

lifestyle

June / July 2015

FREE
Please take
one

ARE YOU CONSIDERING EXTENDING OR RENOVATING?



urban
BUILDING PROJECTS LTD



info@urbanbuildingprojects.co.uk www.urbanbuildingprojects.co.uk

For a **FREE** consultation please call **01925 730888**



PARTY
PACKAGES

from
£12.50
per person

big celebrations

at Village Warrington

>Birthdays >Christenings
>Anniversaries >Special Events

TO GET THE PARTY STARTED CALL

0871 222 4612

VILLAGE-HOTELS.CO.UK

 VillageUrbanResortWarrington  @VURWARRINGTON

Village Warrington, Centre Park, Warrington, Cheshire, WA1 1QA

Calls to 0871 numbers cost 10p per minute plus network access



LIVE LIFE. LOVE LIFE.

Warrington

Service Centre

Leading MOT Automobile Servicing Specialist For Cars & Bikes

Make a smooth summer getaway

Avoid any false starts, book your holiday service

*Driving Abroad Kits
now in Stock!*

Prices from £15

from just
£86*

Warrington Service Centre for honest, reliable repairs and maintenance

- Centrally located in Warrington
- MOT, Service and Repairs of all Makes and Models of Cars, Bikes and Vans
- Fleet Repairs and Maintenance
- Collection & Delivery can be arranged

**Call now on 01925 232255
to book, quoting WW01**

www.warringtonservicecentre.co.uk

*Standard filter and oil change on 1 litre engine

CHESHIRE ACADEMY

of Hairdressing and Barbering



With standards going from strength to strength, we are delighted to announce our success in training our Learners to become highly employable.

While achieving exceptionally high pass rates, our learners have also benefited from many further enhancement activities arranged by the academy, giving them a wider understanding of the industry and its many career paths.

Our barber courses and wet shave courses help you build a foundational knowledge of barbering, deconstruct each step, refine your technique and improve your cutting speed. We train at an advanced level well-above the normal NVQ standard.

We are experts at training and offer courses and apprenticeships for all ages with or without experience, in salon or at our academy, by highly qualified Hairdressers and Barbers.

Based within Callaghan's Hairdressing, Sankey Street, Warrington.



**Give us a call
to kickstart your career
07812 566439**

Welcome to lifestyle



@GarySkent

Welcome to the June-July issue of Lifestyle magazine and in this issue readers have the chance of winning a pair of tickets to see the iconic Kaiser Chiefs who are one of three big acts appearing at Haydock Race Course this Summer - following shows by Kylie and Madness!

Hopefully the sun will be shining although nothing can be guaranteed these days.

During a recent game of tennis at the end of May I literally witnessed all four seasons in two hours - wind, rain, sunshine and hail stones!

Meanwhile we have been busy working behind the scenes launching our new look responsive website on the warrington-worldwide.co.uk platform.

You can now catch up with the local news easily on your mobile phones and tablets and download all our magazines, including back copies of Lifestyle.

With plenty of interaction with our various social

networks on facebook and twitter, there really is no better place to find out what is going on, or to promote your business.

Finally if you have any interesting features please contact us in time for our August-September edition - deadline July 8.

Shelly's



**Start your day
with
Eggs Benedict
at Shelly's**

Fresh Tasty Homecooked Food
8 Bold Street, Warrington. Tel 01925 654000
www.shellysrestaurant.eu

Call us now to give your business a *cost effective* boost

FREEPHONE: 0800 955 5247

E: info@warrington-worldwide.co.uk

Orbit News Ltd

New Media Centre, Old Road, Warrington WA4 1AT

Distributed in:

**Lymm • Thelwall • Appleton • Grappenhall • Stockton Heath • Latchford • Birchwood •
Culcheth • Winwick • Warrington Town Centre • Penketh & Great Sankey • Chapelford •
Westbrook • Walton • Daresbury • Frodsham & Helsby**

lifestyle is published bi-monthly by Orbit News Ltd.

The contents of this magazine are fully protected by copyright and nothing may be reprinted or reproduced without prior permission of the publishers. The publishers are not liable for any statement made or opinion expressed by third parties in this publication.

Printed by TwentyFourSeven

**warrington
worldwide**

Lymm
Life

VILLAGE
life
Cheshire's Community Magazine

Culcheth
Life

Frodsham
Life

To promote your business with us call **FREEPHONE: 0800 955 5247** or email info@warrington-worldwide.co.uk

DANTE

GROUP

INTEGRITY • RELIABILITY • TRUST

Fire detection systems • CCTV systems
Access Control systems • Security Systems • Fixed Gas
Extinguishing • Commercial Gas
A/C and Project Delivery for Facilities Management Companies
and End Users in M&E and Fabric Installation.
*Dante Group can fulfil installation and maintenance
in all of the above disciplines.*

www.dantegroup.net

Tel: 01925 820575 **Fax:** 01925 283286

aspire
Computers Ltd

41 Manchester Road, Woolston, Warrington, WA1 4AE
Tel: 01925 251143



Full range of PC support for home / business users



We now offer specialised
support for MOT stations.
**Are you ready for the
change over?**



Contact us for our latest offers

or if you would like adding to our email offers list please email
sales@aspire-computers.com



JOIN OUR FRIENDLY HEALTH CLUB

RECEIVE 12 MONTHS FOR THE PRICE OF 11!

