

lifestyle

magazine

October / November 2015

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Welcome to lifestyle



WELCOME to the autumn edition of Lifestyle magazine which has been given a real hallowe'en flavour thanks to Warrington town centre restaurant boss Michele Butterworth - who has certainly entered into the spirit of the occasion on our front cover.



treasures.

So our message is get out there and support your local restaurants and cafes - they help make the backbone of our country and will always outshine the bland national chains where customers are often just a number to meet sales targets and figures.

With the dark mornings and nights looming a little bit of comfort eating can be the perfect tonic to help you get through the gloom and there is no better watering hole than Shelly's.

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Spotlight on health

by Michael Mahoney

Change your thinking – change your life

Do you dream of success, or are you one of those people who wake up and realise that to achieve success has to be worked hard at?

Change needs action, and action is often resisted. Resist the resistance, focus on a goal and work hard to change and success will follow. Procrastination is not only the thief of time, but it is the robber of success. When we put things off, we immediately give that issue power over us, and something that has power over us can soon become scary. Common sense tells us that if we don't start something today, it won't be finished by tomorrow, and yet logic and common sense seem to leave us. If something is left undone, it becomes stressful, we waste valuable emotional energy avoiding the issue or the task.

So remember the open secret, becoming successful simply needs you to get started, and we know from experience as soon as we start something we get into the mind set of completion. When I go walking on a cold frosty morning, or when its blowing a gale and pouring down, I'm reluctant to begin, however experience has taught me that once I start my walk, I know after the first 500 yards that I will be in my stride, I will be warmer, I will enjoy the cold, or the wind and rain, because they make me feel alive. I know the benefits both physically and emotionally of exercise, and I'm always pleased that I pushed myself. The first few steps are the hardest, but all those steps get easier, they take us on a path of change. Action equals change equals success.

I know people who will ignore and avoid change with every fibre of their being, and yet they are fighting a losing battle. Everything changes over



time. The sun would never rise or set if nothing changed. Most of us are comfortable where we are, and yet when we change, there is always another place waiting for us.

Accepting that change happens, and that we can be either forced by circumstances and the universe to change, or we can take an active part in our changing lives. I am firmly of the opinion that taking an active part in life's changes is the most rewarding way. Change brings growth, and growth brings success, and success helps us to see the world in a better happier way.

The great thing about change is that no matter where you are in life at the moment, things will change. If you are going through difficult times, remember you are going through them, you are not stuck in them. Everything changes, and that has to be good.

If you have yet to begin your journey of change, if you don't know how, or are simply scared of doing so, and many are, then consider coming to see me for an initial consultation 01925 658322 or look at my website and my hypnosis programs www.healthyaudiohypnosis.com

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Welcome to the Autumn / Winter

For the season ahead, Panache lingerie takes inspiration from romanticism and the allure of nature. Burgundy and emerald tones punctuate the range and warm its Autumnal colour palette. Embellishments and embroidery feature throughout the collection, striking a balanced contrast between soft metallics and rich tones.

The glamorous Panache Black range is decadent yet subtle. Taking influence from baroque and tribal themes, this range embodies ornate detailing and elaborate lace.

Combinations of fabrics draped on classic shapes, indulged with hints of petrol green and navy blue to create an air of opulence and luxury.

The award winning Panache Sport takes inspiration and detailing from graphic florals and repeat patterns for a vibrant and electric collection. The four styles comprise of beautiful geometric and floral details on a base palette of coral, grey and pink.

This season sees Cleo add a fusion of eclectic tribal prints inspired by Aztec patterns, with vibrant florals, polka dots and animal prints. This is Cleo's most daring and concise collection of bras, briefs and babydolls to date.

Looking back at the grandeur of vintage showgirl costumes and keeping to the fantasy of the all American pin-up, the Autumn/Winter 2015 Sculptresse range sees an exotic cocktail of hot and humid hues collide with glittery metallics and flirtatious prints to emphasise the cheekiness of this show stopping collection.




Esme (Panache Black)
9031 Balconnet Bra
9035 High Waist Brief

Panache r 2015 Collection



5021 Wired Sports Bra
(Panache Sport)



Olivia (Panache)
7751 Balconnet Bra
7754 Brief



Marcie (Cleo by Panache)
6831 Balconnet Bra
6832 Brief



Kitty (Sculptress)
8045 Full Cup Bra
8042 Full Brief

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Warrington Deaf Sports & Social Club **We Need Your Help**

Warrington Deaf Centre is a local charity for D/deaf people based in Wilson Patten Street, Warrington. Our Sports & Social Club had a major refurbishment in 1991. The Deaf Community would like to bring the bar and social area into the 21st Century. We are looking for a bar fitting company who can provide ideas and support the development of the design and fitting.

