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IT was a honour to be involved in remembering those who lost their lives in Warrington's worst war-time atrocity - the Thomas Board Mills bombing, which claimed 16 innocent lives, when a German bomber dropped its deadly cargo on men women and children, enjoying a fete 75 years ago.

The moment in our town's history almost passed without recognition, had it not been for an eagle-eyed member of the **warrington-worldwide** discussion forum.

Thanks to modern technology an important part of the town's history was remembered and with the help of social media, a good number of people were able to turn out and pay their respects.

I must thank Warrington Borough Council for their speedy response in helping set up the special service and for Borough Minister Stephen Kingsnorth (below), who helped lead it.

In less than two years Stephen



will be taking a well earned retirement and will be a hard act to follow - but one which must be followed.

Stephen has become an important part of community life as the Borough Minister, a role created in the wake of another dark day in the town's history, the Bridge Street bombing in 1993.

Stephen has during the years become an integral part of the community, helping build many bridges - and I know many people will miss him when he takes retirement, especially the catering departments of various community organisations, as we know he likes a good buffet.

Joking aside the work of the Borough Minister is now an essential role in the community - and one which must continue.

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Mayor calls for healthy debate in council chamber

WARRINGTON'S Mayor Geoff Settle called for "healthy debate" in the town hall chamber at a meeting of the full council recently - and an end to personal attacks and "sledging" comments.

Cllr Settle, who has embraced social media as the town's first "Digital Mayor" said: "It is my role to chair this meeting and whilst there must be healthy debate I have noted that personal attacks and sledging comments have been increasing over the last couple of years.

"In my opinion the debate should be about the issues and decision made as a consequence of the facts, skills and arguments of those debating or asking questions.

"We should not follow the poor examples often seen in the House of Commons.

"I take the point that it is difficult to control emotions and I am no saint in this area but I would appreciate it if members would respond at Full Council in an appropriate way and not act as parents, children or sledging cricketers as has been the case."

He added that Cllr Peter Carey did offer an invitation during his mayoral year of a prize for the best debater and the award went to Cllr Paul Kennedy.

Last year's former mayor Cllr Ted Finnegan made similar pleas.

"I hope that everyone will enter

into this spirit of improved debate with respect to other members," added Cll Settle.

After the meeting he said "most members" had entered into the spirit of the occasion.

Cllr Settle has been well used to dealing with personal attacks and "sledging" comments as one of the original members of the warrington-worldwide discussion former - long before his political career.



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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

It's too late!

How often have you said that to yourself? Over the years I have met many people who hold that point of view, it's too late to learn, it's too late to say sorry, it's too late to make a difference, and it's too late to show you care? And on and on it goes. And yet with this internal speak we can so often bombard ourselves with is false. It is a lie.

No matter who you are, where you have come from, what you did, what you didn't do or say, you can always improve yourself, you can always change, you can always become better, different, more knowing and aware – if you choose to, and know how to!

Start by listening to yourself, listen to your thoughts, fade out your inner noise and chatter and internal blame process, and listen. When all the noisy self-criticising has been allowed to quieten, you hear your internal encouraging whispers, you begin to feel your own inner strength, and when you are hearing and feeling your own energy and internal resources, you sense, realise, and then embrace the fact, that it's never too late to

be who you want to be, and never too late to achieve those things you want to achieve.

Once you are aware of your internal resources, the next step is to take the time to learn how to be who you want to be. And a great start is by speaking your truth, and by taking chances. You may find quite quickly that not everyone will share your views and opinions, and that's fine, you have the right to your own truth, your own opinion. Not everyone has to accept everything you say, you don't accept everything from everyone else, nor should you. It is your life you are living, so don't allow others to live it for you.

You have a right to be heard, your opinion is important. It is important to your health to be heard. Why spend your life suppressing your thoughts and opinions, why suppress your creativity and your intellect. Give yourself permission to hear your own voice, express yourself and begin to embrace that part of your life.

The other thing to consider is to be comfortable making mistakes, you learn from them. Never be afraid to ask a question for fear of looking or sounding stupid. The

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Tel: 01925-658322 email timelineservices@aol.com
www.michaelmahoneyhypnotherapist.com

only stupid question is the one never asked. Isn't it better to try, and if you make mistakes and learn from them, then you have grown. The more decisions you make the easier it is to make them.

However, many people put things on the 'back-burner' they will do it later, or will start tomorrow, knowing deep down they won't. Do it now, start right now, find your inner voice, your inner quiet and let them become known to you once again. Putting it off until tomorrow is simply cheating yourself, and sabotaging your life. While it might be more comfortable to stay in your comfort zone, know this, true learning and change only happens when you are out of your comfort zone.

If you want help learning to grow and reach your potential, contact myself or Cate Todd on 01925 658322, we will be pleased to help.



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LiveWire backs British Basketball league team

WARRINGTON'S largest provider of leisure services, LiveWire, has become a corporate partner of Cheshire Phoenix Basketball Team.

The organisation, which also delivers library and lifestyle services across Cheshire, has increased their support for the 2015-16 season after sponsoring the club's Hoops 4 Health community initiative last season.

The off court project, which sees elite basketball players going into schools to combine coaching with practical healthy living advice, worked with more than 40 primary schools across Warrington and Cheshire West last year and has already helped almost 3000 young people and their families.