- Fitness experts offering support, motivation and advice
- 22m indoor swimming pool
- Over 35 exercise classes a week included
- Steam room, sauna and whirlpool
- Personal training available
- Cardio and resistance gym with PULSE equipment
- A friendly and sociable club
- Tennis courts

Pop into the health club or give us a call on:

01925 730 000 and quote 'VILLAGE LIFE'
parkroyalleisure@QHotels.co.uk

Stretton Road, Stretton, Warrington, WA4 4NS



AA Hotel Group of the Year
2014 - 2015



QHOTELS
INSPIRED
BY YOU

THE
PARK ROYAL
Warrington,
Cheshire

Local model
makes cover
of
Italian
fashion
magazine



A model who was scouted while shopping is still in a state of shock after making the cover of a national magazine in Italy.

Kate Hulme, aged 20, a former student at Bridgewater High School, Appleton, has been making a name for herself in the world of fashion recently working in Milan - but has set her heart on a career as a children's illustrator.

Kate said: "I got scouted when I was 15 while shopping in top shop which is where it all started! It's such an exciting job getting to meet the other girls from all over the world and big fashion photographers/designers.

"I always feel like I've learnt something new or have a story for when I go home. It's very true you have to grow a thick skin to work in the industry, but I've never seen that as a bad thing at all! Any comments made regarding my looks/size I take with a pinch of salt be it good or bad!

"I've been really lucky to have worked with so many great teams and had the cover of Fem fashion magazine, I'm still a bit in shock!

"I want to be a children's illustrator in the future but would love to travel as much as possible so we'll see."



www.palmsschoolofdance.co.uk

Venues in
Cadishead,
Orford
&
Glazebury

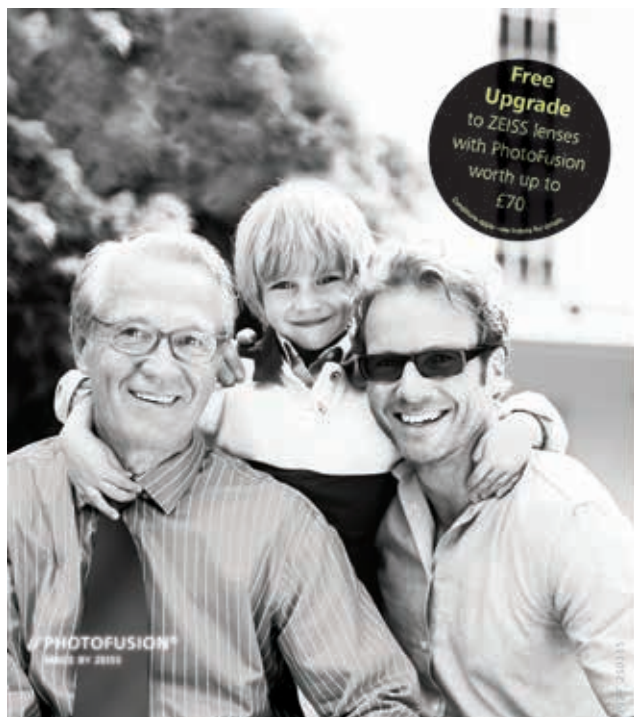


Dance classes in **BALLET**,
MODERN and **TAP** from age
2yrs up.

TEENS street dance.
ADULT dance classes.
Annual shows



07939 614406



**Free
Upgrade**
to ZEISS lenses
with PhotoFusion
worth up to
£70

The moment your lenses keep pace
with changing light – and your life.
ZEISS self-tinting lenses.



01925 632516

7 Bold Street, Warrington, WA1 1DN
www.shawvision.co.uk



PhotoFusion® by ZEISS – the fast-reacting self-tinting lenses:

- Fast dark. Fast clear. Convenient everyday lenses
- Comfortable vision indoors and outdoors
- 100% protection against harmful solar UV rays.

www.zeiss.co.uk/better-vision



We make it visible.

Warrington & District Society for Deaf People



The Deaf Museum, Archive & Library

Working in partnership with the Warrington & District Society for Deaf People, the British Deaf History Society has created the Deaf Museum, Archive & Library, which is the only one of its kind in Britain. Spread over several rooms of the Society premises, the Museum is working towards accreditation with Arts Council England as a recognised museum.

