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Issue No. 185 March 2015 FREE EVERY MONTH

Ex-soldier goes to hell and back

Page 20



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warrington-worldwide was proud to be one of the key partners who teamed up to help promote the #LoveWarrington campaign.

The aim was to promote our town as a visitor destination and a place to do business via the twitter and facebook social networks and get Warrington "trending."

It was fantastic to see so many businesses and organisations working together to promote everything good about our town.

Congratulations to all those who took part, giving up their free time to promote Warrington.

By definition if Warrington is successful those who live and work here will enjoy the benefits.

No one is pretending our town is perfect, far from it and there is always room for improvement on many areas.

But the fact so many people, even some from rival sectors, are prepared to work side by side and

promote Warrington in a positive light can only be good – long may it continue.

I sincerely hope more people across the town will come on board and keep the #LoveWarrington brand going for years to come.

warrington-worldwide has always been proud of our town and is keen to work with those like-minded business and organisations who can see the benefits of working in partnership.

With the elections looming in May some of our politician friends should take note and see how much can be achieved by channelling positive energies into something, rather than negative political squabbles with rival parties – or even worse internal battles!

If business rivals can work together political rivals should try and do the same – more can be achieved in life from positives than negatives! Rant over – until next time!

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Sarah cooks up a recipe for success!



CARER Sarah Mills is hoping an appearance on TV's popular "Come Dine with me" will be the recipe for success!

Sarah, aged 41, from Orford, Warrington, is set to feature as one of four contestants in the show which attracts an audience of around 5 million at the end of April or early May.

She first applied to be on the show six years ago and was surprised to suddenly get an email asking if she was still interested in taking part.

After a three hour audition she was told she had been successful and that is when the fun began!

"It is not quite as glamorous as it appears when you are watching on TV," said Sarah.

"Filming took up to 12 hours a day and I had to put my cakes in the oven 17 times for various camera shots. All I can say about the outcome is that we had a fun night at my house which ended up with me dressed as a police woman! I am hoping an appearance on the TV screens may lead to more TV work!"

Sarah served up a prawn cocktail, chicken chilli and Spanish orange and sticky ginger cake.



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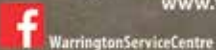
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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

Stillness

Many people would say they have a very busy life; almost every minute of the day is filled with some form of physical or mental activity. If the body isn't active usually the mind is, and to such an extent where thoughts are constantly running amok. Sleep problems are on the increase, which can be caused by the inability to switch off from the problems of the day. When people do sleep they may have restless sleep and anxious dreams, as the mind attempts to make sense of, and then store thoughts.

The mind can be perceived to be like a computer, as data is received, it is stored on disc, and hidden away for future use. Our conscious (rational) mind does the same, and stores information that is not currently needed within the files of the subconscious mind. Over time some of this information may get lost or corrupted by new information. Some old information can be re-triggered and the relevant files are retrieved to be re-evaluated and compared with new information. Our emotions affect the information which remains hidden within the computer, or hits the memory buttons which re-stimulate certain thoughts.

Having a busy mind can be an attempt to control thoughts and emotions on a conscious and rational level. However, that often leads to overload of the system, and then stress, anxiety and sleep problems occur. The evolution of modern society dictates to a certain extent our lifestyles, which affects our thought processes and coping mechanisms. This is having a negative impact on many people to the extent that they feel unable to switch off or feel guilty if they are not constantly thinking, planning and doing.

Some of you will now have heard of 'Mindfulness', a meditation approach, which helps to still the mind, and keep you in the present moment, as you focus on the breath, or the details of objects around you.

Relaxation, Yoga and other meditative practices also follow the principle of stilling the mind, bringing the attention inwards rather than on outside concerns, or the chatter of the mind. However these practices need personal discipline and commitment. We follow the same principles in the techniques we teach within Hypnotherapy sessions. Hypnosis helps to balance the communication between the conscious and subconscious minds. During a session which is recorded to listen to

Michael Mahoney is a Clinical Hypnotherapist. He has research, and patient trials experience. He is a member of



the Hypnotherapy Association, an associate of the Primary Care Society for Gastroenterology, based at Woolston Surgery, Neighbourhood Hub, Warrington WA1 4PN.

Tel: 01925-658322 email timelineservices@aol.com
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for home use, relaxation is instilled and reinforced with each listening, which assists the mind to create the required changes.

A still mind gives time and space for the subconscious to calibrate and make sense of relevant information. The whole body is affected when there is stillness, just as in sleep, it can rejuvenate, as the mind shifts and stores information, and deletes that, which no longer fits. When you feel stillness in your mind, it is also felt within the heart, creating positive feelings and improving coping mechanisms. This further reinforces clarity of mind, and with a sharper mind, brings more thoughtful action.

Stillness, even for just a few moments at a time, is beneficial for you on so many levels. If you wish to discuss how you can learn to achieve this, please contact me or my associate, Cate on: 01925 658322 or go to www.michaelmahoneyhypnotherapist.com to arrange an Initial Consultation.



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Warrington emerging from recession quicker than most

Last month the think-tank, Centre for Cities published its annual report on the performance of UK city economies in which Warrington is included due to the size of its population.

The Cities Outlook 2015 report, which is an important and respected barometer of UK economy, has charted the economic health of UK cities over the past decade.

Encouragingly the Warrington economy is reported as emerging from the recession faster than most and is continuing to show steady growth in a number of areas, most notably in employment.

The report, which is the authoritative economic index of the 64 largest cities and towns in the UK, has established that Warrington is currently number one for employment, and is demonstrated as one of the best performing cities

in the North West - in fact, most promisingly Warrington has seen a six per cent growth in jobs despite the recession with a solid 78.9% of the population in employment.

The local economy in Warrington is on the right track to build for a successful future. The encouraging findings in this latest report reinforce the importance of skills, good transport and broadband connections and a sound industry base to economically successful cities.

Warrington and Co., working in partnership with Warrington Borough Council, demonstrated its commitment to supporting local

businesses by hosting another "Meet The Buyer" event last month that gave local contractors and businesses the opportunity to tender for work on Warrington's development projects.

The turn-out was extremely positive - our best attended yet with standing room only - and it was a fantastic opportunity to see the amount of high quality businesses that Warrington has to offer. Warrington and Co. will continue to ensure that local businesses are given the opportunity to take advantage of the work that is taking place in Warrington so that we can continue to boost the local economy and, hopefully, drive up local employment figures even further.



Steve Park
MD of Warrington & Co.

01925 442 243
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Warrington companies shine at 'Engineering Oscars'

COMPANIES based in Warrington dominated the 2015 North West Civil Engineering Awards, dubbed the "Engineering Oscars".

