

July / August 2022

Issue 269

# FOCUS



**Parish Magazine of St. Stephen's, Hightown**



**The Summer Holiday Issue**

## Editor's letter July/August 2022



### *Hello and welcome to the summer holiday issue!*

As a primary school teacher, I used to read a book to the children called 'Jesus' Day Off'. The author, Nicholas Allen, writes humorously about the time when Jesus woke up one morning feeling exhausted and hardly able to get out of bed. Not so very surprising when you consider his tight schedule; performing miracles; telling fantastic stories; helping fishermen and generally spreading joy and kindness to all. Sensibly, He goes to see His doctor who recommends having a day off. Sun shining, and armed with a picnic, He goes to the beach. He plays frisbee with his halo, turns cartwheels, goes for a swim and has a donkey ride. All in all it is a lovely day, but at the end Jesus feels sad because He feels He's helped no-one and it's been a day wasted. So He turns to His Dad for advice. His Dad says that when people saw Him enjoying Himself, they too felt happy, and that it's only when you feel better yourself that you can help others feel better.

The children always enjoyed listening to this book and great was their surprise when, as a special treat, a friend of mine, Tony Higginson, arranged for them to meet the author.

We all need a day off or a break, once in a while. A vacation helps us to vacate our minds, rest, and return to our normal lives refreshed and energised. A vacation, no matter how short, restores our ability to tackle the good work that needs doing in this world. We are very lucky living close to the shore in Hightown, with its soothing scenery, bird calls and wonderful sunsets.

Wishing you all a relaxing summer,

Colette



Happy, Hightown ladies relaxing on the beach

Entries for future issues of Focus to be sent to

[Focus.Magazine@StStephensHightown.org.uk](mailto:Focus.Magazine@StStephensHightown.org.uk)

Please submit before the last day of the month.

## ***Letter from Michael Cudby, Church Warden***

After Pentecost the apostles found themselves in a hostile world. Yet, when faced with danger, rejection and even the threat of death, the strength of the Holy Spirit lifted their souls and empowered them to go out and spread the good news of Jesus Christ.



Looking around us, we see parallels to those ancient biblical times. I am saddened that we continue to abuse God's natural gift of choice. Conflicts, discrimination and crime seem to dominate our daily lives. We long for Jesus' return to earth to put things right and lead us along Jesus' way to salvation.

The period of time around the 29th June, in the Anglican Church, is called 'Petertide'. It's the traditional period for the ordination of priests and the start of their new posts which last for 4 years. Many of us from St Stephen's were with Julie as she was ordained on 26th June, the nearest Sunday to the actual feast day. We continue to pray for her and Martin, her husband. We pray that she will settle at Holy Trinity, Formby, her first post - Julie you will be in our hearts.

July & August will be challenging months for St Stephen's as we enter months 2 and 3 of interregnum. So far, so good. We appreciate all the hard work by our church teams to support the Church's ministry and to the wonderful support we have had from outsourced clergy, as well as our own volunteers, to lead the Wednesday and Sunday services.

Bless you all.

