

lifestyle

magazine

December 2015 /
January 2016

FREE
Please take
one

ARE YOU CONSIDERING EXTENDING OR RENOVATING?

U
urban
BUILDING PROJECTS LTD



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

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

SHAKE UP YOUR
Christmas
AT VILLAGE WARRINGTON



PUNCH & JUDY LUNCHES

Sunday 6th, 13th, 20th & Thursday 24th December

2 course Christmas meal + children will receive a free gift off Santa.

£19.95 adults | £9.95 children

FIND OUT MORE OR TO BOOK CALL **01925 377540**

VILLAGE-HOTELS.CO.UK/CHRISTMAS

VILLAGE
THE HOTEL CLUB

VILLAGE WARRINGTON, Centre Park, Warrington, Cheshire, WA1 1QA

Warrington

Service Centre

Leading MOT Automobile Servicing Specialist For Cars & Bikes

Safe Winter Driving

Book 2 cars for FREE winter check*

and get a FREE winter kit!

Book now only 100
FREE Kits available!

*FREE 16 point check with free report on any wear and tear observed, top ups and replacements charged extra.

20% OFF
Full Service and MOT
when you spend £8.99 or more on wiperblades!
FREE MOT Re-test

*Offer Valid until 30.11.2015

**Call now on 01925 232255
to book, quote WW06**

www.warringtonservicecentre.co.uk

Millercare

Mobility Specialists



***Ellen Riser Recliner
with Waterfall Cushions
in Spray Jute***

**Recliners Start
from £599 with
FREE Home Demo**
includes
3 year warranty



***Lilburn Riser Recliner
in Herringbone Jute***

**1 Kingsway North, Manchester Road, Warrington WA1 3NL
Telephone: 01925 251212 | www.millercare.co.uk**

Welcome to lifestyle



The stunning image of St Elphin's Parish Church on the front cover of this issue was taken by local photographer Paul Jackson from Unit 8 Photography based in Warrington.

It shows one of Warrington's oldest buildings in all its glory in a very festive winter setting.

It highlights that there is still plenty of heritage and culture in the town, which many of us often take for granted, making a mockery of national media reports earlier in the year suggesting Warrington was bottom of the league for Culture



Vultures! More of Paul's work can be seen on the Facebook group Warrington Photo Lovers.

Here at Lifestyle and our sister publications, we are always on the lookout for Photo features, so if you have anything of interest please send it in to info@warrington-worldwide.co.uk

It is a great way to showcase your work.

Shelly's

Christmas Menu £13.50

Two Course Lunch Time

Mains

Dessert

Traditional Aga Roast Turkey

Christmas Pudding

Salmon Fillet with Lemon & Ginger Sauce

Choice from Chiller Cabinet

Cannellini Bean & Walnut Quiche

or Cheese and Biscuits

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

Retirement Flats Available

Hancock Court, Warrington, has immediately available two single, one bedroom flats. All the flats have double glazed windows, fully fitted kitchens, with a hob and oven and the bathrooms have walk in showers for better accessibility.

Hancock Court is conveniently located close to local amenities, Warrington city centre, and has good transport links.

The residents have access to communal facilities such as a lounge, gardens and a laundry. There is a court manager service Monday – Friday, to provide support and advice.

Are you ready to move in?

To arrange a viewing or to find out more information, call the court manager on 0370 192 4137.



housing&care21

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

UNWIND THIS WINTER

QHOTELS
INSPIRED
BY YOU



INDULGENT WINTER RITUAL WITH COMPLIMENTARY GIFT JUST £50_{pp}

Melt away your tension this winter with an indulgent 50 minute Face and Back Ritual with ESPA and a complimentary ESPA Introductory Collection gift, worth £17*

Why not upgrade to a spa day? Enjoy full use of our health club facilities and relax in comfort with robe, towel and slippers hire for just £10_{pp}**

Book your spa treatment today; call and quote
LIFESTYLE RITUAL



0845 074 0064 | parkroyalbeauty@QHotels.co.uk
Stretton Road, Stretton, Warrington WA4 4NS
QHotels.co.uk

THE
PARK ROYAL
Warrington,
Cheshire

Terms and conditions apply. Valid Monday-Friday until 31st December 2015. 50 minute ritual includes 50 minute treatment time with 10 minutes client care. *Complimentary gift is subject to availability. **Robe and slipper hire subject to availability. For full terms and conditions please speak to our friendly spa team.

Parish church is steeped in history

Picture : *Paul Jackson*

This stunning picture of St Elphin's Parish Church in Warrington was taken by local photographer Paul Jackson from Unit 8 Photography.

Paul has been snapping views of Warrington for a number of years and this one shows the historic church in all its glory.

The Church which is believed to have the oldest room in Warrington dating back to the 14th century, is steeped in history.

During a heritage open weekend the church was opened up to members of the public for tours, including going up the steeple, which is the highest view point across Warrington.

Despite a fear of heights Lifestyle Editor Gary Skentelbery plucked up the courage to go up to the top of the tower.

"The views literally take your breath away," said Gary.

"The history of this building is amazing and well worth a visit. We often take our local heritage on our own doorsteps for granted.

"Despite what has been reported in the national press there is plenty of culture and heritage to enjoy in and around Warrington.

"Sometimes we just need to open our eyes and look under our noses.

"It was grey and over cast when I got to the top," but the views across Warrington were amazing."





Welcome to



We pride ourselves on providing great hair services, in a friendly atmosphere. We have a strong team of highly talented and creative stylists, we are renowned for classic styling, beautiful cuts and the most creative use of colour personalised for you.

