

SPRING GARDENING JOBS

The 2026 gardening season has well and truly started, so here are 4 jobs for you to do over the coming weeks for a glorious garden this year!

Pot up dahlia tubers for summer colour, but keep undercover until after the last frost!



Start sowing seeds for bee-friendly annuals such as cosmos, zinnia, and snapdragons



Check and follow RSPB advice on how to keep birds happy & healthy - advice has changed



Take time to enjoy your garden and green community spaces... that's what it's all about!



Photo: The Daniel Adamson Preservation Society

Freedom for The Danny

Winter maintenance is going well with a boiler test and inspection to complete. 2026 is potentially a make or break year for The Danny. Maintaining and operating a 123 year old steamship comes with significant challenges and public interest and community support is vital to preserve one of the last working steamships of her kind. Hopefully, Marsh Lock will be open for trips on to the Manchester Ship Canal and the work on the swing bridge has been completed.

The first cruise of the year will be on 2nd May from the Sutton Weaver berth to the Anderton Boat Lift and there will be free tours around this spectacular ship on Sundays 11.0-4.0. For the cruise timetable, please visit www.thedanny.co.uk



Bene Gelateria – THE Award winning Gelato experience on Church Street, Frodsham. Pop in and treat yourself to a snack, meal or deli offering or a delicious gelato from our exciting range of flavours.



Panto Auditions

Breaking News! Frodsham Panto group's show for January 2027 will be Sleeping Beauty. An introductory workshop will be held on Sunday 7th June 10am-1pm at Frodsham Community Centre, so if you have ever fancied being on stage, please come along to meet the team and find out more. The following weekend will be open auditions for Principal parts on Friday 12th June 6-10pm and Ensemble (both Adults and Young People age 8+) on Sunday 14th June. Dancers 10am-12pm and Chorus 1-3pm.

Please see our website for more information and to register www.panto.frodcomm.org.uk

SPONSOR A PAGE!

With our increased circulation of free printed copies to meet demand, we are offering space for sponsors. Become a sponsor and you will receive an acknowledgement of your sponsorship, together with your logo and a short feature on your business/organisation. Various packages are available which we can tailor for you.

Please e-mail sponsor@frodshamnews.co.uk to express your interest and arrange a discussion with our team.

Success at Bene Gelateria

Sponsor

Since taking over Bene Gelateria in 2021, Sam Cunliffe has grown her business from strength to strength. Last year, a purpose built Gelato space in the neighbouring property was created. Sam says "We saw the opportunity to expand without having to move to another site as we really do love Frodsham". Sam's background is in Food Safety, wholesale Speciality food sales and everything Ice Cream. She offers a popular 'comfort food' menu with fantastic Italian style coffee and homemade cakes and has introduced a Deli counter in the original shop with locally sourced and continental cheeses, meats, olives and much more.

Sam was only one of three Gelato Chefs who recently represented the UK in the European finals of the Gelato World Masters competition in Bologna, Italy and is keen to bring more Italian inspired artisan foods to further tempt her customers. The new Gelato parlour is proving a huge hit with children and adults alike and Sam plans to offer the space for children's parties and one-to-one experiences to make Gelato with her. Her award-winning flavour 'Chocolate Orange Coco Crunch' is a custard based Gelato infused with ginger and cinnamon, orange ripple, chocolate



Photo: Sam Cunliffe

stracciatella and a coconut crunch. Sam says "We just call it 'The Winner'. Sam is very grateful to all her loyal customers who buy her gelato 'rain or shine' and also to CWAC for assisting her business growth with Grant funding from the Government's Rural Growth Fund.

Local Facebook Celebrity

Log onto the Frodsham Community Page on Facebook on Fridays and you will catch Mick Flaherty's take on the weird and wonderful posts from the week. Always tongue-in-cheek and capturing the absurd but never cruel, Mick helps us laugh at ourselves in this increasingly stressful world.



Photo: M. Flaherty

Arriving in Frodsham in 2015 after discovering the area during his military service in the Wirral, Mick is an excombat medic, author and humourist with a love of antiques. He has written books showing the humour in British and Forces life. His next book, however, is a more serious project. Collaborating with Dr. Maria Katsarou-Makin, a psychologist, this book explores how our minds work. Mick's touch of humour balances Maria's expertise.

