

September 2022

FOCUS

Issue 270



Parish Magazine of St. Stephen's, Hightown



The Harvest Festival Edition





Hello and welcome to the harvest festival issue

The nightingale may well have sung in Berkely Square. However, here in Mark Road where I live, you are more likely to hear a Tawny Owl at this time of the year. And why the autumn, in particular?

When I first moved to my lovely bungalow, I wondered why the previous owner had placed an owl plaque on the front of the property. Why not something more on a coastal theme? I was soon to find out!



When Altcar Camp landscaped their grounds and planted so many trees, they created a fantastic habitat for any number of different birds, tawny owls included. From September onwards, we are often woken at night by the familiar call of the male, and judging by the volume, he is very close indeed. This

hooting is a signal that the owlets, born earlier in the year, are now vying with their parents to establish their own territory for the coming breeding season. Tawny owls are very conservative when it comes to territory and do not like to wander too far from the place of their birth. Therefore, the parent birds are forced to defend their own little patch of land against the marauding instincts of their offspring, hence the increase in hooting. In fact, it is not unknown to hear the male, even during daylight hours. (Parents, beware the next time your offspring ask if they can stay with you whilst they save up for a mortgage deposit!)

Unlike our beloved swallows, the tawny owls on Altcar Camp are unlikely ever to venture as far as Ince Blundell - let alone South Africa.

Hoping that you all enjoy a warm and golden early autumn,

Colette

Entries for future issues of Focus to be sent to
Focus.Magazine@StStephensHightown.org.uk

Please submit before the last day of the month.



Letter from Michael Cudby, Church Warden



Many of us, (approximately 80% of the Hightown Community), are now Senior Citizens, some with health issues. The press lately has highlighted the importance of access to a defibrillator when the unexpected happens.

Consider this; you are in Church or enjoying an activity in the hall. Chest pains strike without warning and you fall down. Those around try to help but with no or limited first aid knowledge, they could only watch as their friend slowly slips away. Paramedics are called, and arrive within 20 minutes, but too late to save a life.

Hightown has 5 defibrillator units.

1. Outside unit at the pharmacy, (24 hour access with code written above the unit.)
2. Inside unit at the GP practice, which is only available when the surgery is open.
3. Inside unit at the ticket office at the train station, which is only available when the ticket office is open.
4. Inside unit at the Dental Surgery, which is only available when the dentist is open.
5. Inside unit at the Hightown Club.

All units are complete with instructions on how to use.~

However, you would need to carry the unit to the point of use, and as neither the church nor the hall are situated within close proximity to any of them, this poses a problem.

At the last PCC meeting, this extremely important issue was raised. We, therefore, must find the money, (approximate £900), to buy our own defibrillator for the Church Hall and nominate a volunteer to maintain it.

What's a wonderful life worth?

The unit at the pharmacy has been used twice so far, thereby proving the need.

God Bless you all, as we rely on His protection.

Sunday Coffee Rota

September

4th Jane Croxton
11th Gaylyn Edwards
18th Christine Grocott
25th Margaret and Colin

Sanctuary Flowers

September

4th Val Bailey
11th Sally Fraser
18th Harvest festival
25th Beth Cresswell

St Stephen's Church

Rota for September

Sunday 4th	10.30am Eucharist Rev Keith Thornborough 6.00pm Evening Prayer John Gibson
Wed 7th	10.30am Morning Prayer TBA
Sunday 11th	10.30am Eucharist Rev Ricky Panter 6.00pm Evening Prayer John Gibson
Wed 14th	10.30am Morning Prayer TBA
Sunday 18th	10.30am Eucharist Bishop Bev Harvest Festival 6.00pm Evening Prayer Colin Goodyear
Wed 21st	10.30am Morning Prayer Rev Sue Smith
Sunday 25th	10.30 Eucharist Rev Natalie West 6.00pm Evening Prayer John Gibson
Wed 28th	10.30am Morning Prayer TBA

