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magazine

February / March 2016

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Welcome to lifestyle



Ever since poor old weather forecaster Michael Fish became infamous in the wake of the Great Storm of 1987 we have become a nation of weather warning alerts which rarely come to fruition especially in these parts.

I was shocked to receive a cold weather alert from Warrington Council in the midst of one of the mildest winters we have ever had - with reports of the temperature dropping to 2 degrees and may be even freezing! Does this require an alert? To me it is pretty normal during the winter months to expect the possibility of frost if the skies are clear and the weather is cold when you go to bed.

I can only recall having to scrape ice off my car 2-3 times this winter, although cold weather is still possible. But the danger is that if weather warnings and alerts are put out too often, we will start to ignore them at our peril. The weather in the UK is pretty diverse and unpredictable but a bit of common sense is normally all we need to deal with the elements.

But we must not forget that fateful day when a

few hours before a storm broke, on 15 October 1987, when Mr Fish reported: "Earlier on today, apparently, a woman rang the BBC and said she heard there was a hurricane on the way... well, if you're watching, don't worry, there isn't!". That evening, the worst storm to hit South East England for three centuries caused record damage and killed 19 people.

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Hello Dolly

How Linsey got it all sewn up!

Hairdresser Linsey Williams had always wanted to own a sewing school – and as a keen dressmaker and recycler for years she had all the necessary qualifications.

So in December 2014 she decided to risk it all and follow her dream.

It meant selling her beloved VW Beetle “Dolly” to help finance the business so it seemed only right to name it after the car.

And so Dolly’s Haberdashery & Sewing school was born in February last year – in Sankey Street, Warrington.

Within two months the business was expanding and things were going from strength to strength.

Then the landlord dropped the bombshell that they had to move. Not the best news for a business only four months old!

But, as Linsey’s mum always says: “Something good always comes from something bad” – and that proved to be the case.

Linsey said: “We found our perfect building only a stone’s throw from the original premises – at The School House, Academy Way.

“It was meant to be! A bright and spacious building with a grand entrance to the front and



street level access around the back. Perfect!”

Linsey – she’s known as Dolly by many of her customers – loves sharing her passion for sewing and dressmaking.

Her message is “fast fashion isn’t free, someone somewhere is paying for it” - and she loves keeping things out of landfill.

She said: “I can honestly say we use every last scrap of fabric at the shop. We can find a use for it all. Our motto ‘spend less make more’ sums it up.

“I can’t say the past 12 months have been a walk in the park - it’s been hard. Our new premises are far more of a ‘destination shop’ now.

“But the individuals and creatives that come into the shop, the support I have got from strangers, and the wonderful new friends I have made – they make it all worthwhile.”



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Barrie celebrates hat-trick

Warrington Photographer Barrie Scholes is celebrating a hat-trick of awards - after being named "Photographer of the Year" at a local camera club for a third consecutive year.

The Moore Camera Club Photographer of the Year competition has run since 2001. Each month there is a theme that the photographers have to interpret.

Entries are submitted anonymously and scored by the club members. Points are awarded to each entrant and after 12 months the person with the most points is awarded the Moore Camera Club Photographer of the year.

This year Barrie (pictured with his award, right) became the first person to win the competition three years running.

He said: "I'm delighted to be crowned photographer of the year again as there are some great photographers at the club.

"The standard of pictures submitted each month is always really high, so it's a great honour to be crowned champion."

Barrie started his interest in photography whilst still at school when he was given an old Zenit SLR film camera.

"I used to love that old camera. It was completely manual, and my results were a bit hit and miss but when I got it right the camera produced some lovely photographs. At school I did a photography



of awards

module where we developed our own black and white pictures, which was great fun” said Barrie.

He joined Moore Camera Club in 2012 and added: “I had a basic knowledge of photography but decided to join a camera club to learn more about digital photography and to meet some like minded people. I have learnt a lot from the other members of the camera club, both past and present.

“Going to the club has really helped progress my photography. I like the challenge of the monthly competitions as they make you think and take pictures of things that without the competitions you probably wouldn’t have thought to photograph.”

Speaking about his photography Barrie concluded, “I don’t really have a specialism I like taking pictures of anything. My particular favourites are portraits, pets, wildlife and sport. I’ve always been a big football fan and have enjoyed taking pictures of Warrington Town recently.”



Established in June 2000 Moore Camera Club meet every Wednesday evening at Moore Rugby Club. Members enjoy a wide and varied syllabus, from field trips around the North West to places such as Salford Quays and Crosby, to photographing still life, model nights and dog agility. They have even had Stormtroopers turn up at the club to pose for pictures!