We have launched a Deluxe Gift Certificate

This has been created for new clients and is the perfect introduction to some of the services we have to offer. You will receive the following over 4 separate visits.

Visit 1: Personalised Style & Colour Consultation.
Colour Patch test.

Visit 2: Head Massage, Shampoo & Conitioning,
Cut & Blow Dry.

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

Or 30% off any other colour service.

The Deluxe Gift Certificate costs £40 and can be purchased direct from the salon.



Tel: 01925 575785
63 Sankey Street, Warrington

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)****eden**

3D Design • Landscaping • Maintenance



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

Call office now**01925 263 125**

32 West Avenue, Stockton Heath, Warrington,

Cheshire, WA4 6HX

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

**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**JP LANDSCAPES**

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

- Block Paving - Tarmac
- Slabbing - Driveways
- Patios - Gravelling
- 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

Cancer Research UK Winter Run Series announce Jo Pavey as their Series Ambassador

British long distance runner will partner with the event series for a second year

Olympian Jo Pavey will partner with the Cancer Research UK Winter Run Series, a series of 10k closed road events which take participants past some of the most iconic landmarks in London, Liverpool and Manchester.

The four time Olympic and European championship gold medallist is the Winter Run Series ambassador for the second year running and is encouraging the public to embrace the cold and sign up for the unique event, which raises money to help beat 200 types of cancer.

Jo took part in the 2015 London Winter Run with 15,000 runners and is back for another year to help inspire and motivate runners to brave the elements and carry on exercising this winter, in support of a good cause. After a huge sell-out first year in London, making it the biggest ever inaugural 10k in the world, two new events have been added in Liverpool and Manchester to allow more people than ever to join the fun.

Jo Pavey comments: "I am thrilled to be the Winter Run Series ambassador for the second year running. I know how important it is to carry on exercising through the winter months and having something to train for like the Cancer Research UK Winter Run is the perfect way to keep you motivated. I'm looking forward to taking part in my second Winter Run along with all the other inspirational participants who have conquered the cold and raised money for such an incredible cause."

In 2014 Jo made history by becoming the oldest ever European Champion at 40 years and 325 days and later in the year won third place at the BBC Sports Personality of the Year. Jo has been an inspiration to a generation of women, picking up gold in the 10,000m in Zurich in 2014, just ten months after giving birth to her first child.

The Cancer Research UK Winter Run Series is a



10k like no other, with snow zones and hugs from friendly polar bears along the route. Whether people are looking to get a personal best or simply cross the finish line, the Winter Run Series is the perfect 10k to train for this winter. The unique event provides that all important motivation needed to carry on running through the winter months, so this January participants can kick off those healthy New Year's resolutions with a bang. It fits perfectly into spring marathon training plans and makes the ideal first time goal for anyone who's just discovering running.

Clive Sanders, Head of Events at Cancer Research UK, said: "Fundraising events like the Winter Run Series are vital for raising life-saving funds to help beat cancer sooner and unite men and women of all ages and abilities in the fight against the disease. We hope as many people as possible will sign up and seize the chance to help give cancer the cold shoulder."

The Winter Run Series will be taking place in Liverpool on Sunday 17th January, in London on Sunday 31st January and in Manchester on 28th February. Visit www.winterrunseries.co.uk for registration and more information.

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

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 all of your installation and maintenance
requirements in all of the above disciplines.*

www.dantegroup.net

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

Book your holiday

THROUGH YOUR LOCAL TRAVEL AGENT!

PACKAGE HOLIDAYS
TAILOR MADE HOLIDAYS
CRUISE
LONG HAUL
SHORT HAUL
CITY BREAKS
GROUP BOOKINGS
WEDDINGS/HONEYMOONS
STAG / HEN TRIPS
CHRISTMAS MARKETS

*ALL HOLIDAYS ABTA / ATOL PROTECTED

FOR A FRIENDLY, PROFESSIONAL TRAVEL EXPERIENCE,
CONTACT US TODAY FOR A "no obligation" QUOTE.

FREEPHONE: 08008 108409

MOBILE FRIENDLY: 03308808087

MOBILE: 07745 200 020

E: JANET.HAM@YOURHOLIDAYBOOKING.COM

YOUR
holiday
BOOKING.COM

YOUR HOLIDAY BOOKING IS A TRADING NAME OF THE FREEDOM TRAVEL GROUP, PART OF THE CO-OPERATIVE TRAVEL



TD TOM DAVIES

BESPOKE GLASSES
AS UNIQUE
AS YOU ARE
available at:

 **richard shaw**
optician

01925 632516
7 Bold Street, Warrington, WA1 1DN
www.shawvision.co.uk

LIMITED OFFER

FREE Neff Slide & Hide Oven and 4 Burner Gas Hob

with every kitchen ordered before Friday 18th December, for delivery before 29th February 2016 *T&C's apply*

RRP £918



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

01925 636997
www.jdkitchens.co.uk | sales@jdkitchens.co.uk



© 2015 JD Kitchens Ltd. All rights reserved. The information on this website is for general information only and does not constitute an offer. The information on this website is for general information only and does not constitute an offer. The information on this website is for general information only and does not constitute an offer.

New mums suffering in silence due to lack of support network

- 60% of mums said they suffered from the baby blues after giving birth
- A quarter (23%) of new mums said they suffered from postnatal depression
- Of those, over half (60%) of mums said they didn't receive the support they needed for postnatal depression

New research from The Baby Show has revealed that mothers across the UK are suffering in silence when it comes to the baby blues and postnatal depression after the birth of their children.

