

CAERNARFON TEAM ABSEIL DOWN TOWER

Over the top for charity...



A PLUCKY Manweb team successfully took part in a sponsored abseil down the main arts tower of Bangor University.

Braving the 125 foot drop for charity were Melanie Jones, Caernarfon SuperCentre Manager, Dylan Parry, Caernarfon CSC Team Manager, Jennifer Moss-Ellis, Caernarfon SuperCentre Supervisor and Griff Wyn, Customer Service Representative.

They answered the call from the Royal National Institute for the Blind to local business to help raise essential funds for local blind and partially sighted children.

Challenge

In glorious weekend weather the quartet achieved the abseil without any problems – and raised £1,444 including match funding for the RNIB, one of the ScottishPower PowerPartners charities.

Melanie Jones said: "It was quite a challenge – but it took us longer to climb the steps to the top of the tower than it did to descend on the abseil.

"Apart from Jennifer none of us had experience of abseiling. In fact it was not as scary as it looked. We all got a buzz from it.

"There were two very competent instructors at the top giving us advice – though



Above, the intrepid Manweb abseiling team, left to right, Griff Wyn, Dylan Parry, Jennifer Moss-Ellis and Melanie Jones.

Top, the team in action abseiling down the main arts tower of Bangor University.

none of us looked down as they suggested when we were halfway through."

Among the many volunteers taking part

on the day were a number of blind and partially sighted people who had also risen to the challenge.

Sara achieves 3rd Dan status

KARATE queen Sara Roberts is a cut above the rest – she's become a prestigious 3rd Dan in the sport.

Now qualified to wear a black belt with three red stripes, the Caernarfon CallCentre Customer Service Representative had to complete a written exam plus 90 sections covering blocks, punches and kicks on pads, combinations of kicks and fighting.

Sara, who has been practising shukoki-style karate for nine years and is a member of the Kokoro Karate Association, also teaches the sport in her spare time at the Llanberis Community Centre.

"I train four times a week," she said. "Karate is good fun and it focuses your mind. It keeps me fit and I especially enjoy teaching. It gives me a real boost when my students achieve their grades.

"It also helps me in my Manweb job with focusing and goal setting. At the beginning of every karate class we say the words: I intend to develop myself in a positive manner."



Karate Black Belt Sara Roberts shows her 3rd Dan certificate with her instructor John Lynn, himself a 6th Dan.

Support for cyber cafe at pool

MANWEB is supporting a cyber cafe project under Crewe and Nantwich Borough Council's drive for "lifelong learning."

The plan to install a state-of-the-art Internet cafe at Crewe swimming pool has been approved in principle by the council leisure service committee.

Internet-capable personal computers and a dedicated ISDN telephone line, which will help arm people with the skills to stay afloat in the modern world, are likely to be installed in the balcony area of the pool.

Contact



Manweb
A ScottishPower Company

NEWSLETTER FOR MANWEB PEOPLE

March 2000

Preparing for the new challenges that lie ahead

VITAL CHANGES FOR PROGRESS

A RADICAL new structure for Power Systems is set to boost efficiency and lift the division back towards the top of the Regulator's efficiency "league table."

Several staff have gained key posts in the new Power Systems structure which is set to begin in April. Two of these staff are Phil Currie, returning from secondment to Power Systems Management Centre in Hamilton to take up his role as Mersey Network Manager, and Don McRae, who is to become Wales Network Manager.

Calling the changes a very exciting challenge for Power Systems, John Menzies, Power Systems Managing Director, said: "The future for our industry is clear and only the best performers will win. We have a great opportunity to be the best in everything we do."

From April 1, the organisation will begin the change which will result in the creation of a number of focused business units, including Asset Management, Maintenance



and Connections, each of which will operate across the whole of the Manweb and ScottishPower area.

The reorganisation follows analysis that annual cash cost savings of around £87 million are required over the next three years to ensure Power Systems remains truly competitive.

When the new business model is in place, Power Systems will be well positioned to make significant improvements in efficiency, and in the management of our biggest asset – the electrical network. Asset Manager Steve Wood will set asset policy and service providers such as Maintenance Business Unit will carry them out.

Phil Currie said: "I am looking forward to the challenge and working with my Manweb colleagues once again to develop the new regional and customer operations business in the Mersey region."