Established in 2009, the Museum preserves artefacts and materials relating to the history of Deaf people in Britain. For example, there is a display of hearing aids dating from the early 1900s. The Museum also displays a range of equipment and technological aids dating from the 1940s, which benefited the lives of ordinary Deaf people and gave them a measure of independence in their homes - these include doorbell systems, baby alarms, telecommunication aids and television aids.

One room is devoted to Deaf Art, with a growing number of paintings by long-dead nationally renowned Deaf artists obtained through private sale or auction, and another room displays furnishings and artefacts from now-closed churches for Deaf people, including chairs that were used by the Prince of Wales (later Edward VII) and his wife, Alexandria from the Deaf church they attended in London.



The Deaf Museum, Archive & Library is open every Tuesday and Thursday between 9.30am and 3.00pm. The Library itself is well-used by researchers & university students. Guided tours by the Curator are available by arrangement. School parties are especially welcome.

For more information please contact:

British Deaf History Society:
info@bdhs.org.uk

Or

Penny Spiers, Warrington Deaf Centre

11-13 Wilson Patten Street, Warrington, WA1 1PG
Tel: 01925 634640 Email: admin@wdsdp.co.uk

◆◆◆◆
THE JOCKEY CLUB
LIVE

PRESENTS

A SUMMER OF LIVE MUSIC AND RACING

FOLLOWED BY


MADNESS

3 JULY

KAISER
CHIEFS

7 AUGUST

HAYDOCK PARK RACECOURSE

BOOK NOW: 0844 579 3006

HAYDOCK.THEJOCKEYCLUB.CO.UK



Win tickets to see the Kaiser Chiefs

The Jockey Club Live presents 'An Evening At The Races' is proud to welcome the Brit Award-winning, multimillion selling Kaiser Chiefs to Haydock Nights on 7th August 2015 lead by BBC1's 'The Voice' coach Ricky Wilson. The band first shot to recognition in 2005 for breakout hit 'I Predict A Riot', followed by hits including 'Oh My God', 'Everyday I Love You Less and Less' and 2007's No. 1 'Ruby'. They released their latest LP, 'Education, Education, Education & War' last year, smashing into the #1 spot on the UK album chart on release. The record became their second #1 long play, following 2007's 'Yours Truly Angry Mob' and became their fifth top 10 album.

'An Evening At The Races' offers a value for money experience unlike any other this summer. Alongside incredible headlining performances by the likes of Kylie, Madness and Kaiser Chiefs, the action kicks off earlier in the evening with 6 races - giving fans the chance to witness up close powerful equine athletes who are stars in their own right, and enjoy the thrilling drama and spectacle of them racing for glory. Whether you fancy a flutter or a dance with friends and family the event is certain to be an odds on favourite for all, with tickets starting at only £30.

In order to win a pair of tickets please tell us the name of their last No. 1 album?

Send your entries via email to info@warrington-worldwide.co.uk titled Kaiser Chiefs Competition. Closing date is July 14.

Winners will be notified by email.

Good luck!





*At the Heart
of Wellbeing*



*Michael Mahoney,
Clinical Hypnotherapist*

**Self-help audio programs on
CD Set or MP3 download
from award winning company**

**IBS
Stress
Anxiety
Confidence
and much more**

Tried • Tested • Trusted

**Visit site for IBS m-Health App
www.healthyaudio.com**

JP LANDSCAPES



We are approved & recommended by Fairtraders.
For confirmation call 08707 384 858 and choose option 4

- Block Paving - Tarmac
- Slabbing - Driveways
- Patios - Graveling
- Brickwork - Steps
- Fencing - Decking
- Power washing - Turfing
- Driveway Repairs

For a FREE no obligation quote please call
0800 858 9961 or 01925 393 188
or call John direct on
07818 383 384 / jplandscapes56@gmail.com



You have the right to a 7 day cooling off period
Vale Avenue, Warrington, WA2 8AY

eden

3D Design • Landscaping • Maintenance



- 3D DESIGN
- LANDSCAPING
- DRIVEWAYS
- RESIN BOND
- PATIOS
- BRICK WORK
- ARTIFICIAL GRASS
- GARDEN MAINTENANCE

01925 263 125

Tom Morgan 07595 184 312

32 West Avenue, Stockton Heath, Warrington,
Cheshire, WA4 6HX

www.eden-landscapes.co.uk
info@eden-landscapes.co.uk



Fantastic holiday club programme throughout all school holidays

from 8am-6pm with costs from as little as £9 a day and £12 including breakfast

**Now based at St Gregory's RC High School
off Cromwell Avenue**

Activities for ages 7-14 include sports, dance, drama, arts, crafts and lots more!
Childcare vouchers accepted. OFSTED Registered.



