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magazine

April / May 2016

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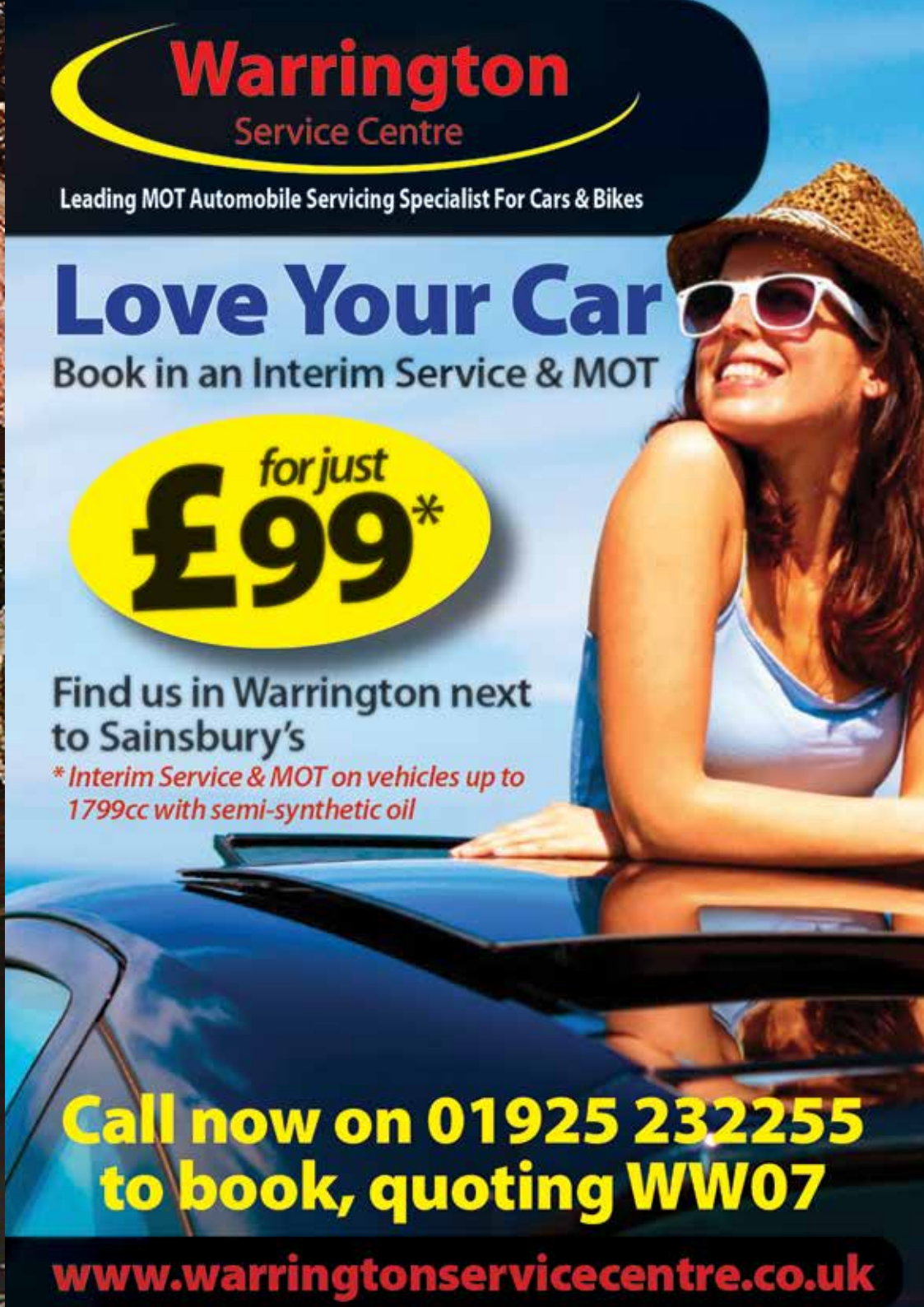
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New Stylists at Callaghans Hairdressing

Callaghans Hair Dressing is delighted to welcome Meg and Claire to their creative team of hairstylists.