ICE North West - which represents the region's 6,000 civil engineers - said the awards "highlighted the fact that Warrington is a centre of civil engineering quality".

United Utilities, whose regional office is in Lingley Mere Business Park in Great Sankey, scooped the top awards in both the Large Project and Medium Project categories.

Birchwood-based CH2MHill and Atkins Ltd were nominated alongside the Environment Agency office in Latchford for its flood risk management schemes.

Alan Butler, ICE's regional director in the north west, said: "When it comes to civil engineering in North West England, it's clear that Warrington is home to some of the leaders in the field.

"Companies based in Warrington were involved in two-thirds of the top civil engineering projects recognised at the ICE North West Annual Awards 2015.

"Whether through commissioning, design or actual delivery of the project on the ground, Warrington-

based companies have been centrally involved in leading infrastructure developments from Cheshire to Cumbria.

"These Warrington-based companies have improved water management in Lancaster and Blackpool, improved station access for disabled people in Manchester, helped modernise the region's railways, and helped bring peace of mind to residents through flood defence schemes in Lancashire and in Warrington itself. I think it's fair to call Warrington a centre of civil engineering quality."

Warrington's expertise in civil engineering was further shown as the principal designer for the Large Project winner was MWH Global, operating from its office in Birchwood. And Hyder Consulting (UK) Ltd, based at Centre Park in Warrington, also made it onto the score sheet, as principal designer for the project to replace the bridge at Appleby Station in Cumbria.

Finally Warrington's contribution to infrastructure construction in the North West was highlighted by Golborne-based J Murphy and Sons Ltd, who were the principal contractors for three of the award

nominees - Network Rail's National Electrification Programme Bridge Reconstructions project; the Access For All project at Manchester's Oxford Road Station; and the Chorley Tunnel and Flying Arches Project, which was Highly Commended in the Medium Projects category.



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Garden ornament bought on ebay sparks ancient mystery

A weighty stone carving which was being used as a garden ornament and could date back to Anglo Saxon times is now attracting worldwide interest as a possible ancient mystery, thanks to a Warrington based archaeologist.

Woolston based James Balme, a member of the **warrington-worldwide** team, bought the carving, which had been a garden ornament in Leicester, on e-bay.

It was very dirty and may have been ploughed up many years

ago. Despite the carving's poor shape, James thought it was no ordinary ornament and now it has been cleaned up he believes it may date back to Anglo-Saxon times and contain an ancient message.

It contains an extremely complex

pattern that is difficult to describe.

"It's possible the pattern carved may be some form of writing," said James. "The carving's use is unknown, though it could be a keystone from an archway or indeed a vaulted ceiling," he added.

It weighs between 55 and 65 pounds (25 and 30 kilograms), appears to be made out of a hard form of sandstone.

James, who previously helped unearth a Roman fort at Warburton near Lymm, said: "It's wide at its base but gets narrower toward the top. It stands about 18 inches (46 centimeters) high and is 5.5 inches (14 cm) thick. Its decorations are entirely on the front face although it does have many chisel marks on the sides and back," he said.

The date of the carving is uncertain. James says that it may date to the Anglo-Saxon period, which started in 410 when the Roman Empire abandoned Britain, and lasted until 1066, when the Normans, led by William the Conqueror, invaded England.

During the Anglo-Saxon period several different groups migrated to England. These people created fine works of art such as complex stone carvings, some of which survive today. Literature also flourished at this time, the poem "Beowulf" being one of the most famous works from

this period.

Although an Anglo-Saxon date for the stone carving is a distinct possibility, James cannot be certain.

Questions also remain as to what exactly the carving was used for and whether the pattern may represent some form of writing.

James has now taken to Twitter and the internet seeking help to unravel the carvings mysteries while the find has also sparked interest from the Discovery Channel, Fox News, specialist websites, along with national media and TV.



Principal's goals for Priestley's future

PRINCIPAL Matthew Grant has vowed to continue to drive Priestley College forward while maintaining its place at the heart of the Warrington community.

Matthew, who took over in January, said he was proud to lead the College and added that it was one of Priestley's strengths to not sit back.

"Priestley and its students have achieved so much in recent years and in 2014 we celebrated a decade of outstanding exam results," he said.

"One of our strengths is that we are not a college that stands still. We want to continue to move forward for the sake of all our students and for the benefit of the local community."

Matthew, who is 57, was inspired to help others after becoming a prefect at school.

Ever since he has been committed to helping young people achieve their dreams and ambitions.

He worked at Blackburn College from 1984 to 2002 and has been at Priestley for more than 12 years.

Now, he counts his own family as a source of inspiration.

"As a dad of two and a grandfather of two, you see how important education is from my own children's perspective as well as the future generations like my

grandchildren," he said.

"Education faces many challenges going forward, but we will make sure we stick to what we believe in, which is making a difference to the lives of young people and ensuring they are able to progress into work or university. If we can do this then I will be really pleased."

The college has appointed George Contos as the college's Vice Principal.





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Tackling a dirty problem

HOUSING chiefs and members of the public at Warrington joined forces to tackle a dirty problem – dog fouling.

Golden Gates Housing Trust (GGHT) and People and Dogs (PAD) in Bewsey and Dallam teamed up for Dog Fouling Awareness week.

They mounted patrols in the street, handing out leaflets, dog fouling bags and advice to residents so they are aware of the rules and do not break the law.

Residents were invited to place posters in their windows as part of the campaign, with many taking the opportunity to show their support.

The RSPCA's Warrington branch also backed the campaign through

a talk on dog health at Bewsey Lodge Primary School.

The week was part of an initiative called People and Dogs (PAD) in Bewsey and Dallam.

PAD is a group of dog lovers and owners who have come together to support other dog owners in the area. Formed through a partnership with GGHT, Warrington Borough Council, Cheshire Police and local residents the group promotes responsible dog ownership and believe that every dog owner has their dog's interest at heart.

The initiative is part of the "Delivering Wellbeing in Bewsey and Dallam project" which is being spearheaded by the council to revitalise the area.

GGHT chairman Roy Smith said: "We would encourage everyone to get behind this campaign and crack down on dog dirt. We need to educate people about the risks to others posed by leaving this mess and the implications it can have on the whole community."

Cllr Kate Hannon, the council's lead member for leisure, culture and heritage, said: "We know that

most dog owners are responsible and clean up after their dogs, but sometimes this is not always the case.

"Dog fouling is a nuisance, it is unsightly and is a potential health risk especially for young children and sports clubs who play on local fields.

"It's really important to educate people about the many problems dog fouling can cause in order to help prevent it and this campaign certainly helped us to do that.

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GGHT regeneration officer Kim Bate raising awareness of being a responsible dog owner outside Dallam Primary School.