**Book your place now at www.warringtonyouthclub.co.uk
or email: holidayclubs@warringtonyouthclub.co.uk
or call 01925 581 226**

Ofsted Reg number EY446536

Charity Number 1101086

FREE IT clearance and recycling

We'll collect, clear
and recycle your IT
FREE OF CHARGE

**DON'T
WASTE IT!**

We sell reconditioned
computers and
laptops from just £50

**IT's
Free**



RTL

RECYCLE TECHNOLOGY LIMITED

Visit our warehouse which is open to the public
12C Warrington Central Trading Estate, Bewsey Road,
Warrington WA2 7LP. **Telephone: 01925 242223**
www.recycle-technology.co.uk

your 2015 **SUMMER**

There's lots to offer this summer at LiveWire!

With loads to choose from including



Swimming

livewirewarrington.co.uk

'Live well with LiveWire'



/yourLiveWire



@yourLiveWire

Working in partnership with

WARRINGTON
Borough Council



HOLIDAY

Fill your days with fitness and fun!



Tennis camps



and Xplorer
sessions!

For further information please contact
your local LiveWire leisure facility.

It's a dog's life - without a brolly!

A homeless hound who refuses to go out in the rain unless his carers provide an umbrella is appealing for a loving new home.

The unlucky hound, a nine year old crossbreed called Beau, is wondering why it always rains on him after being dubbed the unluckiest dog at Dogs Trust Merseyside because he has been overlooked by so many potential owners.

Beau has been at the rehoming centre for more than 35 years in dog years which means he has been overlooked by over 5,000 people and seen over 4,000 of his furry counterparts find their own happy homes.

Beau has been at the rehoming centre since early 2010, back when David Cameron was leader of the opposition, the Duke and Duchess of Cambridge were not even engaged and One Direction were yet to even meet.

However despite being constantly overlooked in his search for a happy home, he is one of the happiest dogs staff have ever come across - that is until it starts to rain.



Most of us may be annoyed by a wet Bank Holiday but the pampered pooch doesn't even like getting his feet wet so prefers not to walk on wet grass.

He also likes to wear a waterproof coat and is very reluctant to set foot in the rain unless his carers go the extra mile for his comfort by carrying an umbrella to shelter him from the rain.

Dogs Trust Merseyside spokesperson Aimee Best said: "Beau's aversion to wet weather is particularly noticeable as he is such an energetic, happy dog and is always delighted to see his carers, running over to greet us and wagging his tail - but as soon as it starts to look like rain he prefers to get in his bed and wait for it to pass."

Beau would prefer to be the only dog in an active adult home. He would love nothing better than walks in the sunshine with a new best friend and to watch the rain pelt against the window while curled up in a cosy home with a loving new family of his own.

Anyone interested in rehoming a dog should call Merseyside Rehoming Centre 0300 303 0292 or visit www.dogstrust.org.uk





Movie Magic Celebrating a decade of dance

Palms School of dance celebrated a decade of dance with their tenth annual dance show at the Datan in Culcheth. The show – Movie Magic – incorporated dancers from the dance schools' three venues across Warrington and Manchester with over 50 pupils aged between two and 62 taking part.

It was a particularly special show for dancers Kane and Lucy as they have performed in every show for the last 10 years. They both received an award for their commitment to the school at the show.

Principal – Miss Jennie – said: "It is a huge achievement for the dancers to perform in front of their family and friends and they have all done a fantastic job and made me so proud of each and every one of them."

The show culminated in a finale featuring all of the dances performing to the popular song Let it go from Frozen, and they were delighted to be

"It is a huge achievement for the dancers to perform in front of their family and friends and they have all done a fantastic job and made me so proud of each and every one of them." **Miss Jennie**

joined by Elsa herself on the stage.

The dancers are now looking forward to returning to class to begin work for their next exam session in November where they will take medal tests and grades following the Allied Dancing Association syllabus so this is the perfect time for new dancers to start.

If you would like to join them please contact Miss Jennie on 07939 614406 or see the website www.palmschoolofdance.co.uk for all information. You can also get in touch via twitter @palmsdance or on the facebook page or group: Palms school of dance.

WELCOME TO THE IDEAL BUILDING COMPANY



Our mission is to deliver a high standard of building work at competitive prices and give complete client satisfaction every time.

Our services include: Extensions & Conversions, Complete Refurbishments, Loft Conversions, Structural Works, Homes Offices, Kitchen & Bathroom fittings, Electrical, Heating and Plumbing works, Full Plan & Design Service and General Building work.

For a FREE consultation please call

01925 730888

Urban Building Projects Ltd.