Don McRae said: "I am looking forward

to returning to Wales in this new role."

Many Manweb-based staff were interviewed as part of the Business Review Programme, last June. All Power Systems staff have already been allocated into one of the 12 new business units, and for some, this may mean working out of different locations.

John Menzies said: "We understand that this review and the selection processes may mean that many staff will face difficult decisions. It is therefore important that we all understand why we have to change our business. The new structure will allow us to focus on those areas of our business that are critical to our continued success."



ARBORISTS working for Manweb's Rural Care tackle trees alongside scenic Llyn Celyn in Snowdonia – a National Park first for the unique scheme which takes down trees threatening power lines and replaces them with new hardwood saplings at a safe distance.
SEE STORY CENTRE PAGES.

Works canteen romance! Full story page 3

Sign is the right direction

A MANWEB Customer Service Representative has gone back to school in order to help the company's deaf customers.

Marian Scott, aged 46, from Trefriw decided to take action and embark on an intensive sign language course when she found the only way she could communicate with one deaf lady customer was via dozens pieces of paper passed across her desk.

With the full backing of the company, Marian enrolled at Llandrillo College in

Rhos on Sea for an intensive ten week training course.

She has secured her introductory certificate and following advanced training is now putting her new skills to the test at the Caernarfon CSC.

"The course was difficult but I received a lot of support from the team at Manweb," said Marian.

"I decided this would be an ideal way to provide a service specifically for our customers who are hard of hearing."



Marian Scott using sign language to help Manweb's deaf customers.

Initiative boosting service to homes

MORE than 1,000 householders in Hawarden are benefiting from improvement works to the town's network.

Under a three-phase project costing £100,000 Manweb linesmen have renewed existing conductors and laid an additional underground cable to replace an old overhead line. Soon they will begin carrying out maintenance to the rest of the network.

"There were problems during 1999 and the Mansfield Avenue circuit suffered a number of faults," said Andy Stubbs, Power Systems Asset Manager based at Pentre Bychan. "We were becoming increasingly aware that the performance of the circuit was deteriorating.

"These initiatives will help us improve our performance in the Year 2000. Hawarden will see less power cuts - though it should be stressed that some of the cuts were due to damage to underground cables by third parties."

In Phase One, one kilometre of overhead line from Kearsley Avenue past Hawarden Golf Club has been converted to a modern fully-insulated BLX conductor, which is more resistant to damage from birds, lightning and trees.

At High Park and Fieldside under Phase Two, two new underground cables have been laid and connected to an existing underground network on an adjacent circuit, to replace over-head cables which were in a poor condition. "This improves



Hot Glove Linesman Hayden Bennett at work on Hawarden's town network.

the visual aspect of the area," said Andy. "We have also taken care to take into account some badger setts in the field at this location."

A live line hands-on Unimog vehicle will be brought in to complete the third phase of the project, due to start in April, which involves the care and maintenance of the remaining section of overhead line under review. Insulators will be changed, and substations rewired.

Presentations and certificate mark two decades of service

LINDA Jones, Customer Service Representative at Aberystwyth CSC, was presented with a bouquet, £200 vouchers and a certificate for completing 20 years' service.

Linda joined Manweb as a shop manager at the Dolgellau branch and worked there until 1995 when she joined Aberystwyth as part of the Customer

Service team. As part of her current job she makes Customer Liaison Officer visits and gives talks on safety to schools.

● Pictured right is Linda being presented with her certificate by Terry Butcher, Team Manager at Aberystwyth, and Customer Service Representative Linda Ingram.



Special school donation

FUNDRAISING at a special needs school in Cheshire to help provide a skiing holiday for pupils, has been boosted by a raffle donation from Manweb.

The company has supplied a microwave as a raffle prize to Greenbank Residential School in Hartford, which caters for boys and girls with moderate to severe learning difficulties aged between six and 18.

The school put out an appeal for help with fundraising towards the trip for 13 pupils with severe learning difficulties to Italy in February 2001. Cash raised will go to help less well-off children meet the cost of the holiday.

