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Issue No. 196 February 2016 FREE EVERY MONTH

**Tragic
journey**
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Editor
Gary Skentelbery

Production
Paul Walker

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AFTER my glowing comments about Warrington's Mayor Geoff Settle in our last issue it came as a complete shock to hear he had been de-selected for the forthcoming elections this May!

Whatever your political opinions are, no one can doubt the amount of hard work Geoff has done over the past six years in his constituency and his efforts supporting local charities and good causes has been outstanding.

I am told the decision has been made by the national Labour Party, by people who know little or nothing about Warrington.

The decision appears to be crazy and I am sure that if Geoff stood as an independent he would stand a very good chance of winning.

But he says that after six years

he is more than happy to leave the council and continue his work in the community away from politics.

I also hear we are likely to lose other Labour councillors due to a national policy dictating that every ward must have a female candidate.

While I fully understand the importance of women having a say in politics, it seems ludicrous to discard experienced local

councillors purely on the basis of their gender.

I have always said councillors should be the best person to do the job in their local community, whatever their gender, colour or creed.

The selection process is certainly causing a few rumblings within the controlling Labour group at Warrington town hall and could translate into some interesting election results in May.

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Grieving dad's tragic journey

GRIEVING dad Adrian Derbyshire is preparing to embark on the most difficult journey of his life following the tragic death of his teenage daughter.

Julia Derbyshire was just 16 when Adrian found her body at the family home in Warrington.

He desperately battled to save her life with CPR, trying to start her heart again until the emergency services arrived. But after five days in hospital on a life support machine, Adrian had to make the heart-breaking decision for it to be switched off.

"The lack of oxygen to her brain meant she would have had no meaningful life," said Adrian, who suffers from an inoperable brain tumour and relies on a wheelchair to get about.

The irony of the situation was that Adrian, who battled on with his disability to become a medal winning Great Britain swordsman, has dedicated his life to speaking to more than 58,000 children and young people in schools and over 100,000 in communities around the UK as an anti-hate, stigma and anti-bullying campaigner, with Julia joining him on many occasions, helping spread the message to help save young lives.

Adrian was aware his daughter had suffered years of abuse during her formative years in America and was eventually successful in bringing her "back home to Warrington" where she had appeared to have settled during the past 18 months.

But unknown to Adrian, Julia had

a secret life – with hidden phones and a false identity as a member of website groups which promoted teenage self-harming and suicide and glorifying a "beautiful death."

This secret life only became apparent when he looked through her things following her death.

Through the Internet via phones and computers she had access to graphic and disturbing pro self-harm and pro-anorexia websites and materials.

Adrian said: "If as a trained counsellor and ambassador for anti-stigma, bullying and hate crime I was unaware of what was going on, what chance have other parents got?"

"Even though I tried to prohibit unsuitable use of the internet she was able to access these through other sources such as friends.

"She was able to talk with and 'meet' strangers online who encouraged her to self-harm without thinking of the consequences. I also discovered 'Keyboard Warriors' and 'Trolls' who criticised her online.

"Through social media she was able to create an online persona who she created to be a 'bad' girl but then felt the pressure of living up to that in reality.

"She didn't talk to anyone or utilise the services she had available to her so no one was able to help her.

"I am now left wondering if I could have done more to help as a father and through mental health services and school etc. She was clearly deeply troubled due to an abusive and neglectful past. I keep asking the question was she let down?"

Now, despite, questioning his own mortality, Adrian has made the difficult decision to continue on his anti-hate and anti-bullying campaign and will include his daughter's name in a new campaign attached to his own charity which he was in the process of setting up.

"I can certainly tell any young person out there, there is nothing beautiful about self-harming and taking your own life," added Adrian.

"I now plan to keep Julia's name alive raising awareness about the problems of teen self-harming and suicides and providing support for families who have gone through something like this, as from my own experiences there is certainly a lack of a support network due to the pressures teens face online.

For more information about Adrian's work visit www.adrianderbyshire.co.uk



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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

Your beliefs can damage your health

Perhaps you are wondering how on earth can your beliefs damage your health, in what way, and which beliefs can do that. Our lives are governed by our belief system, which influence our attitudes and morals. Beliefs originate from our parents and ancestors, from our religious and cultural upbringing, from the way our country is governed and the society we live in.

Beliefs affect us all rationally and emotionally, and also influence behaviour. You may feel content with the beliefs you carry about yourself, others, and the world in general, or you may feel confused about them or fight against them. There may be beliefs that you know you need and want to change but don't know how, and could feel lost without them.

The beliefs that can damage your health are the ones that limit you, make you feel you are a bad person, or a failure, or never good enough. They affect your emotional health and perhaps also your physical health because you are denying who you really are, and you are unable to express your true feelings, to be heard, and to be recognized by others as the truly amazing person

you could be if only you and others would allow you to be.

Beliefs which limit or hurt you can cause long term illness, but can always be changed to something more positive and life enhancing if you are determined to change. As you work towards changing a belief you may start to acknowledge just how much the belief you lived your life by was damaging you immensely. So you may be wondering, how on earth was I living my life by that belief?

Limiting beliefs originate in childhood, which are repetitive statements or attitudes towards you which are reinforced with strong emotions attached, which you gradually believe to be true, and are now living your life according to these strongly instilled beliefs.

So what can be done about it? By exploring your beliefs and where they have originated from helps you to become more self-aware and self-reliant, and able to take responsibility for creating the desired changes and making them last. Changing life-limiting beliefs is empowering and offers emotional healing once the change has occurred, and can vastly improve your quality of life.

It is natural to want to avoid

Michael Mahoney is a Clinical Hypnotherapist. He has research, and patient trials experience. He is a member of the Hypnotherapy Association, an associate of the Primary Care Society for Gastroenterology, based at Woolston Surgery, Neighbourhood Hub, Warrington WA1 4PN.



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feeling the strong emotions associated with your beliefs, such as anger, extreme sadness, guilt, shame or self-blame. However, we can help you with hypnotherapy, giving you the support you need as you work through changing your beliefs and ensuring you feel able to freely express yourself and start releasing the energy associated with the emotions. At the same time you will gain more insight regarding the limiting thought patterns that have held you back for too long. With hypnotherapy techniques you can then create new ideas and strategies to enhance more positive and life enhancing beliefs so that you feel free to live the life you desire and truly deserve.

If this is something you feel you need support with then please contact either myself or my partner, Cate on 01925 658322 to arrange an Initial Consultation.



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David writes 'In The Name of Ali'

DESCRIBED by boxing legend Muhammad Ali as his "greatest fan" former Warrington amateur boxer David Leigh has written a book about the boyhood hero he has met seven times.