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It's our birthday!

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See inside for details...



A day in the life...

Ruth Moss, Creative Therapist Co-ordinator

Ruth began working with St. Rocco's Hospice just over two months ago and plays a key role in helping patients through creative therapies. Here, she explains what the role involves and how her work complements the care.

Ruth first trained in Environmental Sciences, and after gaining a BA and Masters degree in the field, started a family and went on to work as a PA. She never considered Creative Therapy as a career until a difficult period a few years ago.

Overcoming a series of personal losses and illness within a short time changed her perspective on life. "After going through all of this, I came out the other side with a new attitude", she said. "I re-evaluated every aspect of my life, deciding to take control, spend quality time with my son and do a job that I knew would benefit other people, as you never know what the next day will bring."

With this in mind, Ruth completed a foundation course in Art Therapy and then went into palliative care as a Creative Therapist.

"When I saw the advert for St. Rocco's, instantly, I thought it was the perfect job for me! When I came for the interview and looked around I was blown away by the building, the people, the care, and the opportunity that I saw to develop Creative Therapy for the patients here. I remember thinking to myself 'I can't imagine not working here!'"

Creative Therapy gives an opportunity for patients to learn new skills whilst enjoying a welcome distraction from a serious illness which so often consumes every other part of their life; worries about family, jobs, houses, pets, and money are all forgotten – even if it is only for ten minutes.

Ruth said that because it is patient-led, there is no 'typical' day in Creative Therapy. "I produce an events programme, distributed around the whole hospice to 'whet their appetite' and hopefully encourage patients to try something. If patients want to do something different to what is planned, it's never a problem!"



Creative Therapy doesn't always mean making cards. It's anything from song and dance to knitting and baking - even board games! By offering a broad range of options, for example the dominoes league, there is something for everyone – whatever ability or interest.

Ruth added: "The gents have really taken this activity into their own and love the banter it creates! As Creative Therapy progresses at St. Rocco's I hope to involve even more people on the In-Patients Unit and to families.

The highlight of my job is seeing people develop. A lot of patients I work with begin saying 'I'm not creative; nothing I make will be any good'. I love seeing them enjoying themselves, learning skills, creating beautiful things and then sitting back and smiling when it's finished. It gives them a huge confidence boost and sense of accomplishment. It's lovely to know that the Creative Space offers such sanctuary; one patient commented that she just wishes she had more time in the week to come in every single day."

If you would like to know more about Creative Therapy at St. Rocco's Hospice, you can contact Ruth by e-mail ruthmoss@stroccos.org.uk



1985

Her Grace the Duchess of Norfolk officially opened St. Rocco's Hospice on 6th September on the site of St. Ann's Vicarage.

1987

Volunteers opened the first fully-owned St. Rocco's Hospice Charity Shop on Battersby Lane.

1991

The Hospice is expanded to accommodate a Day Unit. HRH Sarah Ferguson opens the Day Unit.

1999

The new St. Rocco's Hospice building in Bewsey opened to patients in January



Corporate fundraising

with Helen Latham

This issue, we're shining a light on our annual Dragon Boat Race – the perfect challenge to bring employees together, have some fun, and stoke your competitive spirit!

Join **20 teams** battling to compete in the **St Rocco's Dragon Boat Race** on the River Mersey at Warrington Rowing Club. Row your way to victory in a day of fun and fundraising - all in aid of St Rocco's Hospice!



St Rocco's Dragon Boat Race is a fantastic team building opportunity to fundraise for St Rocco's Hospice whilst competing against teams on the River Mersey. Dragon Boat Racing has established itself as one of the country's favourite mass participation water sports; so if you haven't tried it yet- now is your chance!

Dragon boats are traditional Chinese craft, propelled by a crew using paddles. The boats are 40 feet long and hold a crew of 16 plus a drummer who beats the time and a qualified helm who steers the boat. The crew need no experience or knowledge of Dragon Boating, so you can quickly become a Dragon Boat expert!

Anyone can take part! Dragon Boat races are fantastic events which can also be great teambuilding opportunities, with everyone having fun - spectators and crew alike!

No previous experience or level of fitness is required and all age and gender groups can take part. It's a wonderful way to raise money for St. Rocco's Hospice, and at the same time have an action packed day!

*Sunday 2nd August 2015 9am - 3.30pm
Warrington Rowing Club, Howley Lane, Warrington.*

Places are limited; only 20 boats will race on the day, and each boat is guaranteed at least three races. Trophies and medals will be awarded to the three winning teams along with a prize for the best dressed!

Last year the event was a sell out and raised over £20,000 for St Rocco's.

Each team pays a registration fee of £400 per team. You may register up to 20 people per team but the maximum crew allowed to row on the day is 16.



To request a booking form or for more information please contact Helen on 01925 575780 or email helenlatham@stroccos.org.uk

2004

2 part-time Occupational Therapists are appointed, enhancing the services and treatments offered by the Hospice. A dedicated family support team was formed in 2000

2006

The first ever Starlight Walk saw 1,200 ladies take to the streets of Warrington raising over £100,000 for St. Rocco's.

2009

Official opening of the new Day Care Unit by HRH, The Countess of Wessex. The Education and Resource Centre was also opened later that year.

2014

In Patient Unit extension (family lounge) opens and gardens are redesigned`

2015

St. Rocco's celebrates its 30th birthday and expands its care in the community



Community fundraising

with Julie Dove

St. Rocco's Young Apprentice

Early this year we will be launching the St. Rocco's Young Apprentice Scheme for 16 -18 year olds in Warrington. Marking our special anniversary year, students will compete to raise funds and the profile of the hospice and will appear for interview in front of our very own Lord Sugar, our Chair Norman Banner, pictured. Neil Clough, who was a finalist in the 2013 series of the Apprentice on the BBC, has also confirmed he will be on the panel, along with Tracy Griffiths, owner of The Business Network.



A big thanks to United Services Club

At the end of January I was honoured to collect a cheque from United Services Club in Widnes for **£2,650** - the culmination of their amazing fundraising efforts for us last year. I also had the opportunity to formally speak to the club about the work of the Hospice, and how their fundraising will help our care. Thank you to all involved!



Youth Fundraising Awards - The Lord Lieutenant of Cheshire and St. Rocco's Hospice

Launching this year is the Lord Lieutenant of Cheshire & St. Rocco's Youth Awards! Open to all ages, this challenge invites groups such as Scouts, Guides, Cadets, Schools and others to get involved by fundraising, volunteering and engaging with St. Rocco's Hospice in different ways throughout the year. This will culminate in a prestigious awards ceremony where the Lord Lieutenant of Cheshire, Mr David Briggs, will present awards to the youth groups who have raised funds & helped in other ways. Application packs will soon be available to those who want to join in the fun!