Warrington is unique in that we are one of the few places in the UK which still manages to attract Deaf people into our Social Centre. Whilst the Deaf Community is changing, there are vulnerable individuals who benefit from our Centre and we want to continue to provide a happy, welcoming environment and preserve Deaf culture. It is a very important place for the Deaf Community and is regularly used for socialising, OAP afternoons, bingo, snooker matches, parties, Deaf Café, children's parties (Christmas, Easter, Halloween, Family Fun Day) and our BSL Signing Choir.



Working in Partnership with Warrington Borough Council, we have an 'Equipment Aids Room' based here with an extensive range of equipment to support people with hearing loss. Our BSL Signing Choir performed on stage with Pixie Lott at Warrington Festival Bank Park on 19 September and will be performing with Genesis Legend Steve Hackett on 25 October at The Lowry in Manchester, and have previously performed & raised Deaf Awareness with Peter Gabriel, Rod Stewart, Mike & The Mechanics and Ken Dodd.

If you can help us with our refurbishment please contact:

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Cute Christmas gifts that support skin cancer research

This Christmas why not treat your friends and family to a gift that supports skin cancer research. Martha & Hepsie created Molly the Mole with the British Skin Foundation and are donating 10% from the sale of each item to skin cancer research, inspired by their cousin who is fighting skin cancer.

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Desirable destinations



Two thirds of foreigners choose UK holiday destinations based on film locations

New research conducted by a UK holiday company has revealed that more than half of foreign tourists visit London because of the magical flick, Harry Potter. Furthermore it was found that 67% stated filming locations effect where they go on holiday.

A new survey has revealed the most popular destinations in the UK for foreigners from different countries to visit with two thirds of them choosing where they go based on film and television locations.

The team at www.BlueChipHolidays.co.uk polled a total of 2,345 individuals from countries outside of the UK for the purpose of their research, carried out to find which destinations in the UK were the most popular for those living abroad and why. Each individual polled was aged 18 or over and had been on a holiday to the UK within the past 2 years. Those polled were also spread out across multiple different countries and continents to get a more detailed grasp on UK holiday preferences.

Participants were first asked which UK holiday destination was their favourite to visit, below are the top five most desirable locations given in order:

1. London – 28%
2. Cornwall – 22%
3. Lake District – 11%
4. Edinburgh – 7%
5. Wiltshire – 4%

Researchers then wanted to find out if the nationality of the respondents impacted where their favourite locations in the UK are. They discovered that of the 321 Germans polled, over a third (34%) said Scotland was their favourite place

to visit in Great Britain. Americans on the other hand preferred to visit the London with 67% of them stating this was their favourite location and the French seemed to prefer Cornwall with 49% taking a preference towards the county.

Respondents were then asked how they decided where they wanted to visit in the UK, and were allowed to supply more than one answer if relevant; the following were the most popular responses:

1. The location was featured in a movie/television series I watch – 67%
2. Beautiful scenery impacted my decision – 58%
3. I like there to be a lot of tourist activities – 48%
4. Nightlife is a really important factor – 39%
5. There has to be a lot of history and historic sites for me to visit – 33%

Tori Kirwan-Taylor, Brand & Communications Manager of bluechipholidays.co.uk, made the following comments regarding the findings of the study:

“Great British holidays can really be exciting for foreigners due to the rich history so many of our holiday destinations have. However we found it very interesting to see that different countries seem to prefer certain places over others.”

She continued: “We also found it interesting that so many chose to go on holiday at certain destinations because of film locations! We’re really lucky in the UK to boast so many different types of scenery which makes us one of the best places to film. It’s really great to hear that it’s helping our tourist industry and I hope this continues into the future!”

Museum & Art Gallery celebrate 160th anniversary

Warrington Museum & Art Gallery has marked the 160th anniversary of the laying of the foundation stone, a pivotal moment in the building's history as it secured its permanent home.

To celebrate this historic event Warrington Museum & Art Gallery held a special Sunday opening when visitors were able to explore Warrington's history with fun filled free activities for all the family with Victorian guides and historic trails, craft activities, interactive gaming exhibitions and more.