"In the name of Ali" is a rhyming biography of all of Muhammad Ali's 62 professional fights, including one tough exhibition contest, including key episodes to define the man many acclaim to be the "greatest boxer of all time."

David, first became aware of Ali through his late father Ken, and still runs the family motor mechanic business Ken Leigh Motors at Bruche.

David was aged just eleven when his father sat him down to watch the Ali v Jerry Quarry contest in October 1970. David was so impressed he took up the sport as an amateur at the Raven Boxing

Club. He went on to meet Ali seven times, the first occasion as a 19-year-old in May 1979 at the Grosvenor House Hotel in London after Ali had been involved in an exhibition contest at the Royal Albert Hall. He had earlier "wrangled" his way into the boxer's dressing room to get an autograph.

The final time they met was in January 2001 at the Hilton Hotel when Ali was in London promoting a charity event.

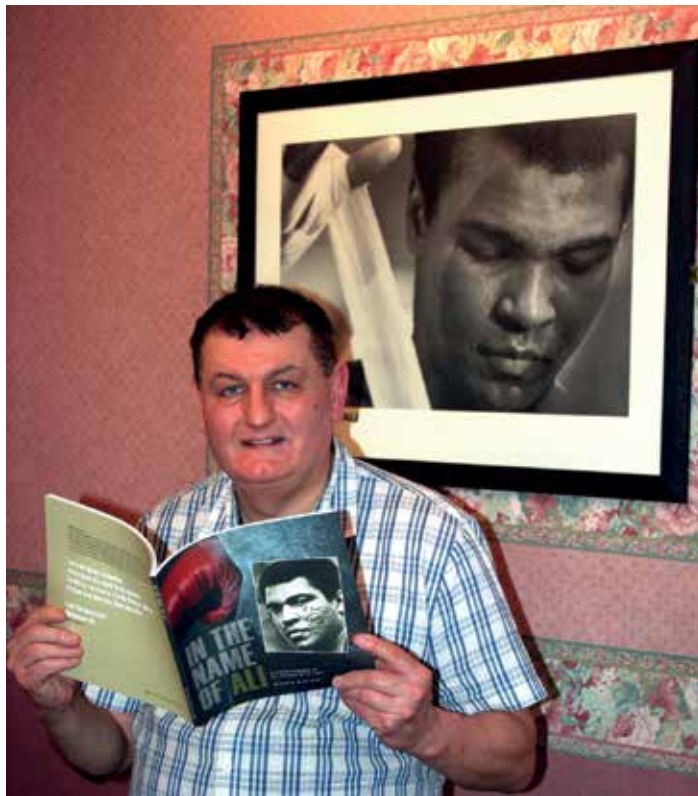
In between meeting they have corresponded with David building up an impressive collection of autographed photographs.

"I will be sending him a copy of the book for his birthday," said David, who admits that his love affair with the sport is now over.

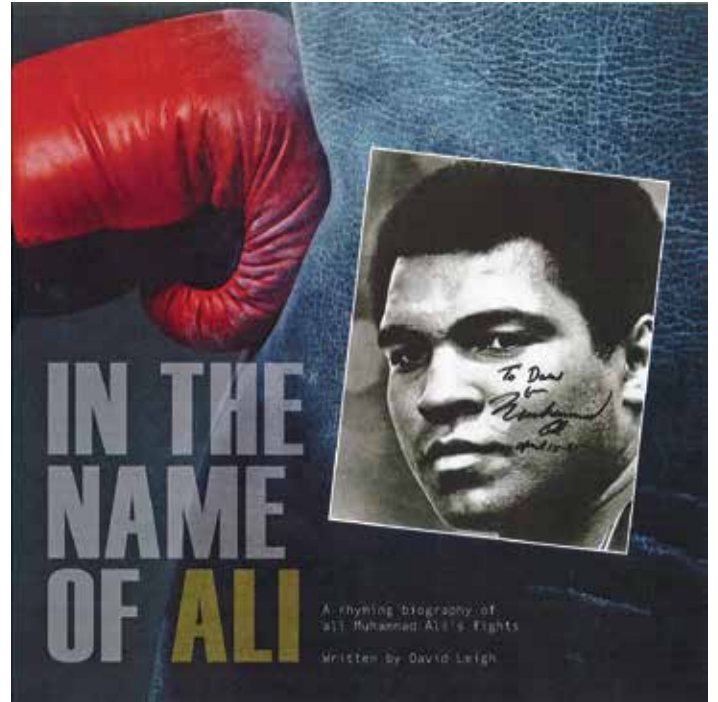
"Believe it or not I am not interested in boxing anymore. There is too much razzmatazz and trash talking with grudges going on these days. I know Ali had plenty to

say himself but he did it with style." Ali often wrote rhymes and poems which gave David the idea for his book.

"In the Name of Ali" is published by Win Marketing Ltd and is available to buy on Amazon priced £19.95 or by calling Ken Leigh Motors on 01925 813677



David Leigh with his new book.



100 empty homes to be brought back into use

MORE than 100 long-term empty properties in Warrington will be brought back into residential use over the next three years by the borough council.

Fewer than 800 properties are classed as long-term empty in the borough – one of the lowest figures in the North West. But with the borough's population expected to increase to 222,000 by 2021 the council anticipates significant demand for homes, particularly in the private rented sector.

The authority's vacant homes strategy outlines proposals to bring 50 long term vacant properties back into use this year and a total of 125 by October 2019. As well as bringing properties back into residential use, the council is also targeting eyesores that blight neighbourhoods and attract anti-social behaviour.

Cllr Maureen McLaughlin, lead member for public health and wellbeing, said: "Demand for housing in Warrington is only going to increase, so it's right that we should be focusing on turning empty houses into decent homes. We want to ensure that everyone has access to a decent and affordable home."

"Empty dwellings, especially those that are poorly maintained, can also cause significant problems for neighbours and wider communities. We'll use the full range of powers at our disposal to tackle the problem."

Government grants have enabled the council, in partnership with Warrington Housing Association, to establish a low-cost loan scheme to help property owners carry out repair works and bring them back into use. The council will also work with local registered providers to gain further funding for the purchase and renovation of long term vacant dwellings.

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Sat 27 Feb	Tom Stace: You're Welcome <small>Uncompromising humour</small>	Sat 23 Apr	A Night of Dirty Dancing <small>Nobody puts Baby in the corner!</small>
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		Fri 18 Mar Bladerunner (15)	
		Fri 15 Apr Jane Eyre (2011) (PG)	

Exhibitions:
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Sat 13 Feb - Sat 30 Apr: Royal Photographic Society: Members' Print Exhibition
Visit www.culturewarrington.org for more information on exhibitions.