Schools Christmas Activities

Over the festive period, local schools supported St. Rocco's by selling Christmas Beanies and taking part in our second year of Reindeer Runs! This year, 10 schools took part in the festive and fast-paced fundraiser, getting sponsored over **£8,000!** Lots of schools, as well as local community groups and businesses have been selling soft toys adding a further **£3,500!** Thank you to all the wonderful pupils and teachers in Warrington.

Lymm Ladies

Lymm Golf Club's Ladies Section chose St. Rocco's Hospice as their charity of the year and have raised a huge **£7,560!** The Ladies organised charity days, raffles and a Christmas competition to finish off the year of fundraising. Thank you to Lady Captain Carol Gleave and all the Lymm Ladies!

Andrea Higginbottom

Thank you to the Warrington Independent Pool League who raised a whopping **£661** from their New Year fundraiser!

Penketh Line Dancing Group

Penketh Line Dancing Group stepped up to raise **£150** from tea money donations! Many thanks for your support and for teaching me a routine or two!

A round up of our busy Christmas activities!



- Schools across Warrington again sold Christmas Beanies and had fun holding a Reindeer Run to raise over **£10,000** in total for the hospice. Thank you to all the enthusiastic pupils and to their teachers for taking part.

- Led by Priestley College students, our mascot Rocco raised lots of smiles at our annual Christmas Bells day in Golden Square. **£580** was collected on the day and whilst selling our Christmas bells the students engaged local shoppers by taking #roccoselfies! Thank you to Golden Square shop and to the students for making the day such a success.



- We raised over **£8,300** from our Christmas bag packs – thank you to the volunteers and the supermarkets who opened their stores to us

- Local vocal harmony group Stepping Out entertained a packed Arley Hall in a very festive evening in December serving hot mince pies and mulled wine to the guests

- 75 Engineer Regiment held a Carol Concert in December

- Warrington Collegiate held a lipsmackingly good coffee, cake and mince pie day raising **£340.60**

- Katie Aspinall held a mince pie and mulled wine stall at Cadishead School Christmas fayre raising over **£190**

- Karen Lawton's family Christmas Fundraiser in November raised a fabulous **£380!** The day included Christmas crafts, food and drink, a tombola and a visit from Santa.

A Hospice without walls

Caring in the community in 2015

We're more than just a building at St. Rocco's, and 2015 will see us roll out more community services to reach out to Warrington residents with life-limiting illnesses.

For many people living with a terminal illness, their one wish is to die at home – so this year, we will be helping grant those wishes through our **Hospice At Home** service.

A pilot ran with the support of Golden Square Shopping Centre, and now the service will launch in early 2015 as part of a wider community strategy, providing at-home care and comfort for those in the last stages of illness.

It will be rolled out across Warrington throughout the year, along with our **St. Rocco's On Your Doorstep** service, which enjoyed a successful pilot launch last year.

This volunteer-run scheme matches volunteers with patients in the community, to help them with 'neighbourly' tasks such as befriending, shopping and dog-walking – providing much-needed assistance to those with terminal illnesses.

Both services will be coordinated by Tracey Redmond and Caroline Kay, (pictured below), who have been with St. Rocco's for many years.

February will also see us team up with a local primary school for a six-week programme which aims to promote a healthier understanding of end of life care and address myths around death, dying and bereavement. Project coordinator Jan Temenos will visit the school, and pupils will also attend sessions in the Hospice - where they will link up with patients – and we hope to engage with many more schools as the year goes on.

Pam Massey, CEO of St. Rocco's Hospice, said: *"What we are trying to build is a hospice without walls. We are so dependent on the community – and so grateful for its support - so we are reaching out beyond the walls of the hospice so that our care can be accessed by everyone. Ultimately, we are trying to create a catalogue of services that will meet different people's needs at different stages of their journey."*



St. Rocco's hits the big 3-0 and we'd love you to help us celebrate!



1985 was a very special year. After many months of tireless fundraising, St Rocco's Hospice was officially opened on 7th May, providing vital care and support for the community.

Over the last three decades the Hospice has seen many changes, faced some challenges, enjoyed lots of celebrations and – most importantly – cared for a huge number of Warrington residents in the late stages of their lives, as well as their families.

There is a timeline running along the bottom of pages two and three that showcases some of the key moments in our journey, and we look forward to adding many more in years to come.

Throughout 2015, we will be celebrating 30 years of care in our community and there are lots of ways for you to get involved.

Join us for one-off anniversary events like the **321 Cycle Challenge** (more on p8), new events like the **Colour Dash**, plus annual favourites including **The Starlight Walk** – which is also having a special anniversary this year, as the event turns ten.

We'd also love for you to get involved with our celebrations by joining us online – we're on **Twitter** @stroccos and on **Facebook** at facebook.com/stroccos. You can also keep up to date via our brand new website, www.stroccos.org.uk.

Thank you to everyone who has been part of our journey – and here's to the next 30 years!

What's it really like to volunteer in our shops?



Our new Marketing and Communications Officer Mary Ferguson spent a day at our Longford Street Shop to see what's involved...

"Being a big bargain lover, I've always had a fondness for charity shops so I was more than a little bit intrigued to go behind the scenes.

Having visited all of the St. Rocco's shops, I can confirm that each one is an Aladdin's cave of hidden treasures at exceptionally good value. But it's clear that it's the people that make them what they are – and many volunteers have dedicated a large number of years to the cause.

As well as manning the till (and getting to chat to the lovely customers!), duties include keeping the shop floor tidy and sifting through donations to select items to sell.

This is done in the back room, where there were three of us chatting, laughing and generally having a very good time while having a good nose through clothes – what's not to love about that?!

Each shop is very much a social hub and as I discovered, volunteering in them provides a fantastic opportunity to meet new people, have some fun, and give something back."

To find out more about volunteering in our shops, call 01925 575780

Spring Fashion Show

19th March 2015 7.30pm

Orford Jubilee Neighbourhood Hub



Showcasing the best spring pieces, with the opportunity to buy them on the night



Tickets cost just £5 with a drink on arrival, and are available from St.Rocco's Hospice and any of our shops.

Will Week

returns for 2015

Make a will between 11-17th May with our supporting solicitors and they will waive their fee in return for you making a donation to the Hospice. Keep your eyes peeled for further info.



coming soon

COLOUR DASH

Keep fit, have a laugh, and most importantly... get messy! The St. Rocco's Colour Dash is coming to Warrington in August 2015. Open to all ages, this fun-fuelled event invites families and friends to get together and run the most exciting 5K around! Look out for more details.