### **Sunday Coffee Rota—July**

**3rd Christine Grocott**

**10th Margaret and Colin**

**17th Beryl Howard**

**24th Di Aldis**

### **August**

**7th Hazel Roberts**

**14th Shirley Burns**

**21st Jan Dawkins**

**22nd Jan Williams**

**28th Hilary Munro**

### **Sanctuary Flowers—July**

**3rd Colette Grove**

**10th Beryl Howard**

**17th Val Bailey**

**24th Sue Taylor**

**31st Janice Mullins**

### **August**

**7th Di Short**

**14th Hazel Roberts**

**21st Irene Williams**

**28th Barbara Hope**

# St. Stephen's Church

## Rota for July / August

Sunday 3rd July	10.30am Eucharist Rev Kath Roger 6.00pm Evening Prayer
Wed 6th July	10.30am Eucharist Rev Pete Spiers
Sunday 10th July	10.30am Eucharist Rev Ted Woods 6.00pm Evening Prayer
Wed 13th July	10.30am Morning Prayer Judith Welch
Sunday 17th July	10.30am Eucharist Rev Keith Thornborough 6.00pm Evening Prayer
Wed 20th July	10.30am Morning Prayer Hazel Roberts 6.00pm Evening Prayer
Sunday 24th July	10.30am Eucharist Rev Sue Smith 6.00pm Evening Prayer
Wed 27th July	10.30am Morning Rev Sue Smith
Sunday 31st July	10.30am Eucharist Rev Mark Stanford 6.00pm Evening Prayer
Thurs 4th Aug.	10.30am Eucharist Judith Welch
Sunday 7th Aug.	10.30am Eucharist TBA 6.00pm Evening Prayer
Thurs 11th Aug.	10.30am Morning Prayer Hazel Roberts
Sunday 14th Aug.	10.30am Eucharist Rev Ricky Panter 6.00pm Evening Prayer
Thurs 18th Aug.	10.30am Morning Prayer Geoff Bailey 6.00pm Evening Prayer
Sunday 21st Aug.	10.30pm Eucharist Rev Sue Smith 6.00am Evening Prayer
Thurs 25th Aug.	10.30am Eucharist Sue Smith
Sunday 28th Aug.	10.30am Eucharist Rev Ted Woods 6.00pm Evening Prayer
Thurs 1 Sept	10.30am.Morning Prayer Michael Cudby

# Who's Who at St. Stephen's

Vicar	<i>To be appointed</i>
Reader	Mr. John Gibson
Wardens	Mr. Michael Cudby & Mr. Geoff Bailey
PCC Secretary	Mrs Beryl Howard
PCC Treasurer	Mr. Keith Aldis
Gift Aid Secretary	Mr. Brian Taylor
Safeguarding	Mrs. Sonia Bunyard
Wills and Legacies	<i>To be appointed</i>
Electoral Roll Officer	Mrs. Beth Cresswell
Sacristan Team	Miss Hazel Roberts
Health and Safety	Mr. Stanley Alty
Flower Rota	Mrs. Hilary Munro
CMS Secretary	Mrs. Beryl Howard
St. Stephen's Youth Club	<i>To be appointed</i>
Church Hall Bookings	Mrs. Sally Fraser
Focus Editor	Colette Grove <a href="mailto:Focus.Magazine@StStephensHightown.org.uk">Focus.Magazine@StStephensHightown.org.uk</a>
Focus Advertisements	<i>To be appointed</i>
Focus Distribution	Mr. and Mrs. K Bradshaw
St. Stephen's Church Website	<a href="http://StStephensHightown.org.uk">StStephensHightown.org.uk</a>

# Hightown 's Jubilant Jubilee

Hightown celebrated 70 years of our wonderful queen



**Thursday "Drop In"**

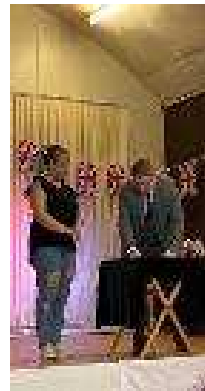


**Friday Beacon lighting**

**Friday afternoon "Street Party" at The Hightown Club**



**Mayor and special guests**



**Saturday afternoon**  
The Great Borrini & friends  
Magic and Mentalism Show  
in St Stephen's Hall





**Sunday afternoon**  
**Petting Zoo**  
**and Jumping Jane's Disco**



## PRAYER PROMPTS FOR JULY



- 1st. For the victims of crime.  
*For the people of Mark Road.*
- 2nd. For those working to avert cruelty to animals.  
*For the people of North End Lane.*
- 3rd. **Trinity Sunday 3 Thomas the Apostle**  
For all who bear the burden of privilege and leadership.  
*For the people of Tudor Gardens and Rathbone Road.*
- 4th. For those overcome by doubt, that their faith may be strengthened.  
*For the people of Langley Close and Richmond Close.*
- 5th. For those whose homes have been overcome by natural disasters.  
*For the people of Whitefield Close and Oakfield Road.*
- 6th. **Thomas Moore, Scholar** That our children are enabled to make up the precious time they have lost during the pandemic.  
*For the people of Thornbeck Avenue and Mayfair Close.*
- 7th. For those who strive for lasting peace between nations.  
*For the people of School Road and Gorseley Lane.*
- 8th. For those who suffer distressing pain.  
*For the people of Elvington Road.*
- 9th. For the conservation and protection of endangered species of living creatures.  
*For the people of Moorhouses and Bankside.*
- 10th. **Trinity Sunday 4**, For those involved in missionary work overseas.  
*For the people of Blundell Road.*
- 11th. For farmers and others who work in agriculture.  
*For the people of Marston Crescent and Larkhill Grove.*
- 12th. For those countries who suffer famine and a lack of clean water in times of drought  
*For the people of Blundell Avenue and Alton Close.*
- 13th. For our sand dunes and pinewoods, that we may treasure and maintain them for the enjoyment of generations to come.  
*For the people of St George's Road and Sandy Lane.*
- 14th. For the bereaved and those who carry great sadness.  
*For the people of North Dunes.*
- 15th. For the continued growth and vitality of St Stephen's Church.  
*For the people of Westway and Thistledown Drive.*
- 16th. For orphaned or neglected children, forced to survive on the streets or work long hours.  
*For the people of Withins Field.*