The book is due to be launched in early summer with an event at Lady Heyes. Mick also presented a talk recently at Helsby Sports Club "Through a Soldier's Eyes" which detailed the work of a combat medic in Afghanistan, and was shot entirely from his body camera. All proceeds from this talk are being fed back into the community. Mick has an interest in Buddhism and strives to live his life through Buddhist principles.

Frodsham Community Centre Needs You!

Opened in 1969, the popular Centre has a large hall, fully equipped stage and bars, three rooms for group activities and two smaller meeting rooms. With a good-sized kitchen and ample toilets, all needs are catered for. Panto starts the year, plays are performed and recently tribute bands have entertained as well as monthly Music & Arts and Film Club. Many groups, covering all interests and activities meet weekly or monthly and there are events throughout the year. A group also organizes fund-raising events, eg quizzes, Ceilidh etc.

The Centre is a charity and run by a Management Group of Volunteers, ably assisted by part-time staff. No funding is received and all income is dependent on room bookings. However, there is a shortage of new volunteers and help is needed with various aspects, ie IT, publicity/ marketing, maintenance and fund-raising.

Could you get involved and help keep this fantastic Frodsham facility open for all to use? You could become a member for a £5.00 one-off payment to receive a monthly newsletter or join the monthly 200 Club draw.

For further information visit centre.frodcomm.org.uk or contact Christine via email at secretary@frodshamcc.co.uk



Patient Participation Group (PPG)

The PPG is a group of local people registered at the surgery who act as the "patient voice" of every registered patient. They help patients have a voice in the way services are delivered. Members of the group are volunteers who have a keen interest in the health and well-being of themselves, their families and the wider community. They give 2-3 hours a month to share their patient experiences, organize health and well-being events, research the views of others who use the service and fundraise for some services.

The PPG initiate local surveys, assisted with covid and flu vaccination clinics, suggest changes to the content on the information screens and signage in the foyer and discussions have led to the appointment of Health and Well-being Staff. They work closely with the PPGs in Helsby and Elton and are part of the Cheshire West Chairs Group.

Any financial help is welcome but if you would like to contribute in a practical way e.g. attending a meeting, developing the practice newsletter or updating the practice website please email David at: knollsurgeyppg@gmail.com

Answer to the **WORDSEARCH**

e e n e b m u f y u n c n y e
 c s a d g v g k r u r h e i r
 j l e s y g b k h w j i s q g
 n q c e t s s l k i z c t c i
 g w s e d e k r o s c k i l t
 y d p q s t r p k s d s u y u
 b n r d r n i r b j s z h q l
 j s i w b b o n c s h o a q i
 i u n u a g z w g s o f m t p
 a n g w v a e l d s r k l x s
 g s t f c e q l r r i r i s b
 d h i g g i d a f f o d i l s
 i i m p t u s f i w g p z c k
 a n e b i r d s o n g i s y f
 x e c v l a m b s p f l k n f



15 Church Street Frodsham WA6 6PN 01928 734440 support@irestored.co.uk

iRestored Frodsham specialise in the repair of handheld devices, personal and gaming computers and also sell a wide range of new and refurbished devices and a range of accessories



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 of sponsors **Lady Heyes Holiday Park, No.13, iRestored Frodsham, Travellab, Dance Movers and Bene Gelateria**

To visit the Frodsham News website, please scan the QR code





Famous Frodsham Detectorist discovers 15,000 Roman coins

It started with a 23p find 8 years ago and then after much research, metal detectorist Day Moss found 37 Roman coins in North Wales which eventually led to a thrilling find of a hoard of silver coins. Then last summer in the same area, his detector indicated something and after some digging, with a pounding heart, he called over his fellow detectorist Ian Nicholson.

To their surprise a rainbow appeared over the dig site and when they saw the edge of a roman vessel containing coins, they stopped and called the Finds Liaison Officer. With no archaeologist available, they were given instructions over the phone on how to safely dig which took over 6 hours. They carefully wrapped the vessel, brought it back to Frodsham and Day slept with it in the car until driving down to Cardiff Museum.

This was the find of a lifetime until a few days later he did it again! This time an archeologist was available and this hoard joined the other in Cardiff for analysis – a total of up to 15,000 coins, possibly from 80BC-300AD and probably the biggest ever found in Wales. News of the finds went all around the world with Day and Ian appearing on TV.

Day runs *Detect it Nation* and runs digs with guidance and gives information on the many rules around metal detecting. They also support Alder Hay Hospital with toys and chocolates and £5000 of donations to date.