For more information about Moore Camera Club please send an email to info@moorecameraclub.org



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Toyah: *Acoustic, up close and personal*

Pop icon and stage/screen actress Toyah comes to The Concert Room at Liverpool's St George's Hall with her Acoustic, Up Close & Personal show on Thursday March 24.

The household name and TV presenter will put on her lively, entertaining and revealing show as part of The Concert Room's spring season. It will be a unique chance to experience Toyah in an intimate setting where music and stories take centre stage.

The show comes in the form of Toyah performing an unplugged set of her well-loved hits and classic songs, alongside recalling stories from her colourful thirty-five-year career.

From filming pop videos on horseback at 5am

in the morning to acting alongside Katharine Hepburn and Laurence Olivier this is a show which lifts the lid on working in the entertainment business. Her film and stage credits include Calamity Jane, Cabaret, Peter Pan, Jubilee and Quadrophenia.

Chris Wong and Colin Hinds, a talented duo of guitarists, will accompany Toyah on meticulous and melodic acoustic versions of the hits *It's A Mystery*, *Thunder In The Mountains*, *I Want To Be Free* and *Good Morning Universe*, through to *Sensational*, a track used recently on a national TV advertising campaign starring Patsy Kensit.

Alan Smith, General Manager at St George's Hall, said: "It is a great delight to have the 80's Icon Toyah Wilcox perform in the concert room of St George's Hall. It's no mystery why Toyah's acoustic music and conversation will fit beautifully in the ornate concert room, forming the perfect backdrop to Toyah's colourful career so far."

For further information, please visit

www.stgeorgesliverpool.co.uk



Performance Details

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LiveWire is changing

www.livewirewarrington.co.uk/takeanotherlook

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LiveWire unveils state-of-the-art gyms across Warrington

Leisure and lifestyle provider LiveWire has unveiled four new state-of-the-art fitness suites at its leisure centres and neighbourhood hubs across Warrington.

Birchwood Tennis & Leisure Complex, Broomfields Leisure Centre, Woolston Neighbourhood Hub and Culcheth Community Campus have all been given a new layout and design to provide more space for functional training – a type of exercise which involves training the body for activities performed in everyday life – offering its members a new timetable of short 20 minute workouts on the gym floor.

Top-of-the-range cardio equipment, provided by Technogym who kitted out the training centres during the London 2012 Olympic Games, brings the latest digital technology to the fitness suites with all of the equipment internet-enabled, allowing members to check in on social media and watch their favourite TV shows as they work out.

The equipment is also fitted with Technogym's innovative digital platform, mywellness cloud which acts as a central hub for members to monitor their training progress by automatically tracking their movement inside the gym and collating that with any outside activity thanks to integration with fitness apps including Strava, MapMyFitness and MyFitnessPal.

A number of LiveWire members took part in an exclusive session with a Technogym 'Master Trainer' – a highly experienced exercise professional also specialising in the education of wellness – today to get an exclusive first-look at all the functions of the new equipment.

Paul Creamer, LiveWire Member from Cinnamon Brow, said: "The session I took part in



today was very explosive and really got my heart pumping. The new equipment LiveWire has installed is fantastic, it's really well designed and the new layout of the fitness suites is really well thought out."

LiveWire also plan to install the same state-of-the-art equipment at their brand new fitness suite as part of the £16 million Great Sankey Neighbourhood Hub development and at their flagship site, Orford Jubilee Neighbourhood Hub.

Vicki Dunning, Strategic Lead for Facilities at LiveWire, said: "It was important for LiveWire to make this investment in our fitness suites to provide our customers with the latest technology to help improve their fitness and wellbeing. The new gyms look fantastic and we hope all our new and existing members enjoy using the new facilities."

Steve Barton, UK Sales Director at Technogym, added: "It's been fantastic to work with such a forward thinking health and leisure provider and support these facilities by providing users with our brand new equipment and technology to help promote health and wellness to more people across the UK."



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Pant

Sports brief with seam free edge for added comfort while exercising available in fashion colours Black Animal, Pink Marl and core Black, White and Grey.

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Dance school celebrates 10th anniversary

Young dancers and their family and friends came together to celebrate Palms School of Dance 10th birthday and the success of their recent exam session.

Pupils were presented with their exam results, certificates and medals by their proud principal Miss Jennie Kennedy.

They have had a 100% pass rate every year for their exam results and this year was no exception – with most achieving the higher grades. Then they gathered round and sang happy birthday and all blew out the candles on the birthday cake. This was followed by a presentation of the first 10 year attendance awards to Lucy Haigh and Kane Carney. After a quick buffet all joined in for dancing, games, pass the parcel and musical bumps before going home.