The new partnership between LiveWire and the Nix will see the Hoops 4 Health Programme return to Warrington Primary Schools this academic year with the aim of engaging more children and encouraging them to stay physically fit and eat a balanced diet.

LiveWire's sponsorship comes as the club start the new season at the brand new purpose built 1,400-seater Cheshire Oaks Arena in Ellesmere Port Sports Village.

As part of the sponsorship deal, Cheshire Phoenix will also deliver

a Basketball Camp for young people during October half term at LiveWire's flagship site, Orford Jubilee Neighbourhood Hub.

Jan Souness, Managing Director of LiveWire, said: "This partnership stems from a successful year for the Hoops 4 Health programme, which saw LiveWire and Cheshire Phoenix engage with nearly 3000 children. LiveWire are proud to work with a club who are committed to increasing sports participation and improving the health and wellbeing of young people in the area."

James Brice, General Manager of Cheshire Phoenix, said: "We

are delighted that LiveWire have increased their support to the Phoenix as a corporate partner. We both share the same ambitions to engage more children and encourage them to stay physically fit and eat a balanced diet. We are extremely excited to be working with LiveWire once more to improve the lives of young people in Warrington."

The basketball camp at Orford Jubilee Neighbourhood Hub runs from Tuesday 27-Thursday 29 October and attendance costs £5 per session or £12.50 for all three sessions. You can book your place at the reception desk at the Hub.



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Cineworld will be cornerstone of town centre regeneration

It's back to work for most after the summer break and full throttle ahead towards the run up to Christmas (where is 2015 going?).

The Bridge Street Quarter Regeneration Scheme has now got a signed deal with Cineworld who will be bringing a 13 screen, 2500 seat multiplex cinema with IMAX as a cornerstone to the scheme, along with a brand new market hall, a

new 1100 space multi storey car park, new council offices and a new public square. At the time of writing we have just appointed a contractor to build the temporary market hall construction which will commence early in the new year,

Omega plans unveiled for 1,100 homes, shops and a hotel

PLANS for 1,100 new homes on the Omega South development at Great Sankey, Warrington, as part of mixed residential/retail offering, including a pub, hotel and care home have been submitted for outline planning consent.

Omega Warrington Ltd has just submitted an Outline Planning Application for the next stage of development on Omega South which includes much needed new homes for the borough plus retail, leisure and community uses.

Omega Warrington Ltd is a joint venture between Miller Developments and KUC Properties Ltd, in partnership with landowner the Homes and Communities Agency and supported by Warrington Borough Council and the Cheshire and Warrington LEP.

Proposals include 1,100 new homes along with local shops, restaurants and cafes, public house/ bar, a care home, and a hotel, supported by extensive landscaping and wildlife habitat preservation; transport studies are also being undertaken to inform local road and junction improvements.

The submission of the plans follows extensive local consultation in May and June this year, including public events and a month-long online consultation involving local residents, businesses, community groups, parish councils and ward councillors.

with the Warrington Market moving in, in early 2017 and trading there until the main scheme opens fully in 2019.

Progress is blazing ahead at Omega with The Hut Group and Plastic Omnium set to open for production early next year. Plastic Omnium are a French automotive components manufacturer and will create 450 manufacturing jobs and The HUT Group will also be creating a number of manufacturing jobs. Although the recent Q3 Manufacturing Outlook survey from EEF, the manufacturers' organisation, and DLA Piper paints a more sober picture for manufacturing nationally – largely due to the state of the global economy including uncertainty in Europe, China and Greece - the North West appears to be emerging successfully.

Reassuringly there appears to be little dip in interest in Warrington as a choice for business as a location and also in terms of investment opportunities. Another recent report in the Financial Times cited logistics units as a safe investment bet and singled out Omega.

Later this month, excitingly, we'll be opening the doors of the new Warrington Business Incubator built by Warrington & Co with



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Golden Gates Housing staff climb mountains for St Rocco's

STAFF from Warrington housing provider Golden Gates Housing Trust (GGHT) took on two mountain challenges in aid of St Rocco's Hospice – and raised £3,511.

A group of 30 staff conquered Mount Snowdon and an energetic band of 10 took on the Welsh Three Peaks, taking on Snowdon, Cadair Idris and Pen Y Fen.

The teams spent several months getting fit and raising sponsorship for the climb and the challenge took place on a typically wet and misty summer's day – a day of ups and downs both in landscape and emotionally.

The Trust was joined by colleagues from Helena Homes, who were raising money for Willowbrook Hospice in St Helens.

Helen Latham, St Rocco's partnerships fundraising manager said: "Each and every one of the team who took part in this challenge should be incredibly proud of themselves. The funds raised will go a long way to providing care and support for our patients and their families.

"We are absolutely delighted to have such wonderful support from GGHT."

GGHT chairman Roy Smith said: "We wanted to do something worthwhile that would raise money for our corporate charity, St Rocco's. But it was also a great personal challenge for the team. There was an amazing sense of achievement when they got to the

top of the mountain."

The challenge was part of the "Corporate Fundraising Challenge" where 20 organisations have pledged to support St Rocco's this year, turning a £30.00 cheque into as much money as possible.