Ski course organiser Robert Woolley said: "We would like to thank Manweb for its generous donation of the microwave towards our fundraising efforts. The ski group will be going to Courmayeur in Italy next February and many of our pupils would never be able to take part in such an adventure without financial help."

Romantic meal for two... in the works canteen!

A ROMANTIC meal for two in the Pentre Bychan canteen was the prize in a Valentine's Day "Blind Date" competition for charity.

Winners Nicola Price, aged 25, of Energy Supply credit control and Matt Lewis, aged 20, a 24-hour engineer at Wrexham, had posted the best quiz answers into a special "love box." As they dined to music from soul crooner Lionel Ritchie both agreed the stunt was "good fun."

And Jo Houston, Senior Settlements Analyst who organised the competition with Business Analyst Hilary Ryan, said: "The standard of entries was very high. We also ran a Cupid's Quiz with the prize of two cinema tickets."

The money raised from the activities,



Blind Date winners Matt Lewis and Nicola Price enjoy their Valentine's Day meal at the Pentre Bychan canteen.

which also included selling cards and balloons, went to the Heart Foundation.

Also entering into the spirit was Judith Evans, of Customer Services, who came dressed as Dame Edna Everidge in a pink



Judith Evans, dressed as Dame Edna Everidge, posts a Valentine's Day message at the charity event.

costume to reflect the "red and pink" theme of the day. "The atmosphere in the office has been brilliant," she said.

Valentine's Day fund-raising also took place at Warrington and Caernarfon.

ADVENTURE that started out as a small-scale child-care club in a school is set to launch itself as a multi-purpose community centre - backed by a gift from Manweb whose Liverpool depot is next door-but-one.

The Lister Drive Kids Club, soon to be known the Lister Steps charity, won its battle to extend its base in the Victorian building, home to the Infant and Junior School in Tuebrook, but which will become vacant as soon as the school moves to a new site in March.

There had been fears the school would be pulled down, but thanks to the initiative it will now have a new lease of life.

Kids Club has had a room inside the building since it was set up in September 1998, and now with the blessing of Liverpool City Council's Estates Department the organisers have taken over the lease and plan to convert the historic building into a larger childcare club for 132 children a day, a luncheon club for the elderly, several business units and varied facilities for the community.

Manweb has stepped in to help with the donation of £1,000 worth of multi-coloured foam scramble shapes which will be used in the playgroups and holiday play schemes. They will especially benefit the youngsters with special needs

Kids Club given new lease of life



Manweb Community Liaison Officer Moira Renwick presents a cheque for £1,000 to Gaynor McKnight, Secretary of the Kids Club, watched by youngsters who attend the club.

that attend the Club.

Club spokesperson Gaynor McKnight said: "We are really grateful for Manweb's donation of the money for the foam shapes.

"Having a physical play activity will enable the youngsters to burn off excess energy and integrate them more in play.

"The special bonus of the soft shapes is that they can be used

throughout the day and we will incorporate them into our sensory room when it is set up."

Moira Renwick, Manweb's Community Liaison Officer, said: "We are very happy to be able to contribute at the outset to the Kids Club's wonderful new venture."

Manweb has also offered the Club the use of its resources centre at its Lister Drive office,

