

February 2023

FOCUS

Issue 273



Parish Magazine of St Stephen's, Hightown



Happy St Valentine's Day



Editor's Letter February 2023

A very happy new year to you all.

Christianity, Judaism and Islam all teach that we humans should care for our planet; that we are stewards of the Earth.

Muslims believe that they have been assigned as Khilafahs by Allah. According to the Qur'an, environmental conservation is a religious duty as well as a social obligation, not an optional activity.

Jewish tradition teaches us to care for our planet in order to preserve that which God has created. Psalm 24 notes: "The Earth is the Eternal's and the fullness thereof." Judaism emphasizes our need to preserve our natural resources and generate new ones for future generations.

The Jewish holy book, The Talmud, tells the story of the sage, Choni, who was walking along the road when he saw a man planting a carob tree. Choni asked, "How long will it take for this tree to bear fruit?"

"Seventy years," replied the man.

Choni asked, "Are you so healthy that you expect to live that length and eat its fruit?" The man answered, "I found a fruitful world because my ancestors planted it for me. Likewise, I am planting it for my children."

Christianity, stemming from the Jewish tradition, teaches us to take care of the living and the non-living. In Genesis 1.28 and 2.15 God specifically commands humankind to do so. We are to work at ruling and ordering creation as good stewards without abusing it for our own selfish ends.

Three great world faiths.....one message.

Starting on Page 9, there is a three-page special about how Tommy Norbury is caring for our beach and dunes in Hightown. He is doing sterling work and setting a fantastic example for us to follow.

On a sombre note, it is with great sorrow that we share the news of the death of our lovely churchwarden, Michael Cudby. His letters, on page 3 of Focus, were always perceptive and well written. Our thoughts and prayers extend to Jayne, his widow, and his family. We will all miss him.

I wish you all a wonderful year and a happy St Valentine's day.

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.

An Obituary for our Churchwarden

Michael Cudby 30/12/1943 - 25/12/2022

By Geoff Bailey

Michael was born in Upney near Barking, South London then moved to York when he was 11 years old. On leaving school, he joined the Merchant Navy and his claim to fame, on a night watch, was turning the ship around 360 degrees just for a laugh! After leaving the Merchant Navy he studied to become a Quantity Surveyor and later on achieved the distinction of a becoming a Fellow of the Royal Institution of Quantity Surveyors. After having obtained his degree, he went to Bahrain for six years, working for various development and construction companies. He then moved to Dubai, working for Balfour Beatty and other similar companies. In the mid 1990's, Michael moved back to London, where he completed a post graduate course from Reading University, for which he was awarded the prestigious Harold Samuel Award for his dissertation on 'The Restoration of Old Buildings'. He then moved back to Hightown in early 2003, met Jayne, and they got married in 2007. In 2009 Jayne and Michael moved to Spain, enjoying a well earned retirement, but coming back to Hightown on a regular basis for visiting relations.



I met Michael and Jayne when they came to church, shortly after they arrived back in Hightown. I found him to be a very well travelled and interesting gentleman. When he became a churchwarden in 2020, he wholeheartedly embraced the role. Subsequently, when I became a churchwarden in 2021, he helped me to understand the values and importance of the position. His knowledge of building regulations and various building techniques was invaluable. As a committed Christian, he was always seeking answers to questions about our faith and its contribution to society. I will miss his companionship and friendship. May he rest in peace and rise in glory.

Our little systems have their day;
They have their day and cease to be.
They are but broken lights of thee
And thou, O Lord, art more than they.

Alfred Lord Tennyson

IN MEMORIAM

Forgive my grief for one removed,
Thy creature, whom I found so fair.
I trust he lives in thee, and there
I find him worthier to be loved.