Roy Smith (GGHT), Rosie Peplow (St Rocco's), Karla Clarke (GGHT) and Darren McLoughlin (GGHT)

Work to start on new fire station

CHESHIRE Fire Authority has named the firm awarded the contract to build a new fire station at Penketh, Warrington.

The authority has awarded the contract to international construction company ISG plc and work will start on the project later this month.

Authority chairman Cllr John Joyce said: "We are delighted to be working with ISG on this exciting programme, which will ensure that we continue to protect communities across Cheshire despite the financial challenges we are facing.

"ISG have an excellent track record of working with blue light services and have also committed to creating training and employment opportunities for local people, which was a key factor in

our decision to work with them.

"This investment will help us to continue the major reductions in fire and injuries we have achieved in recent years and we look forward to seeing the extensive benefits it will bring when completed next year."

The lightweight steel frame structure, will include a green sedum roof to complement the station's location and enhance the building's sustainable credentials.

Danny Murray, ISG's Northern regional managing director, said: "We are pleased to have been selected to bring these important front-line community facilities to site quickly and cost-effectively. Our extensive blue light experience proved a decisive factor in our appointment and we bring this direct knowledge and learning,

from a series of high-profile regional fire station schemes, to the Cheshire Fire and Rescue Service."

ISG and the scheme will also focus on bringing social and economic benefits to the local community via training, apprentice and direct employment opportunities with the aim of creating a lasting skills legacy. ISG has also demonstrated to Cheshire Fire and Rescue Service its commitment as a company to promoting equality and diversity.

ISG have also been declared as the service's preferred contractor to build two other new Stations in Lymm and Powey Lane, Mollington, close to the M56.

Fire Authority Members will meet shortly to make a final decision on those contracts.

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Lucky 13 at Greenwood Fryery

It was lucky 13 at Greenwood Fryery as proprietor Osman Gulum celebrated 13 years in business at the Warrington based fish and chip shop.

The Mayor and Mayoress of Warrington Cllr Geoff and Mrs Jean Settle joined in the celebrations as every 13th customer received a free portion of fish and chips at the premises on Marsh House Lane, Warrington.

Osman has always considered 13 to be his lucky number and was delighted when the town's first citizen could join him to mark the occasion.



Advertiser's announcement

Common causes of back pain

By Jemma Firth

Do you know what the commonest causes of back pain are? Surprisingly, a recent survey* has shown it to be sitting and sleeping, rather than something more strenuous!

The same survey showed that 76% of people had, or were, suffering neck or low back pain. Our quite sedentary lifestyle these days could be to blame for these high figures.



Here are some top tips for keeping a

healthy spine:

- Sit up straight – keep your arms relaxed and close to your body, resting them on the desk when you are typing. Make sure the top of the screen is in-line with your eyebrows and the chair is tilted slightly forward which results in your knees being lower than your hips.
- Keep Moving – try to take regular breaks. Don't sit still for more than 30 minutes at a time. Even just taking one minute to stand up, walk around a little and stretch your arms will be better than not moving at all
- Switch off – once you get home in

the evening, try to limit the amount of time you spend bent over your phone or with your laptop on your knees. Having spent the day in front of the screen, a rest from this will improve your posture and relieve neck strain

- Sleep Easy – Test out your mattress before you buy it. When sleeping try to lie on your side rather than on your front, with a pillow between your knees

For more information on how to maintain a healthy posture, visit www.chiropractic-uk.co.uk/straightenup

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Diving duo smash 'Going the Extra Mile Challenge'

TWO disabled Warrington men have led a team of 30 divers to complete the "Going the Extra Mile Scuba Challenge" in aid of Warrington Disability Partnership (WDP).

Full-time wheelchair users Dave Thompson, 57, WDP chief executive and founder, and former Afghanistan serviceman Tom Coleridge, 23, each completed a gruelling 64-length dive at Woolston Neighbourhood Hub.

They were part of a team that dived the equivalent distance of Warrington to Halewood – raising thousands of pounds in the process.

Dave said: "Tom and I face daily misconceptions about what disabled people can't do.

"We're proud to challenge those barriers and show that there is life after spinal injury."

Among those who completed the full one-mile challenge were local DJ Dominic Walker, who tweeted: "What an excellent event – loved it!" after collecting his certificate from Mayor of Warrington Geoff Settle.

Dave added: "We are especially grateful to Terry Wood of Cheshire Scuba Academy and his team, along with LiveWire, who donated

use of the swimming pool.

"I would also like to thank each and every person who has taken the time to sponsor our team; to come along to cheer us on; or who has tweeted their messages of support. It really does make a difference and – as our Disability Information Officer Tom would say – it's thanks to you that we 'smashed it'.

"It's no surprise to me to find out that our team collectively covered an equivalent distance from Warrington to Halewood, though it's much easier to swim a mile without turning round!"

The dive marked the culmination of another great event for the charity who shared their pride at being part of the inaugural Warrington Festival.

Earlier that day WDP had held a successful tombola at the Medieval Market, bringing the weekend's fundraising total to £3,500.

Donations to Team WDP continue to be welcomed at: <https://www.justgiving.com/wdpscuba2015/>



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Lucky lottery couple plan first ever family holiday abroad

A lucky couple from Warrington with five children are planning their first ever holiday abroad as a family after scooping a £100,000 top prize on a National Lottery scratchcard.