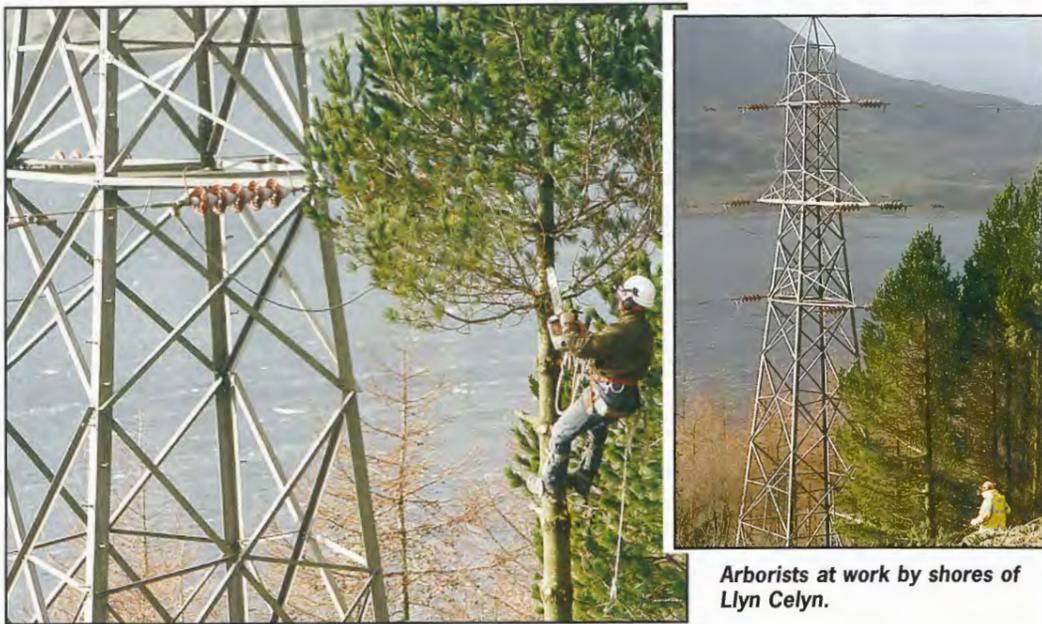
so that staff can be trained on the computers and benefit from the IT equipment. "We hope this is only the beginning of our partnership with the local business community," said Gaynor.

When the Infant and Junior School moves to its new site on Green Lane, it will take with it the existing Kids Club which caters for 32 children aged from four to 11, between 3pm and 6pm, offering a lifeline to parents who are out at work.

Activities

A complementary new club catering for 132 youngsters each day will be set up in the newly-refurbished old school on Lister Drive in May, with 24 in the breakfast club, 32 in the morning play group, 32 in the afternoon playgroup, 40 in the afterschool group and 10 in the homework group.

Both clubs will be run by Lister Steps. As well as the care and recreational activities for children Lister Steps hopes to offer a range of community facilities, including a sports area.



Arborists at work by shores of Llyn Celyn.

MANWEB'S Rural Care scheme entered Snowdonia for the first time with a tree clearance mission around the scenic shores of Llyn Celyn.

Working with the Snowdonia National Park Authority, Rural Care sent in teams employed by Forest Enterprise to clear sections of softwood plantations threatening power lines.

When the arborists had removed the trees using chainsaws the land was made ready for the planting of native hardwood saplings in their place.

"Following consultation with the Forestry Commission selected softwoods were removed thus increasing the biodiversity of the area," said Russell Humphreys, Project Manager in Rural Care.

"An ecologist had been

Rural Care at scenic lake

employed to survey the site and we made sure that our working methods did not impact on the environment. We allowed daylight into a previously sterile area and took care not to disturb the badger runs, lichens and woodcock that are present."

The work, which will ultimately see the removal of 71 trees around Llyn Celyn, was tied in to a redesign of the area by the Forestry Commission over the next two years. "We satisfied the

Snowdonia National Park that we were improving the environment," said Russell. "On completion we will have left the area in a better shape than when we started."

The teams of tree cutters were assessed by Jim MacAulay, ScottishPower auditor, for electrical safety standards and the quality of their knowledge of arboriculture during the Llyn Celyn project.

● In partnership with Deeside Urban Wildlife Group, Rural Care also visited a North Wales school to take part in a tree planting scheme. Manweb donated 600 hedging plants and trees towards a major project to brighten up land surrounding Wepre Primary School at Connah's Quay.

"We helped to plant 60 trees and 30 metres of hedge," said Andy Churchman, Rural Care's East Wales Permissions Manager. "We had recently felled 13 trees at Shotton close to Wepre Park, and this initiative was part of mitigation works which we are doing with local schools."

"The children benefited when they helped with the scheme and learned about nature as part of their curriculum."

Julie Hughes, school Deputy Head said: "The children really enjoyed taking part and even nursery youngsters benefited from a learning point of view. The trees created a new boundary for our pond area and for the perimeter of the school itself."



Andy Churchman, Rural Care's East Wales Permissions Manager, and Gwynneth Buss, Community Wildlife Officer of Deeside Urban Wildlife Group, with children at Wepre Primary School who have been planting hedges and trees donated by Manweb.