- 17th. **Trinity Sunday 5** For those responsible for the upkeep of our cathedrals and churches.  
*For the people of Riverside.*
- 18th. For those who serve in the armed forces and the loved ones who have lost their lives in the service of their country.  
*For the people of Village Way and The Roundway.*
- 19th. **Gregory, Bishop, Teacher** For teachers, that they may receive the respect of the children they teach, their parents and society.  
*For the people of Sandhills and Sandilands Grove.*
- 20th. That we change our ways and learn to care for our world.  
*For the people of Elmcroft Lane and Emerson Close.*
- 21st. For musicians, artists and poets who enrich mind and spirit.  
*For the people of Briary Croft and Brentwood Close.*
- 22nd. **Mary Magdalene** For the sick, and their loved ones and carers.  
*For the people of Alt Road.*
- 23rd. We pray that in our relationship with the community, we can fulfil the mission of St Stephen's church to be integral to community life, accessible; caring and supportive to all.  
*For the people of The Ranges and Altcar Camp.*
- 24th. **Trinity Sunday 6** Lord, forgive us our trespasses as we forgive those who trespass against us.  
*For the people of Moss Lane and farms in the area.*
- 25th. **James the Apostle** For those who are persecuted and have died for their faith.  
*For the people of St Stephen's Road and Hester Close.*
- 26th. **Anne and Joachim** For parents that they may bring up their children with love to respect the morals and conventions of society.  
*For the people of Thirlmere Road.*
- 27th. For the Hightown Tuesday group and for the friendships forged in this and other organisations which meet in Hightown.  
*For the people of Windermere Road.*
- 28th. For those who are lonely in our community, that they may find companionship.  
*For the people of Blundell Grove.*
- 29th. **Mary, Martha and Lazarus** For the love and support of family and friends  
*For the people of Wignalls Meadow.*
- 30th. **William Wiberforce** For suppressed peoples, that they may obtain freedom from oppression.  
*For the people of Old Acre.*
- 31st. **Trinity Sunday 7** Our Father, who art in heaven .....



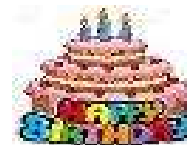
## Baptisms



26th July Chloe Wormald  
9th August Grace Harrison  
26th Charlotte Harrison

## Birthdays

1st July Charlotte Harrison  
17th July Abigail Edisbury  
23rd August Nathaniel Wood



### Brass Cleaning

#### July

Beth Cresswell

#### August

Shirley Burns



It would be so good to start Beavers, Cubs and Scouts here, again, in Hightown.

Might you be interested in leading or helping a group?

If so, please contact Michael Cudby, in the first instance, on 0151 929 3915



**St Stephen's Church Hall**

**TODDLER GROUP**

**Every Friday 9.30 to 11.30am**

**Christenings for children of all ages**

**St Stephen's Church**

**Ring our church warden Michael to book**

**0151 929 3915**

# First Lady

## A Celebration of Ministry

Saturday, 9 May 2015 saw a service at St Luke's Formby to celebrate the contribution of women to the ministry of the Church, with particular thanks for their input to our Deanery of Sefton. It was also used as an occasion to celebrate the 40 years of ministry of



Canon Frances Briscoe, who was our minister from 1992 to 2000. Focus invited Frances to reflect on her ministry.