Mark and Carmel Cousins bought the Monopoly Scratchcard, from National Lottery GameStore, whilst out doing the weekly shop and are now planning on how to spend their winnings.

Top of this wish list is booking a family trip abroad to enjoy some sun, sea and sand. They are also looking forward to extending their family home, which will allow for the four children living at home to each have their own bedroom.

Mark, aged 48, a school maintenance officer, says the win just

doesn't seem real. He said: "We are so happy and the news is still sinking in. We can't quite believe that we've won and it means we can do several things that we'd only ever dreamt of doing before, including our first family holiday abroad!"

Talking about the moment they found out, Mark said: "My wife and daughter were with me shopping in Asda one evening and we decided to get a scratchcard. Between the two of them they chose the Monopoly Scratchcard and Carmel scratched it in the car on the way home.

"Carmel then said she thought we'd won so I stopped at the nearest shop to check. When the lady there passed it back to me and said to call Camelot, we just couldn't believe it!"

Family man Mark continued: "When we rang and got confirmation of the win we were both in tears, it was just a fantastic feeling. We told the children and the rest of our family that day and I took them all for a nice meal to celebrate in style.

"One thing we decided straight away is that we'll go on a holiday abroad with the kids as we've never been able to afford to take them all, it's a dream come true. We usually

go to places like Cornwall because it's so expensive to take all of us away, so we are very excited to be able to book a trip of a lifetime. The children are ecstatic and cannot wait to go on a plane for the first time."

Home improvements are also high on Mark and Carmel's to do list.

Mark and Carmel's winning Monopoly Scratchcard was bought at the Asda store in the Cockledge Centre in Warrington. The Monopoly Scratchcard offers a 1 in 4.24 overall chance of winning a prize. The card costs £2 and prizes range from £2 up to the top prize of £100,000.



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Upcoming events:

- Engineer your Future Taster Event, Thursday 22nd October, 6.00pm - 8.00pm
- Open Event & Taster Workshops, Thursday 19th November, 5.30pm - 8.00pm

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Mayor stages charity art exhibition of his own work

WARRINGTON'S Mayor Geoff Settle held an art exhibition of his own paintings to help raise funds for his chosen charities.

His first ever watercolour exhibition took place at Picturesq in Latchford Village where he was joined by two former Mayor's Cllr Steve Wright and Honorary Alderman John Taylor.

Cllr Settle said: "Teresa and Nigel of Picturesq did an excellent job far beyond what I had anticipated. And they went out on a limb for me. It was a very exhausting time for us all."

The Mayor is now hoping to run a painting competition for local schools later in the year, with a theme of conservation.



Cllr Settle is pictured with Cllr Wright and Alderman Taylor at his art exhibition.



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Sat 17 Oct	10:30am - 12.30pm
Wed 11 Nov	5:30pm - 8.00pm



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North West Centre
 Unit 602
 Birchwood One Business Park
 Dewhurst Road
 Birchwood
 Warrington
 WA3 7GB
 Tel. 01925 825547

www.brainwave.org.uk

Newsletter 2015

Therapy Centre provides beacon of hope

The Brainwave therapy centre in Birchwood Warrington, provides therapy programmes for disabled children, who visit us from all over the North West. The Centre has children who have suffered a brain injury such as Cerebral Palsy, have a genetic condition such as Down's Syndrome or Developmental Delay.

When a child attends Brainwave, they and their parents, spend a whole two days at our centre in Warrington.

Here they are assessed by our dedicated team of Physiotherapist, Occupational Therapist and Educational Therapist, who focus on what the child can do, not what they can't.

The centre provides, two Therapy rooms, plus a further therapy room that provides sensory integration facilities. For more information please email: enquiriesnw@brainwave.org.uk

Everybody involved with Brainwave would like to give a BIG 'Thank You' to all the Warrington Community for their continued support

Local child benefits from Essar Stanlow safety milestone

August 25th 2015: A significant safety milestone at the Essar Oil UK Stanlow refinery has resulted in a £3,000 donation to the Brainwave Charity's North West Centre, based in Warrington. Stanlow recently achieved five million hours without a Lost Time Injury and through its 'Let's Give' programme, which links charitable giving to safety, made the contribution to Brainwave.

Brainwave work with children with a wide range of conditions and developmental needs, including cerebral palsy, genetic conditions, Down's syndrome, autism and developmental delay. The Charity now impacts the lives of over 600 children, with its growth and regional outreach driven by a commitment to bring measurable improvements to the lives of children with physical, sensory, learning, cognitive and behavioural difficulties.

Stanlow Operations Maintenance Coordinator, Matthew James, explained why he nominated the charity: "After becoming frustrated and disappointed in the help available, having to constantly push and chase for services for our son, Dylan, who has a severe global development delay, we stumbled upon Brainwave who were a breath of fresh air.

"From Dylan's initial two day assessment when we were reassured he had so much potential, staff have been simply amazing, down to earth, friendly and encouraging. Dylan connected immediately with everyone, responded well to the assessment and worked hard through a specifically built programme without even knowing it.

"We have been with Brainwave for three years now and Dylan has gone from strength to strength, continuing to develop across all areas.

They have also helped our family to help Dylan, giving us the tools and strategies we need in managing all aspects of his development. We cannot thank Brainwave enough and hope this donation will help their continuing work to support the lives of children and their families with special needs."