In the study of 1,000 mums, nearly half (44%) admitted to feeling isolated once they'd given birth and 6 in 10 (60%) of women said they suffered from a form of the baby blues. The baby blues is a short period of feeling low, emotional and anxious that begins very shortly after a baby's birth. It is a result of natural hormonal changes after giving birth and can last up to 10 days or even longer.

Worryingly, 23% of respondents said that these baby blues developed into a state of postnatal depression which is a much deeper and longer form of depression that usually develops within six weeks of giving birth and can come on gradually or all of a sudden and can range from being relatively mild to very severe.

Whilst the most common source of support for post-partum mums was family members and friends, the majority (62%) said they didn't get the support or treatment they really needed. The main reasons for their isolation were listed as their partners working all the time (47%), the feeling that they had lost their personal identity having become a 'mum' rather than the individual person they used to be (39%) and one in four (26%) saying it was because they didn't feel there were enough places to go outside of their home that accommodate babies and young children.

Wing Yan Lee, Marketing Manager for The Baby Show says: "These results show that whilst having a new baby is meant to be a time of celebration and joy, a large number of mums are struggling with feelings of loneliness and isolation. Thankfully, it is now much more acceptable to discuss mental



health issues and to help raise awareness we are launching a brand new panel where experts will be on hand to give advice. Our research has confirmed the need to put this taboo subject in the spotlight in order to provide better support for new parents. Having the knowledge of why these emotional changes occur, how to identify BB and PND and most importantly, how to deal with them is key to building confidence in new mums as well as their families."

Three times a year The Baby Show is home to over 200 exhibitors and an array of expert speakers giving advice across a wide range of relevant topics to help new parents find their feet.

There are a number of sources of advice for those who believe they are or their partner are suffering from PND including Tommys.org, UKPEA and mind.org.uk.

*The Baby Show is held three times a year – at the ExCeL London (February), the NEC in Birmingham (May) and Kensington Olympia (October) www.thebabyslow.co.uk.



Reflecting on your marriage and don't know what to do?

Slater Heelis has provided expert advice to families for over 240 years.

Our team of Resolution family specialists are here to support you with first-class legal advice to provide the direction you need during separation. The team has expertise in divorce, separation, civil partnerships, finances and children arrangements. When it's appropriate for you, we are also able to offer collaborative law and mediation services.

Our family team all live in the South Manchester and Cheshire area. Living within the same community provides us with unique insight into what affects your daily lives. You are just a ride away from one of our offices in Sale, Timperley or Manchester. We have additional meeting facilities in Warrington.



"Having moved away for university, I always felt a natural desire to return to the area where I grew up. With its variety of local restaurants, shops and events, Lymm has a vibrant and strong community atmosphere which gives me everything I need on my doorstep."

Camilla Burton-Baddeley | Family Solicitor

Get in touch with our family team

✉ family@slaterheelis.co.uk

☎ 0161 672 1247

💻 www.slaterheelis.co.uk

🐦 @SlaterHeelisLaw 📘 /slaterheelis

slaterheelis^{LLP}
SOLICITORS

 **resolution**
first for family law

Frodsham Panto Group
proudly present

Snow White *and the Magnificent* *Seven Dwarfs*

Reduced
ticket prices
on Monday
& Tuesday

by Damian Trasler, David Lovesy and Steve Clark
of TLC Creative by arrangement with Lazy Bee Scripts



10th to 16th January 2016
at Frodsham Community Centre



**Frodsham
Panto
Group**

**Booking Forms available
from the Community Centre,
Tickets from Tilly Patel, 07971 606409
or online at frodshampanto.org.uk**

Manchester Airport flying high after passing 23 million passenger milestone



Manchester Airport, the UK's third busiest airport, has passed 23 million passengers for the first time in its 77-year history.

Since November 2014, 23 million passengers have used the airport, flying to more than 210 destinations across the globe.

They range from European cities like Dublin and Amsterdam to destinations popular with sun-seekers, including Tenerife, Palma and Alicante.

Passengers are also jetting off to an increasing number of long-haul locations, such as Singapore, Hong Kong, Las Vegas, Washington DC, New York, Miami and Dubai.

There has now been an increase in the number of people using the airport for 19 months consecutively, with five per cent growth in passenger numbers in the last year alone.

And further growth is predicted, with a number of key routes set to be launched in the coming months.

They include Los Angeles and Boston, with Thomas Cook Airlines, and Beijing, which was announced during President Xi Jinping's visit to Manchester last month. That service, with Hainan Airlines, will start next June. All three services are the only direct scheduled flights to

those destinations outside of London, further cementing Manchester Airport's status as the Global Gateway from the North.

The most popular international destinations over the last 12 months were: 1. Dubai; 2. Dublin; 3. Amsterdam; 4. Tenerife; 5. Palma; 6. Alicante; 7. Malaga; 8. Paris; 9. Orlando; 10. Faro.

Ken O'Toole, Managing Director of Manchester Airport, said: "We are really pleased to have hit this significant milestone.

"Manchester Airport has never been busier and our continued growth is testament to the role we play in connecting people across the North to destinations in all four corners of the world.

The 23 millionth passenger was easyJet customer Lucy Chaplin, 22, who received a wealth of prizes when she arrived for her flight to Geneva.

On the accolade she said: "I am absolutely delighted to be Manchester Airport's 23 millionth passenger and what an incredible start to my flight with easyJet."

Lucy received a pair of return tickets to Vienna from easyJet – the airline's newest route from Manchester Airport, access to Manchester Airport's Escape Lounge, plus FastTrack passes.