Frances recalled how as a little girl she used to look up at the man in the pulpit and think 'I'd love to do that when I grow up' but never thought she would. Women were just not allowed to do such things! It was well over 30 years before she was allowed! That was when she began her full time ministry at St Luke's, Crosby, but then only as a lay worker. That same year, 1975, the Church of England agreed there were no fundamental objections to the ordination of women. It took another 12 years before they were admitted to the Order of Deacon in 1987 - of which Frances was one of the first - and a further seven before they were admitted to the priesthood in 1994. She was again among those who were the first to be ordained priest and many of us from St Stephen's were present to support her on that occasion in Liverpool Cathedral. It's easy to forget that when she first came to us in 1992 she was still a deacon and Rev Patrick Crean used to come and preside at the Eucharist for us.

Frances, meanwhile, had had an interesting journey becoming, as one article in the Liverpool Echo once described her, a woman of firsts.

In 1977 she became the first woman to be ordained Deaconess in Liverpool Cathedral; in 1988 the first woman Canon in Liverpool Diocese and in 1989 the diocese's first woman Area Dean, of our newly created Deanery of Sefton - both these while still a deacon. She recalled how, not long afterwards, someone brought a private member's motion to the Church's General Synod demanding to know whether it would be legal for deacons to be appointed Cathedral Canons or Rural/Area Deans. After listening for a while with a mixture of amusement and incredulity, she managed to catch the chairperson's eye and rose to her feet to proclaim that they had standing before them someone who was both a Canon and Area Dean and whose Bishop would not have so appointed her without checking the legality. The Synod burst into both laughter and applause!

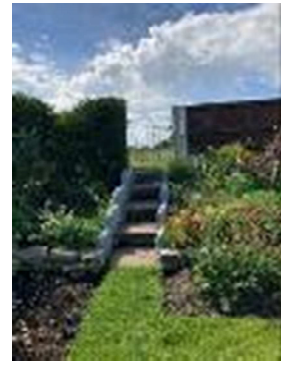
Frances rejoiced at the privilege of having been called by God to serve in his Church, the wonderful people she had been privileged to serve and the wonderful colleagues with whom she had worked and who had supported her along the way. She rejoiced too at the variety of ministries she was called to exercise.

Above all she rejoiced that all ministries in the Church of England are now open to women.

Frances sadly died on May 12th this year. Please remember her in your prayers.

# The Hightown Flower Show

Every year our village stages a flower, produce and crafts show. This year it is to be held on Saturday 16th July. Elsewhere the world is tearing itself apart in the normal way. But here in Hightown, on a Saturday morning each mid-July, the village swings into action as the community prepares to display its finest efforts.



Friday evening is spent in the kitchen, following time-honoured recipes and putting the finishing touches to our handicrafts. This does not always go to plan, as under pressure, tried and trusted cake tins can inexplicably disappear from my cupboards, forcing me to use not so familiar cake tins, resulting in—horror of horrors—soggy bottoms and sunken tops!!!

In typical British fashion, although it is high summer, we awaken on Saturday morning to pouring rain. However, we don our waterproofs, brave the elements and gather the best blooms from our gardens. As I survey my garden, I wonder if nobody else in Hightown has a solidly built dog whose mad half hour every morning takes him on a bulldozing trail of joy straight through the flowerbeds. Or at least that's my story. Truth is, I have for many years now been given the nickname Mortitia with regard to plants and flowers. Luckily I have a kind neighbour who doesn't object to me "borrowing" a few blooms of his. It is, fortunately for me, allowed within the rules.

At 9.00am the village hall doors open and the competitors carefully carry in their precious loads. Slowly, the hall transforms into a multi-coloured, multi-scented pleasure dome and at 12 noon the judging commences.

At 2.00pm, teas are served with generous helpings of home-baked cakes, exhibits are admired and prizes handed out.

If you haven't lived in Hightown long or you moved here during the pandemic, you won't have had the chance to experience this wonderful village event. Please come along and join us . You will be sure of a warm welcome and the chance to make new friends in your area.

The Hightown Flower Show is, at once, competitive, commendable and essentially community spirited. It is the best of village life





## **RNLI Day 17th July 2022**

### **Come and Join Us!**

As you may be aware, for years our club has supported the fantastic work that the **RNLI** provide all over the UK. It has been a long-standing tradition that we hold a special day to raise much needed funds.

