



Gawsworth Gazette

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To submit articles, advertise or subscribe to the digital mailing list email: clerk@gawsworthpc.org.uk

Queues at the tip

The spell of good weather in March seems to have prompted us to get busy in the garden or maybe have a spring clean.

Reports of long queues at the tip have been appearing on social media. Following the closure of surrounding recycling facilities, the Macclesfield tip, which is in Gawsworth Parish, has to serve a much bigger population.

Reports suggest that most days there aren't problems and that the booking system at weekends restricts the numbers.

However, when there is a build-

up, such as on a recent Monday, the result can be a dangerous build-up of queuing traffic on Congleton Road.

Motorists travelling between Macclesfield and Congleton have to overtake the queuing traffic where visibility of oncoming traffic is very limited.

Gawsworth Parish Council has written to Cheshire East Council expressing concern about the potential for a serious accident and urging them to undertake a further review of the safety.



New gift range wows customers at Gawsworth Hub

Gawsworth Hub is excited to announce it has a new range of gifts for sale.

With a new look to the shop window at the Hub where the new gift range is displayed, why not go and take a look? Already the gifts are flying off the shelf and they are struggling to keep up with orders!

The Hub now has a wide range of beautiful, unique and competitively priced items from East of India and Agnes & Cat that are for everyone and any

occasion.

For those grown ups in your life, forget the chocolate egg give them an affordable gifts for Easter.

Don't forget our own "Hug in a box" as a surprise gift, to thank someone or just to let them know you are thinking about them.

The Hub also has its own range of gift vouchers and presentation cards, that can be used to spend in the shop or café - just ask at the till.



Rookwood Tree Surgery

Gawsworth based
Tree and hedge cutting
20 years experience



Contact Jack on
07592 219 306

Hub Activities

The watercolour group have recently been exploring landscape painting techniques.

If you are interested to join our friendly sessions on Wednesday afternoons (fortnightly) please ask at the Hub or send an email to accounts@gawsworthhub.co.uk, they currently have a couple of places available.

The next monthly Knit and Knatter meeting takes place on 9th April, please call in to the Hub if you would like to join or for more information.

The Repair café will be on Saturday 5th April from 2pm.



Canal Bridge and Cowbrook Lane

Sunday 13th April is the date set for the Fools Nook canal bridge to be reinstalled.

The A523 Leek Road will be closed for a day and Woodhouse End Road is likely to stay shut until 25th April to accommodate the recommissioning of the bridge.

Meanwhile Cowbrook Lane has suffered terribly from the additional traffic. The Parish Council has approached Cheshire East Council on behalf

of residents about the state of the Lane emphasizing the inconvenience and damage to vehicles the appalling road surface is causing.

CEC has responded that there are 47 jobs raised for repairs which should have been completed in March or as soon as a road closure permit is granted.

Resurfacing has also been proposed but currently there's no estimated date and no budget.

Christmas Tree to return

The Parish Council made a u-turn at its March meeting.

The council previously decided not to have a tree on the Pleasance this December Christmas because of the need and associated cost of professional installation. Following an article in a previous edition of the *Gawsworth Gazette*, local business Libby's Patch came forward to offer its services to provide an install a tree.

Residents who told Parish

Councillors how much they enjoy our Christmas Tree will be very pleased by this development.

Also discussed by the Parish Council in March were requests for kissing gates to replace difficult stiles with the Parish Council undertaking to work with local landowners and Cheshire East Council's Public Rights of Way group on the topic. The Gawsworth Footpaths working Group will discuss ways forward at their next meeting.

Blooming Gawsworth

Gawsworth Gardeners have planted up the bed on The Pleasance and 500 snowdrops are now on the memorial green.

Some fairly substantial silver birch now grace Nancy's Wood by the picnic benches, courtesy of the Tree Council. What's next?

The Parish Council is keen to include the north of Gawsworth in the planting plan. Last year some young trees and shrubs were

planted on the Penningtons Lane green and it would be nice to add some seasonal colour.

So, we're on the lookout for some volunteers from that area to help with some planting and maybe occasional watering.

Think you might like to help spread the colour in your part of Gawsworth? Email clerk@gawsworthpc and we'll put you in touch.

Yoga Gold

Hi, my name is Ruth and I am excited to be starting a new yoga class at Gawsworth Village Hall in April.

I have been teaching yoga for over 15 years and have experience teaching a wide range of ages and abilities. This new class will be suitable for all, even complete beginners, and those with mobility or joint issues.

Yoga is a fantastic practice which can help us feel a deeper connection with ourselves. It also has many proven health benefits and is great at easing muscle and joint pain including that from injuries, osteoporosis and arthritis. Yoga is also great for calming the mind and energy and can reduce high blood pressure, migraines and anxiety.

Each class will incorporate postures and movements to both create space and mobility within the body, which can ease muscular tension. We also include postures to strengthen the body, which can support areas of weakness, or achy joints, promoting comfort and alignment of the body.

Yoga also involves mindful breathing and a relaxation at the end of the class, to bring harmony and balance to our minds, thoughts and feelings. I am experienced in offering modifications to suit all needs, so even if getting up or down from the mat is a challenge, we can work around this and avoid it if necessary.

