

# **Editor's Note**

Yoga walking in Hightown has long been popular, thanks to Rose. I practise a little yoga at home, online, and enjoy the benefits, but I'm happy to keep it within my own four walls and on my own yoga mat.



What I do enjoy outside, though, is prayer walking.

Prayer walking? As the words suggest, you pray as you walk outside. It can be a short walk to the village shop for the morning paper or a longer trek through the dunes with, or without, the dog. Rain or sunshine.

What is the point? Well, think of it as stepping out as God's children, to intercede for those who are living in our village but it could also be for our natural environment. Be intentional about praying for God's blessings on what you see and feel.

Simply praying: "Your Kingdom come, your will be done..." is an excellent start. Or the words of an appropriate hymn.

Prayer walking is NOT about being seen to be praying, you are not doing it to boast. It is about seeing our neighbourhood with compassion, and then praying for God's mercy and blessing to be upon it.

So, as you go along, you can pray quietly, or in silence. If you do want to pray out loud, take a friend along, so that it will seem merely as if you are chatting. After all, Jesus sent His disciples out in pairs.

On your prayer walk, try and be aware of what God is saying to you as you move around.

As we move into some brighter spring weather - let's get walking!

Colette

Entries for future issues of Focus to be sent to Focus.Mag.2023@StStephensHightown.org.uk

Please submit before last day of month



#### Dear Friends,

Last Sunday ,31st March, we celebrated, in Church, the resurrection of Jesus Christ, with shouts of *Alleluia! He is risen indeed!* The church was transformed from the stark period of Lent, and especially the stripped Sanctuary for Good Friday, to a glorious display of colour and flowers. The Church smelt wonderful! The cross was transformed, from its purple drape, into a cross of flowers and greenery, a sign of resurrection and of new life. We are now in the fifty days

of Eastertide. Alleluia!

It's been wonderful to see the daffodils bobbing in the breeze, the hedgerows and the trees come alive with green shoots appearing all over. The clocks have gone forward. Spring is in the air and transformation is all around us. Jesus transformed our future by what he did for us on that cross, ensuring our wrongs are forgiven and a promise of eternal life.... *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life"* +John 3:16

It's a promise we can trust. God loves us so much... Love's redeeming work is done, Christ has burst the gates of hell, Christ has opened paradise. Jesus promises to come to take us to be with him forever when we ourselves die. He promises!

On the 23rd of the month we celebrate St George's Day. George of Lydda was a Christian and not much else is known about him really, but it is thought he was a Roman soldier and was killed around 303 AD because he would not renounce his faith in Christ. George showed incredible inner strength, courage, and faith, although he was severely tortured.

In the Middle Ages, the dragon was commonly used to represent the Devil. The legend of George slaying the Dragon is a story based on his faith and courage and not giving in to the evil one by refusing to renounce his belief and trust in Jesus. Our Lord was tempted by the Devil too, putting God to the test, but Jesus was having none of it.

We face many temptations in our daily lives, our encounters with others, at work, at leisure, at home! It's always harder to resist, not to give in and to ensure we do the right thing.

You see, Jesus went to the cross in love for us all. If we can only pause and think when we are tempted, when we are provoked, when we are wronged, when we are upset... *"What would Jesus do?"* .... *"Is my response a loving, kind, caring and generous response?"* We talked last month about being generous disciples in all aspects of our lives. Jesus has transformed our lives and our future. By living, loving, and serving generously, we can transform our present too!

God Bless, Keith

## **St Stephen's Church Services**

## April

Wednesday 3rd	10:30	Eucharist
Friday 5th	09:30	Morning Prayer
Sunday 7th	10:30 18:00	All- Age Eucharist BCP Evening Prayer
Wednesday 10th	10:30	Eucharist
Friday 12th	09:30	Morning Prayer
Sunday 14th	10:30 16:00 18:00	Eucharist Toddler Church BCP Evening Prayer
Wednesday 17th	10:30	Eucharist
Friday 19th	09:30	Morning Prayer
Sunday 21st	10:30 18:00	Eucharist BCP Evening Prayer
Wednesday 24th	10:30	Eucharist
Friday 26th	09:30	Morning Prayer
Sunday 28th	10:30 18:00	Eucharist BCP Holy Communion

Please remember, in your prayers, the family and friends of Gill Rowe, who sadly died on March 7th.

Eternal Rest grant unto her, O Lord, and let perpetual light shine upon her.