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Looking forward to a productive 2016

Christmas certainly seems like a distant memory and Warrington & Co. has returned to business refreshed and raring to go and looking forward to a productive 2016.

Warrington certainly enjoyed its fair share of accolades in 2015, with the area consistently ranking highly across all manner of high profile reports including:

- A survey by UHY Hacker Young recognising Warrington as the number one location outside of London for business start-ups
 - Warrington's recognition by Centre for Cities as 1st out of 64 U.K. cities for the highest percentage of employment per population
 - Grant Thornton ranking Warrington as 2nd in the U.K. in their Economic Growth Index
 - JLL ranked Warrington as 2nd in U.K. for employment growth
 - Warrington's mention within The Sunday Times as one of the 101 Best Places to Live in the U.K.
- Now commercial property expert

Lambert Smith Hampton has listed Warrington within its U.K. Vitality Index as one of the key locations in the Northern Powerhouse.

Warrington's continued success is also evident within its commercial property market with the area currently noted as a safe bet for investment for the commercial property sector, and a recent flurry of activity has further cemented Warrington's reputation as an investment hotspot for commercial property, including:

- The sale by commercial property firm DTZ Investors to Griffin Logistics of a 375,000 sq. ft. warehouse for £21.4m.
- The price that was achieved for the site - that is situated next to Winwick Quay Industrial Estate in Warrington and occupied by Eddie Stobart - arguably demonstrates

the strong investor appetite for high quality investment in what is a strategically important location.

- The inclusion of Warrington sites within a recently acquired £55.1m portfolio by Property investment group Custodian REIT.
- An investment by private equity house LDC who conducted one of the Norths standout private equity transactions of 2015 by supporting the management buyout of Warrington based company MiniCam.

The current buoyancy of Warrington's commercial property market reflects the continuing strength in Warrington's economy and demonstrates the confidence that major investors have in the area.

The continuing healthy performance of Warrington as a Borough is impressive, however there is still work to do and Warrington & Co.'s commitment to the regeneration of Warrington will play an integral part in providing the necessary investment opportunities, ensuring that Warrington's commercial, industrial and retail property investment offer is the best that it can possible be.



Steve Park
MD of Warrington & Co.
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Ideal solution for Warrington's Digital Mayor

WARRINGTON'S first ever "Digital Mayor" is set to speed up his experiences on the super information highway after being donated a new mobile phone by local telecoms company Ideal Unified Communications.

On receiving his new phone Cllr Geoff Settle said: "I was delighted to receive a Microsoft Lumia 640 from Matt and Steve at Ideal.

"I have been extremely busy championing Social Media which has been well received. This device should enable me to deliver tweets and Facebook reports as and when they happen.

"I have been using a camera and transferring photographs to social media via my PC late at night which takes an age."

Cllr Settle used to have a Blackberry which suited him well but the council did not renew the contract for the device.

He found the phone he was given as a replacement difficult to use. He couldn't get used to the touch keyboard and was often unable to successfully navigate through the two security levels.

Cllr Settle added: "When I attended Rotary Oktoberfest charity fund raiser last October at the Parr Hall, I described the problems I was having to a number of people. One of them showed me what he was using and recommended I contact Matt from Ideal.

"I have yet to use the new phone in earnest but I have been on something similar that the Mayoress uses. I am looking forward to keeping everyone up to speed with what myself, the Mayoress and Teddy George are up to as when it happens, without the hours or days delay that is often the case now."

Ideal's Commercial Director Steve Butler said: "We are delighted to be able to help Warrington's Digital Mayor with his social media while he is on the move and busy engaging with the local community."



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More affordable homes coming to Warrington

Northwest housing group Torus is set to build more new affordable homes in Warrington.

The group, a partnership between Golden Gates Housing Trust and Helena Partnerships, is actively making good its promise to deliver new homes in the region.

Torus group chief executive, Rob Young said: "The UK is experiencing a massive shortage of affordable homes. We are committed to developing homes in the right places and at the right price, for rent or sale at genuinely affordable prices."

Current projects include a £10 million development of over 100

homes on a former brownfield site near Marsden Avenue, Latchford. The derelict land, once redeveloped will house 64 two and three bedroom homes for affordable rent and a further 40 two and three bedroom homes for sale through shared ownership. Phase one is due for release in July 2016.

The transformation of Harrison Square, Dallam starts in April this year. The construction of 24 bungalows and two bedroom homes for affordable rent along with two retail units, is part of the

wider 'Delivering Wellbeing in Bewsey and Dallam' initiative. The development will replace a number of disused shops. Once completed the homes will be available for affordable rent through GGHT.

These two major projects come hot on the heels of completed developments in Orford and Howley.

Priced for first time buyers, growing families or people looking to downsize, a collection of newly released three bedroom homes are available at Howley Meadows, Howley Quay. Offered for sale using Government backed Shared Ownership, also known as part buy, part rent, prices for a 50% share of a three bed riverside

property start at £77,000.

Orford saw the development of 18 two and three bedroom homes on Howson Road. The Edenhall Grove development was available for affordable rent and was built to appeal to small families, growing families and those keen to downsize. Due to its success it was fully allocated within weeks of completion.

To find out more about Howley Meadows please visit www.howleymeadows.co.uk, alternatively call the sales team on 01925 629 461.

Details for the rented homes in Latchford and Dallam will be released nearer the time.

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Bill Lacey (Director of Development, Torus) with CEO Rob Young (right).

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Mayor 'de-selected' by Labour Party

WARRINGTON'S Mayor, Cllr Geoff Settle, has been 'de-selected' by the Labour Party and will be standing down as a councillor ahead of the all-out May elections.

The shock decision, by national party officials, has surprised local councillors and party workers.

But Cllr Settle – who has proved a popular Mayor – says he is not bitter and sees his de-selection as an opportunity.

He said: "I have no problems with anyone locally – in fact no problems with anyone. I just failed an interview, probably because of the way I answered one question. I could have appealed and got in."

"But I thought about it and decided it was time to go. I am 62, I will have been on the council for six years and I think the time is right."

"I am involved with so many other organisations and charities that I will still have plenty to do."

The Poulton North councillor says

his Mayoral and council duties can take up to 90 hours a week. He will have attended about 500 events as Mayor by the time he finishes and has already raised about £5,000 for the Mayor's charities.

"The Mayoress, my wife Jean, and I have thoroughly enjoyed the Mayoral year and will continue working hard for the town until our year of office ends."