Both stylists come with a wealth of industry experience and expertise, and as a warm welcome to new clients, are offering a handsome 30% discount on your first visit.

Claire Aldous has been working in the hairdressing industry for some 29 years, during which time she has managed and owned salons and training academies. Currently the director of 2 training academies, she has trained many students to high standards, and many have gone on to manage and even own their own businesses. Claire's prices will normally start at £48 for a cut and finish (£33.50 with offer) and £40 for Colour (£28 with offer).

All aspects of hairdressing are covered including: Styling, extensions, colour correction, barbering, hair up work, with precision cutting and colouring being a speciality.

Meg Evans has a vast experience of training in London in colour, colour correction work and precision cutting, which she excels in, and has a passion for creative styling and hair up/Wedding/Prom work. After working for 3 years, locally in Culcheth, Meg has gained a great reputation for excelling in the industry. Meg's prices will normally start at £30 for a cut and finish (£21.00 with offer), and £40 for colour (£28 with offer).

To view portfolios of work from both stylists, simply visit Callaghan Hairdressing on Facebook.

We look forward to seeing you soon.



Claire Aldous



Meg Evans

To be part of this fantastic offer, simply call and request either Meg or Claire, Quoting '**Callaghans 30**' to receive your **30% DISCOUNT ON ALL SERVICES**

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Welcome to lifestyle

 @GarySkent

WE are undoubtedly a nation of pet lovers and this month's front cover features TV presenter Michaela Strachan who is hosting this year's National Pet Show - SuperDogs live.

The search is on for this year's most talented and heroic dog - it would be great if a Lifestyle reader had the champion dog!



If it had been a cat competition I would have been entering our young cat Luna.

She sadly lost a leg after being hit by a vehicle but is now becoming a three legged wonder cat.

Within days of her leg amputation she was up and about and in less than two weeks out exploring the garden.

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Active Cheshire launch The

Cheshire & Warrington's inaugural corporate games event has been launched by Active Cheshire, providing a great opportunity for businesses to network, get active and fundraise.

The event takes place on Sunday, June 5, at Chester Racecourse when Active Cheshire will host 'The Team Games', the inaugural corporate games event for Cheshire & Warrington area.

The event will bring companies from across Cheshire & Warrington and beyond in a festival of fun and physical activity.

The Team Games will comprise of games, activities and entertainment for all, with Urban Attack assault course race for those with a competitive edge, Zorb football where the football won't be the only thing bouncing, Cheshire's equivalent of

The Hunger Games with the US import Archery Tag, all the fun of the 80s with the Knockout Challenge and, to take you right back to your school days, a Retro School Sports Day.

Aside from the team games there'll be activities and sports for you to try, a stage featuring live entertainment, and local craft and food producers promoting their wares.

If a certain Danish brewing company made corporate games events they'd probably be The Cheshire & Warrington Team Games.

All profits from The Team Games will be invested back in to Active Cheshire's charitable funds for re-investment back into the community.

Active Cheshire are launching these games as part



Team Games

of their year of Movers & Shakers, encouraging more people across Cheshire & Warrington to get more active more often and in doing so help in the fight against preventable diseases such as coronary heart disease and diabetes. Other benefits to employers can include improved morale, increased productivity and reduced sick days. Active Cheshire are hoping that the games will be a catalyst for employees to become more active and employers to encourage staff to do so, be that through active travel to work, walking meetings, physical activity based social events, work place classes before and after work and much more.

Find out more about The Team games at www.theteamgames.org where you can also enter teams to the event.



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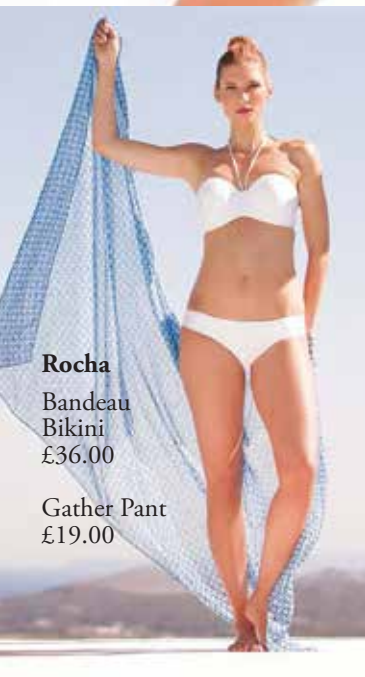
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Michaela Strachan leads the search for the nation's SuperDogs!