Every year thousands flock to our beaches to enjoy a much needed dose of sun, sea and sand. Having fun will be the order of the day—after all what's not to love about a stroll along the beach, a dip in the sea, or trying out your new paddleboard? But as the beaches fill up, **RNLI** lifesavers will be at their busiest. With more people drawn to the water, more people get into danger. It could be you, your pet, or someone you love. The **RNLI** also have a flood rescue team, helping those affected by flooding. **RNLI** crews and lifeguards have saved 142,700 lives since their founding in 1824 but they also work hard at preventative measures such as influencing, educating and supervising within the community.

If any member, or non-member, would like to set up a stall on the day, all are welcome to participate. Please contact the club - [cwill1951@virginmedia.com](mailto:cwill1951@virginmedia.com). A small contribution from any profit made would be very much appreciated.

We have confirmation that the **RNLI** will be attending, sailing over from New Brighton. Further details regarding other attractions and times will be advertised around the village nearer the date. Hopefully we will have a fantastic day and raise lots of money for this most worthy cause. Everyone is welcome!

***With our support, they  
save lives at sea.***



# Yoga Walking

## by Vickie Clark

Yoga walking is about quality not quantity. It's a walk to help ground you, open up your senses, be in nature and allow you to build a strong

foundation to help you to walk effortlessly with poise, strength and balance.



A typical yoga walk concentrates on your breath, your well being, grounding you to allow you to concentrate on walking the best way you can to stop trips and falls and allow you to focus on your posture along with your surroundings, what you can see and hear.

To yoga walk you only need yourself and some nice weather. Rose, our yoga instructor, stops us along the walk to check our posture, check our breathing, to look at the flowers and listen to the birds. Its not just about getting from a to b, it's about the journey.

Rose will introduce new ways to walk such as 'treacle feet' to help you walk better and more confidently.

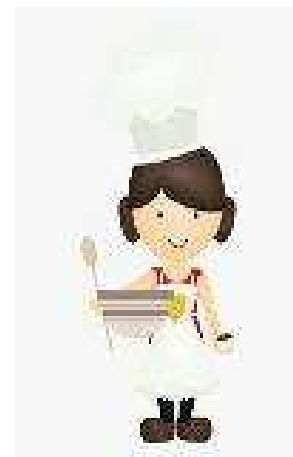
A typical walk lasts 45-50 mins and involves some chat, some mindfulness and lots of nature. Every walk ends with a 5-10 minute candle gazing relaxation.

A yoga walk is your time out from a busy life, time to have some fun and meet new people.

# From Beth's Kitchen

## CULLEN SKINK

I am just back from a holiday in the north west of Scotland. Fish dishes in restaurants and cafes abound. Our favourite is the Seafood Shack in Ullapool where you eat outdoors,.The food is served from a modified mobile kitchen and one prays for the rain to cease. This recipe is one of their best. It can be a soup or a main course dish served with chunky bread. My mouth is watering as I write.



## Ingredients

50g butter	1 tbsp vegetable or rapeseed oil
3 white onions, diced	1 celery stick, diced
2 leeks, diced	1 bay leaf
juice of ½ lemon	5 dashes of tabasco
1 fish stock cube. crumbled	800g white potatoes
4 fillets un-dyed smoked haddock	500ml cream
salt and black pepper	

## Method

Heat the butter and oil in a large pan. Stir in the onions, celery and leeks and sweat for about 10 minutes. Add the bay leaf, lemon juice, Tabasco sauce, black pepper and fish stock cube, then sweat for another 5 minutes.

Peel and dice the potatoes and add to the onion mixture for a further 5 minutes. Add about 1 litre of water to cover the vegetables and simmer until they are cooked through. At this point the mixture may be cooled and frozen for future use.

Make sure the haddock fillets are bone free and add to the pan. Lower the heat and simmer until the fish breaks up. Add as much cream as you like, check the seasoning and serve in individual bowls with chunks of bread.