Cllr Settle swiftly became known as Warrington's first digital Mayor, because of the way he kept in touch with the public through social media.

He also became famous for "Teddy George" – the teddy bear he took to many engagements and which he found a useful fundraising aid.

"If I go somewhere without him

now, people ask me where he is" he laughed.

Cllr Settle believes he will be able to devote more time to helping charity groups and other organisations he is connected with to cope with the difficulties that have arisen due to financial cutbacks.

He has known about his de-selection since last year but has only now decided to announce it.



What is a slipped disc?

The term 'slipped disc' is recognised by most people, but it is actually a rather inaccurate term, as discs cannot actually slip out of place. While it is possible for them to wear, split or herniate, they can't slip!

So, what exactly are discs? The spine is made of a series of bones, the vertebrae, which can bend and twist because there are flexible, shock-absorbing 'cushions' between each of the bones. These are discs.

A normal, healthy disc is very strong. It is stronger than the vertebrae itself. If you have a compression injury in a healthy spine it is more likely to cause a fracture of the vertebrae rather than a disc injury.

However, over time as the disc undergoes wear and tear following cumulative strain from repeated bending, twisting, lifting, and even prolonged sitting, the strong fibres of the outer disc can tear, allowing 'leakage' of the nucleus out of the centre of the disc. This is known as

a disc herniation.

This 'leaked' material may then cause an inflammatory reaction and sometimes put pressure on the spinal nerve that runs next to the disc, resulting in leg pain (sciatica) if it affects the discs in the lower back, or arm pain if it affects the discs in the neck.

How can you prevent this?

- Avoid prolonged sitting, bending, twisting and carrying.
- Avoid prolonged driving.
- Improve physical fitness through exercise.
- Improve core stability through specific exercises.
- Avoid smoking.

If exercising regularly, it is also important to avoid exercises that involve repeated bending and twisting, especially whilst sitting. Sit-ups and twisting stretches of the back are not as good as people might think!

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Business leaders welcome Chinese delegation



The delegation and guests pictured under the Chinese flag during this week's visit to Thornton Science Park.

BUSINESS leaders from Warrington and Cheshire met up with a high-level Chinese delegation during a recent visit to the University of Chester's Thornton Science Park.

The three-man team from the Economic and Commercial Section of the Embassy of the People's Republic of China in London enjoyed a three-day tour of the area which included a visit to Chester Zoo and a civic reception at Chester Town Hall.

The prestigious visit was the result of an invitation from the Cheshire Business Leaders group. Designed to strengthen partnerships and explore new opportunities for Chinese investment, the itinerary also included a visit to Bentley Motors in Crewe, Encirc at Elton and Urenco UK Ltd at Capenhurst.

The delegation was welcomed to the Faculty of Science and Engineering facilities at Thornton Science Park by University of Chester Vice-Chancellor Professor Tim Wheeler, and the Chair of Cheshire Business Leaders Neville Chamberlain CBE.

A tour of facilities at the 66-acre science park, acquired by the University in 2013, was followed by round-table discussions. The talks involved Christine Gaskell, Chair of the Cheshire and Warrington Local Enterprise Partnership and senior representatives of a range of leading Cheshire energy businesses including EA Technology, C-Tech

Innovation, Peel Environmental, Amec Foster Wheeler and the Boulting Group.

"We have a massive contribution to make to the success of the Northern Powerhouse through our superlative knowledge and achievements in science and energy," commented CBL Chair, Neville Chamberlain CBE.

"Closer working relationships with our Chinese colleagues can only accelerate and add value to that process and I'm delighted that Cheshire Business Leaders has been successful in securing this important visit."

Mr Jin commented that China was very interested in smart grid and clean energy technologies and that his country was very keen to make further investments in the UK into nuclear and tidal energy projects. He added that China was particularly keen to collaborate with the UK on skills training for the nuclear sector.

Professor Tim Wheeler added: "It has been an honour to welcome such an esteemed Chinese delegation to Thornton Science Park, and to have the opportunity to showcase the work of the University, our students and our staff."

Get set for the Sport Relief Mile!

LEISURE and lifestyle service LiveWire is inviting residents to take part in the Sport Relief Mile at Victoria Park in March.

Warrington is set to host the event for the third time on Sunday, March 20 and this year participants will be able to try out the new running track in the park as part of the challenge.

Local heroes from the town will be walking and running themselves proud to raise life-changing money for Sport Relief 2016. The colourful, cheerful and eager milers will be doing their bit to make a difference to people living across the UK and the world's poorest communities.

The event has something for everyone including an inclusive one mile route as well as more challenging routes for the three and six mile races.

Setting off from Victoria Park the mile will involve four laps of the fabulous athletics track making it ideal for those with buggies and wheelchairs to take part.

The three and six mile routes take runners and walkers through the stunning park onto Black Bear Park and even onto the Trans Pennine Trail. It is set to be an incredible event.

Half of all the money raised by the public is spent right here at home in the UK, with the other half used to make a difference in the world's poorest communities.

You can register for the mile now at www.sportrelief.com or if you'd like to volunteer at the event, please contact Lou Shannon on 01925 624996.


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£302,000 grant for all-weather pitch

WARRINGTON leisure and lifestyle service LiveWire has won a £302,184 grant from the Premier League and FA Facilities Fund to install a state-of-the-art third generation artificial grass pitch as part of the Great Sankey Neighbourhood Hub development.

The new pitch will be part of the £16 million project to transform the existing Great Sankey Leisure Centre into an integrated facility which provides a one-stop-shop for leisure, health, wellbeing and culture.

Residents in the area are set to benefit from a new fitness suite, upgraded swimming pools, tennis courts, GP surgeries, a smart library, cafe and health and wellbeing facilities including a spa as part of the dementia friendly development.

The funding will allow the existing sand-based pitch to be revamped into a new 106m x 70m floodlit pitch which will provide better facilities for local and regional football clubs when it opens in the autumn.

LiveWire will work in partnership with Liverpool County FA and three local charter standard football clubs to support the development

and increase participation of football locally.

Crosfields FC, Matthiola FC and Whittle Hall FC (pictured right) will use the new artificial grass pitch extensively for both training and competitive match play.

The Great Sankey pitch is one of just 17 projects in the North West to benefit from more than £1.7 million worth of funding from the Premier League and The FA Facilities Fund to support grassroots facility projects.

Keith Maddock, neighbourhood wellbeing director at LiveWire, said: "LiveWire is proud to have been selected as one of the organisations to benefit from this funding. By installing a state-of-the-art 3G pitch which is high quality and accessible for everyone, we'll be able to provide more opportunities and better facilities to develop footballing talent."