The birthday celebrations were kindly Sponsored by PQ Silicas UK Limited, who this year have celebrated their 200th birthday and over the last two centuries have been an integral part of the fabric of the town.

Hedley Long, representative for PQ Silicas UK Limited, presented the museum with one of two commemorative glass sculptures that have been commissioned in celebration of their 200th Birthday. The second glass sculpture will reside with PQ silicas UK Limited.

On the 20 September 1855 the foundation stone of the present Warrington Museum & Art Gallery was laid at the Bold Street site. 160 years later Warringtonians still love the Museum's quirky character and its original glass cabinets crammed with treasures from all around the world!

Warrington Museum & Art Gallery houses an array of treasures to be marvelled at. Where else in Warrington can you meet a mermaid; hang around with a highway man, see a specially commissioned piece by leading contemporary artist Polly Morgan or travel through time and around the world!

The venue has been awarded the Trip Advisor Certificate of Excellence for the last three years running, it stages award winning exhibitions and education programmes and its collections have featured in international exhibitions



Pictured left: Hedley Long, representative for PQ Silicas UK Limited, presents a glass sculpture to Janice Hayes of Warrington Museum and right a close up of the sculpture.



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Jelly fish lighting up Blackpool!

The Jellyfish at Sea Life Blackpool are helping light up the iconic illuminations with their own fantastic light show.

This year's Illuminations are bigger and better than ever, with Hollywood Director, Tim Burton doing the honour of turning the lights on.

Jellyfish contain a special type of protein, which gives them the ability to glow in the dark. They are also boneless with no right or left side, only a top and bottom!

Located on Blackpool's famous Promenade, Sea Life Blackpool has been welcoming guests for an amazing underwater adventure for over 20 years.

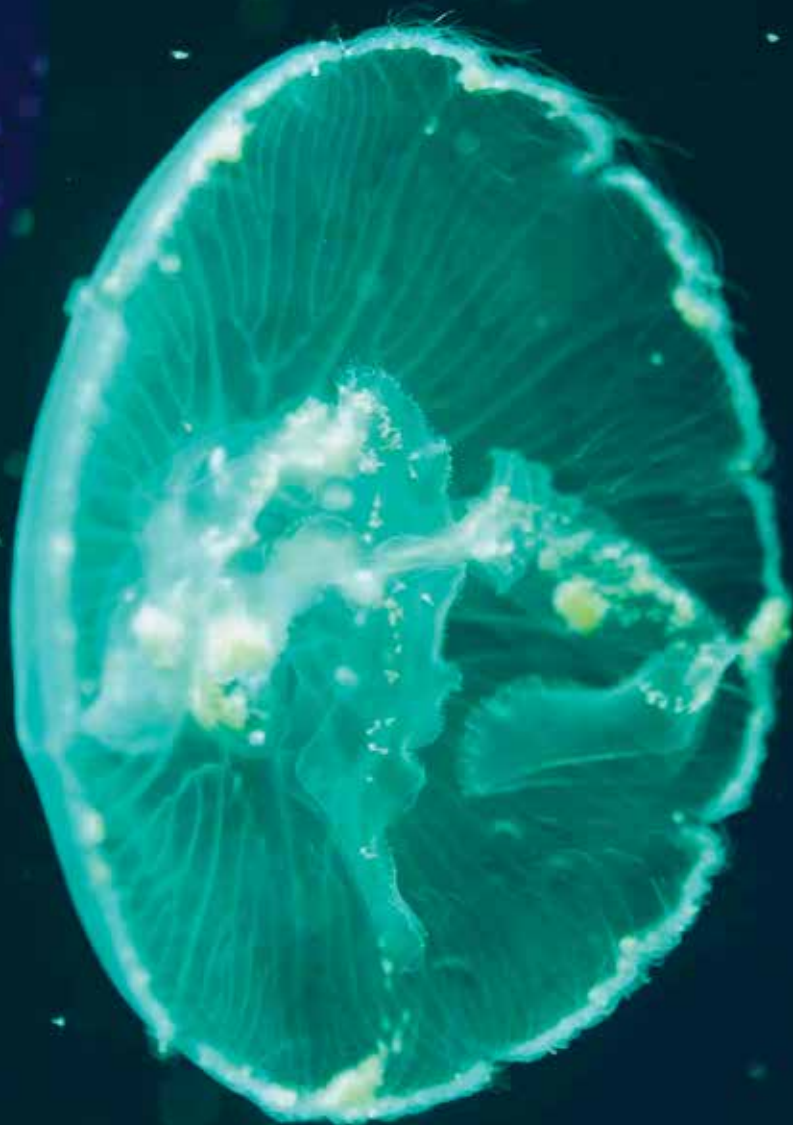
From shoreline to the deep sea, visitors learn all about how they can help to protect the amazing species living underwater near and far with over 50 dazzling displays and 2,000 spectacular aquatic creatures.