Joanne Freeman, Community Fundraising Manager at the Charity, said: "Brainwave is delighted to receive these funds from Essar for our North West Centre. It will help children, like Dylan, reach their potential and empower families to support their child. A huge thanks to all the team."



Thank you to all our supporters

Thank You to all our supporters who attended our annual Ladies Lunch and Charity Golf day, please see the following pictures.

Brainwave charity Golf Day

HIGH Legh Golf and Country Club was the setting for a Charity Golf Day organised by Alister Cook and his wife, Victoria on behalf of the Birchwood based Brainwave's Northwest Centre.

Alister designed 'The Golf Waltz' competition around the course at High Legh. The 23 teams of four who participated in the event thoroughly enjoyed the day and raised much appreciated funds for the Birchwood based charity which works with children with very significant developmental delay.

Pictured from left are: Alister Cook, Carl Puzey (Head of Therapy), Joanne Freeman (Community Manager) and Tim Stimpson from Sporting Partnerships.



Sparkling Ladies Lunch



EIGHTY women attended a sparkling "Ladies lunch" in the beautiful surroundings of Mere Court Hotel in High Legh to raise funds for Brainwave.

The event, sponsored by Clogau Jewellery, was a great success raising over £2,500 for the Charity.

Guests enjoyed a welcome drink on arrival followed by a delicious two course meal.

Guest speaker, Susan Sellars, a former High Sheriff of Cheshire, regaled the guests with tales of her year during office and the historical duties attached to being High Sheriff. Later in the afternoon there was a fashion show by Suka Pop Up Boutique.

Joanne Freeman, Community Manager said: "I would like to thank our ladies for supporting the event today and all of the very kind and generous people who donated raffle prizes. A big thank you, too, to Clogau jewellery and also to the management and staff at Mere Court who made the event so very special for everybody."

Brainwave Northwest, which is based in Birchwood, is now five years old and currently has over 160 children on its programme.

The Centre provides specialist therapy and treatment for children with significant developmental delay.

The Brainwave staff who joined the event are pictured from left: Sally Preston, Andrea Blower, (our Trustee), who sadly passed away recently, Jackie Addison (Therapy Assistant), Joanne Freeman (Community Manager) and Michelle Gratton (from Clogau).

Come and join our events for 2016

- Cardamon Curry Night in Stockton Heath 24th February 2016
- Annual Ladies Lunch, at the Mere Court Hotel 8th June 2016
- Ride with pro cyclist for the day 19th May 2016

For more information please contact Joannefreeman@brainwave.org.uk

Leo's story

Leo, from Latchford, was born at 40 weeks following an uneventful pregnancy. During delivery his heart rate dropped and he required resuscitation, but was discharged home the same day. Following discharge home Leo progressed with his gross motor skills, he crawled at 5 months and walked at 9 months. Leo's parents became concerned at 17 months when he was not pointing, or babbling and following a visit to the health visitor he was referred to a paediatrician. Following assessment Leo was given a diagnosis of autism.

Leo's family contacted Brainwave following a search on the internet. The concerns at the time centred on Leo's speech and his behaviours. An initial assessment took place in September 2013. At the time of the assessment Leo was 3 years 9 months. The assessment involved the Occupational Therapist (OT) and Speech and Language Therapist (SLT).

Leo's family have returned to the North West Centre, for three re-assessments to date in 2014 & 2015. Leo has made significant progress since his initial assessment in all developmental areas. Within his gross motor skills he can now run, hop and jump. He can manage to use the stairs without help. His expressive language skills had flourished and he is now putting 4 word sentences together. Leo is now toilet trained and is dry both in the day and at night. He can manage to dress himself with the exception of fasteners. Leo's eye contact has improved and he is using more facial expressions. Leo is now able to attend parties and is using more social skills. He is also more tolerant of haircuts and visits to the dentist.

Leo has now settled into school well and receives one to one support full time. There are school based services which monitor Leo for occupational and speech and language therapy. Leo continues to respond well to sensory strategies which have been put into place and his family report he enjoys the physical rough and tumble type play. At his last re-assessment Leo was awarded certificates for:

- Initiating social interaction with children
- Hopping



Thank you so much for all your help over the last few months. The difference in Leo is nothing short of amazing! He is now engaging in conversation with us 😊

Leo would also like to say a big thank you to Sally for sending us tickets to visit Gulliver's World.

Here are some photos of our special day out!

To Tracey, Sarah, Sally, Joanne and all staff at Brainwave!

Thank You!

lots of love and best wishes

Leo
and family
xxx

Join the Brainwave Santa Dash

... and help disabled children



Mark Bowater, Director of Yellowbus, said: "The team at Yellowbus Solutions have taken part in the Brainwave Santa Dash since it began 5 years ago. We are always keen to support local charities and the Santa Dash is a fantastic and fun way to raise awareness and thousands of pounds for the very special children who benefit from the charity.

As the Santa Dash approaches each year, Yellowbus makes a point of planning new ways to support the cause, from running in Santa costumes to wearing white tuxedos... we will try anything to raise as much as we can for Brainwave!

