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Welcome to lifestyle



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Is Thursday, 23 June an important date in your diary?

If your answer is yes - I suspect you may be one of those considering voting to leave Europe as it is the date of the long awaited European Referendum. It is the day when almost everybody of voting age is given the opportunity to decide whether Britain should leave or remain in the European Union.

Prime Minister David Cameron promised to hold one if he won the 2015 general election saying: "It is time for the British people to have their say. It is time to settle this European question in British politics."

I just hope that apathy doesn't come to win the day as I suspect those wishing to leave Europe will be ensuring they get to the polls. But with many people still undecided, or unsure of what the implications are for leaving or staying, many may not even bother voting.

Those campaigning to stay have been accused of using "scare tactics" to try and convince people to

remain in Europe. The question has certainly split opinions within the established political parties.

None of us have a crystal ball, so it is impossible to accurately predict what the outcome will be if we remain or leave. But whatever you decide please don't let apathy win the day. Make sure you go out and vote on Thursday, 23 June as the result could have huge implications for the UK in the future.

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Schoolgirl's book launch is r

A 12-year-old school girl is launching a book worldwide that teaches kids how to do magic tricks that make grownups jaws drop in wonder.

Kristen Kelly has an international launch for her book *Abracadabra on June 21 called Easy Magic Tricks for Kids*.

Kristen co wrote the book with her dad Ken Kelly who has been a professional magician for over 35 years. Ken does magic for children in Warrington and surrounds through the Kelly family entertainment website www.magic4children.co.uk

Kristen, a pupil of Cardinal Newman, won Warrington's Got Talent with a magic show when she was only 6. When her friends started asking how they could learn magic too, Kristen decided to write a book to teach children cool magic tricks that they can make and do. Dad helped out with the book planning and Kristen's mum, Colette Kelly, took some pictures showing the magic tricks in action.

Magic is a cool and popular hobby for for kids to take up which is evidenced by the magic shows we see on our televisions. The biggest problem for



a young person looking to learn magic is that it can be tricky to describe the slight of hand using only words and pictures. To solve this problem, Kristen and her dad made the book interactive with QR codes that lead to videos showing the trick in action and taking the apprentice conjurer through the workings. All the equipment needed for the magic tricks can be made using commonly found household items. The making process is fun to do and grown ups are encouraged to help making this a family activity.

When Kristen was preparing for Warrington's Got Talent she looked around to find some good books to learn tricks from. She found that the booker were either too complicated and written for grownups or, if they were for kids, the tricks were not very good and wouldn't fool anyone.

"I want to make a really good magic book for kids my age with magic that will blow grown ups away" said Kristen.

It seems Kristen found the perfect recipe as her book was snapped up by New York publishing house, Sky Pony Press.

The Kelly family are now counting the days until the big release. Kristen's book *Abracadabra!*



magic!

This is the world's first multimedia magic book for kids where videos and downloads form part of the book.

If you know any budding Dynamo's who would be interested in learning magic then you can reserve your copy of Kristen's book on Amazon. If you would like to see Kristen in action with her Dad then head over to www.magictricksforkids.org

The website has a ton of free magic lessons and you can learn from Warrington's own magician master Kristen Kelly.



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Charity gig pays tribute to 'One Mike Only'

Words & Pictures: Paul Jackson

A charity concert took place at Eagle Sports Club, Warrington, celebrating the life of local musician Mike Carter, who sadly died last year aged just 19.

The event helped raise funds for local branch of the National Autism Society helping children and their families.

A great turnout saw many of Mike's friends, family and musicians come together for a fantastic night of music.

Mike's Mum Samantha Heathcote who organised the event said: "I can't thank them enough, the very talented people that gave up their time to come and play for Mike. Just overwhelmed by the generosity of people and the feedback about the night has been amazing.

"I'm just so glad everyone had a great time celebrating Mike's life and remembering him. We've raised over £1,000 for the Warrington



branch of the NAS and that will go a long way towards helping local children and their parents."

First up, shattering the ice were Jonny Foreigner belting out numbers with huge enthusiasm throughout their eclectic set. At the same time on the second stage Kye Jones was performing his superb acoustic act.

Next on the main stage were Trinity, a three piece rock band, put together for just one night by Mike's Dad Dave Carr, who belted out classic covers to a very appreciative audience.