Jellyfish are just one of the amazing species on show at Sea Life Blackpool, with this year also welcoming the launch of Stingray Adventure.

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To find out more visit
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The Royal Yacht BRITANNIA marks Her Majesty The Queen becoming the longest reigning Monarch

The Royal Yacht Britannia commemorated Her Majesty The Queen's 63 years' loyal service to her country with a spectacular fireworks display on the evening of the 9th September.

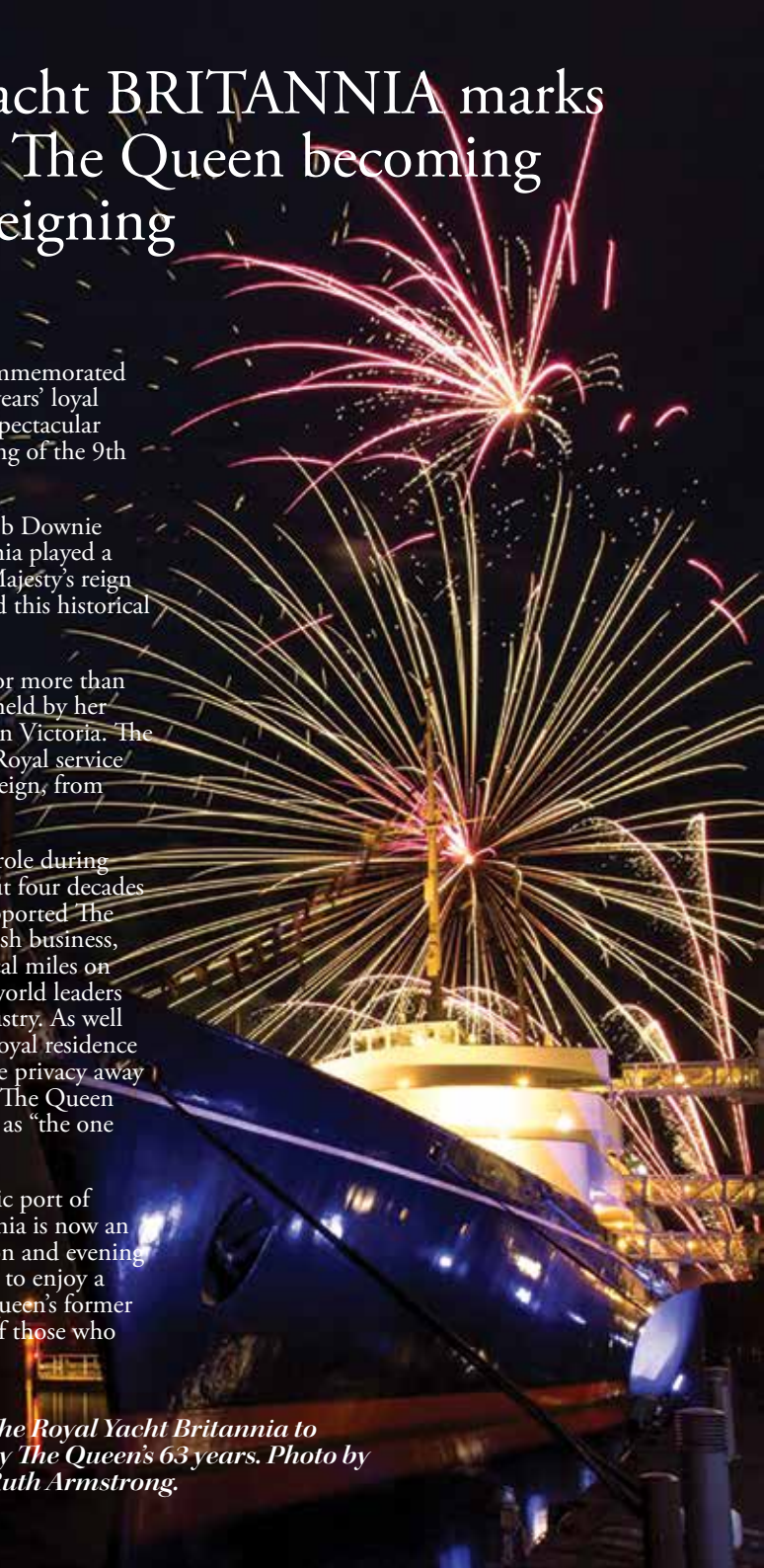
Britannia's Chief Executive Bob Downie says, "The Royal Yacht Britannia played a significant role during Her Majesty's reign and it is fitting that we marked this historical occasion in this way."