Saturday 3rd September

10am-12 noon

Coffee Morning

St Stephen's Church Hall

Proceeds towards church hall ceiling



Who's Who at St. Stephen's

Vicar	TBA
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	To be appointed
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	TBA
Church Hall Bookings	Mrs. Sally Fraser
Focus Editor	Colette Grove Focus.magazine@ststephenshightown.org.uk
Focus Advertisements	TBA
Focus Distribution	Mr. and Mrs. K Bradshaw
St. Stephen's Church Website	StStephensHightown.org.uk

PRAYER PROMPTS FOR SEPTEMBER



- 1st. For those grieving the loss of a loved one.
For the people of Mark Road.
- 2nd. For those starting a new school.
For the people of Old Acre and Briary Croft.
- 3rd. For those returning to school or college.
For the people of Sandhills and Bankside.
- 4th. **Twelfth Sunday after Trinity.** For those without a safe home.
For the people of North Dune, Riverside and Westway.
- 5th. For all carers, may they know their worth.
For the people of Elmcroft Lane and Sandy Lane.
- 6th. For those struggling with mental health.
For all the people of Hightown.
- 7th. Pray that we hear God's guidance.
For the people of Withins Field, Blundell Grove and Larkhill Grove.
- 8th. The birth of the Blessed Virgin Mary.
For the people of Whitfield Close and Oakfield Road.
- 9th. For all mothers, foster mothers, adoptive and step mothers
For the people of Elvington Road and Marston Crescent.
- 10th. For all fathers, foster fathers, adoptive and step fathers.
For the people of Windermere Road and Grasmere Road.
- 11th. Thirteenth Sunday after Trinity. May we feel God's love.
For the the people of Alt Road and Lower Alt Road.
- 12th. For our village community.
For the people of Village Way and The Roundway
- 13th. For our beach and coastline.
For all the people of Hightown.
- 14th. **Holy Cross Day.** *“God shows his love for us in that, while we were sinners, Christ died for us. Let us show our love for him by confessing our sins in penitence and faith.”* Romans 5:8
For the people of Thornbeck Avenue.
- 15th. For those struggling with their eyesight.
For the people of Emerson Close and Thirlmere Road.
- 16th. For those hard of hearing.
For the people of St. Stephen's Road and Hester Close.
- 17th. For the beautiful gardens and nature in our village.
For the people of Alton Close and Brentwood Close.
- 18th. **Fourteenth Sunday after Trinity.** For those without enough food to eat.
For the people of The Range and Altcar Camp.

19th. For those affected by the wildfires.
For the people of Blundell Road and Blundell Avenue.

20th. For those affected by the war in Ukraine.
For all the people of Hightown.



21st. **Mathew; Apostle and Evangelist.**
For the people of North End Lane, Moss lane and local farms.

22nd. For those without fresh water.
For the people of Orrell Hill Lane and Gorsey Lane.

23rd. For all teachers and ancillary staff.
For the people of Wignalls Meadow and Moorhouses.

24th. For those suffering with Covid.
For the people of Langley Close, Richmond Close and Mayfair Close.

25th. **Fifteenth Sunday after Trinity.** For those struggling to make a relationship work.
For the people of School Road, Rathbone Road and Sandilands Grove.

26th. For the lonely and housebound.
For the people of St. Georges Road, Thirlmere Mews.

27th. Pray for a bountiful harvest.
For all the people of Hightown.

28th. For students preparing for university.
For the people Delph Road and Holmfield

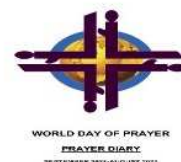
29th. **Michael and all Angels.** May God bless us all and give us a guardian angel.
For the people of Mornington Crescent.

30th. **Ember Day.**
For the people of Thistledown Drive and Tudor Gardens.

World Day of Prayer 2022

The annual World Day of Prayer, arranged by women as part of a global, ecumenical movement will now take place on Friday September 9th at 2.00pm. It will be held in Our Lady of Compassion in Formby and I would really encourage anyone who can to come along and join in prayer, reflection and singing with people from other churches in the area. This year the service is focused on hope. Central to the service is Jeremiah's letter to the Israelites in exile, which sets out God's plan for them and reassures them (Jeremiah 29:1-14), in verse 11 he writes, 'For surely I know the plans I have for you, says the Lord, plans for your welfare and not for your harm, to give you a future with hope.'