MANWEB FUND ILLUMINATION OF BANGOR'S ANCIENT ECCLESIASTICAL SEAT

Cathedral is shining light

BRITAIN'S oldest Cathedral has been lit up for the Millennium in a project which will make Bangor's ancient ecclesiastical seat visible for miles around.

Thanks to a £7,000 grant from Manweb, the Cathedral founded by St Deiniol in AD 525 is now illuminated from dusk onwards by 11 floodlights.

It is the oldest Cathedral foundation in Britain, predating Canterbury.

Martin Brown, Chapter Clerk speaking on behalf of the Dean and Chapter, said: "We are delighted we have been able to light up the Cathedral, thanks to this generous donation."

"It enhances the structure's profile in the city and also ensures the safety and well-being of visitors walking in the environs. Vandals will also be

deterred by the new lighting."

Manweb took up the idea of the illumination as one of its Millennium Lighting and Environment schemes, after it was initially floated by the Bangor Chamber of Commerce and subsequently discussed by the Bangor Regeneration Partnership, of which Manweb's Power Systems Wales Region Community Liaison Officer Brian Davies is a Director.

Proud

Brian Davies said: "The scheme is part of Manweb's community involvement and we are proud to be able to assist the Cathedral and the people of the city in this way. Having been born only five miles away, I think the illumination is fantastic."

Bob Scott, Chairman of the Bangor Regeneration Partnership's steering group, said: "The

illumination looks marvellous. It has transformed a dark oasis in the centre of Bangor into something which is far more brightly lit.

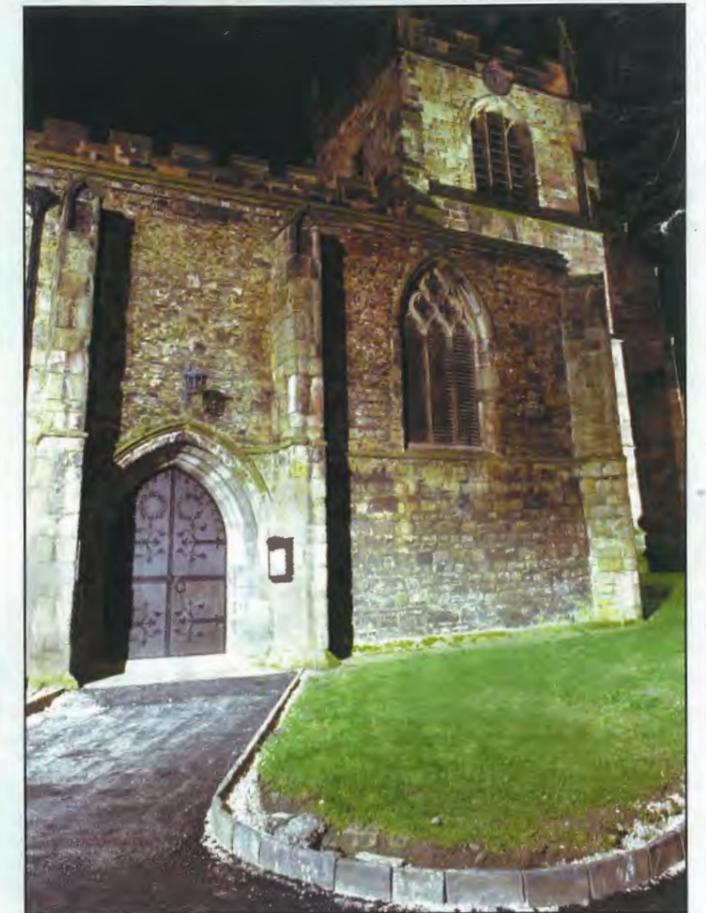
"We enthusiastically took up Manweb's suggestion of taking the idea forward.

"Before the illumination there were people who came to Bangor and never knew there was a Cathedral in the middle of the city.

"Other places greeted the Millennium with fireworks and bonfires - it is good to have created something that hopefully will last a lot longer."

The lights were switched on for the first time during a special official ceremony by Gareth Jones, Assembly Member for Conwy. Also present were the Dean of the Cathedral the Very Reverend Trevor Evans, the Mayor of Bangor Cllr John Jones, Bob Scott and Brian Davies.

The Manweb donation has



The floodlit Cathedral showing one of the main entrances.