410 Europa Boulevard, Gemini Business Park, Warrington, Cheshire, WA5 7TR

Email: info@urbanbuildingprojects.co.uk Web: www.urbanbuildingprojects.co.uk



Millercare

Mobility Specialists



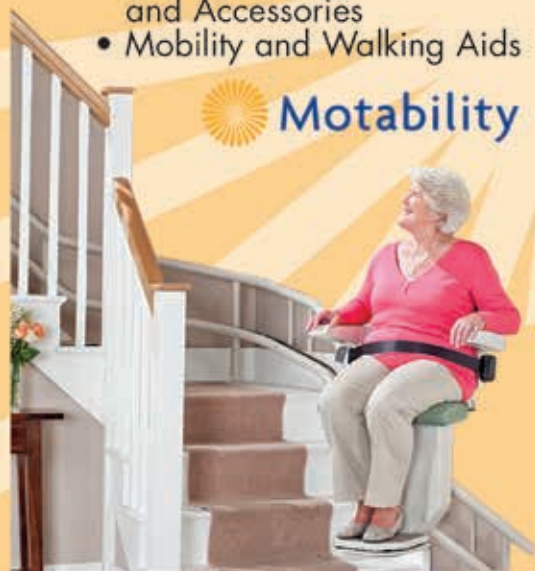
Call now for a copy of our **FREE** catalogue

- Motability Scooters
- Powerchairs
- Rise and recliner Chairs
- Stairlifts
- Wheelchairs
- Adjustable Beds and Accessories
- Mobility and Walking Aids

- Bathroom Adaptations
- Hoists and Slings
- Toileting and Personal Care



Motability



For more information call Millercare **FREE**
on 0800 298 6713

1 Kingsway North, Manchester Road,
Warrington, WA1 3NL www.millercare.co.uk

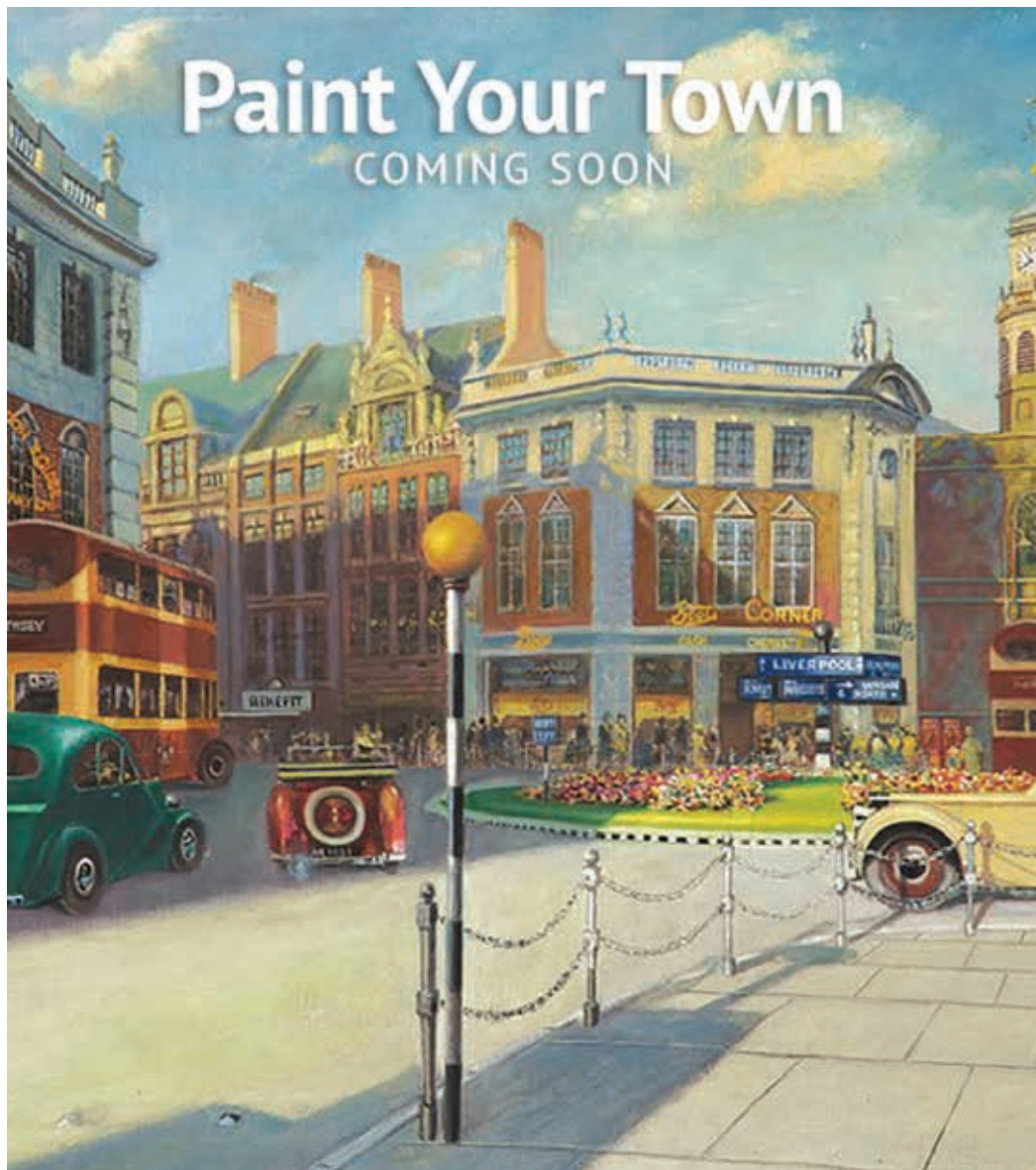
Paint Your Town

27 June - 19 September 2015

Warrington Museum & Art Gallery

Paint Your Town is a new exhibition which explores different perspectives of Warrington, both past and present.