Julie Butcher



Amadeus: the Chamber Choir - Friday 7th October 2022

“From Beatles to Bach” - A Concert of Popular Choral Music

St. Stephen’s Church, Hightown

Tickets £10 include a glass of wine – proceeds to Church Hall Ceiling Fund

Available from Judith 929 3216 / 07944 542110 or Beryl 929 3617 / 07980 979196

Please come and join us for an evening of musical delights!

“Sometimes music is the only medicine the heart and soul need” Unknown

Amadeus: the Chamber Choir started in 2000, and is formed of a group of like minded singers who sing for enjoyment and pleasure. I’ve been a member for 20 years (but have sung in choirs for 55 years!!), and have had some amazing singing experiences, had great fun and made many lasting friendships

We are regularly a guest choir for services at Blackburn and Chester Cathedrals. We have sung in Liverpool, Durham and Wakefield Cathedrals, Southwell Minster, Hexham Abbey, Tewkesbury Abbey, Liverpool Town Hall and even at Liverpool Football Club, Anfield. We sang at Lancaster Priory for the High Sherriff of Lancashire’s Shield Ceremony, and were invited to Vienna for an International Conference of Radiologists.

We have visited and sung in Paris, Venice, Granada, Segovia and Prague. We have sung Evensongs at Clare College and Selwyn College, Cambridge, and Merton College, Oxford. We visited Rome, and sang an evening Mass in St. Peter’s Basilica with a congregation of over 1000, also singing at the Anglican Church in Rome, and the Church of the Venerable English College.

We have given over 10 carol Concerts at Holy Family Church, Ince Blundell, raising several thousands of pounds for the Mary’s Meals charity, over the past 10 years.

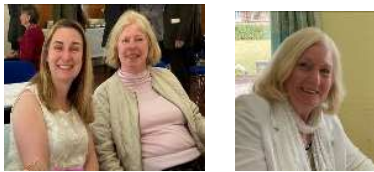
We are all amateur singers, and are very fortunate to have the amazing talents of David Holroyd as our Conductor – he retired after 33 years as Musical Director of Merchant Taylors’ School in 2019, but keeps busy as Organist and Choir Director at St. Peter’s Church, Formby, as well as conducting both Birkenhead and Formby Choral Societies. We are delighted to have Jon Barton as our regular accompanist.

“Choral music is not one of life’s frills, It’s something that goes to the very heart of our humanity, our sense of community, and our souls” John Rutter

Judith Welch



Julie's Ordination Day



Dear Friends,

Thank you so much to those of you who were able to come along to the cathedral on the 26th June to support me at my ordination. It was the most wonderful day, made even more special by being able to celebrate with you all afterwards in the church hall.

Everyone at St Stephen's has been such a great encouragement to me as I have travelled this long journey and I am so very grateful to each one of you for the part you have played.

With love and prayers, Julie



Baptisms - September

Nathaniel Benjamin Frost

Joshua Anthony Shackleton

Isabella Diana Louise Forsyth



Birthdays

13th SEPT

Jazmine Michelle Jackson



Brass Cleaning

September

Julie Butcher



You don't have to be
Bear Grylls to
volunteer.



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

Term time

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

From Harry's Kitchen



Rhubarb and Apple Pie

4-6 sticks rhubarb plus 1-2 tbs water

2-3 apples

280gr(10oz) plain flour

140gr (5oz) lard

3 tablespoons (proper) water

Cut rhubarb into 1-inch slices and add about 1 or 2 tbs of water to the pan. Gently stew for about 7 minutes or until rhubarb is soft. Place a colander in a bowl, tip in rhubarb; drain for as long as possible. In a separate pan cut up apples into small pieces add 1 tbs water and cook until apple is soft. Drain, roughly mash and mix with the drained rhubarb.