Serves 6-8



## Village Organisations and Activities

Tuesday Group, St Stephen's Hall Tuesday morning 10am	Beryl Howard Jan Branigan
Hightown Friendship Group 2nd Wednesday at 8pm, St Stephen's Hall	Margaret Wear
Gardening Club 2nd Monday St Stephen's Hall 8pm	Hilary Munro
Bowling Club, Sandy Lane	Diana Killen
Hightown Club	Chris Scrine
Blundellsands Sailing Club	Rohan Pickard—rohan.pickard@gmail.com Chris Williams—Cwill1951@virginmedia.com
Probus Club	Clive Rowley
Yoga Classes, Hightown Club	Rose Billinge
Flower Show	Ian Wear
Open Mic Poetry Group 3rd Thursday 7.30pm, St Stephen's Church Hall	Tony Higginson—tonythebook@live.co.uk Sally Anne—tapiabowes@gmail.com
'Drop In', Thursdays, 1.30—3.30pm St Stephen's Hall	Sue Taylor
Village Singers, Our Lady of Victories Hall, Mondays 1.30—3pm	Chris Payne—payne-c@sky.com
Hightown Parish Council	Jenny Farrar—clerk@hightownparishcouncil.uk www.hightownparishcouncil.uk
Chair Fitness for health and balance Wednesdays 11.30—12.30, St Stephen's Hall	Gaynor Mc Hugh
Community Library, Alt Centre, Lower Alt Rd, Mon 12—3, Fri 11-1.30	Linda Munro—lindamunro@hotmail.com
Zumba Gold, Dance for all aged 55+, Mondays 9.45-10.30 St Stephen's Hall	Nicky Garsforth
Creo Dance Co, Mon, Wed, Thurs, Sat Children 3-18 years	Georgia Gaudi

**Thank you Hightown**

**for raising**

**£1120**

**for Christian Aid**



-Dear Editor

My thanks to all those of you who have sent me cards and messages in memory of Terry. To know that you have kept us both in your thoughts and prayers has been a great comfort.

Your kindness is much appreciated and I know Terry would feel the same.

Diana Warren

## **USEFUL TELEPHONE NUMBERS / WEBSITES**

Hightown Doctor's Surgery— 0151 929 3603

Hightown Railway Station—Merseyrail.org

Hightown Hotel—0151 929 2492

Blundellsands Sailing Club—Cwill1951@virginmedia.com

Hightown Club—07884 491 806 (Chris Scrine)

Local taxi—Formby Village Radio Cars 01704 877777

Police (Non-Emergency) – 101

NHS (Non-Emergency) – 111

Sefton Council Main Number – 0345 140 0845

Adult Social Care – 01704 704389 (North) / 0151 529 3761 (South)

Children's Social Care – 0151 934 3114

Children's Safeguarding Concerns – 0345 140 0845 (8am-6pm)

Sefton Council Emergency Duty Team (weekends) 0151 934 3555

Sefton Council for Voluntary Service – 0151 920 0726

Healthwatch Sefton – 0800 206 1304

Sefton Security – 0151 934 4746

NHS Southport and Formby CCG: 01704 395 785

Sefton Carers Centre (helpline) – 0151 288 6060

Stop Hate UK - 0800 138 1625

Sefton Women's & Children's Aid - 0151 922 8606

National Domestic Abuse Helpline 0808 2000 247

# Dance yourself Fit with Zumba

## What is Zumba?

Zumba was developed by Columbian fitness instructor Alberto (Beto) Perez in the mid 1990's. Beto was on his way to teach his regular aerobics class and realised that he had forgotten his music. Due to lack of time to go back and get it, he decided to use the music he had with him - music that he enjoyed listening to himself.



He taught his class using Latino music like Merengue and Salsa and his native dance rhythm Cumbia. He changed the structure of his original aerobics class and made it much more relaxed and fun. His students had a blast, and the session became a busy regular feature on the gym timetable.

Beto took his dance fitness classes to Miami, it was there that he met 2 other Alberto's (Perlman and Aghion), and with investment, together they created the Zumba Programme. In 2015 Zumba moved into class instruction with over 14 million instructors worldwide. The name Zumba has no specific meaning, it was created as it sounded a little like Rumba, the Cuban music genre. Now Zumba is known all around the world as the fitness dance class where you gain the benefits of exercise and have great fun at the same time. There are 4 basic rhythms that are always used in each session, Salsa, Merengue, Cumbia and Reggaeton. Other dance rhythms are included in the classes too such as Cha Cha, Tango, Mambo, and Samba.

## What are the benefits of Zumba?

The benefits of Zumba are many. The class is upbeat and positive, so it's great for the feelgood factor, and everyone is always encouraged to work at their own pace and level. Regular Zumba workouts can help to improve fitness levels and aid with weight management too.