Would you like to discover hidden treasures? Or connect with fellow metal detecting enthusiasts? Visit the *Detect it Nation* website and Facebook page for more information on how to get involved and a list of their upcoming events.



Photo: Day Moss (right)

Canal & River Trust

The Canal and River Trust cares for and brings 2000 miles of canals and river navigations to life across England and Wales. Spending time by water can make us all healthier and contribute to our well being and these waterways have the power to make a difference to people's lives.

The Trust creates places and spaces that can be used and enjoyed by everyone, every day. With £24 million awarded by Postcode Earth Trust and thanks to Postcode Lottery players, a wide range of projects have helped preserve and transform canals and waterways.

The 'Let's Fish!' programme was introduced in 2016 and around 25,000 people have taken part. It includes everything needed to enjoy a fishing session, such as tackle, bait, a rod licence and fishing permit, as well as expert tuition from a coach.

Along with many events, the National Waterways Museum in Ellesmere Port celebrates its 50th Anniversary 13-14th June.

For more information on the Trust and upcoming events, visit the Canal & River Trust website on www.canalrivertrust.org.uk or their social media @CanalRiverTrust



Photo: CRT

Frodsham Leisure Centre and Library Redevelopment - Statement from Cllr. Mike Garvey

Many previous plans and proposals from Cheshire West and Chester Council to improve the facilities at the Library and Leisure Centre have been made. Now in partnership with Brio, support from the community and a recent £6m funding uplift, significant steps have been completed despite a backdrop of financial challenges for the local authority.

Ellis Williams Architects have completed detailed structural, drainage, mechanical and electrical studies, and undertaken design works. It is anticipated that a formal planning application will be submitted over the summer months and work will commence in spring 2027.

The vision for the redevelopment is to introduce a sustainable offer for leisure, health and wellbeing services across the A56 Corridor area, focusing on increasing participation and reducing health inequalities.

The proposals will create modern, vibrant and fit-for-purpose leisure, health and wellbeing facilities. This will be attached to the existing Sports Hall and Library. The aim is to create a fully accessible and welcoming space to build on the already strong levels of members and visitors.

Frodsham Library and Leisure Centre is essential to our community, offering a wide range of events and classes and use by a variety of clubs and groups. The new facilities are designed to meet the needs of existing visitors, customers and the wider community.

For more information on the development, please visit the website: <https://www.cheshirewestandchester.gov.uk/residents/regeneration-of-west-cheshire/rural-regeneration/a56-leisure-corridor>



Photo: G Harrison



The Goods Shed – Platform Three

Ask George Drewitt what his motivation is in restoring the Goods Shed at Frodsham Station and he will tell you it is to preserve the heritage of this historic building.

Standing empty for the last 15 years, the property is being restored to become a self service storage facility, Platform Three, with state of the art security but retaining much of its historic façade. The roof will be re-slatted, brick work cleaned, roof timbers retained and the original doors put back in place. Signage will be traditional.

Work is well in hand and the workforce can safely enter the building after removing four tons of pigeon droppings! The work will be environmentally sound with solar panels, native tree planting, bird and bat boxes and even an old railway bench recycled for the yard. Most of the supplies used in the work are from local sources and the work force from the Frodsham area.

As well as storage there will be parcel lockers, four container units and a bike shed, there may even be a coffee cart for commuters. In the future George hopes the yard area will provide a community space for local events. info@platformthree.co.uk

Has the Downhill Run its course?

One of Frodsham's most popular annual events, the Downhill Run, is not taking place this year. The Frodsham Community Association has released a statement on their website saying:

Various factors have combined to make it really difficult to manage this event [...] Frodsham Downhill Run has been a real community event for so many years but now it's time to think of something new and different and equally inclusive so please, if you would like to get involved or just have an idea, get in touch!

At a Frodsham Town Council meeting held on 7th April, it was decided that they would consider holding the event in 2027, hopefully coinciding with one of their civic events.

The first race, in 1936, had just 12 entrants running from the Athletics Ground to the top of the hill and back. This was repeated in 1937 when Wilson Huck won. The race then lapsed.

In 1970, George Bunner revived the event. Participants started at the newly-opened Frodsham Community Centre, ran up Fluin Lane, up the hill to the memorial and back. Wilson Huck, the previous winner, officially started this revival race. Under 15's ran one lap, 'youths' (16-17s) 2 laps and seniors (18+) 3 laps! Sebastian Coe of Hallamshire Harriers ran in the early 70's and said "it was the hardest race I've ever run".