LiveWire

Warrington's
leading provider
for your Leisure,
Library and
Lifestyle needs.



/yourLiveWire



@yourLiveWire

Working in partnership with

WARRINGTON
Borough Council





LiveWire 

livewirewarrington.co.uk



Quality, comfort and safety – at 191mph

Fancy a saloon car with a top speed of 191mph and a 0-62mph time of just 3.9 seconds?

The car for you could be the all-new Alfa Romeo Giulia Quadrifoglio, due to become available in the UK late in 2016.

Built on an all-new, rear-wheel drive platform with an emphasis on light weight and agility, the sporty underpinnings of the new Giulia define its shape and strongly influence its design with Alfa Romeo stylists wrapping the mechanical components in a taut, muscular package dominated by its long bonnet, short overhangs, muscular haunches and the longest wheelbase in its class.

Simple, natural lines enhance its shape and proportions, while the surface is finished with elegance and restraint, exuding the purity and style one comes to expect of Italian design.

Under the bonnet beats the heart of the car, an all-aluminium, 2.9-litre turbo petrol V6 engine, inspired by Ferrari technology and expertise.

Despite the high levels of performance, the car also returns best in class CO2 emissions levels at just 198g/km, largely thanks to its electronically-controlled cylinder disabling system and excellent aerodynamics.

Inside, the Giulia offers the best in terms of quality, safety, equipment and comfort. All the main controls, including the start button, are incorporated in the steering wheel as on a Formula 1 car, while the human-machine interface consists of two simple, user-friendly knobs for adjusting the Alfa DNA Pro selector and the Connect 3D Nav infotainment system.

Audiophiles will welcome the availability of a sophisticated Harman Kardon Sound Theatre system, which uses a 12-channel class D amplifier and Logic 7® technology to distribute rich, clear 5.1 surround sound through high-quality 14 speakers.

PhoneHutUk

Leading Mobile Device Experts



What We Specialise In:
Mobile Phones | Laptops | Consoles

Screen Repairs | Charge Port Repairs | Software Issues
Battery Replacement | Water Damage | Power Buttons
Headphone Jacks | Glass Replacement



Tablet & Smartphone Repairs

"Affordable Reliable Service"



www.Phone-Hut-Uk.co.uk

PhoneHutUk
32, Padgate, Lane
Warrington
WA1 3RX
01925 482424

Open 6 Days A Week
Monday-Friday 9:00am-5:30pm
Saturday 9:30am-3:00pm
Sunday - Closed

PhoneHutUk
744A, Knutsford Road
Warrington
WA4 1JW
01925636511

Researchers examine milk production by giant pandas to help explain the importance of early milk in all mammals

A five-year study of giant pandas by researchers has uncovered previously unknown details of the complex changes that a female bear's milk undergoes immediately after birth. The findings may have implications for rearing in other species, including humans.

Research led by Professor Malcolm Kennedy of the University of Glasgow, and published today in the journal *Royal Society Open Science*, underlines just how important mother's milk is to giant panda cubs.

Professor Kennedy, Professor of Natural History, said: "Bear cubs are born at an extremely early stage of development. Bear milk may contain unique factors on which cubs depend for relatively prolonged periods for immune protection, gut microbiome health, and other physiological development.

He added: "Giant panda milk samples taken from birth to five months were found to contain proteins and other molecules that change more slowly from first milk (colostrum) to mature milk than in any other species of placental mammal. Antibodies and certain complex sugars important in anti-bacterial defences are central to these changes. Natural rearing is therefore crucial to the health and survival of giant panda cubs, as with all mammals."

Professor Kennedy said his research was not relevant to the thorny issue of panda breeding in zoos, which, he says, is more to do with stress, misconceptions about their natural foods in the wild, and lack of socialisation.

Giant pandas have the smallest offspring relative to their size of any species among the advanced placental mammals to which humans belong. Their cubs are reliant on their mothers' milk for a much longer time than most species. It takes 30 days at least for them to move on from first milk (colostrum) to mature milk.

Professor Kennedy explained that his research team – which includes Dr Richard Burchmore's laboratory in the University of Glasgow, and Dr



David Watson's of Strathclyde University – has observed significant changes in giant panda milk that happened slowly but that are crucial to the development of their cubs.

These research findings demonstrated why artificial milk was a particularly poor substitute for natural milk in animal rearing. In China there is a tendency to encourage their giant panda females to keep producing cubs at an unnatural rate, which means that cubs are often reared on artificial milks and taken away from their mothers at an early stage.

The research team's samples were collected from six captive-bred animals at the Chengdu Research Base of Giant Panda Breeding in Chengdu, in the Sichuan Province of China, over a period of five years. For comparison, the team also sampled the milk of grizzly bears, bottlenose dolphins, Indian and African bush elephants, polar bears, cows, dogs, and humans.

Prof Kennedy is also researching milk production by British grey seals and found them to be at the opposite end of the spectrum from pandas.

"Seals move to producing mature milk in as little as 24 hours, and they finish their lactation in 20 days – pandas have not even started making their mature milk by 30 days," he said.

He continued: "One interesting aspect of the work on pandas is that one can observe changes in milk after birth happening in slow motion. That allows us to observe and better understand similar changes that happen more rapidly in other species, such as in humans.