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Social Media Matters

All of your Social Media Marketing questions answered.

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- Interesting homely features
- Pictures of local scenery/buildings/events
- Your team/office

It's okay to promote your listings occasionally too, don't however flood your profile with every single picture of the property, instead pick a key feature or best photo of the property and add a link to view further in the profile biography. Whatever you do, don't use Instagram solely for listing properties. Your efforts will go to waste and Instagram won't work for you.

Q. We've been on Instagram for a few months and actively posting, but aren't really getting much back from followers, comments or likes. What can you suggest? Alexandra's Florists.

Start the conversation instead of waiting for it to just happen. Comment on user's photos you have followed and liked. Commenting on a picture can show real interest and it's a great way to get conversations going. As mentioned throughout, the engagement on Instagram is second to none, I would almost guarantee that if you leave a comment on a picture, of a user you have followed and liked, you will almost certainly receive a reply and a follow. Drill down into your local community, and potential customers, and if anyone is posting about flowers they've got or like, the next time you get an order off them, mention that user with a friendly comment like "we've got your faves in stock!" It shows that your taking notice of them in a positive way. Also a competition would work wonders, if you did a flower giveaway, using a hashtag #alexandrasfreeflowers and the winner was the person who shared that post the most, with their followers having shared it also, that will help build consumer engagement.

I hope that I've helped you along a little bit of the way with deciding whether to venture into the world of Instagram, it's well worth it. Connect with your audience, create conversations and utilise this great platform. You have nothing to lose.



If it isn't already, Instagram needs to be an integral channel within your marketing strategy. With its number of users growing at an unbelievable rate, it's a platform you should really be utilising straight away. The channel has over 400 million active monthly users who are posting, on average, 40 BILLION images. The numbers are outstanding, and its exciting times for many businesses out there that are making full use of the channel.

We received some questions from businesses that aren't yet using Instagram or are not really sure what to do with it!

Q. Would Instagram work for an Estate Agents, when we are already posting listings online? Open House.

Instagram would definitely work for you, it's about reaching out to a wider audience and building your brand awareness, not just what listings that you have. Post things that people want to see and draw them in enabling them to see who you are and what you do. For example:

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Oldest Masonic Lodge donates £14,800 to charity

WARRINGTON'S oldest Masonic Lodge, launched the same year as Lord Nelson's HMS Victory, celebrated its 250th anniversary by donating nearly £14,800 to charity.

The Lodge of Lights No 148 were highly honoured by the presence of the Deputy Grand Master, Jonathan Spence and the Provincial Grand Master, Tony Harrison who joined over 150 Masons, at the anniversary event at the masonic hall on Winmarleigh Street.

Gwilym Jones, a senior member of the lodge, rose to give a short history of the lodge. An excellent oration was delivered by Rev Canon Godfrey Hirst, which was concluded with a solemn prayer of rededication.

Stanley then presented charity donations to Tony, to the grand total of £14,800 which was the target the lodge had adopted some time ago, being the lodge's number with two zeros added!

Response by Tony was initially complete silence, which later at the social board he referred to as: "being gobsnacked". Upon regaining his thoughts he said he was: "speechless to receive such truly magnificent charity donations and the largest he had ever received". He continued by saying it would give him great pleasure to hand the cheques to the recipients and thanked the lodge for their tremendous generosity.

An excellent five course celebratory banquet followed supplied by the Masonic hall staff, which was enjoyed by all.

In response to the toast to the grand officers, Jonathan began by relating some of the events occurring in 1765, the year of the lodge's consecration. A year when the HMS Victory, ship of the Royal Navy was launched. She is best known as Lord Nelson's flagship at the Battle of Trafalgar.

Tony also presented a history booklet to all present and

recommended its perusal saying it was very informative and thanked all the brethren who had brought the booklet to its present published form.

Tony continued by saying the brethren in 1765 could not have foreseen the future leading to this sescentennial celebration event. He congratulated the lodge on its achievements thanking the lodge members for the support they have given down the years and continued to give to the Warrington group today.

Tony went on to give an account of some of the historical events happening in the year when the lodge was consecrated: "Back in 1765, George the third was on the throne of this country. His reign was blighted by mental instability as depicted in the film 'The madness of King George'. This lodge was consecrated 50 years before Waterloo!

Tony continued: In 1865 when the lodge celebrated its centenary the year that was dominated by the American Civil war which ended on 23 June. It is interesting to note that the last act of that war occurred nearly five months later when on 7 November that year, in the River Mersey, the Confederate ship CSS Shenandoah finally surrendered her colours. On 14 April that year in the Ford Theatre, Washington, Abraham Lincoln was assassinated by John Wilkes Booth. It was also the year that the New York Stock Exchange was founded, as was HSBC and the Salvation Army.

In 1965, the lodge celebrated its bi-centenary, the 'Swinging Sixties', were well established and it was the year that saw the death of this country's greatest statesman Winston Churchill. In America,

the Vietnam War had begun, and racial tension was being fuelled by marches of the civil rights movements.

Having been consecrated in 1765 the lodge has existed under the reign of two of the longest serving Monarchs, Queen's Victoria and Elizabeth. There have been nine others, three of whom were either Grand Master or Past Grand Master. The lodge has survived 35 major conflicts, witnessed man take to the air and land on the moon and goodness knows what else in terms of life on earth. It has witnessed the greatest advancement in technology in every possible dimension. The lodge has been in existence for a total of 91,325 days. If you have

had eight meetings a year for 250 years that means there have been 2,000 meetings, which means that the lodge could easily have had 60,000 brethren attending meetings.

He closed by proposing a toast to the Lodge of Lights No148.

Stan Churm, responded to the toast, explaining and confirming that he was not a founder member but the most senior one!

He said the membership of the lodge stood at 41 with two candidates in the pipeline. He felt confident about the lodge's future. In conclusion Stan said that the lodge was continuing on the very solid foundation placed 250 years ago.





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Seal's spectacular Mersey splash captured on camera

Numerous sightings of a young seal pup on the River Mersey at Warrington took place in early January – including a spectacular appearance at Woolston Eyes Nature Reserve which was captured on camera by local man David Bowman.

David, a wildlife enthusiast from Winwick, was bowled over by the grey seal pup.

He said: "Sometimes nature just delivers up a real treat and this was one of those days. I started with the usual bird counts on No.3 bed, with highlights of Green Sandpiper, Woodcock, Brambling and Marsh Tit, plus some excellent wildfowl counts. Then I wandered around a bit taking some photos.