Palms School of Dance started in the Church



Lane youth hut in Culcheth and has now grown to three venues across Warrington and Manchester in Glazebury, Orford and Cadishead.

They have annual shows, exam sessions and a Christmas concert and enjoy performing at local events and charity nights. New pupils are always welcome in the classes and now is a great time to join as they are starting new routines for the summer show 'The Magical Toyshop' at the Daten on May 22.

Keeping You Safe on the Road

By Raf Khan from
Warrington Service Centre



Cut fuel consumption

If you feel a slave to the fuel pump then it's time to take control! At Warrington Service Centre we are always looking for ways to save our customers money and cutting your fuel consumption could shave pounds off your monthly outgoings.

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Always use the engine oil specified in your car handbook and keep an eye on tyre pressure especially before a long journey. If your tyres are getting soft it will create greater rolling resistance and your fuel consumption will go up!

2. Lose some weight!

It's that time of year we're all looking to shed weight and it's the same for your car! If you are toting unnecessary items in the boot it's time to have a clear out as extra weight will cost money.

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Visit 4: Head Massage, Shampoo & Conditioning,
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Spotlight on health

by *Michael Mahoney*

Please help yourself!

Some years ago, I was out shopping and along one of the isles, I saw someone I hadn't seen for some years. How are you doing I asked, hoping that all was well, despite the fact that the woman I was chatting to looked tired and drawn.

She declared she was 'great', how was I doing? She asked. Quickly replying I was 'great' too she smiled and said I looked well and happy. I am both of those and much more besides I said.

Turning the conversation back to her, I asked again, how was she keeping, and before she replied, I added, tell me the truth, not the official version! I didn't want a cursory reply, a brush off, or avoidance from her, just the truth, I was genuinely interested.

Her eyes filled with tears and she told me a story of how she was looking after her aged parents, as well as having a difficult few months in her relationship with her partner, and one of the three children was needing additional educational support. Everything is just going wrong she said.

I asked what she was doing for herself. She glared at me, "haven't you heard what I've said" she snapped, my life is so difficult I don't have time for me, none at all, she repeated.

All the more reason to find time for you, to help yourself, to find some time, some space in which you can be, do, or say what you want. She looked at me quizzically.

I continued, look at it this way, if you continue to run yourself into the ground, that won't help parents, partner or children in the long run. I reinforced my statement by adding please, help yourself. Stop living like there is only you to do things, because if anything does happen to you, then someone will then have to take over. So manage the situation. Tell your parents you are taking time for you, just an hour or two each day – some you time.



Put some of that time into communicating with your partner, and be patient doing it. The school are helping your child, the older two are capable of helping out there occasionally I said.

She gave me a hug, and said I had put things into perspective for her. I told her, it was because she had been open and honest, and she had allowed herself some time to think, had she not, I wouldn't have been able to help her. Another hug, and we parted company.

Several weeks later, I got a lovely text from her. She was now saying yes to her needs and wants, she had some time for herself, communication with her partner had brought understanding, closeness and assistance, and the older children and the school were doing wonders with the youngest child.

There was a following postscript to her text. She apologised for snapping at me!

So dear reader, no matter how difficult things may seem, nothing stays the same. My friend was brave enough to admit she needed help. If you need help, contact me at mikeforhelp@gmail.com or visit www.healthyaudiohypnosis.com

Soothing your nerves

Barbara Bhagavati McClements

Founder of Ananda Yoga Centre — *a community social enterprise*

As we walk the tightrope of modern life and our animal instincts, we strive to find balance in our bodies and minds. Our brains are over-stimulated and our bodies suffer from fatigue and imbalance from chronic stress

Yoga practice is an excellent way to soothe nerves that are on constant overdrive and can help give us the ability to live healthily amidst our hectic lives.

I started my yoga journey six years ago at the young age of 42. Stressed and tired working in the financial service sector and not a fan of taking pills, I started researching on the net for holistic approaches to health.

Yoga kept coming up — a combination of relaxation and breathing techniques, physical, flowing and long held poses, to stimulate the energy from within — it all sounded good!

So I took myself off to a Hatha yoga class. I couldn't touch my toes and giggled all the way through the 60 minutes. The teacher was helpful, reassuring me that my flexibility would come back.

I left the class feeling energised from within, but, more importantly my mind felt calmer.

From that day on I went to yoga practice as much as I could. It made me feel alive again, the stress



was disappearing, my body stopped aching and my mind was becoming more still and I felt at peace — something I hadn't felt for a long time.

