

Charity Tea Party Saturday 23rd June

Fundraising is a piece of cake for Dream Doors Chester & Wirral as it hosts a Blooming Great Tea Party for Marie Curie.

Local kitchen company Dream Doors Chester & Wirral is throwing open its doors in June to join the fundraising fun and host a Blooming Great Tea Party in support of Marie Curie.

Dream Doors Chester & Wirral has teamed up with Franke, the premium sink and tap brand that is on display in their showroom, to run the event.

The tea party will take place at Dream Doors showroom at 42 Pensby Road, Heswall, CH60 7RE on Saturday 23rd between 11am and 1pm and the local community is invited to join in the fun while enjoying a cuppa and a cake.

In return for a donation to Marie Curie, attendees can also enjoy a luscious lemon drizzle cake exclusively created by cookery writer, author and chef instructor, Judi Rose. The cake is based on the recipe from much-loved doyenne of Anglo-Jewish cookery, Evelyn Rose, Judi's mother. Luscious Lemon was Evelyn's signature cake and a treat for the taste buds.

Says Mark & Fiona of Dream Doors Chester & Wirral: "Marie Curie is an inspirational charity who bring hope and care for many across the UK. We are delighted to be taking part and throwing our very own Marie Curie Tea Party."

Slimming 'Couple of the Year'



On the day of the Grand National 2018, there was more than one reason for celebration for Chrissy and her dad Dennis who won the 'Couple of the Year' competition at the Heswall Football Club Slimming World Group, having lost nine stone between them!

Chrissy visited the group in Heswall one Saturday and loved it so much she didn't leave! Before coming to Heswall she'd already five stone, but having shot out of the starting gate she reached the hurdles. She said: "I felt in a horrid place; there have been many hurdles to overcome, but with the support of my consultant

and the group who cheered me every step of the way, I continued on the course and have the finish line in sight."

Chrissy remembers that last year she was 31lb away from a total weight loss of 7 stone but, as with many slimmers, circumstances got in the way and the pounds crept back on.

Despite a fall at the water fence, she came to the group every single week and seeing so many new members joining and

succeeding gave her hope. Just last week she got that next award and seven stone lighter feels absolutely incredible! Her top tip: "Staying with Image Therapy, the support the group offers, is the key to success. Ask for help if you need it and make sure you're there every single week. Even when I'm on holiday I find a local group nearby as the group support ensures I'm prepared for the week ahead."

Chrissy's dad Dennis was encouraged to join after a visit to his doctor who was concerned about his health. As part of Slimming World on Referral, which is a long-established partnership scheme between health professionals and Slimming World, patients can be referred to Slimming World groups, offering them free membership for 12 weeks. The father and daughter duo are now galloping along together and Dennis has now lost two stone to match Chrissy's loss since joining the Heswall group. The race is on!

Chrissy has since moved to North Wales, but visits Heswall with her dad every Saturday without fail. She says: "Knowing Ria and the Heswall Heroes are with me at every fence, every hurdle, keeps me going. We're in it together!" And while together, father and daughter plan their meals and do their weekly shop, knowing they're prepared for the week ahead – quick easy meals with their favourite at the top of the list... pancakes!

To find out more about Slimming World, pop along to the Heswall Slimming World group, which is held at Heswall Football Club every Saturday at 8:30am or 10:30am, or Parkgate Slimming World group, held at St Thomas' Church every Tuesday at 7pm. For more information, call Ria on 07497 810 820.