The Queen has now reigned for more than 63 years, breaking the record held by her great great grandmother Queen Victoria. The Royal Yacht Britannia was in Royal service for 44 years of Her Majesty's reign, from 1953 to 1997.

The Royal Yacht played a key role during The Queen's reign. Throughout four decades of Royal service, Britannia supported The Queen as ambassador for British business, sailing over one million nautical miles on 968 State visits, entertaining world leaders and promoting trade and industry. As well her formal role, the floating Royal residence allowed the Royal Family some privacy away from their public duties, with The Queen famously describing Britannia as "the one place I can truly relax."

Situated in Edinburgh's historic port of Leith, The Royal Yacht Britannia is now an iconic five-star visitor attraction and evening events venue, allowing visitors to enjoy a fascinating insight into The Queen's former floating palace, and the lives of those who lived and worked on board.

Spectacular fireworks at The Royal Yacht Britannia to commemorate Her Majesty The Queen's 63 years. Photo by Ruth Armstrong, Picture Ruth Armstrong.



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Rianne crowned World Champion and best

Former Warrington Collegiate student, Rianne Chester, is celebrating at the double at the WorldSkills International competition in São Paulo, Brazil, after taking a gold medal for Beauty therapy.

Rhianne also gained the illustrious Albert Vidal medal which recognises the best of best, the first time the UK has ever won the prize.

Following an intense and high spirited 43rd WorldSkills Competition, the Closing Ceremony of WorldSkills São Paulo 2015 brought to an end the largest competition in WorldSkills history and the first ever held in Latin America.

An estimated 9,000 competitors, experts, delegates, sponsors and partners, and supporters shared an emotional evening centred on recognising the excellence of the 1,189 competitors from around the world.



Team UK cheered as Rianne was awarded her gold medal, one of three gold's, three silvers and two bronze medals, gained by the squad in São Paulo.

The competitors with the highest points at the competition receives the Albert Vidal Award. Rianne received the award jointly with Jeong Woo Seo, Korea, Automobile Technology and Luis Carlos Sanches Machado, Brazil, Automobile Technology.

They each received a trophy from WorldSkills and a Brazilian cultural piece of art from WorldSkills São Paulo 2015.

Lesley Hill, Curriculum Leader in Beauty Therapy at Warrington Collegiate, the instigators of Rianne's journey to international success said: "We are so proud of Rianne and her fantastic achievement. She completed her Level 2 and Level 3 Beauty Therapy with us at the Academy at Warrington Collegiate. At an early stage tutors recognised that Rianne has something special, a hidden talent. At college Rianne blossomed into a confident level 3 therapist and an excellent role model for others. She took part in UK Skills competitions during her studies and was successful in winning her regional heats. We have always kept in contact with Rianne throughout her journey and the academy became a base for some of her intense training. Rianne will be coming back to inspire our current students with her story in the near future.

Rianne is the second world champion to have trained at Warrington Collegiate. In 2013 Bricklaying apprentice, Ashley Terron, won Gold at WorldSkills International 2013, Leipzig, Germany..

Carole Stott, chair of Find a Future, which manages the UK's entry into the WorldSkills competition, said: "WorldSkills São Paulo gave Team UK the opportunity to showcase the UK's vocational and FE system on a global stage.

"The hard work they have all put in over the last two years to prepare for the competition, alongside their committed training managers has really paid off and we are thrilled with the results they have achieved.

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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.

Storage space that can be quickly and easily accessed can be really valuable to homeowners who now need the spare bedroom for a new arrival, or who find getting the Christmas tree down each year just a little bit harder. So shouldn't we be making the most of that space over our heads?

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 solution that's affordable to most, and certainly more cost effective than locking your possessions away in a remote warehouse. For just £287+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 and the quality of the work is monitored independently by the Guild of Master Craftsmen. Already a trusted name in the North West, over 2500 homeowners have enjoyed the benefits we offer, with more having the work carried out every day.