The Brainwave Santa Dash is a great way to get into the Christmas spirit with family, friends and colleagues, whilst offering a way to keep fit and have fun. Many of the Yellowbus Solutions IT and Telecommunications clients are also local to Warrington, and are always willing to get involved in the event too, either by taking part or sponsoring the team. Yellowbus are currently planning how to get more people involved in the Brainwave Santa Dash this year and we look forward to supporting this wonderful local charity for many years to come."

Date for your Diary:

Brainwave Golf day
10th June 2016
at Lymm Golf Club.



To get involved or simply find our more information about Brainwave please contact Joanne Freeman, Community Manager:

North West Centre
Unit 602, Birchwood One Business Park
Dewhurst Road, Birchwood, Warrington WA3 7GB

Tel. **07872 411580**

Email. JoanneFreeman@brainwave.org.uk

Web. www.brainwave.org.uk



www.facebook.com/charitybrainwave



[@brainwavecentre](https://twitter.com/brainwavecentre)



Sunday 13th

December 2015

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birchwood
SHOPPING

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5k Santa Dash

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brainwave.org.uk/birchwood-santa-dash

The Santa Dash begins at
Birchwood Shopping Centre at
9am. Registration from 8.15am at
the Peacock Pub

The Birchwood Santa dash costs £10 for adults & £5 per child, and free for under 5's when accompanied by an adult. Your entry fee covers a 3 piece Santa outfit for adults and a Santa hat for children.

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Kerrie-Ann sheds her locks for charity at VPX

A YOUNG woman shed her locks for charity as the final curtain came down on the most successful VPX event of all time at Victoria Park, Warrington.

Kerrie-Ann, aged 28, from Kingsway South, Warrington, who works at the local Co-op near Victoria Park, raised over £500 from the sponsored head shave at the event where she had been helping out as a volunteer.

She raised the money for Macmillan as a thank you to nurses who had cared for family members going through cancer.

It wasn't the only act of kindness on the day, which despite overcast skies and a few showers, attracted another 1,100 youngsters to enjoy free activities, organised by local

PCSO Tony Spruce and his former colleague Tom Reid and Paul Flannery from LiveWire.

After hearing how eight-year-old Rhys Brindley had lost a rugby ball signed by Wolves' players Daryl Clark and Gary Wheeler at an earlier event, Tony, organised for a replacement through the Wolves Foundation – signed by the whole team!

The four VPX events throughout August saw more than 5,100 youngsters enjoying the free event – making it the most successful of all time.



Oktoberfest 19

**Rotary Club of Warrington
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**Thursday, Friday & Saturday
15th-17th October 2015**

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12.00 – 23.00



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£5 Entry



Rotary club's three-day beer festival

WARRINGTON Rotary Club's annual three-day charity fundraising beer festival Oktoberfest 19, starts October 15 at the Parr Hall, Palmyra Square, Warrington.

More than 70 cask ales plus ciders and bottled beers from both the UK and worldwide will be on sale to raise much needed funds for a number of charities.

There will be live music at each session from The Higher Ground Duo, Gypsy, Lazy River Jazzmen, the Warrington Society for Deaf People Signing Choir and No Stamp Required.

Details of the three day programme are available at www.warringtonoktoberfest.org.uk

Up to the present date more than £220,000 has been raised for both local and international charities from previous Oktoberfests.

This year's charities are Warrington's Open Door at Christmas (WODAC), Guide Dogs (local branch), Codys, Women's Aid and Cheshire Search and Rescue. In addition, two international charities, Village Water and Lend with Care are being supported.

Warrington Rotary President Peter Berryman said: "This year should be another bumper year for our charities with interest being shown by people from all over the North West and further afield. Last year the event was enjoyed by more than 2000 people."





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Wickes Golf Masters raises £2,500 for charity

A CHARITY golf tournament at Lymm Golf Club helped raise an estimated £2,500 for leukemia and lymphoma research.

The Wickes Masters event organised by Kim Storey was supported by Lymm Golf Club pro Andrew Murray and featured trick shot specialist Paul Barrington.

It is the second successive year the event has taken place and Wickes store community champion Kim hopes to make next year's open

event even bigger and better. Kim organised the event with the help of Kevin O'Rourke. Prizes were presented by Wickes Managing Director Simon King. To enter a four ball team in next year's event contact Kim on 01925 632263 or email kim.storey@wickes.co.uk



Outstanding exam results at Withington Girls' School

WITHINGTON Girls' School is celebrating another set of outstanding results at both A Level and GCSE this year, reinforcing the Independent Schools Inspectorate's

judgment that the pupils' achievements are 'exceptional'. All A-level examinations were passed, with an impressive 37% of all subjects achieving the

top A* grade, whilst at GCSE, Withington's Year 11 students achieved the highest grade of A* in an impressive 67% of all entries, ten times higher than the national award of the A* grade to the top 6.6% of entries.

Headmistress, Mrs Sue Marks, praised the students for their self-motivation and hard work, which had helped to produce these outstanding achievements. "We are all so delighted for our girls", she said. "These brilliant results are the just reward for all their hard work, and they also reflect the fantastic support of the girls' own families, as well as the excellent

teaching and pastoral care they have received at Withington".

Open days are being held during the Autumn when girls and their families are invited to tour the school. Withington benefits richly from drawing academically able girls from all backgrounds, cultures and faiths. The School strives to improve and develop whilst remaining – as stipulated by its Founders - 'a small school, and for the new academic year Withington has expanded to offer a purpose-built junior school building, an impressive social 'Hub' area, remodelled chemistry laboratories and a refurbished design technology workshop.