TV Presenter Michaela Strachan will host The National Pet Show's SuperDogs Live, which takes place at ExCeL London on May 7-8, as the search begins for the nation's "SuperDogs."

With the search for this year's most talented and heroic dogs bigger and more competitive than ever before, dog owners from across the country are being encouraged to enter their four-legged friends to take part in SuperDogs Live sponsored by Confused.com. During this exciting talent competition, each dog will have a minute and a half to wow the crowds.

Taking centre stage to present SuperDogs Live Michaela will lead the search to find the nation's most outstanding dogs of 2016 as they go head to head in an exciting live performance to win the titles of Most Talented Dog, Strictly Doggy Dancing and Heroic Hound.

Michaela said: "I am a huge dog lover and I never cease to be amazed at the talent, bravery and sometimes the compassion of many dogs. It's going to be a lot of fun to be part of the SuperDogs Live team at the National Pet Show this May. No doubt I'll be bowled over by the nation's most talented and heroic dogs. If you're coming to the show, it'll definitely be one of the highlights so don't miss it."

SuperDogs Live is looking for the dogs with the most amazing party tricks and talents, from skateboarding, surfing, riding a horse and jumping through a hoop of fire to performing gymnastics, walking like a human (forwards and backwards!), singing, talking or even playing an instrument.

For the Strictly Doggy Dancing category, judges are looking for the dogs with the grooviest moves to all styles of music, from sweet, slow love songs to hip hop sounds and dogs that can do the twist!

The judging panel of this year's competition includes expert dog trainer Gwen Bailey, Owner



Michaela Strachan with her dog Toto
Picture by Adele Kimble

and Behaviourist from Puppy School. Gwen has written 13 books on animal behaviour including *The Perfect Puppy*, which was published all over the world 20 years ago and remains the UK's best-selling puppy raising book to this day.

Commenting on her excitement ahead of SuperDogs Live 2016, Gwen enthused: "It is always amazing to see happy dogs and contestants performing together and showing what can be achieved with positive training - I can't wait to see what this year's contestants have got in store!"

If you think your dog has got what it takes, visit www.thenationalpetshow.com to enter.

Previous winners of SuperDogs Live include champion title-holder Smurf, who won the title of Most Talented Dog for his legendary skate boarding skills, and cavaliers Annabelle and Lucy together with their owner Lisa Garner, who were acknowledged with Heroic Hound awards for their continued campaigning against puppy farming.

Michaela is one of TV's best loved wildlife presenters. She has a huge amount of enthusiasm and compassion for animals.

She has been presenting since 1986 on a variety of programmes from 'The Wide Awake Club' to 'The Hitman And Her', 'The Really Wild Show' to 'Michaela's Wild Challenge', 'Elephant Diaries' to 'Countryfile' to 'Springwatch' and many more.

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Morris dancer's going from strength to strength!

Having taken part in Morris Dancing since the age of seven, two years ago Kate Pritchard decided it was time to have a go at setting up her own troupe in Lymm.

Setting up a Morris Dance troupe whilst juggling a teaching degree, may sound like a crazy idea but it has paid off with the group already having won many honours at national championships and has grown enormously.

Kate said: "At our first championships the dancers did amazingly well, obtaining many first places and leader/mascot awards. Continuing on from our success at championships we are now excitedly preparing for the new dancing season ahead with lots of hard work!"

Morris dancing is a hobby for all ages/dance abilities and currently they have around 40 members aged four to 40 plus. The group is all run by volunteers who give up a large amount of time and commitment which has allowed Lymm

Adivas to be as successful as it is.