Classes start Wednesday 23rd April, 10-11am. Try your first class for FREE! (normal price £10). Feel free to call me on 07716077230.

Mobile Library

The mobile library will be on Church Lane from 3:45 to 4:10 on Thursday 17th.

Spring bedding now in stock

The clocks have gone back (don't forget the oven and car) and the better weather is here (for now).

So why not head over to Gawsworth Hub to check out their range of spring bedding and colourful plants. New stock is delivered weekly, so if there is anything you would like that they don't have, just ask!



It was a truly engaging session, filled with insightful questions and discussions. I am always inspired by the commitment to health and well-being within the local community.

If you would like to learn more about osteoporosis, further information can be found at the Royal Osteoporosis Society website and the NHS website.

If you would be interested in attending a talk on this topic, please get in touch with me at info@wildaboutpilates.co.uk. I will open this up to the wider community if there is enough interest. I am also available for bespoke 1-2-1 physiotherapy consultations to discuss your individual needs and create a personalised exercise plan.

You and your Bones

by Chrissie Raynham-Wild BSc Advanced Clinical Specialist Physiotherapist

I had the pleasure of presenting a talk on healthy bones and osteoporosis to participants from my Pilates class at Gawsworth Village Hall.

As a physiotherapist passionate about lifelong health and wellbeing, I was keen to share the latest evidence-based research and information on this important topic.

We delved into the fascinating world of bone health, exploring the fact that bones are living tissue that constantly remodel. A key focus of our discussion was osteoporosis, a condition that weakens bones due to an imbalance in the bone remodeling process. We explored various lifestyle factors that can impact bone health, including diet, smoking, and alcohol consumption.

Crucially, we examined how different types of exercise can positively influence bone strength. From weight-bearing activities to resistance training, we highlighted the importance of incorporating a variety of movements into our routines.

We also emphasised the importance of tailoring exercise programs to individual needs and abilities, especially for those with osteoporosis, fractures, or other conditions that affect their ability to exercise.

Balance and posture are especially important for people with osteoporosis, as falls can lead to fractures. We discussed how exercise can improve balance and coordination and covered recommended lifting techniques.

Gawsworth WI Report

In March, the WI celebrated it's 94th birthday with cakes made my members.

They had an interesting display by the Kontanni drumming group, who also explained the meaning of the drums and some of the music they played.

The WI are holding a coffee morning at the Methodist Church Hall on Thursday 3rd April, funds raised will be donated to two

local charities.

There will be a trip to The Beeches Golf at Ollerton sometime in May, when ladies will enjoy a session of crazy golf and a BBQ.

The WI meets on the first Tuesday of the month at the Parish Hall Gawsworth, if you would like to come along and join us please feel free to do so.

Shop Opening Hours

Monday	08:00 – 13:30
Tuesday	08:00 – 13:30
Wednesday	08:00 – 13:30
Thursday	08:00 – 16:00
Friday	08:00 – 16:00
Saturday	08:00 – 13:00

Easter Bunny Trail

Gawsworth Hub is organising an Easter Bunny Trail for the holidays from 12th-19th April.

The trail will be fun for all the family and you can buy a trail from the Hub or the school for £2. You'll then hunt out the 12 famous bunnies between the Warren and the church.

Fun fact: did you know the crossroads area of Gawsworth is called Warren because that is where Gawsworth Hall kept their rabbits?

There will be a prize draw for all those who answer all the questions correctly.

The café and shop will be open until 4pm on Saturday 12th and Saturday 19th April when some giant bunnies will be there to entertain everyone! There will also be a free craft session for children in the Hub on Saturday 12th April.

See Gus Glynn at Gawsworth Village Hall

Gawsworth Village Hall is delighted to welcome Cheshire artist Gus Glynn to Gawsworth to perform his show 'Routes to Classics'.

This is a music lover's must with classically trained fingerstyle guitarist Gus tracing the development of the music we all love today from its routes in traditional folk and blues right through to contemporary classics and all-time favourites.

Journey through Leonard Cohen, Bob Dylan, Carole King, Mark Knopfler, Lou Reed, John Lennon and Turlough O'Carolan.

Visit modern favourites from artists such as Amy Winehouse and Arctic Monkeys all with a selection of pit stops along the way as Gus showcases his own songs.

You can catch Gus at Gawsworth Village Hall on Saturday 10th May. Tickets are now on sale at www.ticketsource.co.uk or from Gawsworth Hub. Tickets are just £12. Doors open at 7pm. Ages 12+.

Bring your own drinks and snacks, or buy at the event. Tea and coffee will also be served during the interval.



Recent Planning Applications

25/0771/PIP; Land Off Dark Lane; Permission in Principle for a residential development for up to three dwellings including access and garaging.

25/0397/FUL; Middle Moss Farm, Lowes Lane; Erection of replacement dwelling.

25/0452/CLPUD; 20 South View Avenue, Certificate of proposed

lawful use for demolition of existing side conservatory and construction of single storey extension.

25/0355/FUL; Shellow Farm Shellow Lane; Full planning application for the redevelopment of previously developed land to provide two new single storey dwellings