Yoga for All - Yoga for Life

Ananda Yoga Centre



Hatha Yoga • Yoga Therapy • Meditation
Nutrition • Creative Craft Classes
Monthly Workshops
Monthly Mind, Body & Spirit Pamper Day
Holistic Treatments • 1-2-1 Sessions
Corporate Packages Available

Community
Enterprise minimum
donation per class
applies

Opening
Day
Sunday 29th
November

Visit our Facebook page for further information

07545 835 667
755 Knutsford Road, Latchford WA4 1JY
Free Parking behind the Co-op

 **Ananda Yoga Centre**

Hatters Bloom
Floral Design

Flowers for All Occasions
Local and National Delivery Service
Holly Wreaths
Christmas Table Arrangements
Weddings
Grave Pots • Funerals
Bouquets • Plants
Balloons

Quote ref: LS12/15 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



**20% off
your first
booking!**

Get Waxed
and relaxed

Specialising in a vast selection of treatments
including brazilian waxing, semi-permanent
lashes, deep tissue massage, manicure,
pedicure, gel polish, nail extensions, spray tan,
facials, pamper parties and much more.

All from the comfort of your own home

14 years experience working around the world within
the spa and beauty industry you can be confident that
your treatments will be performed to the highest
standard

call 07805 008 463
See web site for further details and full price list
www.getwaxeduk.co.uk



**Learn how to
sew, crochet,
needle felt and
much more.**

Bringing some cool to Warrington

We have a lovely sewing studio where you can learn
new skills and make your own clothes.

We also stock lovely buttons, ribbons and sewing
accessories plus we have a fabulous range of vintage
fabrics and patterns for sale.

Why not pop in to see what we're all about, the kettle
is always on. Or contact us for more information.

**Bring this advert to receive
10% DISCOUNT
ON ALL OUR CLASSES**

1A Academy Place (opposite Skate Academy)
Warrington WA1 2NR
01925 820 780
E: dollyssewingschool@yahoo.co.uk

 Dolly's Haberdashery  @DollysSewing

Reproductive Health Group

Maternity Services

RHG are not just here to help you get pregnant, we are here to help you to have a healthy baby.

Our team provide regular, dedicated care for you and your baby, from one off consultations to complete maternity reassurance and 4D scanning packages.

Call us on 01925 202180 to find out more,
or visit... www.reproductivehealthgroup.co.uk

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 £287+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"

Look up !

... and get more space at home for just £287 + 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.

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



Take a trip down memory lane at 'C

Mr Smith's legends Fitz, Spike and Wiggy, took a trip down memory lane at the launch of an exhibition which pays tribute to one of Warrington's most iconic landmarks, which is set to open at the town's museum has opened.

Goodbye Mr Smiths is a response to the community reaction following the fire and demolition of the infamous building that housed the iconic Mr Smiths nightclub in the 1980s and 1990s, which attracted clubbers from all over the North West.

Once national TV cameras came to town dancers Fitz and Wiggy became household names, while Warrington born Spike Dawbarn shot to fame as a member of boy band 911.

"I first went into Mr Smiths when I was just 13 and it quite simply changed my life," he said.

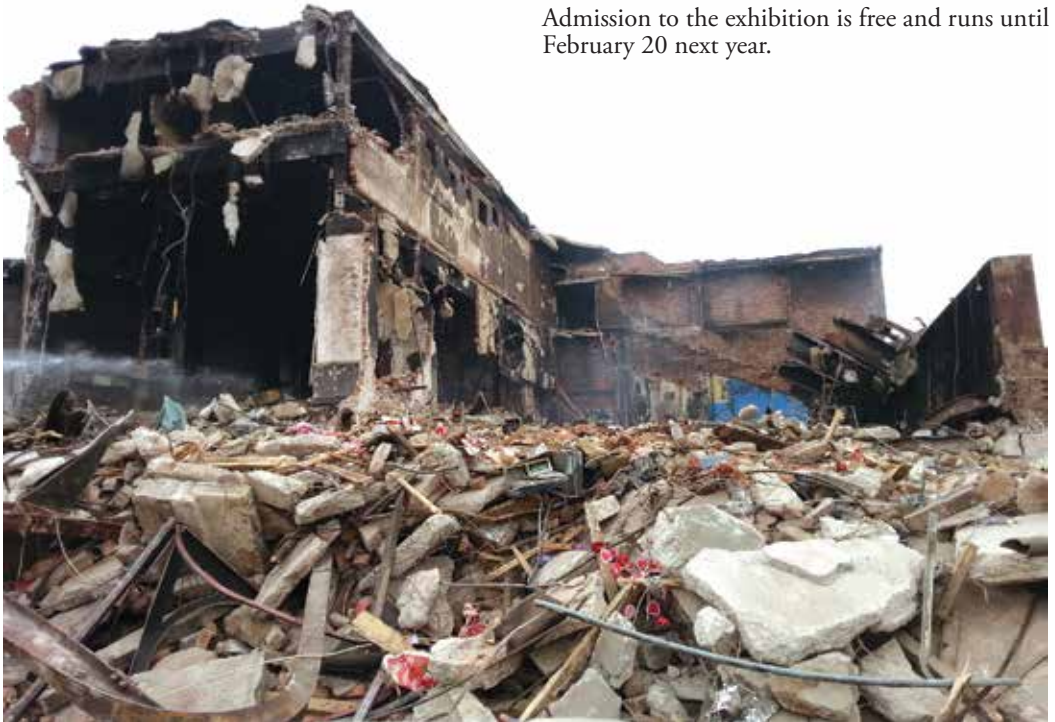
The exhibition follows the building's story from the Art Deco Ritz and ABC cinemas to its heyday as Mr Smiths nightclub and its sudden dramatic destruction in April 2015.

A collection of photographs, objects and memories, including oral history interviews with well-known local characters such as Stan the Man and Hitman and Her dancer, Wiggy, pay a nostalgic tribute to the well-loved local landmark.