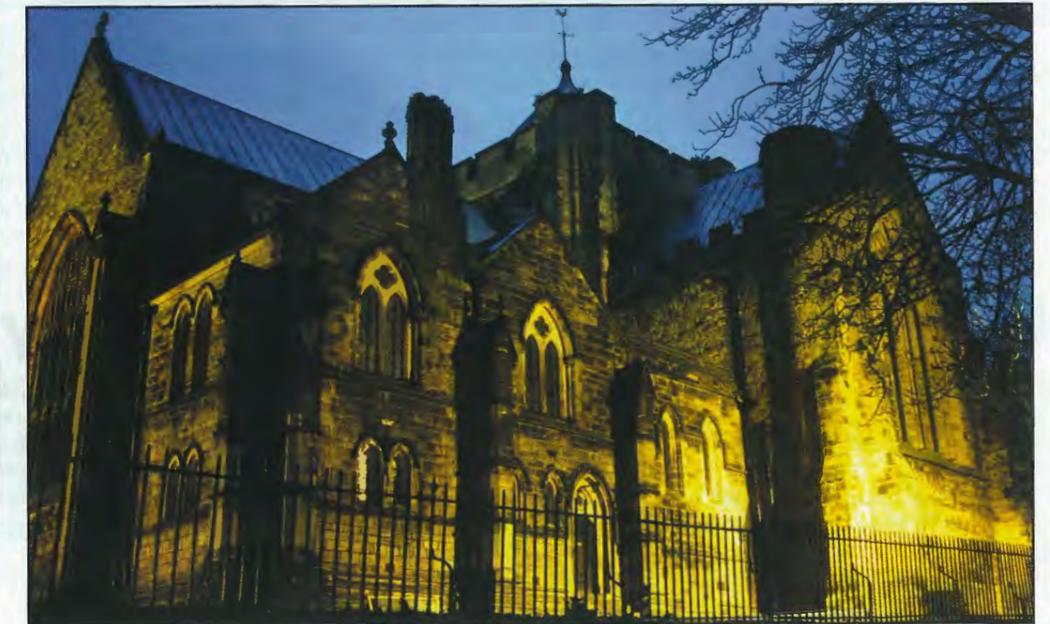
enabled Phase 1 of the lighting project. Additional lighting will be added to the structure of the Cathedral itself, while the Dean and Chapter has also received £175,000 from the WDA to widen the project with the

regeneration of the Close, installing new footpaths.

New Bishop, the Right Reverend Saunders Davies, only took up his post in January, so the new lighting has welcomed him to his residency.



Assembly Member Gareth Jones pushes the switch to officially turn on the lights, watched by, left to right, Mayor of Bangor John Jones, Bob Scott, Chairman of the Bangor Regeneration Project, Brian Davies, Manweb Community Liaison Officer, and Dean of Bangor Cathedral the Very Reverend Trevor Evans.



The Cathedral in all its illuminated glory.

St David's Day events boosts charity appeal

LEEK soup (cawl cennin) and Bara Brith went on the menu and Welsh costumes were worn as staff at Caernarfon entered into the spirit of St David's Day.

Money raised in a series of activities went towards the PowerPartners charity appeal.

A miniature hand-crafted Eisteddfod chair bearing the ScottishPower logo was on offer in a special competition based around the company's mission statement and Living Values.

Winner Dawn Muckley, who works in the Call Centre, came up with the best description in no more than 30 words of how the team at Caernarfon expresses the spirit of the Values.

Griff Wyn, Customer Service Representative, dressed up in a Red Dragon costume while Jennifer Moss-Ellis, at the Call Centre, appeared as Sion Corn, the Welsh Father Christmas.



Melanie Jones, Wales and Mid Cheshire SuperCentre Manager, centre, with Bridget Jones, Caernarfon Customer Service Representative, and Griff Wyn, Customer Service Representative, in dragon costume.

Award for girl who helps fellow pupil



Gillian Riley, front right, and Erin Greslow hold the Good Citizenship award, cheered by fellow pupils.

MANWEB'S support for a Good Citizenship scheme on Merseyside has led to an accolade for a young girl who has gone out of her way to help a fellow pupil with multiple disabilities.