St Stephen's Church

Sunday Rota for February 2023

Wednesday 1st	10.30 Morning Prayer	Geoff Bailey
Sunday 5th	10.30 Eucharist	Rev Ted Woods
	6.00 Evening Prayer	John Gibson
Wednesday 8th	10.30 Morning Prayer	Judith Welch
Sunday 12th	10.30 Eucharist	Rev Canon Janet Eastwood
	6.00 Evening Prayer	John Gibson
Wednesday 15th	10.30 Morning Prayer	Hazel Roberts
Sunday 19th	10.30 Eucharist	Rev Sue Smith
	6.00 Evening Prayer	Colin Goodyear
Wednesday 22nd	10.30 Eucharist	Rev Sue Smith
Sunday 26th	10.30 Eucharist	Rev Keith Thornborough
	6.00 Evening Prayer	John Gibson

Brass Cleaning

February

Shirley Burns



Sunday Coffee Rota

5/2 Val Bailey

12/2 Sue Taylor

19/2 Beryl Howard

26/2 Hazel Roberts

Who's Who at St. Stephen's

Vicar	<i>To be appointed</i>
Reader	Mr. John Gibson
Warden	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	Jane Croxton
Church Hall Bookings	Mrs. Sally Fraser
Focus Editor	Colette Grove Focus.Magazine@StStephensHightown.org.uk
Focus Advertisements	Colette Grove (as above)
Focus Distribution	Mr. and Mrs. K Bradshaw
St. Stephen's Church Website	https://StStephensHightown.org.uk

PRAYER PROMPTS FOR FEBRUARY



- 1st. Give thanks for the beautiful countryside and sea that surrounds us.
For all the people of Hightown.
- 2nd. Pray for our village and its vibrant life.
For the people of Marston Crescent and Mayfair Close.
- 3rd. Pray for our church at St. Stephens and all the people who work so hard to make all welcome.
For the people of Langley Close and Richmond Close.
- 4th. Pray for the visiting clergy who have supported us in the last few months.
For the people of Blundell Road and Blundell Avenue.
- 5th. **Third Sunday before Lent.** Pray for our families, the centre of our lives, and for their love and support.
For all the people of Hightown.
- 6th. On our minds at the moment – we pray for the people of Ukraine.
For the people of Thistledown Drive and Bankside.
- 7th. We pray for those affected by war.
For the people of Orrell Hill Lane, North End Lane and Gorsey Lane.
- 8th. We give thanks that our country is peaceful.
For all the people of Hightown.
- 9th. We pray for a solution to the problems faced by asylum seekers
For the people of Delph Road.
- 10th. Pray for our judicial system which is struggling to cope at the moment.
For the people of North Dunes and Westway.
- 11th. Pray for those in prison.
For the people of Blundell Grove, Larkhill Grove and Withinsfield.
- 12th. **Second Sunday before Lent.** Pray for the vulnerable women on the Helen Keller unit at Styal prison.
For the people of Old Acre and Riverside.
- 13th. Pray for the officials who have to make difficult decisions about people in need.
For the people of Elmcroft Lane and Sandy Lane.
- 14th. We pray for our loved ones on St. Valentines Day.
For the people of St. George's Road and Emerson Close.

PRAYER PROMPTS FOR FEBRUARY (CONTINUED)