The exhibition, which will be in residence at Warrington Museum & Art Gallery until February, also explores how the nightclub became known nationally in the late 1980s following its use as a regular venue for the ITV dance music show The Hitman and Her, hosted by Pete Waterman and Michaela Strachan.

Michelle Hill, curator of the exhibition from Warrington Museum & Art Gallery, said: "It was important for Warrington Museum & Art Gallery to capture people's memories of Mr Smiths as it was an important landmark in the town and so many people were touched by its demolition. The exhibition gives a real insight into the building on its journey from an art deco cinema to the iconic nightclub and it also explores how local people enjoyed the time they spent there."

Admission to the exhibition is free and runs until February 20 next year.



Goodbye Mr Smiths' exhibition



Above: Wiggly, Spike and Fitz at the exhibition

Left: Hitman and Her dancers from the 1980s

INSTITUTION
PALMYRA SQ.

CHRISTMAS EVENTS
COCKTAIL MASTER CLASSES

DRINK OFFERS **VENUE HIRE**

FOR GENERAL ENQUIRIES OR RESERVATIONS
CALL **01925 572608** OR EMAIL **INFO@INSTITUTIONBAR.COM**

WWW.INSTITUTIONBAR.COM **INSTITUTION BAR** **INSTITUTIONBAR**

INSTITUTION BAR | TREASURY BUILDING | PALMYRA SQUARE SOUTH | WARRINGTON | WA1 1EL

THE RAMS HEAD INN
GRAPPENHALL

FREE
Bottle of House Wine
When 2 People
Order A
2 Course Meal Each

*(Mondays - Fridays only - during Nov and Dec 2015)
(Pre booking required, please quote "Rams 15" when booking,
excludes 24, 25 & 31 Dec 2015 and cannot be used in
conjunction with any other offer)*

mail@ramshead-inn.co.uk | www.ramshead-inn.co.uk
Church Lane, Grappenhall, Cheshire, WA4 3EP
For bookings call 01925 213 921

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



We aim to get...

50,000
more people,
more active,
more often
by 2017

£110,000+
invested in
the citizens of
Warrington
during 2015



01606 330 212



@ActiveCheshire



/ActiveCheshire

Find out more at **www.activecheshire.org**

Head mistress backs campaign for Pankhurst statue

The Head Mistress of the North's oldest girls' school is backing a statue of Emmeline Pankhurst for Manchester city centre.

Claire Hewitt said that the Manchester High School community was thrilled to hear that the famous suffragette leader had made it onto the short list for the city's first female statue in more than a century.

Mrs Hewitt said: "Founded in 1874, Manchester High was the first school in the north of England to be concerned with providing an academic education to girls.

"Our pioneering spirit soon became well-known across the region and in 1893, Emmeline Pankhurst, founder of the Women's Social and Political Union, enrolled her three daughters, Christabel, Sylvia and Adela, at Manchester High.

"The statue is set to be unveiled in 2019 and to see Emmeline Pankhurst proudly looking over our city would be a most fitting tribute.

Students at the school took part in an online poll to decide which of five women should be honoured with a statue.

Mrs Hewitt commented: "Obviously the vast majority of our girls are not of voting age; however opportunities like this are a great way to get them connected with the democratic process and to think about what it really means to exercise their rights."

Shortlisted alongside Emmeline Pankhurst were Victorian novelist, Elizabeth Gaskell – who is buried at Knutsford and whose father was once a minister at Warrington's Cairo Street Chapel – anti-racism campaigner, Louise da-Cocodia; Manchester's first female councillor, Margaret Ashton; Elizabeth Raffald, 18th century entrepreneur and Ellen Wilkinson, Labour cabinet minister.

Despite the outstanding achievements of all members of the shortlist, 16-year-old Alice McMahon from Warrington, a pupil at Manchester High, is sure Emmeline Pankhurst will undoubtedly be the favourite with her fellow students.



Rosie Barry (left) and Alice McMahon dress as suffragettes outside the Pankhurst Centre on Nelson Street, Manchester.

Alice said: "All of the girls at school are so proud to be following in the footsteps of the Pankhurst family who were instrumental in the women's suffrage campaign. They mean a lot to us as a School and a lot to Manchester as a city.

"We recently attended the northern premiere of the Suffragette film. This brought to life the heartbreak and passion of those who risked everything so that women today are free to exercise the same democratic rights as men."

The public can take part in the poll at www.surveymonkey.com/r/WoManchesterStatue.

UK's early risers and night owls revealed

North-Westerners rising at 7:15am and going to bed at midnight

According to the findings of a new study, the average Briton sleeps for an average of 6.5 hours each night, with the majority of respondents admitting they don't get enough sleep. Londoners emerged as the UK's earliest risers, typically waking at 5:30am, with North Easterners the biggest night owls, staying up until 12:30am.

The average British adult goes to bed at 10:30pm each night, rises at 6:45am and wakes up twice during the night, according to new research conducted by a company specialising in made-to-measure blackout blinds.

Web-Blinds.com polled a total of 2,392 individuals for the study, which looked into the sleeping patterns and habits of British adults. All participants worked in full-time jobs, which required them to work a standard 9am-5pm day. In order to gain a valid set of results, participants were from an equal spread of UK regions.

Respondents were asked how many hours of sleep they usually get on a weeknight, taking into account any night-time awakenings and the amount of time it takes them to drift off to sleep. The average amount is 6.5 hours each night, with the average respondent waking twice in that period.