By 1974, 900 boys and men competed from around the country with thousands of spectators. The first ladies race was in 1979. The event lapsed in the mid 90's but was re-launched by Frodsham Community Centre as the 'Downhill Run' in 2006, becoming a big calendar event for all ages. To read the full FCA statement, please visit their website.



Great vibe in a homely atmosphere at No 13, Main Street offering local craft beer, fine wines and cocktails and a bite to eat at competitive prices. Come to a quiz night or for live entertainment or book a room for your special occasion - we will be happy to see you.

Frodsham Stage Star celebrates NODA win

Dedicated local performer and member of Frodsham Players, Iain Bennett, is celebrating a major milestone after winning a prestigious National Operatic and Dramatic Association award for his leading role in A Man for All Seasons with Frodsham Players. Iain received the award for Best Leading Male Character in a Drama, describing it as a "wonderful recognition" not just for himself, but for the entire cast and crew. He highlighted the collaborative spirit at the heart of local theatre.

Having first stepped onto the stage in 2001 at just 11 years old, Iain's journey now spans 25 years and 33 productions. Over that time, Frodsham Players has become far more than a hobby - it is a second family. Taking on the role of Sir Thomas More proved a defining challenge. Inspired by the character's integrity and complexity, Iain immersed himself in research and script work to bring both humanity and wit to the performance, earning widespread praise.



Photo: Frodsham Players

Off stage, his connection to the group runs even deeper. His wife and son have both been involved and it was through the group that he met Carrie. Looking ahead, he will direct A Brief History of Women as his next project.

Dance Movers *Sponsor*

Arriving in Cheshire via the Isle of Man and Australia, Hazel Wheeler now runs 'Strictly' inspired gentle dance fitness classes to promote fitness, fun and friendship. Coming from a family of dancers; her grandmother and mother both judged ballroom in Blackpool, Hazel moved from a fashion career to dance on her return to the UK.

Her Majestic Movers, aimed at seniors, takes place in the Parish Hall, Church Street on Mondays, 10-11am, featuring easy to learn dance routines to some great music. The classes are about keeping the body moving and having fun. The sessions always finish with a cup of tea to allow the group to socialise. At only £8 per session, or £6.50 if signing for a block, the classes offer good value for money.

Hazel also runs classes in other locations such as Tarporley and Tarvin, and she is in Helsby on a Tuesday evening with her faster paced evening class, Cha Cha Movers.

Hazel and her colleague Nikki, who runs classes in Chester, are looking to build a dance community to expand the social element of the classes. Give the class a try with a free taster session! **Dance/Stretch/Smile with Hazel Wheeler, Dance Movers www.dancemovers.co.uk**



Photo: H Wheeler



SPRING WORDSEARCH

```

e e n e b m u f y u n c n y e
c s a d g v g k r u r h e i r
j l e s y g b k h w j i s q g
n q c e t s s l k i z c t c i
g w s e d e k r o s c k i l t
y d p q s l r p k s d s u y u
b n r d r n i r b j s z h q l
j s i w b b o n c s h o a q i
i u n u a g z w g s o f m t p
a n g w v a e l d s r k l x s
g s t f c e q l r r i r i s b
d h i g g i d a f f o d i l s
i i m p t u s f i w g p z c k
a n e b i r d s o n g i s y f
x e c v l a m b s p f l k n f
    
```

springtime	daffodils	seedlings	iris
snowdrops	birdsong	blossom	eggs
easter	tulips	chicks	
lambs	sunshine	nest	



Why experiment with travel? Get guaranteed results from Travellab

8a Church Street Frodsham WA6 7EB

holidays@travellab.co.uk 01928 246243

Helsby Grammar School Grand Anniversary

Helsby Grammar School for Girls (now Helsby High School) hosted a Celebratory Party on 6th March for 50 Septuagenarians, many of whom had not seen each other for over 50 years.

After 18 months' planning, "girls" came from all points of the compass with a few from overseas. A spokesperson said "It's been quite a challenge tracking down girls, especially where we didn't know married names or occupations. Getting such a high response rate made all the efforts worthwhile."

After an afternoon trip down memory lane at the school there was an evening party at the Forest Hills Hotel themed on the olive green and gold uniform and a specially themed cake. There were a couple of mannequins sporting various 50 year old uniform items - one in a complete hockey kit from the 70's.