"I then decided to see if I could find the seal which has been around on the Mersey. I ensconced myself quietly on the bank of the river and was then treated to an enchanting hour with this little lost Grey Seal pup.

"I kept really still but eventually it noticed me and immediately, with typical seal inquisitiveness, came right up to stare at me from six feet away.



"It then spent the next hour diving and chasing fish and after each sally came over to say hi.

"At one point I thought it was going to haul out of the river and join me on the bank. But instead, it snorted, spraying me with river

water before going after another fish. When it was time to go, I got up as quietly as I could but it came straight over, came up to the bank, raised itself out of the water and watched me till I'd gone. Remarkable!"



Pictures: David Bowman.

New Executive Head Teacher appointed

A new Executive Headteacher has been welcomed at Great Sankey High School, Warrington.

Jon Wright has joined the school having spent 15 years as Headteacher at Central Lancaster High School and nine years as a National Leader of Education supporting schools in challenging circumstances and mentoring new Headteachers.

Jon was also chair of the Lancashire Heads Group where he worked with 84 Headteachers from across the County.

As Executive Headteacher Jon will continue to develop the High School and Teaching School Alliance to ensure that the school continues on its journey of continuous improvement.

Chair of Governors at Great Sankey High School Andrew Bent said: "We are extremely pleased to be welcoming Jon to our school and community and we look forward to seeing Jon build upon the fantastic work that Great Sankey High School does."

Jon said of his appointment: "Leading a school is both a pleasure and a privilege and Great

Sankey is a very special place to work. I can guarantee my full commitment to ensuring the school continues to offer students and parents the best opportunities and quality of service."

He is looking forward to working with WASCL (Warrington Association of School and College Leaders) and with primary colleagues to work together to ensure the children in Warrington have the best quality of education in the UK.



Record amount raised from charity tree collection

Driving rain did little to dampen the spirits of the 60 volunteers who swept around Warrington, collecting 1400 felled Christmas trees during St. Rocco's first fundraiser of the year.

Residents donated money in return for their used trees to be picked up and recycled and their generosity saw the initiative raise a fantastic £18,300 – more than £6,000 up on 2015.

The service was provided in partnership with Warrington Borough Council, Ground Level, Golden Gates Housing Trust, Asda Logistics, BT Skips, White Moss and Shades of Green.

Over £45,000 has been raised from the service since its launch in 2012, with the winter fundraiser going from strength to strength.

Sophie Birch, Events Fundraiser at St. Rocco's, organised the collection. She said: "We're all absolutely delighted with how much has been raised this year, and it's a fantastic start to 2016."

"The tree collection is a great example of organisations across Warrington coming together to support the Hospice and we would like to thank all our partners, volunteers and of course everyone who made use of the service by donating to St. Rocco's."



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Table topping Town's title tilt

Pictures: John Hopkins

TABLE topping Warrington Town manager Shaun Reid says he wants to go up as champions to avoid the lottery of the play-offs - and after defeating closest rivals Northwich Victoria in a thrilling 4-2 derby in front of a bumper 1,100 crowd - the club has got its best ever chance of securing promotion.

Town are currently top of Evo-Stik First Division North with many now tipping it as a two-horse race for the title along with Northwich.

With only one automatic promotion place, Reid is keen to avoid the lottery of the play-offs, where Town slipped up two seasons ago after finishing third in the table, their highest ever league finish.

He said: "I don't think my team could take it! We're in it to win it. I like the sound of being champions."

"No one has got a god given

right to win every football match but we should be there or thereabouts."

Town backed up their victory two days later 2-0 at Brighouse, opening up a nine point gap at the top, although Northwich have five games in hand, but lost their manager Jim Gannon to Stockport.

For all the latest news and in-depth match reports, pictures and video on Warrington Town's bid for promotion visit www.warrington-worldwide.co.uk



Leading scorer Ciaran Kilheeny celebrates in style.



Standing room only - Club mascot The Legend mingles with fans in the packed main stand.



A delighted Kilheeny who bagged another two goals for Town



Striker Ben Deegan through on goal.



Deegan celebrates with home grown Chris Gaghan.



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Thai boxing for young and old!

A WARRINGTON man who took up Thai boxing at the age of seven and later spent five years in Thailand from the age of 16 has opened his own gym in his home town.

Kamen Picken has fought in all the major stadiums in Thailand and all over the world, including Australia, Hong Kong, Macau, China and Cambodia.

He has fought some of the best fighters in the world - and also competed for two world titles.

Now he wants to help Warrington youngsters - and "oldsters" too - at his Demon Gym on Capesthorpe Road, Orford.

Kamen has transformed a former borough council depot, which had stood empty for some time, into a fully equipped gymnasium, renovating the whole of the interior to include a 16-foot professional

Thai boxing ring, Cage Wall, seven boxing bags and Olympic weights rooms.

Already the gym is attracting people of all ages and families.

The youngest student is just four - and the oldest 72.

Members can pick up skills in Thai Boxing, MMA, Jiu Jitsu, Boxing and Olympic Weights - and the gym also caters for people with special needs.

Kamen said: "I want to have a gym where anyone can come, no matter what level - beginners to professional fighters all under one roof with good training."



Adopted Police rescue dog helping to sniff out trouble

A POLICE dog "adopted" from a rescue centre just three months ago is now helping enforce a Warrington college's zero tolerance policy on drug use.

Eighteen-month-old Springer Spaniel Rufus - a passive scanning dog - was given a guided tour of one of his new beats at Warrington Collegiate's Winwick Road campus by Health and Safety Officer Gary Lindsay.

It is part of a partnership between Warrington Collegiate and Cheshire Police aimed at stopping the use of drugs by young people in the town.

Rufus was joined by his handler, licensing enforcement officer Neil Jukes, Warrington Community

Safety Partnership Inspector Richard Spedding and Warrington Youth Engagement Officer Jeff Mather, who regularly gives talks to students about a variety of issues including drug use, underage drinking and cyber-bullying.

Gary said: "It's important for the police to have a presence at the College and the partnership means we're able to have at least four visits a year from Rufus.

"It's preventative and it's about stopping drug use in the first place. We have a zero tolerance policy on drug use here at Warrington Collegiate and if having visits from Rufus and the police can help to reduce the amount of young

people involved with drugs across Warrington, then it's a massive success."

Rufus completed his training before Christmas after being "adopted" by Cheshire Police from

a rescue centre three months earlier.

He has already seen success while on the job and will be taken into Warrington town centre on a weekend to "sniff out" any wrong doing.