There are various classes within the Zumba Programme. Zumba Gold for example is Zumba for active older adults or beginners. This is a low impact session at a slightly slower pace where the focus is also on mobility balance and co-ordination. It's also a great way to learn the rhythms.

Zumba sessions are now held in 180 countries all over the world and the Zumba community has raised a combined \$5.7 million dollars for charity.

Zumba Gold runs every Monday in St Stephens Church Hall at 9.45am, and this year celebrates its eleventh year in Hightown.

For more information about classes contact Nicky on 07916 142992  
'Zumba Gold is a fabulous way to start the week. Fab teacher (lots of patience!) and a smashing group of ladies

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- SAIF Bereavement Care support

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★★★★★




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**Prices for advertising per annum:**

Full page: £550  
Half page: £275  
Quarter page: £135  
One Eighth page: £70

**Contact:**

[Focus.magazine@ststephenshightown.org.uk](mailto:Focus.magazine@ststephenshightown.org.uk)



**PARISH GIVING SCHEME**

**For regular giving—Everyone benefits**

**For details, Please contact:**

**Brian Taylor: 0151 929 2720**  
**Keith Aldis: 0151 929 3612**

**Slimming World**  
taste the freedom

make the most of your time so you can enjoy life!



**Weight loss can unlock a whole host of health benefits...**

...and it's so rewarding when members tell me they've seen improvements in health conditions which had previously held them back from living their lives to the fullest.

One major benefit of embracing healthy habits is improved heart health and reduced risk of cardiovascular disease, and you can hear from lots of our members, including many who have transformed their heart health in the success stories on our website!

[www.slimmingworld.co.uk/real-life-stories](http://www.slimmingworld.co.uk/real-life-stories) - or come along and find out more - St Stephens Church Hall, every Wednesday at 9.30am



touching hearts, changing lives

**Ring Kelly on**  
**07720 869 811**

*Personal Weight information is only visible to the person getting weighed.*

# FIND OUT WHAT YOUR HOME IN HIGHTOWN IS WORTH



## Use My FREE Instant Online Valuation Tool

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Established 1907 Hightown



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***If you are interested in joining the club or trying some sailing  
with existing members, please contact:***

**Rohan Pickard – Sailing Secretary**  
[rohan.pickard@gmail.com](mailto:rohan.pickard@gmail.com)

**Chris Williams – Rear Commodore**  
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**HIGHTOWN CLUB**  
Founded 1907

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The Hightown Club is a village Sports and Members Club, which encompasses the heart of the Hightown Community. We host a range of sporting activities for all age groups at casual and competitive levels and we actively encourage the local community to enjoy the facilities at the Club by attending our wide range and top quality events or just dropping in for a friendly drink in our Sports Bar.

## Sports Bar Opening Hours

Monday & Wednesday Closed. Tuesday & Thurs 6-10pm. Friday 6-11pm. Saturday 6-12pm. Sunday 1-9pm


## Function Room for Hire for Special Events

Ideal for Celebrations, Christenings, Holy Communions, Weddings, Funerals, Conferences and Community Events.

**For Catering Enquiries, Contact: Janet Holmes: 0151 929 2330 or 07504 399 103**

**For Membership Enquiries, Contact: Chris Scrine: 07884 491 806**

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THE HIGHTOWN PUB & KITCHEN, LOWER ALT ROAD, L38 0BA



THE HIGHTOWN  
PUB & KITCHEN

At The Hightown you will find a community atmosphere, with a large beer garden in scenic surroundings. We're a family-run venue serving locally sourced fresh produce, so if you're staying for food you'll leave happy and fulfilled. Plus, with a wide range of beers, ales, wines and spirits we're bound to have the tittle to unwind with!

So why not join us for a hearty meal, a quick refreshment, or to enjoy one of our regular weekly events - from Thursday Quiz Night, Sunday Jazz, to a range of live music at the weekends. Our family welcomes your family, along with your dogs, we look forward to welcoming you soon!

To find out more:

please visit: [www.thehightown.co.uk](http://www.thehightown.co.uk)  
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For private functions please contact us directly to discuss.

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**Monday: 10:30 - 12:00 & 18:15 - 19:45**

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**Drop in to the first class for free!**

**For more details contact:**

**Rose Billinge: M: 07900 017 608**

**Email: RoseBillinge@Yahoo.co.uk**

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### Contact:

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