"I could honestly never have imagined we could have such a fantastic troupe where everyone really cares about each other and gives their team 110%, including such strong support from parents," said Kate.

Lymm Adivas are currently looking for more dancers to join their winning team. Whether you have danced before or not, why not go along and see what it is all about? You are guaranteed a warm welcome. They practice every Wednesday at Lymm Methodist Church Hall from 5.30pm (start times vary depending on age).

Morris dancing is the perfect hobby to socialise, make new friends and have tremendous fun, whilst, importantly keeping fit!

For more information call Kate on 07562 837 079 or pop along to a practice night. Lymm Adivas is a non profit making group. First week is free then £3.50 thereafter,

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Dave celebrates 15 years of creating quality kitchens

Dave Charlton takes great pride in the fact that he has built his kitchen business up starting off from a spare back bedroom at his house, to a showroom boasting quality kitchens.

What started off as a project from his back bedroom selling relatively basic kitchens and work tops has now blossomed into mid to high end kitchens, from a showroom on Gorsey Lane, Warrington.

He aims to celebrate the 15th anniversary with a couple of special events, including an open day on Saturday April 30 from 12 noon, showcasing his showroom which has recently been refurbished with the latest Next125 line of kitchens from Germany.

Special guest at the event will be Deputy Mayor of Warrington Fazil Rashid and it will also include cooking demonstrations.

Dave, who is also as a director on the Kitchen, Bedroom Specialist Association (KBSA), which helps regulate the industry, is the only outlet in the local area to supply modern and contemporary style German manufactured kitchens, whilst also offering a more traditional style kitchen from UK manufacturer, Mackintosh. He is also the local Neff Master Partner.

As well as supplying quality kitchens across, Warrington and the North west and further afield one of his biggest jobs which gives him great pride was fitting a bespoke kitchen in St Tropez for £80,000, a job that came about having been recommended by a happy customer from Lymm.

Closer to home the average spend is £15-£20,000 for a top quality bespoke kitchen.

To find out more about JD Kitchens why not visit their showrooms at 4 Gorsey Lane and see first hand the quality of their workmanship or visit www.jdkitchens.co.uk.

Keeping You Safe on the Road

By Raf Khan from
Warrington Service Centre



Which service is right for you?

Many of us will only consider servicing the car if the manufacturer demands it. However making an annual service part of your regular car maintenance is one of the best ways you can maximise the life of your vehicle and ensure it doesn't leave you stranded at the roadside.

A car service is carried out to check that all the important parts on your vehicle are in good working order and to replace those that wear down with time and use. There are some parts that wear down much faster than others such as brake pads, spark plugs and oil. These will need to be checked more often to keep you on safe the road.

Each car has different requirements and your handbook will have information on when parts need replacing.

Choosing the right service for you

The Interim Service:

This service is recommended for high mileage drivers or those vehicles where the manufacturer requires frequent checks. The interim service checks all the key parts within the car that may need some TLC over a six month period. This type of service is most effective if it's carried out 6 months after the full service.

The Full Service:

This comprehensive service will ensure that your car remains in optimal condition. A wide range of checks are carried out and any replacements and refills are identified. This service needs to be carried out on an annual basis and is most economical when carried out alongside your annual MOT.

At Warrington Service Centre you can book an Interim Service and MOT for just £99*. We'll provide a free detailed report on any wear and tear observed and offer advice on the appropriate course of action. Book now on 01925 232255.

* Interim Service & MOT on vehicles up to 1799cc with semi-

An evening at the races with Tom Jones

An Evening At The Races and Aintree Racecourse are proud to announce that pop legend Tom Jones will be bringing his huge repertoire of hits from across genres and generations including 'Kiss', 'Delilah' and 'It's Not Unusual' to the racecourse on June 10 event for a not-to-be-missed night on the green.

Tom Jones is the latest addition to Aintree Racecourse's new summer season of live shows, with already announced DEACON BLUE set to open the inaugural events on May 13.