2014 Fundraising events



Cheshire Plains and Peaks

The 6th annual cycle sportive saw over 180 keen cyclists take to the Cheshire countryside on a 60 or 100 mile route in aid of the hospice. The local sportive is gaining popularity with cyclists near and far who have helped to raise over £8,000 in 2014!



First children's Lantern Walk a huge success!



On 26th October, 500 children and their families joined us at Orford Jubilee Neighbourhood Hub to complete the 1 mile twilight walk, lit up by colourful lanterns. Popular characters Iggle Piggle, Peppa Pig and a Minion joined in the fun with a samba band and a fun fair to complete the night supported by Livewire.

Date for your diary: This year's Lantern Walk takes place Sunday 25th October 2015!

'TreeMendous' Collection!

Warrington residents helped to raise over **£12,500** for St. Rocco's! Over **1200** trees were collected in return for donations with the help of teams from Warrington Borough Council, BT Skips, Ground Level and Golden Gates Housing Trust. This was our third, and biggest tree collection yet!



Second year of Strictly success for St. Rocco's



The Mere in Knutsford was the venue for the second Strictly St. Rocco's event on 14th December, which raised an amazing **£32,000**.

Ben Dunne, Headteacher at Penketh High was crowned winner and the evening was a huge success. We'd like to say thank you to Cadmans Dance Centre and JLL for their support, and we can't wait to do it all again this year!



You'll find more photos on our Facebook page, or in the January issue of Cheshire Life

Light Up Life

Our 2014 'Light up a Life' services at the Hospice and St. Elphin's Church took place early on in December. These moving services, in which people gather to remember loved ones and special memories, were open to all and attended by many. Families are invited to dedicate a light on the tree at St. Rocco's in memory of loved ones and come together in a service of remembrance.



2015 Fundraising events

Strictly
St. Rocco's
is back for 2015!
We'll be returning to
The Mere on 13th December –
look out for further details

3 Cities, 2 Wheels, 1 Cause!



We are looking for enthusiastic supporters to join us on the incredible **321 Cycle Challenge in 2015!** This challenge will take place between **1st-6th September** and takes cyclists from London, to Amsterdam to Brussels covering nearly 300 miles! You don't need to be an experienced cyclist as there is still plenty of time to train and we can help you reach your sponsorship target!

For more info and to register your place, contact the Fundraising Team!

Great Manchester Run 2015



Run for Rocco's in the 2015 Great Manchester Run!

We are offering runners **FREE PLACES** in return for a minimum sponsorship of £200! Last year, runners of all abilities took part and raised over £8,000! This iconic run takes place on Sunday 10th May 2015 so get in touch to register for your free place.

"Anybody who knows me will know that I don't commit to anything so it came as a big surprise to all and to myself especially that I entered the Great Manchester 10K! I ran in memory of my friend who's strength and determination throughout her treatment and care inspired me. I was blown away by the generosity of my sponsors which also made me more determined to make everyone proud. I completed the run in 1 hour and 10 minutes which I was really happy with. Leanne, Rocco's runner in 2014



Thank You



Ste and Caroline raised a whopping **£925** by completing the Born Survivor obstacle challenge in September! Thank you for your support and well done!

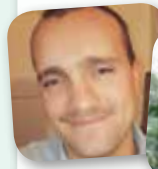


Michael and Kelly spent 6 months cycling from France to China and raised over **£800**.

Thank you to 8 Year old Kian who raised an amazing **£170** What an amazing achievement!



Team Stew' raised an incredible **£8,455** from their Tour of Flanders cycle challenge earlier in 2014. Thanks to all who took part, you have made a huge difference!



This November, men around Warrington grew some very fetching moustaches in aid of St. Rocco's raising over **£500!** Thank you James & Ralph!

Tim, of Crompton's Optician's in Culcheth spent his Christmas in Miami and whilst there did a Skydive in aid of St. Rocco's raising over **£1,400!**



Karl Williamson trained and fundraised for over 1 year for his Kilimanjaro challenge in October and raised over an amazing **£4,700!** Well done Karl, and thank you for your commitment and support!

For more information on 2015's event, email: fundraising@stroccos.org.uk or call 01925 575780

Visit Fern Meadows - luxury, open-plan living in the heart of Frodsham.

Show house opens Saturday March 21st

From 11am - 4pm



Come and experience this unique collection of five individual homes, close to the centre of Frodsham. Fern Meadows is somewhere very special. On the outside these are beautiful, traditional Cheshire buildings but step inside and discover modern living, contemporary style and versatility.

All the homes have been designed to create the perfect blend of indoor and outdoor living. At the heart of each one you'll find a spacious, open-plan kitchen-diner complete with bi-fold doors opening on to a large garden. These unique spaces will be complimented with high quality, bespoke kitchens featuring quartz work surfaces and Neff appliances.

Each home features a light, spacious lounge complete with a wood burning stove. Plus there is the added benefit of a second reception room within each design, and all these ground floor spaces are complimented by under-floor heating. To the first floor there are five good-sized bedrooms, a large family bathroom and a further two well proportioned, en-suite bathrooms with high-quality fittings throughout.

INDULGE YOURSELF THIS EASTER

Get a taste of Fern Meadows over the Easter weekend, we're open everyday from 11am - 4pm. After Easter we will be open during the week from Thursday to Sunday, 11am - 4pm.



This is the latest, exclusive development from Cheshire property experts, CB Homes. We design and deliver unique developments and bespoke Turn Key homes throughout the NorthWest. With over 30 years experience, we have won numerous awards and national recognitions for our work. Find out more about Fern Meadows and our Turn Key packages online.

www.cbhomes.co.uk or call 01829 730244

Ex-soldier goes to hell and back

FORMER soldier Paul Warburton has been to hell and back after losing his job, wife and home as he ended up in a very dark place, turning to drink and drugs.

His weight ballooned to more than 19 stones and things went from bad to worse when he was involved in a three car pile up.

He spent his days playing computer games and his nights drinking and taking illegal substances.

But after being "kicked up the backside" by his mum he went on a "very long walk" and ended up in a gym.

This was the start of his road to recovery as he trained to become a personal trainer working in a gym.

He soon realised he wasn't suited to working in a gym environment so took the gamble of setting up his own business.

He now employs a team of personal trainers based at Evans House in Warrington, operating seven days a week and also providing tailored nutritional advice.

Paul aged 31, currently living in Stockton Heath but formerly from

Westbrook, said: "I ended up in a very dark place when I was made redundant from an IT job in 2009.

I split up with my wife and the house was repossessed.

"I turned to drink and drugs and my weight just piled on. One day my mum came round with my son and couldn't wake me up I was so hungover. She gave me a real kick up the backside and it was then I realised I needed to do something to turn my life around."