Gillian Riley, aged 11, was singled out for a Good Citizenship award under the unique scheme run by Lord Alton for Liverpool John Moores University, in association with the Liverpool Echo.

Gillian has been a friend and supporter of Erin Greslow, aged 12, throughout her school life at St Raymond's Roman Catholic Primary School at Sefton.

She was presented with a bronze trophy and scroll at a special assembly at the school, thus becoming one of 600 winners in Merseyside schools whose awards have been sponsored by local firms.

Each school chooses its "Good Citizen of the Year" and a representative from the sponsor company presents the bronze award.

Chris Vaudrey, Head Teacher at St Raymond's, said: "This was a lovely award to be able to

present. The staff were all unanimous that the trophy should go to Gillian because she has been such a great friend and help to Erin. They have struck

up a great relationship. Gillian well deserves an award for citizenship. She goes out of her way to make sure Erin has everything she needs. Both sets

of parents were absolutely delighted by the award."

Moira Renwick, Manweb's Community Liaison Officer, said: "We were glad to be able to support this scheme which is such a wonderful idea - and Gillian was certainly a very worthwhile winner."

Lord Alton, head of the Liverpool John Moores University Foundation for Citizenship, said: "Awards are given for sporting and academic qualifications, and rightly so.

"But we don't sufficiently recognise the good deeds of many young people from Merseyside, and we must uphold them. This is an excellent way of thanking our unsung young heroes and heroines and giving them the encouragement they deserve."

Brightening lives of the needy

WORKERS at a community information project in a docklands area of Liverpool have been able to brighten the lives of needy local families thanks to Manweb.

The company donated one hundred energy-saving lightbulbs to the registered charity SING, the Seaforth Information Network Group in North Liverpool.

SING staff have distributed the lightbulbs to the most vulnerable residents of the Seaforth community with a view to cutting the costs of their household bills over the winter months. The donation of the

lightbulbs to SING came about after the Manweb Energy Efficiency Project liaised with the Local Energy Efficiency Advice Centre based on the Wirral.

Manweb's Energy Efficiency Manager Malcolm Bebbington said: "We are very pleased to help the SING project by donating the lightbulbs which will help people to become more energy efficient."

Gareth Wilson, Community Information Officer at SING said: "We would like to put on record our thanks to Manweb for this donation. We distributed the lightbulbs during our awareness week which was co-ordinated from our information shop in Seaforth."

Take your partners

THE Manweb (Ches-ter) Sports and Social Club is holding a barn dance at Capenhurst Sports and Social Club on April 14 at 7.45pm. A buffet and bar will be available. Tickets from Sue Cookson. Wayleaves, Prenton. Tel. 805 2197.

Tales of Liverpool Lecky Man's life

TWENTY-SIX years of emptying and reading meters around Liverpool left Dave Cowhig with a rich fund of interesting and amusing anecdotes.

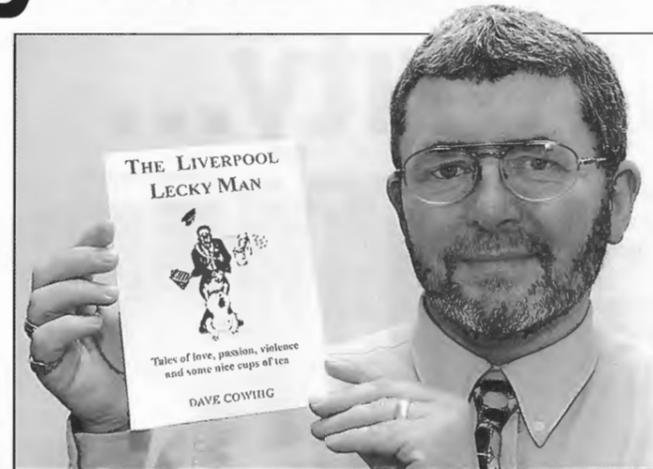
So rich, in fact, that the former Manweb employee decided to turn them into a book entitled The Liverpool Lecky Man.

Dave, aged 49, has created an instant hit which is on sale throughout his native Liverpool and which he has publicised during an in-depth interview on Radio Merseyside.

The first print-run has sold out and a reprint is on the way, while Dave is back at the typewriter composing another tome, this time entitled "Cobwebs and Dead Mice."