Next, participants were asked to give the times they are most likely to go to bed at night and wake in the morning. Results were broken down by region and are as follows:

East of England: 06.45am (get up at) – 11pm (go to bed at)

East Midlands: 08.05am – 11.15pm

West Midlands: 07.45am – 11.30pm

London: 05.30am – 11.45pm

North-East: 07.15am – 12.30am

South East: 06.30am – 11.30pm

North-West: 07.15am – midnight

South-West: 6am – 10pm

Yorkshire and Humberside: 07.50am – 11pm

ales: 8am – 11.45pm

Scotland: 6.40am – 10.30pm



Northern Ireland: 6.30am – midnight

When asked if they ever struggle to sleep after going to bed, the majority of respondents (62%) confessed this happens to them at least once a week, with 16% saying they struggle to sleep every night. Relevant individuals were asked to state the most common reason behind their difficulties getting to sleep. The top five answers follow:

1. Worry/stress (36%)
2. Partner's snoring (21%)
3. Outside distractions (busy roads/bright lights/nocturnal animals) (14%)
4. Babies/children staying awake (7%)
5. Loud neighbours (5%)

Kirsty Martin, spokesperson for Web-Blinds.com, made the following comments about the results of the study:

"It looks like the widely accepted ideal of getting eight hours' sleep a night is just a dream for most people. In fact, our survey shows the average Brit gets just 6.5 hours' sleep each night. More than a third of those polled in the study blame worry and stress as the main reason behind their difficulty to sleep at night. Of course, the issue can easily snowball as having trouble sleeping can in turn cause an increase in worry and stress."



*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**

Keeping You Safe on the Road

*By Raf Khan from
Warrington Service Centre*



Basic car checks for worry-free driving

Statistically you are much more likely to break down in the colder months. Carrying out basic winter checks can minimise your risk of breaking down and ensure your car performs well in worsening weather.

- Check your coolant levels regularly and top up with quality antifreeze. A reputable garage should check concentration levels to ensure your car is protected from the cold and will also advise if the antifreeze needs changing. Dirty antifreeze can cause serious issues with performance.
- The battery is the most common cause of breakdown at this time of year with batteries over 5 years old often struggling in cold temperatures. Get it checked to avoid any inconvenient failures.
- For safe driving ensure your tyres have a minimum of 3mm tread and check tyre pressures every two weeks.
- Now is a good time to renew worn windscreen wipers. Keep the screen clean inside to reduce dazzle.
- To avoid freezing, use a good quality 50% antifreeze mix screen wash.
- Protect doors from freezing shut by applying a thin layer of Vaseline to door seals and a squirt of WD-40 to locks.

At Warrington Service Centre you can book a FREE 16-point winter car check to ensure your car performs in harsh weather conditions. We'll provide a free detailed report on any wear and tear observed and offer advice on the appropriate course of action.

What's more if you book in TWO cars for a winter check, you'll get a fantastic FREE winter kit containing screen wash, anti freeze, a de-mister pad and ice scraper. There's only 100 to give away, so book now on 01925 232255.

Your Number one choice for Mobility & Independent Living Equipment

WE ALSO PROVIDE
**SERVICING
& REPAIRS**

Rise & Recliner Chairs - Stairlifts
Car Hoists - Hand Controls - Adjustable Beds
Continents Products - Daily Living Aids - Wheelchairs
Scooters - Bathing



 **disability
trading
company**
Supporting

WARRINGTON T: 01925 416624
Mobility Independent Living Services,
Golden Square Shopping Centre,
Warrington, WA1 1QB



LIVERPOOL T: 0151 709 0121
Mobility Independent Living Services,
Lifehouse, Summers Road,
Liverpool L3 4BL

WARRINGTON T: 01925 240064
Centre for Independent Living,
Beaufort Street, Warrington, WA5 1BA

www.disabilitytradingcompany.co.uk

Spotlight on health

by Michael Mahoney

Christmas is coming!

I was speaking to someone the other day and we both agreed it will only be a few more weeks before the Christmas adverts start to be screened on TV, sales signs go up, posters proclaiming 'great deals inside' screaming at us from high street stores windows.

And it won't stop until the very last minute, and then – yes its New Year sales, the same messages screaming at us from Boxing Day onwards. Buy 1 get one free, 3 for 2 offers, huge discounts offered (which would have been useful in the run up to Christmas by the way!) if you act immediately. The person I was speaking to already seemed resigned to the "carnage" of the Christmas late shopping nights to come.

Why do you go along with it I asked? Why do you get sucked in? Why respond in a way that is stressful? "What would you do then"? I was asked. I smiled and simply said I would refuse to get dragged along with all the hype, just as I have avoided it in past years.

Many years ago, I decided I was going to live my life the best I could. And that meant making more time for me, to do the things I wanted to do. Not everyone liked it, some decided to walk away and leave me to my "selfish ways". But is looking after yourself selfish or is simply self-preservation?

The most important thing in my life, after Cate my partner, my family, and my health is time. Not money or possessions, time is key, for me at least. Once a moment has passed, we never get it back.

My respect of time, is much greater than money. What price do you put on the time spent listening to someone who is going through a difficult time, what price do you put on the time with your children, or grandchildren, what price do you put on just being there for someone who needs you?

For me, the gift of time is priceless. Time is passing, and we need to spend it wisely. I see time being wasted in so many ways, and maybe it's because I am getting older that I think this way, but to be honest I doubt it. My respect for time is ingrained in me.