Dave said: "I am very pleased with Mike's memorial concert and thank you to everyone involved. The music was great and a big thank you to Diz and John for playing in Trinity with me. Too many names to mention, you were all priceless both audience and acts, Mike would have been so proud."

On the second stage Remedy were wowing the crowd with a wonderful mix of beautiful songs and unique and special vocals. The group comprised Mo Adeniran, Max Vickers, Sam Glancy and Farley Brame.

The God Complex were next up on the main stage and filled the floor with their hypnotic brand of



Desert Rock. Sadly the band announced that this was to be their final performance as things had come to an end.

In the acoustic room Matthew McClure and Meg Rudd kept the great music flowing with a huge variety of styles and sounds.

Following on in the main hall came the Psyblings who blasted out their own particular sound described as noisy psych rock and it certainly was. The fans in the crowd absolutely loved the set. Guitarist Greg Dixon, in a touching online message wrote "It's approaching a year since I lost one of the most influential people I've ever met. He's one of the main people who mustered a bit of belief into me whenever we were together and shared some genuinely life changing moments together in the time we knew each other. Friday is the tribute to one of a LOT of peoples very close friend and brother, and is bang on what he'd want. Noise and people and smiles and memories."

Meanwhile Sonya Hurst performed her hugely popular brand of country, pop and Motown classics, getting a delighted audience up on their feet for a dance. After her performance Sonya said "It was an amazing experience performing at Mike's memorial gig and I'm so happy I got the opportunity to be a part of such a worthwhile event. There were so many talented musicians that all came together to make the night memorable for all. There was definitely something for everyone."

Then on stage came Toast, usually an Oasis tribute band who for one Mike only had put together a superb Muse set and they delivered it brilliantly.



The God Complex

Muse were Mike's favourite band and he would have loved B-Muse.

Next followed Clint Boon, of Inspiral Carpets and the Clint Boon Experience fame. Before taking to the decks with his fantastic mix of sounds he introduced and played a tribute to Viola Beach. The band were due to play at the gig before they were killed in a dreadful accident earlier in the year. A live recording, the last ever made, was played to an emotional crowd of fans and it brought home just what a huge talent has been lost.



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Sunburn: What to do if you accidentally get burnt

With forecasters predicting “heat wave after heat wave” throughout June and July The British Skin Foundation has issued sun safety tips - with the primary advice to avoid sunburn in the first place.

However, they realise that sometimes accidents can happen. So with this in mind, Consultant Dermatologist and British Skin Foundation spokesperson, Dr Anjali Mahto gives some simple advice on how to reduce pain from sunburn and limit further damage.

Act quickly and get out of the sun

Cover up the affected areas and stay in the shade until your sunburn has healed. Wear loose cotton clothing that allows your skin to 'breathe' over the sunburnt areas.

Take over the counter pain relief

Analgesia or painkillers can help relieve the pain and reduce inflammation caused by sunburn. Nonsteroidal anti-inflammatory drugs such as ibuprofen are ideal and should be continued for a period of at least 48 hours if there are no contraindications. Paracetamol will help with pain but has little effect on inflammation.

Cool the skin

Apply a cool compress to the skin e.g. a towel dampened with cool water for 15 minutes, or take a cool bath or shower. Aim to keep the temperature just below luke-warm. Make sure the shower has a gentle flow of water rather than being on full power. If blisters are starting to develop, then a bath is preferable. Do not rub your skin with a towel, but gently pat it dry when you get out.

Moisturise

After a bath or shower, use an unperfumed cream or lotion to soothe the skin. Repeated applications of this are necessary to reduce the appearance of peeling and this may need to be continued for several weeks. Aloe vera or soy containing gels or lotions can be beneficial in soothing the skin. Aloe vera not only has a cooling effect on the skin



but also acts as an anti-inflammatory. Be wary of using creams or lotions that contain petroleum, benzocaine, or lidocaine. These can either trap heat in the skin or cause local skin irritation.

Stay hydrated

Sunburn can encourage fluid loss through the skin. Drinking plenty of water will prevent dehydration and help your body recover. Alcohol should ideally be avoided during this time as it will make dehydration worse.

Use of mild steroid cream

Using a weak steroid cream such as 0.5-1% hydrocortisone for 48 hours may decrease pain and swelling caused by sunburn and speed up the healing process. This is best avoided in small children.

Leave blisters alone

Try not to pop blisters as this can lead to infection and scarring. They will settle by themselves after a few days. In the meantime, treat the skin gently.