"Sports teach discipline and commitment, they challenge and build character for everything you do in life."

Howie Long



OPEN DAYS

Sixth Form

For girls aged 16+
Thursday 15th October
6.00 to 8.00pm

Senior School

For girls aged 11-18
Thursday 5th November
4.30pm to 6.30pm
Saturday 7th November
10.00am to 12noon

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Junior School

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Thursday 5th November
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Saturday 7th November
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Medieval market helps kick-start Warrington Festival

WARRINGTON town centre was transformed into medieval times to help kick start the biggest ever Warrington Festival.

The festival kick started with a Cycle Festival at Orford Park, followed by the signing of the Magna Carta at a Medieval Market in the town centre which attracted thousands of visitors.

Leader of the Council Terry O'Neill and LiveWire MD Jan Souness launched the month long festival fun at Orford Park Jubilee Hub, which involved a Cycling Festival.

It was then followed by a Medieval Market in Warrington town centre, organised by Warrington Market manager Steve Pickering.

TV presenter and local historian Mark Olly joined proceedings, as

one of the market's longest serving tenants, butcher Roy Sweeney, became the evil King John, to reenact the signing of the Magna Carta.

Medieval knights mingled with thousands of shoppers as various local characters had a taste of being placed in the stocks alongside a fire breathing dragon!

Other highlights of the Festival include a concert in Bank Park by pop star Pixie Lott and the annual English Half Marathon.

Next up in the town centre is a time travel convention on Saturday October 3 when Warrington Market "Goes back to the future."



Market Manager Steve Pickering.



King John Roy Sweeney at the launch.



Medieval knights in the town centre.

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Youth theatre goes from strength to strength

A NEW youth theatre group is going from strength to strength after launching early this year.

The group, launched by Warrington-based Express Arts, has already performed its first piece of theatre as part of the community drama showcase organised by Culture Warrington and are now

starting a new term at the Pyramid Arts Centre.

New members, aged 7-11, are welcome at the group which currently has 12 members.

Their first piece of theatre was

created by the group themselves on the theme of the Tudors.

They devised, directed and acted in the 20 minute play which saw a group of friends time-travelling back to the Tudor period, only to anger Queen Elizabeth 1st!

In a race against time, they try and find a way to get back home without changing the course of history!

Hollie Wimpenny who led the session said: "The group thoroughly enjoyed creating their own play and coming up with fantastic and wonderful ideas for the story. I can't wait to see what they come up with next."

Express Arts focus on confidence

building through positive creative activities and also run a Senior group for ages 12-16 every Wednesday evening.

Hollie added: "Drama is a great tool to develop a young person's self-esteem, creativity and social skills and some of our junior members have now moved up to our Senior group."

Places are now open for both groups. Express Juniors runs every Saturday 10-11.30am and Express Seniors run every Wednesday 6.15-8.45pm at the Pyramid Arts Centre.

More details are available by emailing express@platformprojects.org



That Netball Thing

Active Cheshire and local netball session leader, Andrea Gumbs are running a free twelve week programme in Warrington.

warrington-worldwide caught up with Andrea to find out about it.

What's That Netball Thing about?

The sessions offer, an easy, relaxed atmosphere where you can get to know the group, have a laugh and a chat. We incorporate a variety of activities to get you back into exercise at your own pace. No pressure, non competitive, no responsibilities; some 'me' time.

Whatever the group want they can do, and everyone will be fully involved in how the sessions develop. Tailor made to suit, remember... "This Girl Can!"

Who's it for?

For girls and women aged 17-25, though if you're out of this age range we'd still love to see you. We love women being active on their own terms regardless of shape, size or experience.

What happens at the sessions?

There will be a combination of games and activities based around netball and sessions will last about 60 minutes. It's not just exercise though, there will be plenty of breaks.

Do you need to know the rules?

Absolutely not, we make our own rules but I'm there to help if people want to learn more. It's all about having fun and doing what works for the group.

If people haven't exercised for a while they might not know what to wear, what do you recommend?

It's true, one of the main factors to prevent women from being active is embarrassment about how they'll look. We'll be wearing what we're comfortable to move around in. Leggings and a top you can move easily in are great - we won't be wearing netball kits! If you're not sure, talk to me via the Facebook page www.facebook.com/thatnetballthing

How much is it?

Completely FREE! We're covering the cost to get you started.

Where is it and when?

Sessions are at The Tim Parry Recreation Ground, Wroxham Road, Great Sankey WA5 3EF

Mondays 9.15am - 10.15am from 14th September

Thursdays 6pm - 7pm from 24th September

For latest updates, keep your eye on Facebook /thatnetballthing and Twitter /netballthing



We make our own rules!

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Find out more about **That Netball Thing:**



/thatnetballthing



/netballthing

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For further information contact
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Ext 234 or k.heathcote@mgs.org

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Natasha bounces back!

JUST 14 weeks after being in intensive care fighting for her life Warrington gymnast Natasha Coates has bounced back – to be crowned Number One Disability Gymnast in the UK!

Natasha, aged 20 from Appleton, who suffers from a rare condition which makes her body allergic to exercise, won another five gold medals at the recent Disability British Championships at Bolton Arena.