May she rest in peace and rise in glory. Amen



#### **Sunday Coffee Rota**

7th. Beth Cresswell 14th. Jayne Cudby 21st. Sue Taylor 28th. Val Bailey



# Brass Rota



<u>April</u> Jan Williams <u>May</u> Hazel Roberts

For Baptisms, Weddings and Funerals or any pastoral need, please contact the Vicar, Revd Keith Thornborough

at

St Stephen's

on 0151 929 3097

**St Stephen's Church Hall** 

**Toddler Group** 

## Term time

Every Friday 09.15 to 11.15

#### **Flower Rota**

Please see Sue Taylor

## All Age Eucharist

1st Sunday of Every Month 10.30 at St Stephen's Appropriate for all age groups

from the old to the very young

Readings, prayers, hymns, folk group and a celebration of the Eucharist

A less formal service with the Eucharist at the heart

### **Prayer Prompts For April**



- 1st. Pray for those feeling rejection and separation. For the people of Blundell Avenue and Alton Close.
- 2nd. Pray for the peace of Jerusalem. For the people of Marston Crescent and Larkhill Grove.
- 3rd.Pray for all hospital staff.For the people of Grasmere Road.
- 4th. Pray for Police and Fire services For the people of Whitefield Close and Brentwood Close.
- 5th. Pray for our armed Forces For All the people of Holmfield, Moss Lane and farms in the area.
- 6th. Pray for the hungry and homeless. For the people of North End Lane.
- 7th. **2nd Sunday of Easter.** Giving thanks that Jesus died so that we may live.

For the people of Blundell Road.

- 8th. Annunciation of our Lord to the Blessed Virgin Mary. Inspired by Mary's obedience and faithfulness . For All the people of Thirlmere Mews and Thirlmere Road.
- 9th. For with God nothing shall be impossible Luke1 v37 For the people of Blundell Grove and Wignalls Meadow.
- 10th. Pray for the bereaved. For all the people of Oakfield Road.
- 11th. Forgive us Lord as we forgive those who have hurt us. For the people of Thistledown Drive and Sandilands Grove.
- 12th. Pray for abused women. For the people of Withinsfield, Alt Road and Lower Alt Road.
- 13th. From a grateful heart we remember all our blessings. For the people of Hester Close and St. Stephens's Road.
- 14th. **3rd Sunday of Easter.** Lighten our darkness, we beseech thee Oh Lord!.

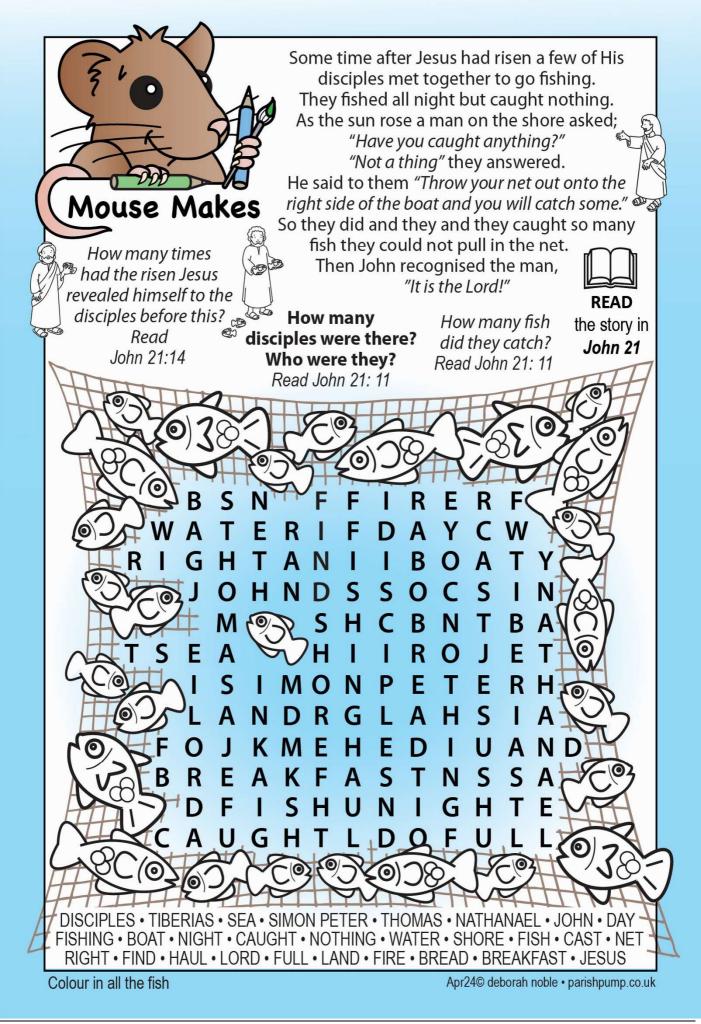
For the people of St. George's Road and Sandy Lane.