He now is keen to help other people, especially those with weight problems who find it difficult going to the gym.

"The business has grown quite quickly and now I want to help others who have their own problems so I can help them turn their lives around."

Paul can be contacted by calling 07868 306 736 or by emailing pwpt@rocketmail.com



Entries now open for 10th anniversary Starlight Walk

ENTRIES are now open for the 10th anniversary of the annual Starlight Ladies Walk in aid of St Rocco's Hospice, Warrington.

Lots of laughter accompanied lots of bubbles at the launch event for the 10th annual Starlight Ladies Walk when St. Rocco's staff were joined by walkers and marshals who have taken part for the full nine years to help launch this year's event, which takes place at midnight on June 19.

Celia Beddall from Orford, walks every year in memory of her son Jonathan, who passed away in the Hospice in 2003. She is joined at the events by daughter-in-law Jayne Beddall, from Winwick, who was married to Jonathan for just five months before he died.

Celia said: "Even after all this time, the walk still feels totally unique. The atmosphere is incredible, everyone pulls together, and the support from the town on the night is amazing. Jayne and I can't imagine ever not doing The Starlight Walk - as long as we can, we will."

Since its inception in 2006, the walk has seen 13,400 ladies

take part, raising an incredible £1.6million to help St. Rocco's provide care for those with life-limiting illnesses, and their families.

Rosemary Lamb from Appleton Thorne has taken part in the walk since it first started, raising over £2,000. She said: "That first event was probably my favourite because it was the first time I experienced the amazing atmosphere, and that memory has stayed with me. I still enjoy every minute, every year."

The Hospice is also appealing for volunteer marshals for the event. Dave Van De Gruchy of Knutsford Road, who has volunteered every year since 2007, said: "It doesn't matter what the weather is like on the night - seeing everyone enjoying themselves and knowing I am keeping them safe is what keeps me coming back every year."

This year's walk will take place at Orford Jubilee Neighbourhood Hub, and to mark both its 10th birthday and the 30th anniversary of the Hospice, the theme will be 'a night to celebrate'. For more information or to register as either a walker or volunteer, visit www.starlightwalk.co.uk

David's musical challenge to help beat blood cancer

WARRINGTON resident David Carey has taken a year off work as a teacher to fundraise for the blood cancer charity Leukaemia & Lymphoma Research - setting himself the challenge to write and produce a song every day.

David set himself the incredible challenge in a bid to raise £10,000 to help beat blood cancer. Every day he is writing and producing a one minute song relevant to something in the media that day.

His growing catalogue of tracks cover a wide range of topics with titles which include Bill Crosby's Lawyer, Parking Wars and Je Suis Charlie.

David said: "I am motivated by my long-term goal of raising £10,000 in a year to help the many people whose ultimate hope is to win the ongoing battle with blood cancers; both in the care of patients and in the search for new treatments."

Lauren Fraser, Regional North Assistant of Leukaemia & Lymphoma Research, said: "Every penny raised helps us in our mission to beat blood cancer. We've been working to beat blood cancer for over 50 years and we won't stop until we do."

"We thank David Carey for choosing to support Leukaemia & Lymphoma Research and wish him the very best of luck for his challenge."

To read more about David's journey visit www.leukaemia-lymphomaresearch.org.uk/people/david-carey

Check out David's tracks at www.soundcloud.com/dc-electric-band

To donate visit www.justgiving.com/DCElectricband



(clockwise L-R) Dave Van De Gruchy, Celia Beddall, Jayne Beddall, Rosemary Lamb, Pam Massey (CEO), Alison White (Matron), Lauren Tilston and Sophie Birch (Fundraisers)



St Rocco's does The Apprentice

WARRINGTON'S very own version of popular TV show The Apprentice is to be launched in March.

St Rocco's Young Apprentice, a new scheme that will offer opportunities for young people and also raise money for the hospice, will invite youngsters aged 16-17 to compete for valuable work experience and training.

Their 'task' will be to obtain sponsorship from a local business of £30, which they then have to turn into as much money as possible for the Hospice over the summer, whilst raising its profile at the same time.

They will present their achievements in front of a high-profile panel in early September, who will decide who is fired, and who is hired for work experience with one of St Rocco's Corporate Partners. All candidates will be offered some training through The Business Network.

Norman Banner, former partner of FDR Law and Chair of St. Rocco's will take on the role of Lord Sugar, flanked by real-life star of The Apprentice, Neil Clough (a finalist in the 2013 series) and local leader Tracy Griffiths, owner of The Business Network.



Work starts on £4.4m Victoria Park transformation

WORK is now underway on the £4.4 million transformation of Warrington's Victoria Park.

Warrington Borough Council has announced the start on site of one of its flagship regeneration projects involving the transformation of sports facilities at Victoria Park and the creation of a new Community Hub.

The 67 acre Victoria Park project is a key part of Warrington Means Business, Warrington's framework for growth and the work being undertaken will not only reinvigorate the park but make it a community resource to be proud of. By making outdoor sport more accessible to groups across the area, the scheme will create a leading sports facility for Warrington and potentially one of the finest in the North West when it is completed in Autumn this year.

The works include:

- A new, fully accessible sports stand that will include viewing areas, changing rooms, WCs, kitchens and community room
- A new competition standard floodlit rugby and football pitch, fenced to ensure security
- Improvements to the existing pitches that will enhance water drainage, further increasing the quality of the pitch surface, helping them to remain in use all year round
- Improvements and enhancement to existing car parking facilities

The new 300 seat sports stand will

provide spectators and the community with a high quality, purpose built and fully accessible environment of enhanced facilities. This high quality facility will be available for use by all community clubs and groups. In addition Warrington Wolves will also utilise this facility as a match ground for junior and non-Super League games. Latchford Albion will also use the ground.

The development scheme is being overseen by Warrington & Co., Warrington's partnership for growth.

Contractors on the Victoria Park scheme, Buckingham Group,

previously won the contract to demolish the former Warrington Wolves stadium at Wilderspool where they took on a number of apprentices as part of that contract. They are now continuing their apprenticeships in the construction of this new facility at Victoria Park.

Cllr Kate Hannon, executive board member for leisure, community and culture, said: "Warrington Borough Council's vision is to transform Victoria Park into a dedicated "Sports Hub" and to making it Warrington's key sporting, leisure and community events location for the whole region and a showcase for the quality of life that Warrington enjoys."



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I was here before FACEBOOK!
Charlie Lee

Charlie Lee, an oyster seller on Warrington market in the 1940's posted messages every day to customers on a blackboard. Markets have always been a place to interact and meet other people.... Just like facebook!!