There are a range of packages available to suit all pockets – so whether you just want a ladder installing or you want ladder, boarding and light, call More Than Loft Ladders now for a free survey and quotation with no obligation.

Call 0800 03 59 880 or visit the website at www.morethanloftladders.co.uk



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How an inspiration became your Quooker

Inspiration for the Quooker



In 1970, Henri “Han” Peteri was an engineer working on the development of instant soup for an international food company, when he realised that if you had to wait for a kettle to boil to make it, soup could never truly be instant. So he began to develop ideas for a tap that could instantly dispense plentiful, genuinely 100°C boiling water on demand. Han left his job, set up a workshop in his cellar and set about making his concept a reality.

Instant 100°C boiling water – a Quooker world first



After 3 years, Han had indeed developed a prototype tap that delivered 100°C instant boiling water, but it needed development and he had run out of money. But the friends and family who had bought

his prototypes were so enthusiastic about the product that they told him they could no longer do without them. So he persevered and, in 1978,

Han patented the world’s first tap that delivered instantaneous 100°C boiling water.

It wasn’t until Han’s son, Niels, joined the venture after graduating as a lawyer, that the idea was turned into a fully-fledged project and the Quooker was truly born. Five more years of hard work and development followed until in 1992, the first Quooker Basic went into production. In 1993, Han’s other son, Walter, joined the company and the product was launched commercially. As sales began to increase, the business grew, the range expanded and, in time, Quooker grew into the amazing company that it is today. Quooker is still the innovative market leader, developing and selling a whole range of products based around the original inspiration of providing genuine 100°C instant boiling water. Forty years on, Quooker designs, develops, patents, manufactures, sells and installs what is, quite simply, the most efficient and reliable boiling water tap available today, and still the only one to guarantee a full 100°C boiling water, to totally replace the kettle in any kitchen.

Why is Quooker still the best?



Two decades of development went into the first commercially available Quookers and we have never stopped improving and refining them. Others have tried to imitate the Quooker, but no-one has managed to emulate our patented invention; the original and still the only true 100°C boiling water tap. The high quality materials – such as the surgical quality stainless steel from which we make our tanks – also make

our 100°C boiling water taste great; far better than the water from most kettles.

What this all means for you



Buying a Quooker is a unique experience, as you would expect from a unique product. Our guarantees and customer service are second to none; from quality manufacture; informative sales through our network of specialist kitchen retailers; and expert installation by our dedicated installation team; to our outstanding aftersales support. Every Quooker tap is based on thoroughly tried and tested technology, but brings you the latest in elegance, style, safety and functionality. It also brings you the perfect cup of tea, thanks to that unparalleled genuine 100°C boiling water.

We listen to our customers and to kitchen designers, and everything they tell us informs our product development. Quooker has proven, time and again, that the taps that we design, manufacture and sell are quite simply the best, safest and most reliable on the market. Once installed in your kitchen, our Quooker product will rapidly become the appliance you use most; replacing the kettle and saving you valuable time, multiple times each day. A Quooker helps you to brew the perfect cuppa, to cook, to entertain, and to relax and enjoy your home.

Beloved by professional chefs, TV personalities, talented kitchen designers and thousands of happy Quooker owners, after more than 40 years of heritage in excellence and innovation, there's still nothing that can hold a candle to the Quooker.

JD Kitichens are a main dealer for Quooker.

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See their ad on page 34

Keeping You Safe on the Road

*By Raf Khan from
Warrington Service Centre*



For a clear view this autumn

At this time of year visibility becomes even more important than ever. Being able to see clearly through your windscreen in wet and dark conditions will minimise your risk of accidents out on the road, keeping you and your family safe.

Checking your windscreen wipers in autumn should be a basic pre-winter check. If your wipers judder, make a noise or leave unwashed margins or bands of rain it's time to replace them.

Clean your windscreen inside and out. Greasy smears can seriously impair your vision in low winter sun. For stubborn marks try dishwasher powder dissolved in a little water and dry with clean kitchen towel.

Make good use of your air conditioning for faster demisting and to reduce condensation on cold windows.

Make sure you switch wipers off in the park position as the risk of freezing increases. This will avoid wipers freezing to the screen and causing damage to the wiper motor or blades when you start the car again.