The exhibition features work from some of the town's leading artists, including Reginald Waywell, Matt Child, Frank Altman and Jan Newhouse.



Featured artist: Reginald Waywell

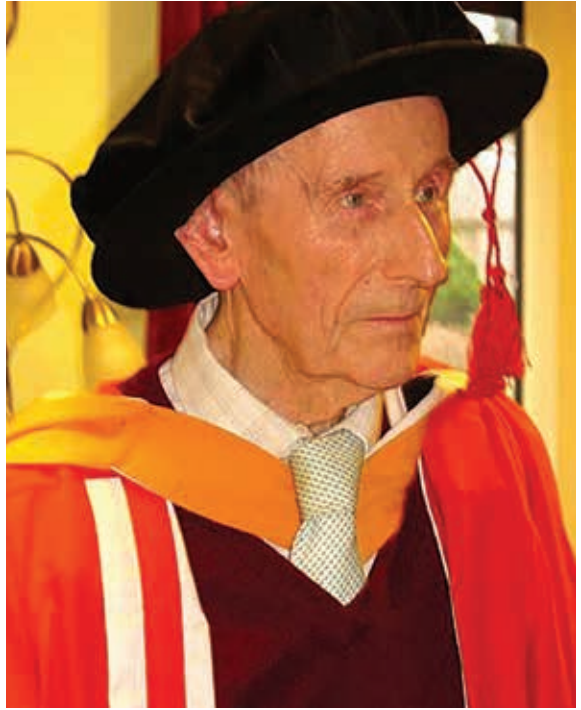
Local artist and poet, Reginald Waywell (born 1924), has spent the better part of 91 years living and working in his hometown of Warrington.

His work is evocative of the atmosphere and way of life in a northern town that has undergone massive changes during his lifetime.

He has painted local factories, streets, shops and terraced houses as the town has evolved around him, finding beauty in a wide range of subjects from industrial landscapes and canals to washing lines and wheelie bins.

His painting of Crosfields Tower (1987) won the first-ever Warrington Purchase prize and is now held in the Museum's permanent collection.

Earlier this year Reg was made an Honorary Doctor of Fine Arts by the University of Chester in recognition of his life-long contribution to the arts and culture of Cheshire.





Feel special for
that **Special Day...**

- Attention to detail
- Special Occasion Make Up
- Party & Nights out
- Wedding Day Make Up
- Bridesmaid Make Up
- Mother of the bride
- Prom Nights

www.maquillar.co.uk

hd

「BROWS」

OFFICIAL STYLIST



Maquillar will create your look by listening to your requirements and helping you choose the look which is right for you. I offer a friendly, professional service.

I use professional products including MAC, Dior, Estée Lauder, Stila, Chanel, Clinique and Sephora to ensure the best results.

Contact me now :

Call Paula: 07799 378 332 E-mail: paula@maquillar.co.uk

See more at: www.maquillar.co.uk



Warrington's only supplier of German kitchens



www.jdkitchens.co.uk

01925 636997

sales@jdkitchens.co.uk



JD Kitchens

- ✓ Luxury German & UK Kitchens
- ✓ Family Business
- ✓ Est 2001
- ✓ Backed by
KBSA Consumer
Protection Scheme



➤ Visit us at:

4 Gorsey Lane,
Warrington
WA1 3PU

FREE Recipe book when
you bring this advert

Reproductive Health Group

The first fertility clinic to offer **FREE**
and **DISCOUNTED** IVF cycles

What makes us different...

- We are the only private women's healthcare group in the North West to offer a full range of investigations and treatments in fertility and gynaecology
- Accredited with BUPA, WPA, Simply Health, Vitality Health and Vanbreda for gynaecology and urology procedures and investigations

Find out more by visiting...

www.reproductivehealthgroup.co.uk

To book your free consultation please call

Tel: 01925 202180

Email: info@reproductivehealthgroup.co.uk

Proudly approved by the following insurers...



65 years of Formula One



It's 65 years since four Alfa Romeo Alfetta 158 racing cars created history at the Silverstone race track in Northamptonshire.

Giuseppe "Nino" Farina, Luigi Fagioli, Juan Manuel Fangio and British driver Reg Parnell were the four drivers in the first race in the inaugural Formula One season and it set the stage for what is today one of the world's most prestigious and popular global sporting entities.