Sieve flour into a mixing bowl. Cut lard into small pieces (it saves a lot of time.) Rub in the fat until the mixture looks like breadcrumbs. Add 3 tbs of cold water and initially use a tablespoon to mix, as it saves getting sticky dough stuck to your fingers. When the dough is in a rolling consistency roll into a ball, cover with cling-film and place in the fridge for at least 30 minutes.

Grease a deep plate. In my experience, Italian pasta plates are good.

Cut the dough ball roughly in half and flour the rolling pin. The bottom layer of pastry needs to be slightly thicker than the top. Mix some flour and caster sugar and cover the bottom with the mixture; this soaks up any excess liquid and prevents a soggy bottom. Fill with the rhubarb mixture. Brush the edge of the plate with water. Roll the other half of the dough and top the pie. Dipping a fork in water seal the edge by pressing the fork around the plate. Prick the pastry in numerous places (I do it in lines about 10 times.) Brush the top with water and place in a preheated oven 200-230c (depending on the size of oven) for about 30 minutes.

Reduce temperature and cooking time if using fan

Any pastry left over can make jam turnovers. On average there should be enough to make 2.

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
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



People in our Parish

Nicki, a resident of Mark Rd, can frequently be seen on the beach having fun with her two lovely boys, Bear and Blue. Sometimes they jog with her and at times a visitor from Elmcroft Lane, Rosco, joins the crew. She must be as fit as a fiddle!

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 when he realised that he had forgotten his music. Due to time constraints, 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 two other Albertos (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 included in the classes are 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 too.

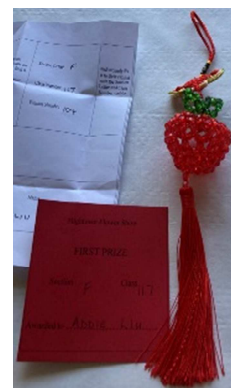
Zumba sessions are now held in 180 countries all over the world and the Zumba community has raised a combined \$5.7 million dollars for charity.

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 contact Nicky on 07916 142992

HIGHTOWN FLOWER SHOW 2022

The committee would like to thank everyone who attended and entered classes for the show. It was lovely to see so many new faces this year as well as the regulars. We would also like to thank Baroness Helen Newlove, who presented the prizes, the judges, the people who ran the kitchen and the businesses and individuals who donated raffle prizes. Another huge success for our very special village!



Yoga walking

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 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.



Thanks to Carl and His Team



Carl ,and his team from Cadent, worked really hard over the summer to replace our old gas pipes. They worked tirelessly throughout the heatwaves, sometimes not going home until after 9pm. They were always polite and most helpful. On behalf of Hightown I would like to thank you all.

Colette (Editor)



HIGHTOWN GARDENING CLUB



Guest speaker Julie Smalley on the language of flowers

12th September at 8pm

St Stephen's Church Hall

There is a language, 'little known'...
 Hightown Garden Club's where seeds are sown.
 Its symbols smile upon the land,
 to be discovered from 8 – it's all been planned!
 And in their silent beauty speak,
 Of meanings and manners. On **12 September** that's what we seek
 For knowledge divine and fun-filled hours
 The evening's topic is Language of the Flowers".

By Julie Smalley



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Blundellsands Sailing Club

Established 1907 Hightown



New sailing members welcome!

Whether you are a complete novice to sailing and want to give sailing a try or are an experienced ocean dweller you are more than welcome at BSC.

No boat required!

We sail all manner of yachts up to 30ft in length from moorings in the Alt between April and October. During the winter we fit out our boats in the boat yard with lots of socialising and events throughout the year at our club house overlooking the shore.

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

Chris Williams – Rear Commodore
Cwill1951@virginmedia.com



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HIGHTOWN CLUB
Founded 1907

The Hightown Club

Thirlmere Road, Hightown, L38 3RQ

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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.

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For details, Please contact:

Brian Taylor: 0151 929 2720

Keith Aldis: 0151 929 3612



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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 - or come along and find out more - St Stephens Church Hall, every Wednesday at 9.30am



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