Dave took voluntary severance from Manweb in 1995 and now works as a senior support worker with a mental health project, but the memories of his days as a meter reader are still crystal clear.

"If you spend so much time in a job like that you are bound to witness interesting things," he said. "I had the privilege of being able to walk into any



Dave Cowhig with his Liverpool Lecky Man book.

house in Liverpool, and it was an absolutely fantastic job from the minute I started to the day I left.

"My book takes the readers on a journey round the houses in the city, starting with the days in the late sixties when we had to collect from slot meters. When you turned up in those days you were one of the most important people in the community and the householders were glad to see you. A woman even cooked me a roast dinner.

"One of my favourite stories in the book is about a pet snake

that had escaped in a house on my round. It suddenly turned up while I was there seeing to the meter - and as I dashed for the exit, I tripped over some floor boards and ended up with two rusty nails in my backside. My stories show Liverpool as a broken-nosed town with a heart of gold. The sort of generosity and honesty I found on my way round will never go away."

Dave's literary skills were honed on a writing course at Liverpool Community College. He has also written comedy gags for TV.

Two months worth of E.E.I.B.A. cash winners

WITH apologies for the delay - due to technical difficulties at E.E.I.B.A. - we're now able to publish winners in the October and November Prize Draws:

October
£300 B.M.Kyffin, retd. £200 S.L.Colley, retd. £100 J.H.Roberts, First Hydro. £50 M.A.Jones, Caernarfon. £30 D.Elbourne, retd. £25 M.Burnett, retd; J.Flanagan, retd; D.Oliver, First Hydro; G.J.Owen, retd; P.Cunningham, Contracting; D.W.M.Latimer, E.E.I.B.A. member; K.Strefford, retd; K.Griffiths, retd; J.E.Chadwick, retd; M.C.Barrett, retd; T.Hayden, retd; G.S.Wright, retd; S.A.Ward, Queensferry; B.Sheen, retd; M.O.Hughes, retd.

November
£300 I.W.Thomas, retd. £200 M.O.Lindfield, retd. £100 K.Appleton, retd. £30 H.H.Williams, retd; N.Woodall, retd; T.Brookshaw, retd; N.Walsh, retd; D.Williams, First Hydro. £25 J.M.Brooks, Manweb House; E.M.Boswell, retd; E.W.Jones, First Hydro; P.S.Forret, Contracting; A.K.Parry, Pentre Bychan; H.Thomas, retd; H.Watson, Queensferry; I.M.Cook, First Hydro; H.C.Byrne, Manweb House; E.W.Jones, First Hydro; F.McNulty, retd; J.R.Woods, retd.

Lottery form is enclosed in Contact

INSIDE this edition of Contact readers will find an application form to join the PowerPartners Charitable Trust Lottery, open to current and retired staff.

The cash prize is drawn on a quarterly basis and there are major amounts to be won - half the money goes to the charities, and 40 per cent of the remainder is given as the first prize. So, if 10,000 people enter, the first prize will be £2,000.

Please make sure you don't miss out on this opportunity.



Happy returns

THE forthcoming return visit of the Liverpool Sports and Social retired staff association to the Tetley Brewery in Leeds will be a chance to catch up on lost time for two of the members.

When they went round the brewery last year the two men failed to realise the beer was free throughout the day - and restricted themselves to just two halves in the bar.

"They only found out they could have had free drinks when they were on the coach on the way back," said Secretary Shirley Roberts. "They were pretty annoyed and this time they are going to make up for it."

Searching out venues

WALTER Walker and his wife Thelma criss-cross the country in search of suitable venues for their retired staff association's trips.

Treasurer and Secretary of the Mid Cheshire association, they attend Trade Shows organised by Tourist Boards to get ideas for visits - and then test out hotels and facilities in advance.

"We have a look at places that would be suitable for short breaks or day trips," said Walter.

Arresting speaker

DEE Valley retired staff association recently enjoyed a talk by Swasie Turner, a retired police sergeant who lost a leg but has recorded a number of extraordinary endurance achievements.

"Swasie was a very interesting speaker and the packed audience was fascinated to hear about his ascent of a lighthouse in a wheelchair, and his climbing feats," said Albert Roberts, of the Dee Valley association.