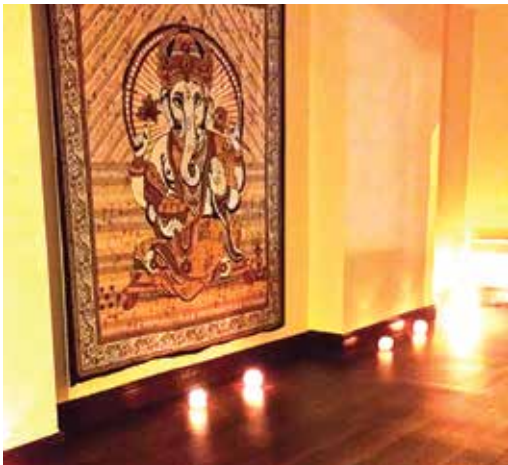
Two years after my first class and with guidance from my teacher, I went to train as a hatha yoga teacher with The Sivananda Vedanta centre, at one of their Ashrams in India, for five weeks.

I was drawn to India as this is where yoga originated, and the Sivananda ashram as this is a place to retreat from daily life and to study yoga and meditation under the guidance of spiritual teachers, known as swamis, who have dedicated their lives to teach yoga to all. On top of this I was also given a beautiful spiritual name, Bhagavati, meaning Supreme Goddess.

This was a life changing experience for me and when I returned to the uk at the age of 44 I knew I wanted to devote my life to teaching this wonderful ancient practise. I wanted everyone to feel what I was feeling — total bliss, ANANDA.

So that's what I did. I gave up my job at the bank and now teach around Warrington and the northwest in gyms, non-profit organisations, rehabilitation and recovery centres, as well as for Warrington council and NHS staff. I also have a portfolio of private students and families I teach in their homes.

The centre offers daily hatha yoga classes with weekly nutrition and creative crafts classes along with monthly yoga workshops, retreats and mind body & spirit pamper days — offering holistic treatments. The centre now also offers reiki 1 & 2.





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Has the electric car finally arrived?

It seems to have been a long time coming, but the news that more electric vehicles were sold last year than in the previous five years put together seems to indicate that the plug-in car has finally arrived.

A record 28,188 hit Britain's roads last year – 31.1 per cent more than the 21,486 ultra low emission vehicles (ULEVs) sold from 2010 to 2014.

Perhaps more impressive is the 94 per cent year-on-year increase.

Industry experts believe the trend can only continue upwards – largely because of the much wider choice of vehicle on the market, ranging from family run-about to high-performance sports cars

There are now no fewer than 30 electric-only or plug-in hybrids available and more are expected this year.

There are also plans to trial under-road technology that would allow drivers to charge-up while on the go.

A Blackpool taxi firm invested in 12 Nissan LEAF electric hatchbacks last March and these proved so popular with drivers and passengers they are now running 27 with more on order.

Their plug-in fleet has clocked up more than half-a-million miles at 2p per mile plus lower maintenance costs.

Many clients specifically ask for an electric car when they call to book!

Last year, nearly one in 90 people buying a car chose a plug-in rather than a diesel or petrol fuelled car.

Plug-in hybrids were the most popular, with 18,254 purchased – 137 per cent more than in 2014. Sales of purely

electric vehicles rose 48 per cent to 9,934.

So how far can you travel between charges in a fully-electric car?

The range claimed varies from a modest 48 miles to a staggering 265 with the cars with the longer ranges costing more, which does tend to level out the cost of plug-in motoring a bit.

You can charge them up at home, of course, but there will obviously be times when you can't.

Across the UK there are 10,261 charging points at 3,766 locations at the time of writing, but more are being added every day. The numbers are getting impressive – but you will still need to know where they are if planning a long journey.

Some bright sparks will obviously slip-up!

Nissan Leaf electric car.



Shelly's Passion Cup Cakes

by Michele Butterworth



If you like Carrot Cake you will love these!!!

Passion Cup Cakes

175g Demerara sugar
100g porridge oats
100g SR flour
1 tsp bicarbonate soda
Pinch salt
200g grated carrot
1 tsp cinnamon
1 tsp mixed spice
Zest of a lemon
2 eggs
150 ml sunflower oil

Icing

100g butter
200g soft cheese
300g icing sugar
Teaspoon vanilla essence
Orange Food colouring



Method

Pre heat oven to 180c 160c fan gas 4
Place paper cases in 12 hole muffin tin
Mix sugar spices oil, whip in eggs and carrots, fold in flour.
When all ingredients blended divide into paper cases and bake for 25 mins. Cool.
Make icing by beating all ingredients together and either spoon over cooked cakes or I find it easier to pipe icing.
Decorate with love hearts or other sweeties.

Make sure you call Gary to give him a few as he is quite taken with this easy recipe!

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.

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