College launches new business club

WARRINGTON Collegiate is continuing to develop its close relationship with the borough's employers by launching a new Business Club aimed at "matching" them with the right apprentice.

Aimed at creating better partnerships between the college - Warrington's leading provider of vocational education - and businesses, the club is free and looks to provide employers with numerous benefits and opportunities, including access to free training needs and priority access to Government funding.

Cath Brierley, head of business development and delivery, employer and commercial services at the Collegiate, said: "We aim to provide businesses with training and development programmes to help improve the output of businesses, grow customer loyalty, and enhance your overall market positions.

"Whether you are looking to train your staff or to improve your overall business performance, the Business Club offers the perfect support mechanism."

The new scheme - which was launched at the Business School - follows hot on the heels of the Collegiate's new Work Shop programme, which offers

apprenticeship vacancies and part-time jobs.

Cath added: "We want the Business Club to help us give employers a voice and show that we are listening. It will allow us to serve employers better.

"It's about bringing businesses together. We want businesses to come in and talk to our students and explain what it is they're looking for in an apprenticeship to help give them that work ethic and attitude they need to succeed.

"We also want to be able to approach employers knowing that the candidates we have selected for them are the right fit."

Warrington Collegiate offers both 16-18 year old apprenticeships, adult apprenticeships, work force delivery and bespoke training.

If you are interested in becoming a member of Warrington Collegiate Business Club, call 01925 494703 or email training@thewbs.co.uk

For more information about apprenticeships, visit warrington.ac.uk.

For more information contact Emma Rigby in Marketing, Warrington Collegiate erigby@warrington.ac.uk or Tel: 01925 494664



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Chris Hill announced as Wolves' new captain

WARRINGTON Wolves have announced Chris Hill as club captain for the 2016 season.

In his role as vice captain alongside Joel Monaghan last season, Hill made 34 appearances in the Primrose and Blue, bringing his total to 132 since making his Wire debut in 2012.

This off-season saw Hill represent England in the Autumn Internationals, taking to the pitch in all three tests against New Zealand.

Head of coaching and rugby Tony Smith said: "Chris has been a leader at the club for a number of seasons. We see on a week to week basis his leadership qualities out on the pitch. However, his attitude towards training and how he conducts himself off the pitch is

also first class. "Although Chris will be named as captain we have a number of other players who provide fantastic leadership and will support Chris in his role."

Hill added: "I feel immensely proud to be appointed as the captain of this great club. There have been a number of great leaders and captains who have gone before me so to be added to this list is quite humbling. There are a great number of leaders within the group so, no doubt, throughout the year they will all have valuable input and hopefully support me in this.



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By David Watkinson

Finance Bill 2016

Many people operate their business through a limited company. Whilst one reason for choosing to do so is to reduce their tax liability, there are a large number of other reasons why they may wish to do so.

Last month we looked at the new rules regarding the taxation of dividends and possible ways in which the effects could be mitigated.

However, whatever the reason was for operating through a company, these new rules could have a large effect on the proprietor's taxation and net income. But there are further changes that could have an impact on the owner of a small limited company.

Proceeds from the disposal of shares is a capital receipt and subject to Capital Gains Tax. The rates of CGT are substantially lower than Income Tax especially if Entrepreneurs Relief is available, which it would generally be to a small businessman. This difference will be even greater after April when the new dividend rules come into play. It has always been the case that the final transfer of funds from the company to the shareholder when the company is dissolved is taxed as the proceeds of disposal of the shares rather than a distribution, and therefore enjoying the more favourable tax rate.

The Finance Bill 2016 introduces measures that change this treatment in certain circumstances and which will mean that large cash sums taken on the winding up of a company may be liable to Income Tax rather than the more favourable Capital Gains Tax. This change will apply if after receiving the payment the shareholder is involved in a similar trade within 2 years. The abuse that this measure is intended to counter is where someone retains cash within the company, liquidates the company which then distributes the cash, and the recipient subsequently sets up a new company and repeats the process. Many people would not necessarily disagree with this. However, not only are there many commercial reasons that may explain this sequence, but also the government is looking to widen the impact, and it is this potential wider impact that is most worrying.

However, it is not all bad news. Rumours were rife before Christmas that the government intended to introduce measures to force contractors to be put on a client's payroll if they were working for the same client for more than a month. This first appeared in a couple of newspapers, and caused such consternation that an online petition to parliament was raised. The good news is that no such measure appears in the Finance Bill. But there is never smoke without fire, so keep watching this space!

WatkinsonBlack are pleased to advise on these and other matters. They have considerable experience in all areas of taxation and business services, including providing a very cost-effective payroll bureau service. If you want to arrange a no-obligation initial meeting on any taxation or accounting matter then please contact us. Please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.

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Death of former full-back and Coach



Johnson pictured in a Castleford kit after Warrington forgot theirs! Picture by Eddie Whitham.

WARRINGTON Wolves former full-back and Coach Brian Johnson has died in Australia following a long battle with Alzheimer's disease.

The popular full-back was Head Coach at the club from 1988 to 1996 and led Warrington to a Challenge Cup Final in 1990 against Wigan at Wembley.

Johnson, aged 59, joined Warrington as a player in 1985 from St George in Australia, playing more than 100 games including in the Premiership Final victory over Halifax at Elland Road in 1986 – scoring a memorable try.

The Wolves released the following statement. It is with great sadness that Warrington Wolves learned of the passing of former full-back and coach Brian Johnson, who died on Monday 11 January. He died peacefully at home surrounded by family and friends.

Brian was born in Dapto a suburb of Wollongong in the Illawarra region of New South Wales. He played for the local junior club and was selected for the New South Wales Country team in 1978. He then joined St George in 1979 and was at full-back in their Grand Final winning side that year. He scored a try as the Harry Bath coached Dragons defeated Canterbury 17-13.

He developed into an exciting attacking player who was a frequent try-scorer from full-back. In six seasons at St George he scored 54 tries in 144 appearances. In 1980 he was the Dally M Fullback of the year.

He joined Warrington in September 1985 and in only his second game for the club scored a spectacular 70 yard try. This was the opening score of the Lancashire Cup Final, which Warrington lost to Wigan. By the end of his first season at Wilderspool Brian was scoring in Warrington's Premiership Final win over Halifax. He once again scored a long range spectacular try, after coming on as a substitute.

He returned to Australia at the end of the season and played 12 matches for Eastern Suburbs, scoring two tries.

Now 30 Brian returned to Wilderspool and made 51 consecutive appearances at full-back. That spell included three finals, all unfortunately lost to Wigan. They were the 1986 Lancashire Cup Final, 1987 Premiership Final and the 1987 John Player Final.