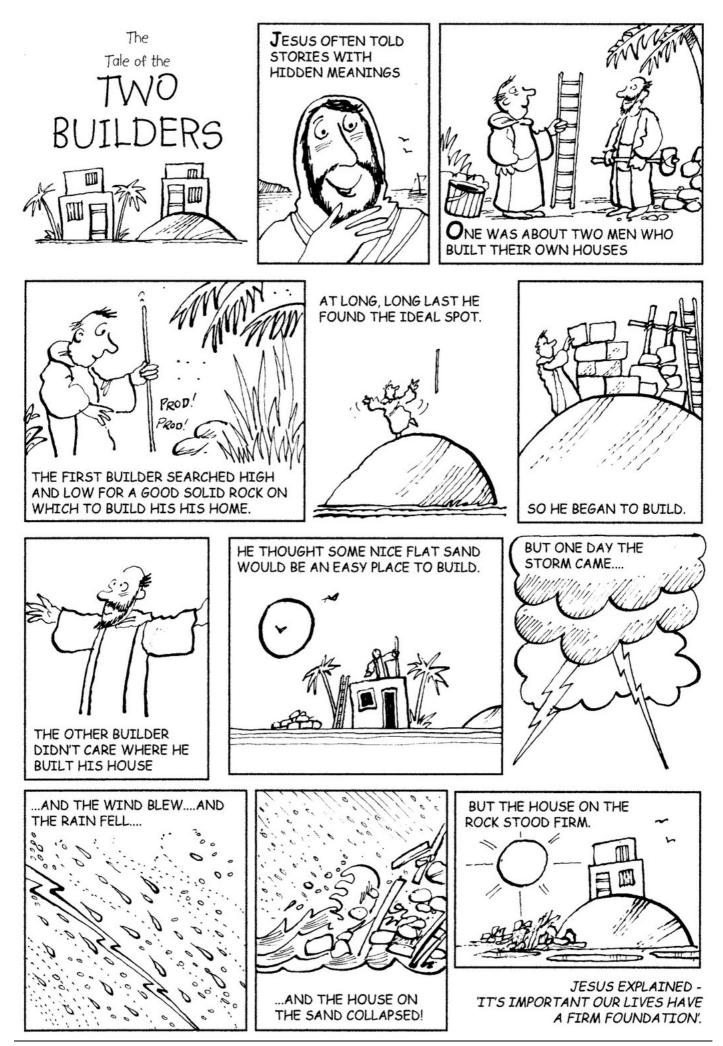
15th. Pray for all without faith and hope. For All the people of Mark Road.

## Prayer prompts (contd)



16th.	Pray for children finding school difficult. For the people of North Dunes and Westway.	
17th.	Pray for our neighbours living next door. For the people of Langley Close.	
18th.	Pray for the sick in body, mind or spirit. For the people of Briary Croft and Richmond Close.	
19th.	Pray for all Christians suffering persecution. For the people of Elvington Road.	
20th.	Pray for the protection of our children and grandchildren. For the people of Village Way and Roundway.	
21st.	<b>4th Sunday of Easter.</b> Pray for protection from terrorist attacks. For the people of the Range and Altcar camp.	
22nd.	Pray for all teachers. For the people of Sandhills and Old Acre.	
23rd.	<b>St George, Martyr, Patron Saint of England.</b> For our King and N For the people of Moorhouses and Bankside.	lation.
24th.	For Godly wisdom within our government. For the people of Tudor Gardens.	
25th.	Mark the Evangelist. For missionaries and evangelists. For the people of School Road and Rathbone Road.	
26th.	Pray for our lifeboat crews and mountain rescue. For the people of Elmcroft Lane and Emerson Close.	
27th.	<b>Christine Rosetti, Poet 1894</b> – Pray for writers and translators. For the people of Thornbeck Avenue and Mayfair Close.	
28th.	<b>5th Sunday of Easter.</b> Peter Chanel Missionary For he will give Angels charge concerning you. Psalm 91. <i>For the people of Windermere Road.</i>	His
29th.	<b>Catherine of Sienna, Teacher.</b> Pray for all students taking exam summer. <i>For the people of Gorsey Lane and Orrell Hill Lane.</i>	s this
30th.	Give thanks for the beautiful Hightown skies and all our family friends. For the people of Riverside.	and
St. Stepl	nen's Church—Hightown Page 7	April 20