A night of fun, laughter, music and memories followed. One attendee wrote a poem from recollections from many of the girls. Photo submissions were shown in a slide show along with an "In memoriam" board to fondly remember those no longer here.



Photos: Helsby High School

Next Door - Award winning restaurant



Find them at 68 Main Street in their historic timber frame property built in 1645. From 1929 to the 1970's, the site housed Coward's family butchers, until they moved to the larger purpose-built adjacent shop we still see today. Mr. Coward undertook a painstaking 5-year renovation project at the site exposing the hidden timber frame, original sandstone, wattle and daub.

When the tenancy became available in 2016, hospitality couple Vicki (Mr. Coward's youngest daughter) and husband Richard Nuttall jumped at the chance to open their own venue using local, seasonal, quality food. Chef Richard and Sommelier Vicki trained in gruelling Michelin Star restaurants in the UK and abroad before returning to their home in Frodsham.

The restaurant has been included in the Michelin Guide since 2021 and has held 3 AA rosettes for culinary excellence since 2023, putting it in the top 1% of venues nationally.

Richard is passionate about bringing on new talent with a 17-year-old apprentice, a young kitchen team and keen locals working front of house. He says his priority is to "create a positive social space" and his legacy will be teaching his staff and sharing his skill. Every month, he holds a Book Club and cookery demo using his vast collection of cookery books showcasing the recipes with sharing plates.

Frodsham Festival of Walks 2026

24th April - 4th May



The 22nd festival will have over 30 walks for all abilities and ages. As always the organisers thank the volunteer walk leaders and supporters for giving their time and expertise.

For younger walkers, there's a pram walk on the Gruffalo trail at Delamere Forest, a Family Treasure trail on the first weekend, and two Forest School sessions.

There are several all-day walks and a good selection of 5 mile walks. Two of the walks will be on evenings during the week, and the ever popular visit to Hob Hey Wood is on 3rd May. There's a walk to listen to birdsong in Frodsham Woods, an art trail walk, and a health walk on Helsby Hill. Some walks include a pub, and there is a foraging walk.

Climate Action Frodsham are leading people around the marshes where the solar farm is planned. New this year is a 'silent' walk around the Frodsham marshes listening to an audiobook, with stops to discuss it. Some walks include rail transport or are scheduled to fit in with access by public transport. There are a number of walks that welcome dogs too. Places are limited so booking really is essential.

To see the full list of events and links for booking, please visit www.frodshamfestivalofwalks.uk



Photo: F. Barry

From Forces to Forest



Photo: Chris Whitby

Chris Whitby, founder of Frodsham Tree Solutions, manages a family-based business specialising in a professional range of tree services and solutions.

As a former Royal Engineer who retrained as an arborist after finishing his Army Career, Chris is committed to helping others leaving the Forces and includes eight Veterans in his current team. Chris is planning to expand his company to take on more commercial work and the training and employment of more Veterans forms part of his plan. Chris will use the teamwork, structured process and risk management acquired by forces personnel as a basis for the retraining in arboriculture.

Chris recently had the opportunity to be a Panel member at a Local Skills Improvement Plan meeting held at Chester Racecourse where he spoke about what it is like to employ veterans. Following this Chris was invited to an event at The House of Lords as part of a Forces Apprenticeship Parliamentary Reception where he was able to showcase the company ethos of assisting Service leavers with the transition from the Forces to civilian life. He hopes the contacts made will help achieve his aim of working on large contracts meriting the employment of more Veterans. For more information, please visit frodshamtreesolutions.com

Lady Heyes getting ready for Spring

Sponsor

The new Frodsham Padel Club has proved to be a great success with guests of the Holiday Park and local residents alike and there have been around 700 hundred bookings. With the better weather approaching in the Spring and Summer months, it is looking to be a busy time ahead for the venue. There are plans to host corporate events and for schools and children's groups and there is an in house coach available for all levels of play.

After the success of the Car Boot sales last year, the first sale this year is Saturday 4th April with free parking for buyers. Sellers should call 01928 788557. Sales will take place on the 1st Saturday of each month April - September.

While you are there, you can browse the lovely selection of Village shops, or grab a snack or meal in the Pod Kitchen café and children can let off steam in the soft play barn.



Lady Heyes is located on Kingsley Road, Frodsham and is a 15 acre site with a host of activities, amenities and shops to discover.