National legend Tom Jones' career has spanned over half a century, and has seen him win many accolades including a BRIT Award for Outstanding Contribution to Music and a Silver Clef Award for Lifetime Achievement. A global star, who was knighted by Her Majesty the Queen in 2006, has amassed 36 top 40 UK hits and has a continued worldwide reputation as one of the great vocalists, earning the nickname 'The Voice'. Tom Jones said: "I am very excited to be playing an open-air concert at Aintree Racecourse. I always have a fantastic time performing to audiences at Jockey Club Live events as they are such a great night out for everyone."

An Evening At The Races offers a value for money experience unlike any other this summer. Alongside show-stopping headline performances by some of the worlds biggest artists, the action kicks off earlier in the day with a six race card - giving fans the chance to witness powerful equine athletes who are stars in their own right, and enjoy the thrilling drama and spectacle of them racing for glory. Whether you fancy a flutter or a dance with friends and family, the event is certain to be an odds on favourite for all.

John Baker, Regional Director for Jockey Club Racecourses North West, said: "We're thrilled that international superstar, Tom Jones is coming to Aintree Racecourse this summer. We'll have a superb day of racing followed by an electric evening with one of most biggest music acts in the world. Tom is such a popular artist with legions of followers it'll be great to see him grace another Jockey Club NW racecourse again after a sell-out performance at our sister racecourse, Haydock Park in 2014. We're expecting a rush for tickets for one of the 'must be there' music events of the summer, so all racing and music fans are urged to reserve their tickets as soon as they can."

The Jockey Club Live are leading promoters on the UK live scene. From delivering a spectacular line up of some of the hottest chart talent and legendary household names in 2015, this year is set to continue the incredible success. Acts already announced for 2016 include Bryan Adams (Sandown Park), Little Mix (Newmarket), Will Young (Newmarket), The Corrs (Newmarket, Haydock Park, Epsom Downs) and Tears for Fears (Newmarket) with more announcements imminent.

The events are renowned for combining a fun filled evening at the races with a spectacular evening concert in the informal and relaxed open-air setting of some of the world's most famous racecourses.

The racecourses have world-class customer facilities, featuring an array of award winning restaurants that cater for all tastes, be it Fine Dining through to delicious bistro food. The Jockey Club venues welcome over 2million people a year for some of the UKs biggest racing events so you can be sure a fantastic evening.

Tickets are priced starting at £35 adult /£17.50 child (under 18). Please note child tickets are limited.

Also appearing at Haydock are the Corrs on June 18.

Last year, over 40,000 fans descended onto the hallowed turf to see show-stopping headlining performances from Kylie, Madness and Kaiser Chiefs after a day of racing.

Since releasing their album 'Forgiven, Not Forgotten' in 1996, The Corrs have gone on to sell over 30 million albums worldwide. Known for hits including 'Runaway' and 'Breathless', the band took a 10-year break to spend time with their families while Sharon and Andrea also pursued solo careers.

They returned last year to a rapturous welcome, with their album 'White Light' going straight into the UK charts at #11 and saw the band catapulted back into the touring circuit with a sold-out arena tour.

Tickets are priced starting at £30 adult /£15 child (under 18). Please note child tickets are limited.

Tickets for both concerts are now online via www.thejockeyclublive.co.uk



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Prince's Trust

Celebrating 25 years of Pip, Squeak and Wilfred

IT's a time for celebrations at one of Culcheth's best-known independent shops – Pip Squeak and Wilfred.

Just 25 years ago, Janet Woods opened what was then a baby and children's designer clothing shop next to the old Kwik Save store in Lodge Drive.

After suffering a number of burglaries she moved the business into more secure premises, a few doors away in The Parade – and never looked back.

Today it's a specialist children's shoe shop with a regional reputation and also stocks an exclusive range of Communion wear and accessories, as well as soft toys and gifts.

Nothing gives Janet more pleasure than seeing customers who first came to her to buy their children's first baby clothes now returning to buy their grandchildren's first shoes.

She said: "There are not too many independent shops selling fitted children's shoes and that is probably why we get customers from all over the North West.

"We are well known for our fitting service as we are registered on the Foot Health Register. There

are always at least two trained fitters in the shop at any one time.