## Who's Who at St Stephen's

Vicar	Revd Keith Thornborough	
Warden	Judith Welsh Judith.Churchwarden@StStephensHightown.org.uk	
PCC Secretary	Beryl Howard	
PCC Treasurer	Keith Aldis	
Gift Aid Secretary	Brian Taylor	
Safeguarding	Cath Marshall Safeguarding.Officer@StStephensHightown.org.uk	
Electoral Roll	Beth Cresswell	
Sacristan Team	Hazel Roberts	
Health and Safety	ТВА	
Flower Rota	Sue Taylor	
CMS Secretary	Beryl Howard	
St Stephen's Youth Club	Jane Croxton	
Church Hall Bookings	Sally Fraser	
Focus Editor	Colette Hudson Focus.Mag.2023@StStephensHightown.og.uk	
Focus Adverts	Colette Hudson	
Focus Distribution	Mr and Mrs K Bradshaw	
St Stephen's Church Website	<u>StStephensHightown.org.uk</u>	



...between you and me, it's the only way I can remember my PIN number!





# We buy all kind of cars and we'd love to buy yours!

Get your car valued by an expert, not a computer. Any make, any model, regardless of age or condition. We always offer a fair price.

### We're a local, trustworthy company who will come to you.

# Call: Mike Braid 07887 637774

or email: info@lovetobuyyourcar.com





The Will Writing Guild (UK) Ltd or The WWG has been established for over 25 years, providing Will services across the North West. During this period, we have prepared thousands of Wills, many of which have been referrals and recommendations by our existing clients.

#### We offer the following services:

- > Will and Updates
- Lasting Power of Attorney
- Probate Administration
- Protective Property Trust Wills
- Advice on Long Term Care
- Secure Document Storage
- > Equity Release
- Free Home Visits





Call NOW on We're here to help 01704 546688

×

Visit us online at

thewwg.co.uk (r

To request a home visit call us or visit our website

£ 🕥

Eldon Court, 39-41 Hoghton Street, Southport PR9 0NS Mobile: 07885 757361 Email: info@thewwg.co.uk

# n Brothers

Independent Family Funeral Services since 1827

#### Tel: 01704 872023

At Dean Brothers we are very proud to be nearly 200 years old, providing caring, supportive services to the local communities of Formby, Southport and surrounding areas.

> National Award Winning Services Low Carbon Footprint, green energy supplied Luxury Chapels of Rest Prepaid funeral plans Members of National Associations NAFD AND SAIF SAIF Bereavement Care support



Prices for advertising per annum:

## Full page: £550 Half page: £275 **Quarter page: £135** One eighth page: £70

**Contact:** Adverts@StStephensHightown.org.uk



### Local Electrician

#### Info@unime-group.co.uk

Over 20 years experience No job too small. Free quotes Tel: Stephen-07563825421



St. Stephen's Church—Hightown

April 2024



Family owned and run business by David and Claire Barrington. Offering care and support for a personal and relevant service for all your arrangements.

- Arrangements made in your own home.

- Pre-paid funeral plans available from Ecclesiastical Planning Services.
  - Private chapels of rest available.
  - Environmentally conscious funerals available.
    - Free estimates given without obligation.

- Please visit our website for details of all our fees and charges.

#### www.barringtonsfunerals.co.uk







Offices : 28 Crosby Road North, Waterloo, L22 4QF - 0151 928 1625 38 The Marian Square, Netherton, L30 5QA - 0151 329 3525 49 Liverpool Road, Formby, L37 6BT - 01704 547851

# FIND OUT WHAT YOUR HOME IN HIGHTOWN IS WORTH



#### Use My FREE Instant Online Valuation Tool

If you're thinking of moving, start by getting a **Hometrack Valuation Report** to see how much your home is worth.

This report normally costs £19.95 and includes ALL recent house sales near you!