Nino Farina not only claimed pole position and the fastest lap of the race, he also won the race outright - indeed, Alfa Romeo enjoyed a podium clean sweep.

It set the pattern for the rest of that seminal championship season as the trio of Farina, Fagioli and Fangio dominated race after race.

King George VI himself waved the chequered flag to bring the British Grand Prix to a triumphant close for Alfa Romeo, and later personally congratulated all the drivers for their exceptional achievements.

Farina went on to claim the first Formula One championship in the Alfetta 158, a feat that was repeated the following year by Juan Manuel Fangio, and today the Alfetta 158 remains one of the most prestigious cars from the Museo Storico Alfa Romeo, not only for its important place in Alfa Romeo's history but for its global relevance in the world of motorsport.

Uninhibited by fuel or weight limits, the 158 evolved into the equally dominant "159", with a new two-stage supercharger and numerous other improvements, for the 1951 season.

Producing up to 450hp in test trim and 425hp in race specification, it powered Fangio and Alfa Romeo to a second consecutive championship, at which point Alfa Romeo officially retired from racing to concentrate on the series production of some of the most technically advanced and aesthetically stunning road cars of the time.

Shelly's Quiche

The recipe in this issue is supplied by Michele Butterworth, owner of Shelly's Restaurant on Bold Street in Warrington



Base for pastry case:

Base for pastry case

12 oz plain flour

6 oz margarine

Pinch salt

Water to bind

Crumb and mix water little at time to firm paste, cover with cling film, chill in fridge for ten minutes.

Filling:

Large leek

Red pepper

Yellow pepper

Stick celery

Small pinch dried chilli flakes

Small red onion

Chop all above and sauté in pan with tiny bit olive oil and season to taste. Set aside.

Beat two eggs and small cup single cream. Press chilled pastry with fingers into a ten inch greased flan tin.

Baked blind in moderate oven for 15 minutes.

Place good handful spinach on top followed by three heaped spoonfuls of Shellys Apple Chutney.

Mix in egg mixture to sautéed veg.

Place on top of veg/ egg mix. Bake in oven till set.

To serve place 4 oz grated cheddar and sprinkling of freshly chopped herbs and then place under grill till golden.

Slice and serve with fresh salad and homemade coleslaw.

Look up ! . . . and get more space at home for just £277 + VAT



We'd all like more room at home. But not everyone can afford to move or extend. So what if there was a way to get extra space for just a few hundred pounds, ready to use in less than a day? In truth, that space is already there. It's just not being used to its full potential.

For most, the loft is a dark and dingy place visited on rare occasions; a precarious scramble across dusty beams with torch in hand, grabbing what's needed then clambering back past boxes filled with long-forgotten belongings. But that dark and dingy place is worth thousands. In fact, it takes up a third of the floorspace in an average home. So shouldn't we be making the most of it?

And that's where More Than Loft Ladders (MTLL) comes in. Founded in Bolton six years ago, MTLL specialises in generating space by making our lofts easily accessible. The latest MTLL franchise to open covers the Warrington area and is run by skilled local, Paul Langley, who says the company's no-frills approach is what most people are looking for.

"We're not selling £15,000 loft conversions," says Paul. "This is a low-cost and simple alternative. For just £277 + VAT you can get a ladder that slides easily up and down, as well as a proper light and some boarding to make the space safe and secure. We can also fit a draft-proof loft hatch if required from only £55."

The price customers are quoted is the price they will pay, with no additional call out charges. Paul provides a free guarantee on all parts and labour too.

For a free survey and quotation with no obligation, contact More Than Loft Ladders now!

Call 0800 0359 880 or visit the website at www.morethanloftladders.co.uk



Warrington Fire Surrounds*Fires, Fireplaces, Marble***SALE, SALE, SALE!***Friendly, helpful advice*

Oak Surrounds £149 • Electric Fires £169

Marble Fireplaces £295

A full range of discounted fires and fireplaces

Inset Living Flame • Outset • Radiant

High efficiency & Balanced Flue Gas Fires

Supplied & fitted

DIMPLEX • CRYSTAL • FLAVEL • VALOR**BEST PRICES**

For all your Fireplace requirements visit

Warrington Fire Surrounds*Quality, Value, Service, Guaranteed***www.warrington-fires.co.uk**Tel: **01925 417731****8, Lovely Lane, Warrington WA5 1NF**

(Near The Hatter pub)

Hatters Bloom*Floral Design***Flowers for All Occasions**

Local and National Delivery Service

*Weddings • Funerals**Bouquets • Plants**Balloons*Quote ref: LS6/15 or
bring this advert to receive a**10% DISCOUNT****01925 555664 or 07928 001608**

hatters.bloom@gmail.com

www.hattersbloom.com

Unit 3 Hatters Row, Horsemarket Street,
Warrington, Cheshire WA1 1PX**Here's a great way
to make more
storage space...****Install a loft ladder
and make more use
of your loft!****Loft ladder, Light & Switch plus 50 sqft of
flooring from as little as £277^{-vat} which
includes FREE fitting in less than a day.**Over 1500 people have chosen us to fit their loft ladder,
this is because we offer:

- A FREE home visit
- Fully guaranteed
- A FREE written quotation
- A large selection of ladders

Call us now on: **0800 03 59 880 or 01925 388 462****www.morethanloftladders.co.uk**ASK ABOUT OUR
FREE
LIGHTING UPGRADES**more
loft than
ladders**
"cost effective space"

Spotlight on health

by Michael Mahoney

How are you?