#Happyhour



#Takeabreak



Redefine 2015

#Putyourfeetup



#Escape



livewirewarrington.co.uk

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Firm seeks 30 apprentices

A WARRINGTON firm is expanding its award-winning apprenticeship programme by hiring 30 more trainees.

The latest intake will work in the accounts and business administration department and will bring the number of apprentices at Optionis, on Centre Park, to 75.

Managing director Derek Kelly said: "We're looking for bright, ambitious, hard-working individuals who want the chance to earn while they learn and build a career."

"The vast majority of our trainees go on to secure a permanent position when their apprenticeship comes to an end, so there are real progression opportunities."

"We are currently seeking Government approval to establish our own NVQ accreditation for our apprentices, given the quality and depth of training they receive."

Optionis was recently named as one of the top 100 employers of apprentices in England after being highly commended in the Newcomer Employer of the Year category at the regional finals of the National Apprenticeship Awards.

Warrington South MP David Mowat, Warrington Borough Council leader Terry O'Neill and Steve Park of Warrington & Co have all praised the Optionis apprenticeship scheme.

The group's apprentices work towards recognised academic

qualifications, undergo regular assessments and are expected to contribute to hitting their department's overall targets.

Beth Monks (pictured), who was named Optionis apprentice of the year last year and has since secured a permanent role in the firm's human resources department, said: "This is a great place to work."

"Everyone is really friendly, there is a relaxed atmosphere and you feel like part of a team. I would recommend an apprenticeship here to anyone."

The Optionis Group is home to three companies; Parasol, ClearSky Contractor Accounting and ClearSky Business which, together, provide support to tens of thousands of freelancers, contractors, small businesses and recruitment firms every year.



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FA Cup giant killers set to join NPL Academy

FA Cup giant killers Warrington Town are set to join the NPL Football Academy - the Youth Academy programme of the Evo-Stik League.

An Education and Football Academy side for 16-18 year olds will be created at Warrington Town who will play in the NPL Football Academy League and FA Youth Cup next season.

The programme started with a pilot season this year with Leek Town, Mickleover Sports, Newcastle Town, Radcliffe Borough and Romulus being the inaugural members with the programme expanding to twelve clubs for the 2015/16 season with the Wire joining Belper Town, Halesowen Town, Kids Grove Athletic, Lancaster City, Mossley and Witton Albion as new clubs.

Warrington are delighted to have been chosen as one of those new clubs and are now on the lookout for talented and committed young footballers who are eager to take their first steps to a career in the semi-professional game and more importantly study to earn educational qualifications.

The programme is a full time scheme where students will study for a BTEC in Sport (Level 2 & 3) which will be delivered by a college tutor who will come to the football club in the mornings before a UEFA qualified football coach will train the students in the afternoons as well as manage the

side on Wednesday afternoons and evenings with all games being played at the main grounds of all the Evo-Stik League clubs involved.

The BTEC in Sport qualification enables students to take their first steps into their chosen career in Sport which include a Physiotherapist, Coach, Agent, Masseuse, Referee, Administrator, Nutritionist, Teacher etc and the pathways from the NPL Football Academy include coaching opportunities in USA, Spain and Australia as well as support with University applications.

By being a part of Warrington Town FC, there are genuine progressions to play for the first team and with the football programme being held between Monday and Friday, students will still be able to play for their local junior sides at the weekend.

Recruitment is now underway to fill the 20 places available and an Information Evening has been arranged for Monday 16th March, 7pm at Cantilever Park and will be the first of many events that will take place between now and August 2015 when the GCSE results are released.

Chairman Toby Macormac commented: "This is something that fits with our club development

strategy being involved in the community. We are looking forward to working with the NPL Football Academy and making it a success.

"I have been looking for something to take the community side of the business forward and give it a strong platform to grow



and the NPL Academy gives us just that."

To register your place at the information evening on Monday, March 16, 7pm, please register your details on the NPL Football Academy website at www.nplfa.co.uk/register.php or e-mail info@nplfa.co.uk

Woman must pay £270 for cigarette litter

WARRINGTON council has successfully prosecuted a person who failed to pay a fixed penalty notice for dropping cigarette litter.

Nicky Toth, 45 of Gordon Street, Leigh, was found guilty in her absence at Warrington Magistrates' Court for an offence under the Environmental Protection Act 1990, section 87, which is littering.

Toth deposited cigarette litter on Scotland Road on June 20 last year. She was issued with a fixed penalty notice of £75 which she failed to pay, despite two reminders.

She was fined £150 with a victim surcharge of £20 and the council was awarded £100 in costs. A total payment of £270 was ordered to be paid in 28 days.

Pete Astley, assistant director for regulation and public protection, said: "The message is simple: Think before you mess up our streets. Put your litter in the bin and if you don't, your carelessly dropped litter could cost you £75 or even more. We are taking a tougher stance against littering and will be issuing fixed penalty notices to those who are caught dropping litter."

"The council currently spends more than £600,000 a year dealing with litter and fly tipping and it simply isn't fair that taxpayers should be forking out large sums of money every year because a minority of the population drop litter and don't look after the community."

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Great Britain Fencing Star and Ambassador Adrian Derbyshire will be completing a 4,000 mile hand-cycling tour making stops along the way to talk to schools, colleges, universities and after school programs about sports, health and well being, disability awareness, going the extra mile to help others, being positive role models for one another and educating children about what a Hate Crime is and the affects it has on its victims. Adrian will start his tour in his home town of Warrington then move through Cheshire, the North West, the UK and Internationally. To date Adrian has spoken to 35,000 children.

If you would like Adrian to visit and talk to your school or group please contact him by email, follow him on Twitter and Facebook. This 3 year campaign, which started in 2014, continues throughout 2015 and 2016 and is a multi-partnership tour including police, borough and county councils, charities, organisations and businesses. If you would like to take part and even fundraise, Adrian would welcome your support.

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Financially yours

By David Watkinson

Current and future tax bills

Everyone's tax is based on their income and allowances for a particular tax year, and the current tax year ends on 5th April. As this approaches then there may be ways of arranging your affairs to reduce either your current or future tax bills.

For instance, there is a tax free savings vehicle available to everyone in the form of Individual Savings Accounts (ISAs). Any interest or capital gain made within an ISA is received tax free, and is therefore particularly useful to higher rate taxpayers. However, the amount that can be invested is limited to £15,000 during the current tax year, increasing to £15,240 next year. Any unused allowance, however, is lost at the end of the tax year, so any investment must be made before 6th April to utilise the current year's allowance.

Pensions have always been a useful tax planning tool, and the changes to the rules from April, which are beyond the scope of this article, may make them even more attractive. Everyone can pay the whole of their pensionable salaries or wages into a pension, subject to an annual limit of £40,000, and receive 20% tax relief on their contributions meaning that an investment of £40,000 will only (only!) cost £32,000. However, higher rate taxpayers will receive an additional £8,000 of tax relief, meaning that the cost of the same investment is reduced to £24,000.

