and towns. High schools do not generally offer volleyball as a sport so coach Jane decided to start the club 6 years ago. Tuesdays and Sundays are given to beginners and an under 18 team.

Her dad was a coach and Jane got into the game at uni and the sport remains a great passion with her family. Though considered a winter activity, the club trains all year and in good weather can be found at the cricket pitch in Frodsham or even at Formby beach.

Jane coaches for GCSE at Helsby High and the Duke of Edinburgh Award Scheme at the school and at the Youth Club. The club enters league and national competitions.

At the moment, the club is ranked 20th for the England Boys team and 38th in the Girls team; a considerable achievement.

The club has about 40 boys and 30 girls as members with 6 members in the regional squad and 1 girl in the under 17s selected for the England team! For more information about joining or volunteering, please email: frodshamvolleyballclub@gmail.com



Inspectors praise Frodsham school's journey of improvement

Frodsham Primary Academy's three-year journey of improvement has been recognised by Ofsted inspectors who have rated it good for the quality of education, behaviour and the attitudes of its children and its early years provision. Leadership, management and personal development were rated outstanding.

The inspectors noted "Leaders, including representatives of the trust (Warrington Primary Academy WAPT), have been highly successful in turning the fortunes of this school around. As a result, pupils enjoy a good quality of education. For example, in 2024, the proportion of pupils achieving the expected standard in reading,



writing and mathematics in Year 6 was above the national average." Head of School Gemma Callaghan said: "I am incredibly proud of the journey we have undertaken. Over the past three years our staff have worked tirelessly to enhance outcomes for the children in our school. Our students and community deserve high-quality education that equips children for lifelong learning. We take great pride in the educational opportunities we provide and are pleased that these efforts have been recognised".

The full Ofsted report is available on Frodsham Primary Academy website. Photo: Frodsham Primary Academy.

Christmas Festival needs you!

Last year we welcomed over 10,000 visitors! Santa greeted over 150 children in 3 grottos (he's magic!). There were over 80 stalls in the Christmas market and 180+ people jumped into our snow globe. We had 30 elves and reindeer helping and live music to entertain and of course the legendary parade!

None of this is possible without our Christmas mad volunteers! Love Christmas? Have some spare time in November? We'd love you to join us! No matter what your skill set, if you have a decent dose of patience and heaps of Christmas spirit, Santa needs you! There's no minimum time commitment.

Key roles include: committee members, entertainment volunteers, elves and Reindeer, and marshals.

To find out more, please contact the team on <https://www.christmasinfrodsham.com/volunteer/>



Swing Bridge repairs

A statement has been released by Councillor Mike Garvey which will be a relief to many. Vital works from 16th June until October will be carried out away from the highway and will create no disruption to traffic or pedestrians. From 27th October work will be done overnight for two weeks from 7.00pm to 6.30am for works on the barrier. This will require a lane closure and temporary traffic lights. Cheshire West and Chester Council have worked with The Rivers and Canals Trust after strong concerns from the community over the initial proposals.

The Trust will give updates about further testing next year as the bridge celebrates its Centenary Year.

Constituency News

On 1st May 2025 residents in the Runcorn and Helsby constituency (which includes Frodsham) voted in a by election to select their MP.

From 13 candidates, the result was the closest ever seen in a by election with Sarah Pochin of Reform UK receiving just 6 votes more than Labour's Karen Shore. There were 85 spoiled ballot sheets.

Although the constituency has 70,621 people eligible to vote, only 32,655 constituents turned out, which was a 13.57% drop from the vote at the General Election.

Main Street Café host local celebrity



Photo: Ed

Weaver Words Literary Festival enjoyed another successful week with many famous writers appearing. Main Street Café hosted a dinner where local writer and Weaver Words Patron, Tim Firth, (Kinky Boots, Calendar Girls), gave a talk on his life and work. Owners Lucy and Abe Geldenhuys were also involved with the Festival of Walks and contribute to local schools and charities and love being part of the Frodsham community after lives and successful careers spanning South Africa, London and Cheshire. In 2020 they bought the former HSBC bank building and spent many hours during lockdown designing and regenerating it with mainly local trades, into the now beautiful restaurant.

Lucy, a Cordon Bleu chef, trained a close-knit team that prepares freshly made food, from breads and pizza dough to salad dressings and puddings. All-day dining is offered from breakfast, through lunch to dinner. There is a rear secret garden which can cater for parties and is a quiet oasis. The restaurant employs a hard working and loyal local staff of 20, with a full-time core and several young part-timers starting their employment journey. And if you want to spend a penny? Take a look on your left before the curtain – the door to the Bank vault is now an art work.

Frodsham Solar Project

Kayleigh Healey, Project Director, Cubicoinvest

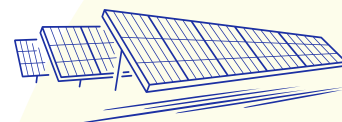
The Frodsham Solar project has reached a key milestone with the submission of an application for a Development Consent Order to the Planning Inspectorate on 30th May 2025.

Located on Frodsham Marsh and being developed by Cubico Sustainable Investments, the solar farm would deliver enough home-grown clean electricity to power around 40,000 homes. The proposals include a battery system that's capable of storing the electricity and supplying it later when the power is needed most, as well as having provision for the supply of renewable electricity direct to local industry. The project will respond to the Climate Emergency declared by Cheshire West and Chester Council and create employment

opportunities during its construction. Over its operational life, the project would provide millions of pounds of funding to support community initiatives in the local area.

Public access and recreational opportunities will improve with new paths proposed across the site. Biodiversity will be boosted through extensive planting of hedgerows and trees, in addition to ambitious plans to create a wetland habitat to support birds and other wildlife. It's anticipated that the project will provide an important educational resource for local schools and universities.

For more information and to register your interest in the project, visit www.frodshamsolar.co.uk



We would love to hear your thoughts on this newsletter. Please scan the QR code to provide feedback.

Frodsham News Forum gratefully acknowledges the financial support by Cheshire West and Chester Council Members Budget.



**Cheshire West
and Chester**