Queuing in hot bustling stores is not a good use of time. Thank goodness for the click and deliver services offered by many stores these days. Technology is great when it works for us, when we don't allow it to enslave us. "So what is the best use of time" my friend asked? It is difficult to say as it depends what value we place on time. But for me, using time wisely, to do good, to make a difference is in my view a good use of time, so is self-development, learning to be a better person is also a good use of time. Learning that simple things give pleasure.

Some people believe the bigger the house, or car or more exotic the holidays the more successful they are. However for many, if they slowed down, and looked at their life, they might realise that they are spending huge amounts of time away from the family they love, and the homes they work to keep. And to be fair if that is acceptable to them, then I'm am pleased for them.

So this Christmas, and New Year, ask yourself if you are making the most use of your time. Is this how you want your future years to be? If you would like to use (at least) some of your time for self-growth then contact me on 01925 658322 or at www.michaelmahoneyhypnotherapist.com

Happy Christmas, and Happy New Year to all readers.

Shelly's Mince Pies

Base - French pastry:

One Packet lard 225g
Plain flour 450g
1 egg
2 tablespoon caster sugar

Crumb lard and flour, add eggs and sugar then mix to dough, May need small spoon of water to bind — food processor is great for this
Chill in fridge

Top - Viennese pastry:

450g soft margarine
125g corn flour
125g icing sugar
350g plain flour ,
1 dessert spoon vanilla essence or brandy

This all needs beating together to resemble cake mixture, really easy if popped in food processor. Place in large piping bag with large size nozzle.

Filling:

1 jar mincemeat
Paper cases

Roll out base pastry, cut out circles place in a paper case in a bun tray, put a teaspoon of filling and pipe around edge with topping.

Bake in oven 200c (400f) or gas reg 6 till golden brown, turn in oven if oven has hot spots, cool on tray and sprinkle with dusted icing sugar .

Eat a dozen, freeze a dozen and give a dozen away.



Shelly's

Christmas Menu £13.50

Two Course Lunch Time



Mains

Traditional Aga Roast Turkey
Salmon Fillet with Lemon & Ginger Sauce
Cannellini Bean & Walnut Quiche

Dessert

Christmas Pudding
Choice from Chiller Cabinet
or Cheese and Biscuits

Fresh Tasty Homecooked Food



8 Bold Street, Warrington. Tel 01925 654000

www.shellysrestaurant.eu

Over 10m parcels to fall foul of 'missed delivery dilemma'

Over 10m parcel deliveries are due to fail this Christmas as recipients won't be home to receive them, according to Postboxed.co.uk, the go-to hub for postboxed gifts, a hassle-free way of avoiding missed deliveries by ensuring parcels fit through recipients' post-boxes.

Shoppers who miss a parcel delivery during the working week receive a 'Sorry we missed you' card from Royal Mail, requiring them to travel to their local delivery office to collect it. A record level of online shopping this year is expected to result in 10.4m parcels being 'carded' in December, a 12.6% increase on Christmas 2014.

The situation is worsened this year as Royal Mail has been granted an exception to its universal service agreement, allowing it to close over the Christmas period. Therefore, if a 'carded' parcel is not collected by December 24, it will not be available for collection at a delivery office until December 29. The closure is taking place despite the fact that a significant proportion of shoppers cannot collect items from delivery offices even when they are open. The issue is expected to be most acute in London.

Postboxed.co.uk has launched a hassle-free solution to the problem: all its gifts measure less



than 7 inches (17.5cm) by 1.4 inches (3.5cm) including packaging, which are guaranteed to fit through 99% of post-boxes/ letterboxes in the UK. It launches at a time when companies are trialling elaborate solutions to the nationwide 'missed delivery dilemma', including drones and apps that rely on using members of the public to deliver packages.

Markus Polleichtner and Liza Mirelman, co-founders of Postboxed.co.uk, said: "We founded the company after getting completely sick of travelling to our local delivery office to collect parcels. If you just want to give friends and family a gift, why should it come with the onus of either annoying a neighbour, standing in a queue or searching your garden for a missing parcel? And while we think using drones to deliver parcels is all well and good in the future, there is only one way of ensuring your gifts definitely make it to a recipient's hallway this Christmas: make sure it's a postboxed gift. Simple."

Although the main cost of missed deliveries is carried by delivery companies, there is still a personal cost to shoppers. It costs 70p per item to collect parcels from your local Post Office branch instead of travelling miles to a delivery office, and it can cost anywhere between £6-£12 to side-step the 'missed delivery dilemma' by having a parcel delivered on a Saturday. If a second delivery is missed after a failed first attempt, the parcel is returned to the sender, forcing them to repay all delivery costs if they resend.

Postboxed.co.uk helps to reduce the huge environmental impact of missed deliveries. Affordable, fast and reliable, it offers free next-day delivery for gifts over £25, and postage and packaging at £2.85 for gifts priced below this level.



CHESHIRE TELECOM

CONNECTING YOUR BUSINESS

Communicate better, perform better. We can show you how.

One point of contact for all of your communication requirements.

Bring all of your communication technology together and we will manage it for you.

Simply Better.



BUSINESS
MOBILES



BUSINESS
BROADBAND



I.T
SUPPORT



TELEPHONE
SYSTEMS

01925 640640 | www.CheshireTelecom.co.uk

Green Apple Leasing

Fabulous Deals on Personal Contract Hire



Fiat 500
From £95 per month



Kia Sportage
from £220 per month



Mercedes CLA
from £399 per month



Seat Ibiza
from £115 per month

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

0800 1932422

Manchester Road, Warrington WA1 3RS

sales@greenappleleasing.co.uk

www.greenappleleasing.co.uk