Now is the time to top up windscreen washer fluid with added anti-freeze to reduce the chance of freezing. Don't use engine anti-freeze as this will damage your paintwork.

If you'd like to learn more about pre-winter car maintenance join us for our Basic Winter Maintenance Workshop on Wednesday 4th November 6pm-8pm at Warrington Service Centre. It offers a practical, step-by-step guide to maintaining your car, ideal for first time drivers and anyone wanting to develop their basic car maintenance skills.

Attendees can also enjoy a tasty hot soup and refreshments and receive a free winter pack to takeaway. Places are limited so book now on 01925 232255.

Claire thinks big in search for answers

A former Priestley College student is at the forefront of scientific investigations into some of the tiniest organisms on the planet.

Dr Claire Stanley, who left Priestley with a passion for sciences and As in the subjects, is now conducting research at ETH Zurich – one of the leading international universities for technology and the natural sciences.

During a return visit to college she met her former tutor Jan Costello and explained what she was doing now.

“It is fundamental science because no one has done it before,” said Claire, who grew up in Birchwood.

“We are manipulating fluids on a micro scale and in this controlled way we are able to look at the development of antibacterials.”

Claire’s research is into the development of technologies in microfluidics, which involves studying the reactions between bacteria, fungi



and nematodes, which are microscopic worms found in soil.

Claire and her colleagues are looking to develop potentially life-saving antibacterials as well as investigating ways their methods could help with safe crop growth.

“One of the next steps for me will be encouraging and mentoring the next generation of scientists,” said Claire. “I would also love to lead my own research group one day.”

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Shelly's Pumpkin Soup

Ingredients:

Pumpkin
 Big white onion chopped
 2 carrots peeled chopped
 1 x stick celery chopped
 1x red pepper chopped
 Small carton cream
 Seasoning
 2 veg cubes
 700ml hot water
 2 dessert spoons veg oil

Method:

Buy a big nice shaped Pumpkin carve out your

*Very healthy vegetable soup and the pumpkin will please all your Halloween Visitors.
 For added fun green up face and wear a witches hat broom optional!!*

amazing idea carefully.

Scoop out the flesh, chop into chunks and put to one side.

In a big pan add onion with the oil, cook till soft but not browned.

Add all other ingredients , not the cream just yet!

Cook till soft, stir a few times.

Blitz with a stick blender.

Season add the cream.

Serve piping hot with crusty bread.

Added bonus:

Wash the seeds and roast with a little salt quite a yummy snack.



Dance students who dazzled

A YOUNG dancer makes a spectacular subject for photographer Carl Gleavey at Warrington's Priestley College.

The dancer is Megan Kavanagh - one of the college's dance students who dazzled tutors and examiners with their skills this year.

Students from the college are heading to the UK's top dance and theatre schools, including London Studio Centre, LIPA, De Montfort and Edge Hill, following a remarkable set of A-Level results, which saw 80 per cent secure A* to A with every student achieving at least a B.

There was similar success for the BTEC Dance students with a 100 per cent pass rate and 50 per cent of grades at Distinction*.

Tutor Rachel Leyland said: "It was an outstanding year. The students worked so hard and responded brilliantly to everything we taught them.

"Our tutors have worked in theatre so we teach with industry standards and expectations in mind and the students responded to that."

Among the successful performers was 18-year-old Holly-Ann Hodgkinson from Padgate.

The former Beamont Collegiate Academy pupil secured A* in her Dance A-Level, Distinction* in her Dance BTEC as well as a B in Drama.

One of the highlights of studying at Priestley for Holly-Ann was performing at the Victoria Baths in Manchester, which the college hired as an alternative venue.

"It made me realise you don't need to dance on a stage or in a studio, you can take dance anywhere and be inspired," she said.

Over the year the dance students have benefitted from workshops in college run by people at the top of their profession including Britain's national dance company Rambert, a dancer from Thriller Live and Phoenix Dance Theatre Company.

Priestley's head of Performing Arts Sarah Graham said: "It really does raise the students' aspirations by introducing them to professionals in their chosen disciplines. It's the best way to introduce them to industry standards and our students always raise their level during these workshops."

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Visit 3: Fashion Slices (10 Foils), Head Massage,
Shampoo & Conditioning, Blow Dry.

Visit 4: Head Massage, Shampoo & Conditioning,
Cut & Blow Dry.

Plus on every visit you have the opportunity to upgrade to a full head of highlights @ £40 or half head of highlights @ £25
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