Is one of the most commonly asked questions of our time, and yet it is a question where the asker often does not hear the reply, and the reply can often be an untruth. Great, fine, wonderful, never better, can't complain and many others besides are stock answers. And yet often we don't feel the way our answer suggests, and this can cause us inner conflict.

Even if we don't feel well or positive, we reply positively because that is what is expected. How many people want to hear your reply anyway? Do they have time, are they really bothered, and if they listen, do they hear what you're saying?

The simple fact is, if we are not feeling 100% and we reply with the usual great, wonderful etc., what happens inside us is we recognise we are being untrue, to the asker, and ourselves.

The subconscious mind feels the emotion and cannot tie the positive answer to the emotions being felt, therefore we create inner conflict, and it makes us feel worse. If you feel you have to answer something, a simple "I'm coping" will do. It answers the question, and it balances words with feelings. And that is all that's needed, until things change, and you start to feel better again.

This is a good time to ask "How are you", and because your reading you can just skip over it and carry on to the next line. But take a few seconds, or longer, and just do that internal emotional check, take time to feel your body with your mind, and scan your thoughts and feelings, and if you are wonderful, fine, well, can't complain then that is great, and that's how it should be.

However if not, take a few more moments and find out why you're not great, fine, well etc. Most often you will know why, some issue that is not resolved, your inner thoughts or feelings not in balance, stressed, lacking confidence, a relationship issue, or work issue perhaps. These and many more issues of mind, body and emotion are things I and my partner Cate Todd work with on a daily basis.

It is about being human, we cannot always be strong, well, confident or in harmony with others in family, work or society. The simple fact is we all need help or guidance at some time in our life. When we are not true to ourselves, when we are not achieving those things we want to achieve, when we are not dealing with pressure of work, or relationships, we cannot be at our best. These inner conflicts can sometimes spill into our life reality, we become withdrawn, and our attendance at work, college or school is impacted. Others around us notice change in our attitude, co-operation, and enthusiasm and much more besides.

So next time you are asked "How are you", ask yourself "How am I" and then respond accordingly, even if it's only "I'm coping" but then you will be somewhere near being more honest to yourself.

If you want to speak to someone who is interested, and can often help in finding solutions, options of choice and other considerations, give me a call on 01925 658322. With nearly 30 years' experience I believe there is always something that can be learned, changed or released.



Rare additions arrive at Cycle Museum

TWO rare additions have been added to the 150 strong collection of bicycles at the Walton Hall & Gardens Cycle Museum.

Museum Curator Paul Adams had been searching for the rare bicycles for more than 10 years.

Now the 1893 Crypto Bantamette Ladies bicycle, (pictured) one of only two known in the world, and a rare 1895 solid tyred Hillman Herbert and Cooper Gentleman's Premier bicycle, are now taking pride of place at the museum inside Walton Hall and Gardens.

Paul, aged 73, admits his bicycle collection is an obsession which started in his childhood when he developed an interest in vintage cars – before moving on to bicycles which were “more affordable!”

“I’ve been after these bikes for more than 10 years and I am delighted they are now part of the collection.”

The museum is open every weekend and admission is free.



**Get your message across to
those that matter
Promote your business from
just £30+VAT per month
Call our friendly and professional team
here at Lifestyle on
01925 631592**

Green Apple Leasing



FIAT 500 HATCHBACK
1.2 Pop 3dr [Start Stop]
£94.38 + VAT per month
6+47 PCH
10k miles a year



SKODA OCTAVIA DIESEL ESTATE
1.6 TDI CR S 5dr
£194.60 + VAT per month
3 + 35 BCH
10k miles a year



BMW 3 SERIES 2.0 320d M Sport
4dr (Start/Stop)
NO DEPOSIT
£357.97 per month
48 months PCP



Mercedes-Benz C Class C220 CDI
BlueTEC AMG Line 7G-Tronic Plus
NO DEPOSIT
£545.56 per month
48 months PCP

At locally based Green Apple Leasing:

• We can source any car • We organise your finance • We deliver direct to your door

All makes and models of new and nearly new
cars and commercial vehicles

01925 555301

Manchester Road, Warrington WA1 3RS

claire@greenappleleasing.co.uk

www.greenappleleasing.co.uk

Part of the Davies Car Sales Group, an award winning family business established in 1927