Julie Hopkins Branch Director

Get your **FREE** online valuation report now at: **www.EvveMove.com/Hightown** or call: (24/7) **0151 305 0917** 

EweMove respects any existing sole agency agreement already in place with another agent.



# Blundellsands Sailing Club

Established 1907 Hightown



wemove

## 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 - CommodoreDeryk Johnson - Vice CommodoreRohan.Pickard@Gmail.comDerykJ@Gmail.com



#### FEELING FLABBY, UNFIT AND SICK OF DIETS?

#### WANT TO BE B-FIT + FABULOUS?

#### AS my FREE GIFT to you I will teach you how to:

Feel fabulous, toned, slimmer and healthier

Drop a dress size without calorie counting

Boost your energy and feel 10 years younger

Have the WOW factor

TO CLAIM YOUR FREE GIFT AND BOOK YOUR FREE B-FIT B-FABULOUS SESSION WORTH £60

Call Gaynor on 07748 298 728 or email: Gaynor@B-Fit.uk.com Only 6 places available — For success stories visit www.B-Fit.uk.com



# The Hightown Club

HIGHTOWN CLUB Founded 1907 Thirlmere Road, Hightown, L38 3RQ

#### CRICKET (MENS, LADIES, GIRLS) \* SQUASH \* BOWLS \* TENNIS VETERANS FOTBALL \* CROSBY ST. MARY'S R.U.F.C. \* SOCIAL CLUB

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



# formbyflooringcentre

#### Specialists in Carpets, Laminates, Vinyls, Karndean

37 - 39 Three Tuns Lane, Formby, L37 4AQ Tel: 01704 834 371 - FAX: 01704 875 233



#### Hightown Physiotherapy Clinic

physiotherapy and acupuncture

registered with the Health and Care Professions council



Tricia Blyth M.C.S.P. 07967 140809 25 Blundell Road, Hightown Back & Neck Pain Sports Injuries Arthritis Post-Op Rehabilitation Accupuncture

Prices for advertising per annum:

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

**Contact:** 

Adverts@StStephensHightown.org.uk

YOUR FLOOR IS OUR PASSION Sanding - Installation Repairs - Stairs & Worktops Phone: 0789541406 Diversi 07755050944

Phone: 07752050084 Email: PassionFloors@Gmail.com Website: PassionFlooring.co.uk

# **MIKE'S POWERWASH**

Industrial Power Cleaning of Patios & Drives Phone Mike for your value price: Tel: 0151 474 0760 Mob: 07738 304364





Wills and Powers of Attorney are powerful legal documents. The skill in preparing the right document for your circumstances comes from knowing to ask the right questions coupled with the experience and expertise to draft it correctly; and thereafter ensuring that the formalities of finalising the document are properly adhered to. If you cut corners there is a risk that your loved ones will only discover the problems when it is too late - causing them stress, heartache and unnecessary financial loss.

#### Don't leave it to chance.

Make sure you only use an individual who personally is:

- formally regulated by a recognised legal body
- a qualified professional
  a dedicated specialist
- insured as per regulatory requirements
- highly experienced
- Insured as per regulatory requirements
   accredited member of Solicitors for the Elderly and STEP
- Elizabeth Foggin TEP, Solicitor at Autumn Years Law is your local expert in:
- Wills & Trusts

- Lasting Powers of Attorney
- Court of Protection/ Deputyship
   Probate & Estate Administration
- Lifetime & Inheritance Tax Planning Elderly client services

Our friendly approach is both compassionate yet professional and as a company we are committed to providing you with high quality legal advice. Free home/hospital visits are available if you have physical difficulties in being able to come to us.

Autumn Years Law, 22-24 Chapel Lane, Formby L37 4DU (inside Derbyshires) www.autumnyearslaw.co.uk Tel: 01704 870404 info@autumnyearslaw.co.uk Private, ethical general practice

# GP appointments to suit you

- Experienced GPs
- Longer appointments
- Face-to-face consultations
- Medical weight management
- Phone & video calls
- Coils for HRT
- Home visits

Formby GP 4 Victoria Buildings Victoria Road, Formby L37 7DB 01704 617050



#### www.formbygp.com

# Easy Fundraising

St Stephens has have been using #easyfundraising to raise FREE donations for the Church when we shop online. We have just been paid!
These donations will make a BIG difference and you can help during this difficult time too - it only takes 2 minutes to sign up and 4,500+ shops (including Amazon and Ebay) will donate for free, every time you shop online with them!