- 15th. Pray for our local food banks and those who volunteer in them.
For all the people of Hightown.
- 16th. Pray for those who are lonely.
For the people of Sandhills and Briary Croft.
- 17th. For our Tuesday and Craft Groups, bringing people together.
For the people of Village Way and the Roundway.
- 18th. Pray for those facing starvation.
For the people of Elvington Road.
- 19th. **The Sunday next before Lent.** Pray for the aid workers doing their best to help the world's poor and neglected.
For the people of Alt Road and Lower Alt Road.
- 20th. Pray for our teachers and helpers in our schools.
For the people of the Range and Altcar Camp.
- 21st. We give thanks to those who work in the NHS. Give wisdom to those who formulate policy.
For the people of Whitefield Close and Oakfield Road.
- 22nd. **Ash Wednesday.** Pray for those caught up with large bills and outgoings during these difficult times.
For the people of Wignalls Meadow and Moorhouses.
- 23rd. Pray for the pleasure we get from our pets – great comfort and support.
For the people of Grasmere, Windermere, Thirlmere Roads and Thirlmere Mews.
- 24th. We are in difficult economic times – please guide those who make policies and govern us.
For the people of School Road and Rathbone Road.
- 25th. Pray for the children in foster care and those who are caring for them.
For all the people of Hightown.
- 26th. **First Sunday of Lent.** Pray for those working towards a greener world. Let us give them our support.
For the people of St. Stephen's Road and Hester Close.
- 27th. Pray for those who are coping with dementia.
For the people of Thornbeck Avenue.
- 28th. Pray for those who have a long-term illness and their carers.
For the people of Mark Road.

Tommy's Clean Beach



What prompted you to start the group and when?

I started the group in 2015 after regularly fishing at Hightown and noticing the deteriorating condition of our local coastal beaches with debris such as plastics, litter and other washed-up larger items. Hightown beach is a special place for my wife and I, as we did our courting here, many years ago. Also, it has a definite beginning and end, so making the project a little more manageable. Although there had been the odd clean before, they were only scraping the surface of what turned out to be a big problem. As we organised more monthly beach cleans, the real problem was uncovered. There were years, many years, of debris under old tidelines, buried beneath the dunes. We have litter from the late 60s and 70s that we have collected, and continue to collect, after recent storms.

Many volunteers from our Hightown cleaning events have gone on to organising cleans on their own beaches, such as Crosby and Formby. We now have volunteer groups covering our whole Sefton coast from Seaforth to Southport.



Did you have a plan or a goal when you started out?

My plan was to have a monthly beach clean in Hightown. To date we have had 106 and my plans are to continue doing so. We also have official surveys to monitor the debris. From January 2022 my target was to prioritize cleaning up the old historic tidelines. We held nine events during which we used a riddle to sieve the microplastics and debris and we removed the





scrap metal from the left-hand side of the sailing club. We had a big clean-up from the mouth of the Alt, by the Alt Centre, where we removed and cleared more than a skipful of larger debris as well as sieving microplastics. In addition, we have held a number of glass picks and to date have removed over sixty five rubble sacks of glass from our beach, making it much safer place to use and to walk dogs. We have also spread our group actions onto Altcar Training Camp beach, where we do two clean-ups in the winter time. With the kind permission of and help from the Camp Commandant, Gordon Black, and his staff, this area is now looking much better.



spoons



bottles



bullets, nails, pipes

What are your plans for the future?

With big thanks to our volunteers and solo pickers, who now regularly clean up our beach in Hightown, we aim to spread our net wider. This year, I plan to only organise events after the bigger tides, giving us more time to get involved with other local environmental projects such as our dune maintenance. Working alongside Green Sefton throughout the winter



Historic Lego pieces



toys

months, we aim to improve our dunes to help local wildlife. We will continue to target the historic debris as it is uncovered by tidal erosion of the dune edge.



*Thank you, Tommy,
for all your efforts,
from the residents of
Hightown.*



COASTAL EVENTS 2023

HIGHTOWN MAINTENANCE DAYS

Dates 2023:

Tuesdays February 7th and 21st

Tuesdays March 7th and 21st

Time: 10.30am-1.30pm

Location: Blundellsands Sailing Club car park, Hightown, L38 9EY

Information: We will be concentrating on invasive plant removal from dunes and around breeding ponds. All equipment provided.

Please dress for the weather and rough terrain conditions.

BEACH CLEANS

Saturday March 4th, 12noon to 3pm

Location: Blundellsands Sailing Club car park, Hightown L38 9YE



Stan celebrated his 90th birthday in January. LFC birthday cake, made by the talented Hazel, was shared by all after the 10.30am service. Many happy returns, Stan.