One particular class of taxpayer, however, can receive tax relief at 60% meaning that the net cost is further reduced! If earnings exceed £100,000 then personal allowances are reduced by £1 for every £2 that earnings exceed the limit. However, earnings are calculated after pension contributions, so if you are marginally above the limit then you can get back below the limit by paying into a pension. For instance, if you are £20,000 above the limit then paying £20,000 into a pension will reduce your earnings below the limit at a cost of £8,000.

A word of warning, however. Every political party is looking at pension tax relief, and calls to limit tax relief on contributions to basic rate tax are increasing. Any change of this nature usually takes effect at midnight on budget day, so it may be too late to take advantage of this relief by the time you read this. However, with an election being imminent perhaps the government may decide that this is not an appropriate time to make these changes. We will have to wait and see!

WatkinsonBlack are pleased to advise on these as well as other matters, including providing a very cost-effective payroll bureau service. If you want to arrange a no-obligation initial meeting on any taxation or accounting matter then please contact us.

Please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.

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David Watkinson and Margaret Black

Wolves third favourites to be crowned champions

Pictures Eddie Whitham



WARRINGTON Wolves have been placed third favourites to be crowned champions in the Utility Super league Grand Final at Old Trafford on Saturday, October 10 - behind arch rivals Wigan and St Helens.

Rugby League's official betting partner Ladbrokes have placed Wigan Warriors as 11/4 favourites to be crowned champions while champions St Helens, who defeated their arch rivals in a memorable Grand Final last October, are second favourites at 7/2 to stage a successful defence and lift the trophy for a record seventh time.

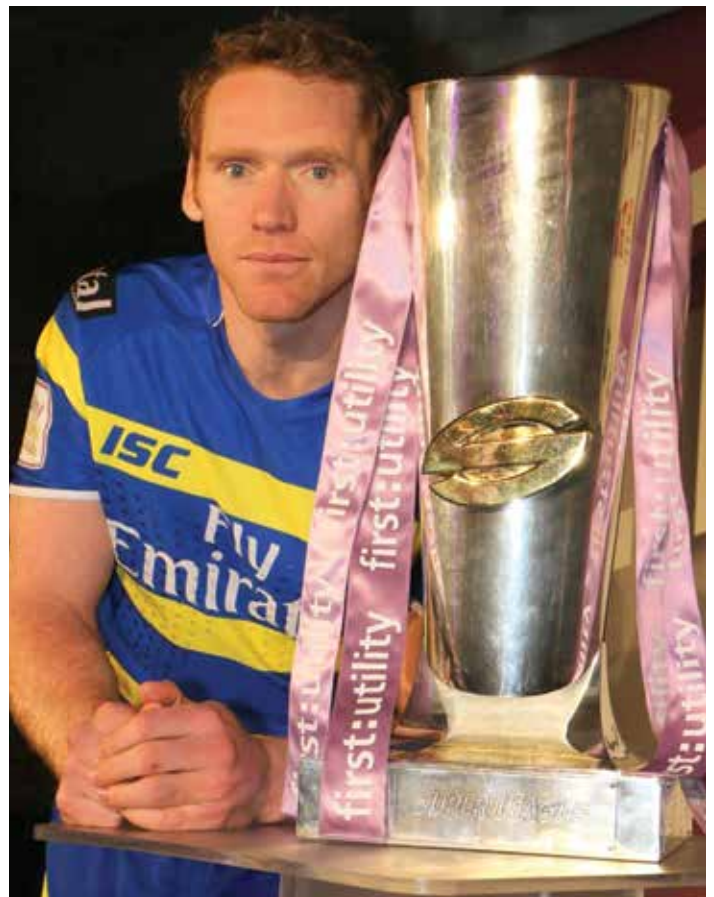
With some strong signings in the off-season Warrington Wolves are third favourites at 4/1 and will be looking to make up for the disappointment of Grand Final defeats in 2012 and 2013.

Wigan winger Josh Charnley is

4/1 favourite to top the try-scoring charts in 2015 closely followed by Catalans' talented French full-back Morgan Escare at 6/1 and last year's top try-scorer, Warrington Wolves newly-appointed Captain Joel Monaghan (pictured below) 6/1.

At 16/1 Wigan Warriors are also firm favourites to lift the Super League trophy and the Ladbrokes Challenge Cup in the same year.

They are closely followed by St Helens at 20/1, Warrington Wolves at 25/1 and Leeds Rhinos at 28/1.





Wolves announce new Chief Executive

WARRINGTON Wolves have unveiled their new Chief Executive as Roger Draper, the former Chief Executive of both Sport England and The Lawn Tennis Association. Draper has been involved in the business of sport for over 20 years and will bring extensive sports management, commercial and administrative success and experience to the role. He will join Warrington Wolves on March 2nd.

Draper is a former England students international Rugby League player and started his career at the RFL in 1992 as London Rugby League Development Manager, where he also played with the London Broncos. During his time at Sport England Draper was accountable for investment of £450 million in sporting projects across England and was Accounting Officer for the completion of the Wembley National Stadium project. He also played a key role in the successful London 2012 Olympic bid and led the completion of the £120 million English Institute of Sport, including major new centres at Bath and Loughborough. Whilst leading British tennis he completed a groundbreaking £25 million commercial partner deal with Aegon and grew the turnover of the business by 45% to £ 65 million.

Simon Moran, owner of Warrington Wolves, said: "We had a very strong field of candidates and in Roger we have the person with the right blend of Rugby League background and management skills to lead the club as CEO and ensure that the Warrington Wolves continue to go from strength to strength."

Professor Steven Broomhead, Chairman of Warrington Wolves, said: "The Warrington Wolves Board of Directors are delighted to have appointed an outstanding new Chief Executive and we look forward to Roger joining us. We are an ambitious club and Roger's reputation as a leader and team builder makes him, to my mind, a great fit to take our great club forward."

Roger Draper said: "I am delighted to be taking up the role of Chief Executive at Warrington Wolves. As a former player, coach and sport business leader, the prospect of helping shape the future of one of the best Rugby League clubs in the world is one I am really energised by and looking forward to. The club has incredible potential to be fulfilled both on and off the pitch and I can't wait to work with everyone at Warrington Wolves in playing my part to ensure that happens."

Tony Smith, head of coaching and rugby, said: "I'm looking forward to working with Roger. We have already met and shared our beliefs and views about what is required to move the club forward. He has an excellent background in sport at the highest level and together we know where collectively we can make a difference."

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