"My daughter Clare joined me in the business after she finished university and we work alongside Joanne, Jen and Bayley with Grace coming in on a Saturday.

"I would like to thank them all, and the other girls who have worked for me over the years, as well as our loyal customers.

"We are celebrating 25 years but now it's onwards and upwards. We are looking forward to the next 25 years!"

But what about the shop's appealing name? How did that come about?

Janet laughs. "We were living in Grappenhall at the time, near St Wilfrid's Church.

"My husband drew me a logo, with a boy, a girl and a teddy bear and we decided to call the bear Wilfred. It just seemed to follow on that the boy was Pip and the girl was Squeak.

"I know there was a newspaper cartoon called Pip Squeak and Wilfred but we did not consciously copy that – it just seemed to come out of the ether!"



From left, Janet Woods, Jen Drummond, Bayley Swinburn and Clare Scotchford.

Cheers to Prosecco pudding!

by Michele Butterworth, from Shelly's Restaurant

Prosecco has become a popular tippie once again, and this Prosecco pudding dessert is quick and easy to make.

Ingredients:

300 g milk chocolate digestives crushed up
50g melted butter
Punnet Strawberries sliced thinly and marinated in
125ml Prosecco
12 boudoir sponge fingers
2 dessert spoon strawberry jam
300ml double cream
200g soft cream cheese
Strawberries to decorate and more glasses of Prosecco would be perfect

Method:

Base mix crushed biscuits with butter spread out in glass trifle dish or individual glasses
Place jam carefully on the top followed by the sponge fingers
Add marinated strawberries
Whip up the cream and soft cheese till fluffy adding any remainder juices from strawberries, placing on top of strawberry layer
Decorate with a little icing sugar and a few strawberries

Dig in and enjoy!

*This is a
taste of
Summer
to come!*



Spotlight on health

by Michael Mahoney

What's stopping you?

How many goals and dreams do you have stored away collecting dust in the dimmest recesses of your mind? 'If only' you might say, or one day perhaps or when the time is right, when I can afford it, when I get a job, when we move home, when the kids have grown up!

These and other familiar statements are excuses, reasons to hide behind in order to avoid stepping out of our comfort zone. We want to change ourselves, our lives, our way of living, and yet we are stopped, not by the false justifications mentioned above, but simply because we are afraid.

What happens if it doesn't work out? What happens if we fail? What if we get into debt? And so it goes on, and on, and on, until one day, you wake up, and realise you have missed your chance, someone else has got there before you, and the only difference between them and you, is that they didn't hide in their comfort zone, they pushed aside the excuses, their fears and had the passion and the drive to achieve.

Of course it is easy to blame others, or situations for not being just right for you, and if that makes it easier to face people then go with it, but somewhere in the deepest part of your knowing you are aware, that you missed your chance, and you live with it.

The other person, the one who got on with things, the one who eventually achieved their goal, and perhaps your dream and wishes too, is the one who took a leap of faith in themselves.

As an entrepreneur, I know from personal experience that the universe has a way of guiding you through new ventures, yes you make your plans and you hope you stick to them, but unforeseen influences will push, guide, cajole you to doing something unforeseen, and usually, in my experience at least, these unexpected influences make a good plan a great one.



You don't have to have all the answers before you start, for new skills and opportunities somehow find their way to you, once you start moving. Ideas come from deep within, or from the universal field of consciousness, wherever they come from, they are real and they make things happen.

But you have to start your new plan, you have to believe in yourself, you need to move towards your goal. You cannot steer a stationary car, you have to be moving to steer yourself in the right direction. Also if things don't go according to plan, don't use it as an excuse to give up, persevere. My old school motto was perseverance, keep trying and you will succeed.

The old cliché is true, you have only failed when you stop trying. Whatever you want to do or be or change, you have the power within you to make it so. Have the courage of your convictions, trust in yourself, and ignore the doubters and naysayers for often they are simply expressing their own weaknesses and fears.

And as always if you want motivation or guidance contact me or my partner Cate on 01925 659322 or email my practice through my website. www.michaelmahoneyhypnotherapist.com



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