Did you know that St Valentine is also the patron saint of beekeepers? So let's wish Hightown's beekeeper, Sally Anne Tapia - Bowes, a very happy feast day. Read more about this lady and her Sea Bees in the March issue.



Christenings for children of all ages
St Stephen's Church
 Ring our churchwarden to book



Coffee Morning
Saturday February 4th
 10am until 12noon
 St Stephen's Hall
All Welcome



From Harry's Kitchen

HAM & PEA SOUP IN A SLOW COOKER

This can be cooked on the hob, but one has to be watchful to prevent sticking or burning on the bottom of the pan/pot, including non stick. Time approximately 3 hours.



Ingredients

- 1 x ham shank
- 1 x 500gram pack dried marrowfat peas
- 2 x medium size onions
- 2 large carrots
- 2-3 medium size potatoes
- 2-3 celery stalks
- 2-3 chicken stock cubes in 3 pints (1.5 litres) of water

Method

Soak dried peas overnight. Drain off water and rinse.

Place ham shank and peas into cooker with the chicken stock; cook on high heat for 4 hours;

Chop up the rest of the vegetables and add to the cooker after 4 hours. Turn down to low heat and cook for another 4 hours.

After cooking leave to cool down. Remove the ham shank from the pot; remove the skin and fat. Chop up the meat. Divide the meat into 2 portions. Return 1 portion back into soup.

The soup is ready for the processer. Put 4 fl oz. (120ml) water in the processer add the soup.

It will take about 4 fills to process all the soup. Return the balance of the chopped ham to the soup. The soup should be thick, just add water if you require a thinner soup.

Serve with crusty bread and enjoy this filling meal.



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)
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)
Winter Warmer 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
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+, Mondays 9.45-10.30 St Stephen's Hall	Nicky Garsforth
CREO Dance Co, Mon, Tues, Wed, Thurs, Sat Children 3-18 years	Georgia Gaudi creodancecompany.co.uk

St Stephen's Church Hall Ceiling

The PCC and congregation of St Stephen's would like to give thanks to everyone in the community of Hightown, who contributed to the cost of the new ceiling and lighting system in the church hall. Together we raised £20,706 pounds for which we, at the church, are extremely grateful. To see the results of the renovation, do attend any of the many events which take place there, and are to be found advertised in this publication.

Sanctuary Flowers

5th February Beryl Howard

12th February Beth Cresswell

Lent , no flowers

Baptisms February

Jazmine Michelle
Jackson



St Stephen's Church Hall

TODDLER GROUP

Term time

Every Friday 9.30 to 11.30am



Winter Warmers

Every Thursday you are invited to join our winter warmer group at **1.00 - 3.30 pm** in **St Stephen's Church Hall.**

You will enjoy a warming bowl of soup and a roll, hot drinks and biscuits in our newly refurbished hall.

Come and be warm. Be waited on. Catch up with friends.

Enquiries: Di Aldis **929-3612**

Sue Taylor **929-2720**

Hightown Garden Club

We re-open our 2023 meetings with *Alan Foxall*. Alan was in charge of the *Southport Botanic Gardens* for many years and has a very good knowledge of all types of plants and gardening problems. He comes to us to answer all your gardening queries. So come along and learn from him! Visitors can attend for £3, or become a member for the year for £15.



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

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

Rohan Pickard – Commodore
rohan.pickard@gmail.com

Chris Williams – Rear Commodore
Cwill1951@virginmedia.com



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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!

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Autumn Years

Law Limited



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:

- a qualified professional
- a dedicated specialist
- highly experienced
- formally regulated by a recognised legal body
- 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
- Court of Protection/ Deputyship
- Lifetime & Inheritance Tax Planning
- Lasting Powers of Attorney
- Probate & Estate Administration
- 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



Barringtons

INDEPENDENT FUNERAL SERVICES

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



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