Why not visit:

easyfundraising.org.uk/causes/ststephenschhightown/ payments/60537b0af62fd200266cbd30/ to find out more ?

As that famous advertising slogan tells us: 'every little helps'.



# From Beth's Kitchen

#### **MACARONI CHEESE**

In our, family, we have three versions of this dish. The first is merely a bowl of cooked



macaroni with grated cheese on top – really simple. Secondly, we mix the cooked macaroni with a cheese sauce, put in an ovenproof dish, covered with sliced tomatoes and a scattering of grated cheese and oven baked at 180C for about 30 minutes. Finally, we come to what I call the "posh" version – see recipe below – for each person, two half peppers as a main course or one as a starter.

#### Ingredients:

4 red peppers, halved, and deseeded, stalks retained. 125g macaroni, cooked 2 plum tomatoes, chopped 125g Cheddar cheese, grated 2 spring onions, chopped finely 2 tbsp chopped fresh parsley 3 tbsp olive oil Salt and pepper

#### Method:

Set oven to 180C.

Place the prepared pepper halves on a baking tray. In a bowl, mix together the cooked macaroni, onions, grated cheese, tomatoes, parsley and seasonings. Spoon the mixture into the pepper halves. Drizzle the olive oil over each one. Place in the oven for 35-45 minutes or until the filling is golden and bubbling. Serve on a bed of red pepper or tomato sauce with a selection of vegetables

Serves 4

# Coffee Morning with Stalls

### St Stephen's Hall

## Saturday 6th April 10am to 12 noon



**Everybody Welcome** 



## Village Organisations and Activities

Tuesday Group, St Stephen's Hall Tuesday morning 10am	Beryl Howard Jan Branigan
Hightown Friendship Group 1st Wednesday at 8pm St Stephen's Hall	Margaret Wear
Gardening Club 2nd Monday 8pm St Stephen's Hall	Hilary Munro
Bowling Club, Sandy Lane	Diana Killen
Hightown Club	Chris Scrine
Blundellsands Sailing Club	Rohan Pickard—RohanPickard@gmail.com Deryk Johnson—DerykJ@gmail.com
Yoga Classes, Hightown Club	Rose Billinge
Flower Show	Debbie Underhill— Debbie.underhill@cloud.com
Open Mic Poetry Group 3rd Thursday 7.30pm St Stephen's Church hall	Sally Anne—tapiabowes@gmail.com Alex
Craft Group, Every Thursdays 1.30- 3.30pm, St Stephen's Hall	Sue Taylor
Hightown Parish Council	Jenny Farrar—clerk@hightownparishcouncil.uk Www.hightownparishcouncil.uk
Community Library, Alt Centre, Lower Alt Rd. Mon 12-2, Tues 1-3, Weds 1-4, Fri 10-12	Linda Munro—lindamunro@hotmail.com
Zumba Gold, Dance for all aged 55 plus, Mondays 9.45-10.30, St Stephen's Hall	Nicky Garsforth
Creo Dance Co Mon Tues Wed Thurs Sat Children 3 to 18 years	Georgia Gaudi
St. Stephen's Church—Hightown	Page 22 April 2024



# ALTCAR TRAINING CAMP

### FACILITY UPDATE – AS AT 2nd MARCH 2024

#### **GENERAL SITE UPDATE**

1. **Ranges.** The residents of Hightown will be aware of the noise from the ranges that Altcar has been a really busy site over the past two months with over 232,000 rounds fired down the ranges over the months of January – February 2024 (actual range days in use - 33 days).

2. Site Maintenance. Ongoing site maintenance – restricted due to the amount of water across the whole site with some minor flooding in parts.

3. **Tree Felling.** To the North of camp there is some significant tree felling taking place. There are two reason for this work:

Overhead electrical cables are to be installed underground.

Preparation for the removal and replacement of the rail bridge over the Alt later this year.

4. **PODS.** Altcar is still waiting a decision from Sefton Council regarding the planning situation. Altcar has provided all the necessary documentation and our consultant informs us that we should receive a decision by 8 March 2024, and that there is absolutely no reason why Sefton should oppose the construction and its use. The site itself is being regularly used by a group of Sefton Veterans. Every Thursday, on site ,they meet for coffee and bacon baps. The team then set about carrying out site maintenance – grass cutting, cleaning and minor repairs. They have also had one or two tradesmen on site, carrying out some minor projects ,such as building a very small wall to support some hand rails. A number of veteran champions have visited the site recently, and that particular group are looking to make bookings for the use of the site – mainly in a veterans supporting role. The weather has not been kind to the site and there is planned painting and maintenance to be carried out over the dryer months.