She suffers from a condition which affects cells in her body known as Mast Cells.

The full name is Spontaneous Urticaria and Spontaneous Angioedema leading to Idiopathic Anaphylaxis.

Alongside this she also suffers

from Asthma, Eczema, Allergic Rhinitis and Oral Allergy Syndrome.

Natasha, who only recently battled back from another stay in hospital with the condition said: "My goal this year was to just compete. Competition day marked only 14 weeks since I was getting out of intensive care, so it was a tough time, going from barely being able to take more than a few steps to competing gymnasts routines at elite disability level. However, compete I did!





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By David Watkinson

National Minimum Wage and NLW

New measures to enforce compliance with the National Minimum Wage (NMW) and the new National Living Wage (NLW) have recently been announced.

The NLW was announced at the July 2015 Budget and is due to be introduced in April 2016. It will apply to workers aged 25 and above and will initially be set at £7.20 per hour; in effect, it tops up the NMW, which is currently £6.50 and will increase to £6.70 from October 2015.

The new measures include

- doubling the penalties for non-payment of the NMW and NLW
- increasing the enforcement budget
- setting up a new team in HMRC to take forward criminal prosecutions for those who deliberately do not comply
- ensuring that anyone found guilty will be considered for disqualification from being a company director for up to 15 years.

In 2014/15 HM Revenue & Customs investigated a total of 2,204 cases. It found arrears in 735 of those cases involving 26,318 workers and over £3.29m in underpayments. Penalties in excess of £934,000 were imposed.

In addition to the above financial penalties, HMRC has the power to 'name and shame' the worst offenders and to put forward the most serious cases to the Crown Prosecution Service for prosecution.

The calculation of penalties for those employers who do not comply will rise from 100% of arrears to 200%. This will be halved if employers pay within 14 days. The overall maximum penalty of £20,000 per worker will remain unchanged.

There will be a new Director of Labour Market Enforcement and Exploitation who will oversee enforcement of the NMW, the Employment Agency Standards Inspectorate and the Gangmasters Licensing Authority.

In conjunction with the enforcement measures, the government has promised improved guidance and support to help employers with compliance. It will also work with payroll providers to ensure payroll software contains checks that staff are being paid at least the minimum wage. Let us hope that these measures to assist employers to meet their obligation are given as much or more prominence than the financial penalties, although we somehow doubt it!

WatkinsonBlack are pleased to advise on these and other matters. They have considerable experience in all areas of taxation and business services, 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

Karate champions bag 14 medals



A TEAM of young karate champions from Warrington have brought home 14 medals from the AMA Irish International Karate Open.

Eight members of Seishin-do Shukokai Karate, who train at LiveWire's Great Sankey Leisure Centre, represented the club at the event in Dublin, competing in seven different events.

They bagged a total of seven gold, three silver and four bronze medals.

The team, which consisted of both boys and girls aged between 22 and seven, took part in Kata, Shitoryu and Kumite style challenges.

They were supported by assistant coach Joanne Phelan, who is a previous European Champion and is part of LiveWire's elite athlete scheme.

All members of the club are now training hard for next year's WUKF World Championship after taking six medals at this year's event in Belgium.

The club is also looking for new members to join, offering two free karate lessons for new starters. They're also looking at getting involved with local schools to promote the sport.

Steve Nelson, senior coach at Seishin-do Shukokai Karate, said: "The team performed really well and are really working hard, I'm very proud of them all. "Although we only sent a small team to this event we managed to be placed third on the overall medal table beating much bigger squads."

More details of the club are available at www.sskarate.com

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Wolves appoint head of stadium operations

Warrington Wolves have announced that Karen Dennett will join the business as head of stadium operations.

Karen was previously conference, events and leisure manager at Birchwood Business Park where she has been a key part of the executive team in achieving revenue and profit growth for the Conference Centre, Leisure Club and food and drink outlets.

Prior to her role at Birchwood Business Park, Karen worked extensively in the leisure industry including roles at Total Fitness and David Lloyd Leisure. She lives in Great Sankey and has been a lifelong Wire fan.

Roger Draper, CEO at Warrington Wolves said: "I am delighted that Karen has joined Warrington Wolves. Karen will lead the development of a wide-ranging customer service programme across the club and will oversee all stadium operations. Her appointment is another important step in the club's overall change programme as we continue our quest to offer a great fan experience on both an everyday and match-day basis."

Karen added: "I am thrilled to be joining the club at this time of change and I am excited for the future. For me, as a lifelong Warrington Wolves fan, this is an extraordinary chance to help improve the customer experience at the stadium. I will be bringing my own way of doing things to the club and I think that's important for us to keep fresh and competitive. The club is building an impressive team both on and off the pitch and I am delighted to be joining at such a pivotal moment."

Council help for Syrian refugees

WARRINGTON Borough Council has offered support for vulnerable Syrian refugees - subject to adequate support packages from the Government.

Council leader Cllr Terry O'Neill said: "The council has enormous sympathy with refugee families who are fleeing persecution and we want to try to help those caught up in this humanitarian crisis."

"However the government must inform us of how this is to be implemented and funded."

"As soon as we hear anything from government on what they want councils to do, then we can decide how to take things forward to provide support to these vulnerable people."

It was important, he said, that councils were reimbursed so that funding for local services were not affected.

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