Such was Brian's attacking prowess that he scored a record 25 tries from full-back during the 1986/7 season, in which he made 39 appearances.

At the end of the 1987/8 season Brian retired. His final appearance was as a substitute in the Premiership semi-final loss at Widnes on 8 May 1988. Brian made 103 appearances for The Wire, including 3 as a substitute and scored 48 tries.

By the autumn of 1987 Brian was helping with the coaching as an assistant to Tony Barrow. When Tony left in November 1988 Brian was a popular replacement.

As coach Johnson guided Warrington to two trophies the Lancashire Cup in 1989 and Regal Trophy in 1991. He also took Warrington to Wembley in 1990 and the 1995 Regal Trophy final, when yet again Warrington lost to Wigan.

In 1993/4 Warrington finished top of the league for a day after beating Sheffield, before Wigan's defeat of Oldham gave them the title on points difference.

In January 1996 Brian resigned as coach after a humiliating 80-0 defeat at St Helens in the Regal Trophy semi-final. This brought the curtain down on a 10-year career at Wilderspool, three as a player and seven as a coach. Brian was always popular with fans and players alike.

Brian and his family returned to Australia and he took up teaching. His skills were not lost to Rugby League and he became head coach of the Australian Institute of Sport Rugby League team. He returned to the UK many times bringing over his young teams of future Rugby League stars. He always made sure that he popped into Wilderspool and the The Halliwell Jones Stadium to see his friends at Warrington.

"The club and Players' Association pass on their condolences to Brian's wife Karen and two sons Brett and Liam."



Wolves appoint new player performance manager

WARRINGTON Wolves have appointed Stuart Barrow as player performance manager and reserves coach ahead of the forthcoming season.

Barrow has previously held positions at both Castleford and Bradford working in a player performance manager role.

He spent three years as England academy assistant coach and two years as England youth head coach between 2010 and 2015. Over the last 18 months he has worked for the RFL in the role of coach education project manager.

The reserves grade has been introduced alongside the U19s and U16s academy competitions with all home fixtures to be held at Victoria Park.

Barrow said on joining the club: "It is an honour to join such a big club with strong traditions of developing youth. I am looking forward to helping aid players along the pathway and contributing towards the Wolves' journey to becoming world class at player production."

Phil Jones, head of youth, junior recruitment and development, added: "Stuart is a very valuable addition to the performance team; he has vast coaching experience at this level with Castleford Tigers, Bradford Bulls and England."

He has similar views on coaching philosophy but is very prepared to challenge the status quo and will be key in continuing to move the programme forward.

"As well as being player performance manager he will be coaching the new reserves team which is a much-needed additional grade. The reserves will allow players the opportunity of a longer pathway as the majority are not quite ready to play Super League at the age of 19."

Roger Draper, Wolves' chief executive, said: "As a club we were one of many campaigning for the return of the reserves grade and are delighted that this is now in place for the coming season. We pride ourselves on investing in developing young players from their school and community rugby through to the first grade."

"The reserves competition will help to better bridge the gap between the academy and first grade maintaining the individual player development until they are ready to make their Super League start; so that no player is lost in the system."

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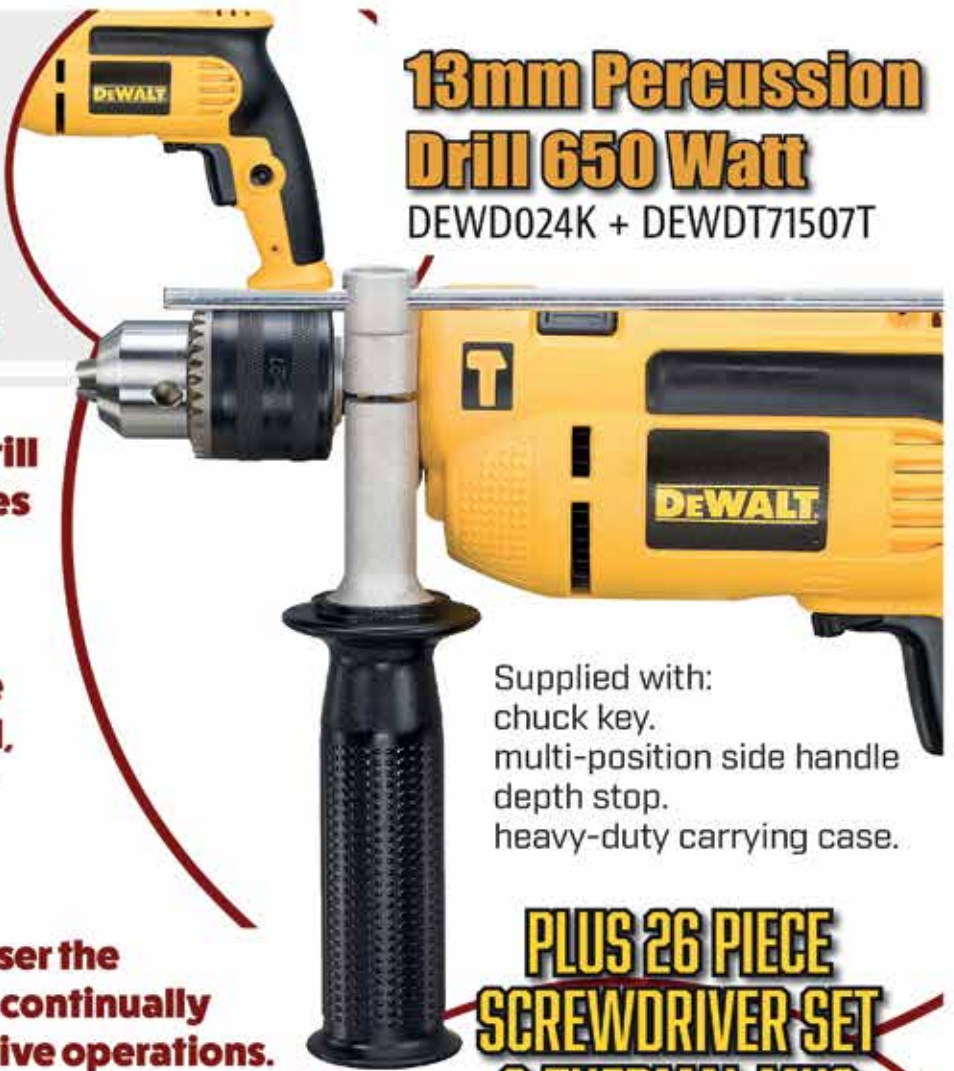
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