5. Gate Guardian. Altcar is to receive a gate guardian, which is a refurbished 25 pounder Artillery Gun. The gun will sit on a plinth at the front gate. Expected deliver is between 0800 – 1000 hrs, Sunday, 3 March 2024.

- 6. Last but not least, Altcar has received bookings from the Regular Army requesting support to Operations Interflex, which is the ongoing Ukrainian effort. Service personal, who have been stood-up to support the training effort for the Ukrainian Armed Forces, will undergo a number of live, range training packages in order to support the overall training requirement.
- 7. 7. Finally, I would just like to take this opportunity to thank the many who continually make contact with the site your efforts and support are truly appreciated. The site is in a much better place knowing we have your backing.

#### Lt Commander (Retd) G Black, Commandant Altcar Training Camp, Hightown

#### Lighten our Darkness by Numbers



We, at St Stephen's, were recently visited by an inspirational group of young people, who are leading a Church of Ireland youth initiative called Lighten our Darkness by Numbers. They are from a small town called Mullingar in Ireland, and they are aiming to promote God's word and

positively impact the world around us. They are seeking to do this through spreading awareness of climate change, taking action against climate change and using faith as a compass for making a positive difference to the world that God has created.

The youth group believe that big goals start with small steps. Small steps can mean conservation activities in our parishes and gardens.

#### Spring (February-April)

- This is the time to let nature do what it does best—flourish Watch as everything comes to life after a long winter. There are just a few minor tasks at this time of year:
- Spring is a good time to record wildlife in your gardens. Watch out for the first moths and butterflies, such as a holly blue, dancing above a holly bush, or a small tortoiseshell feeding on dandelions. Use the National Biodiversity Data Centre app to upload your records.
- If possible, allow some of the grass to grow tall from spring to autumn. Many insects complete their life cycles at the top of tall stems.
- In places where the grass must be cut, please do so occasionally (every 6 weeks.) This will encourage a 'short meadow' which can also be rich in biodiversity.

You can find out more about this amazing group of enthusiastic young people at: www.lightenourdarkness.org

# Coffee Morning Saturday March 2nd







One of our readers recently sent in this photograph of a very clever advert, spotted whist travelling on the London Underground.

If you should see anything amusing , whilst out and about, please do share with us by email, (as shown on page 2.) We would love to see them!



# A Good Read by Colette Hudson

I was, recently, lucky enough to be given an old and quite unique book. My friend, Barbara Hope, a former long-time parishioner and resident of Hightown, was downsizing and wanting a good home for several of her tomes. She kindly thought of me.

The book, entitled 'At Random', was written, typed up, collated and published, in a very simple format, by Chris Scott in 1970. Chris Scott, as some of us older residents of Hightown will remember, was the Sunday School teacher at St Stephen's for many years, and to whom the beautiful stained glass window, at the back of St Stephen's Church, is dedicated.

Miss Scott felt that she owed a debt of gratitude to Hightown. She had come to live in Hightown as a child, after her parents had seen a hoarding at The Hightown Hotel, which read 'COME TO HEALTHY HIGHTOWN'. In the book, she describes herself as being a very delicate child, who had been prescribed plenty of fresh air and so her family moved, on her account, to 'HEALTHY HIGHTOWN'. She carries on to say that the ozone from the sea and the River Alt had, indeed, proved a cure for her. The book comprises the memories of some of the, then older, residents of Hightown, Mrs Gaffney, in particular, and the entries written in the diary of Mr Ken Williams. The text is interspersed with sketches by Gladys Clayton A.I.A.L. One fact that stands out, in the light of recent village developments, is that over 100 years ago, in 1912, Hightown had:

- A primary school
- A resident doctor
- A resident policeman
- A café and home-made cake shop
- A butcher, a chemist and a greengrocer

Now there's food for thought!



# Toddler Church

#### At

# St. Stephen's-Hightown Sunday 14th April

# 4pm

# A service for pre-schoolers and their families with lots of fun, songs, a bible story, a simple craft and refreshments

## All Welcome!

Magazine part-sponsored by John Gibson-notary services