What is sunburn?

Dr Mahto explains “Sunburn is an acute reaction in the skin that follows excessive overexposure to ultraviolet (UV) radiation. It causes direct damage to DNA resulting in inflammation and death of skin cells. The risk is higher in equatorial areas or at altitude, particularly in those with fair skin types. Sunburn in childhood or adolescence can double the risk of developing melanoma in later life.”

Remember sunburn can cause long-term damage to the skin and prevention should be the key. If further information is required about skin cancer and its prevention, make an appointment to see a dermatologist who can discuss sun-protection and mole monitoring with you in detail.

Find out more about The British Skin Foundation skin cancer appeal visit: www.ittakesseven.org.uk



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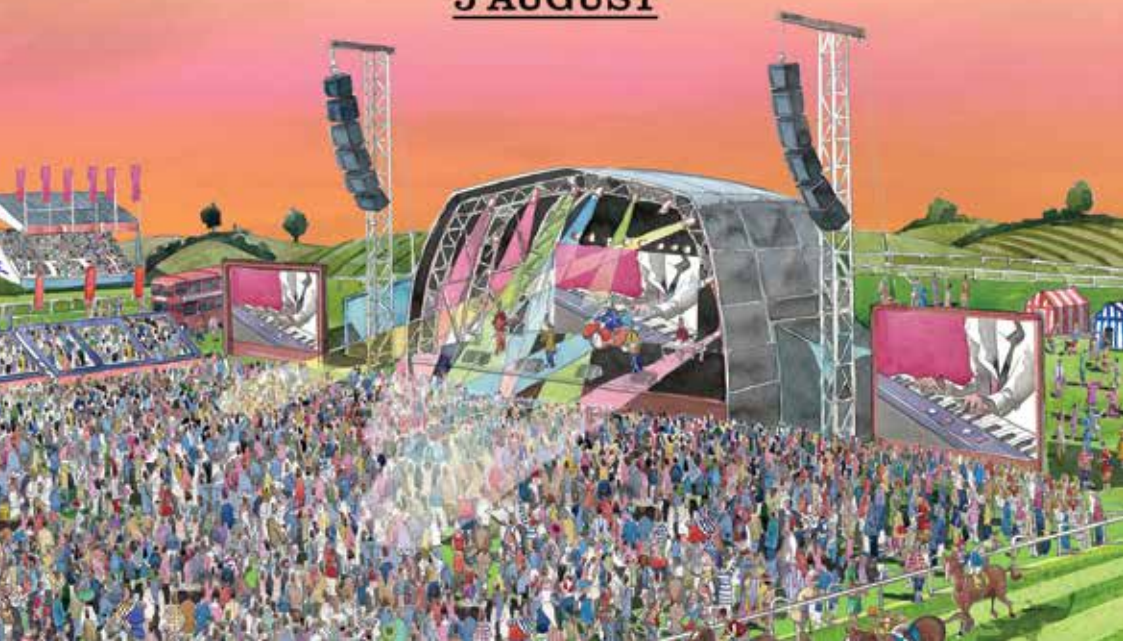
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JESS GLYNNE

1 JULY

LISA
STANSFIELD

5 AUGUST



Stars come out for 'An Evening At The Races'

The Jockey Club Live has been introducing new audiences to the sport of Kings by using their world-class facilities as outdoor music venues, putting on show-stopping headline performances by some of the world's biggest artists.

This year the iconic Aintree and Haydock Park Racecourses will be playing host to their 'An Evening At The Races' brand.

National legend Tom Jones is a perfect fit for Aintree with a career that 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 favourite at The Jockey Club Live events he visits Aintree on June 10. He said, "I always have a fantastic time performing to audiences at Jockey Club Live events as they are such a great night out for everyone."

Irish sensations The Corrs will be opening up the summer outdoor season at Haydock Park Racecourse on June 18. Since releasing their debut album 'Forgiven, Not Forgotten' in 1996, they have sold over 30 million albums worldwide with hits including 'Runaway' and 'Breathless'. Their success is a testament to their unique sound, which is an enchanting mix of traditional Celtic music with a pop rock twist.

Jess Glynne will be the next to perform at Haydock Park on July 1. Since featuring on Clean Bandit's Grammy Award winning and number one hit 'Rather Be', she has had a number-one charting debut album, 'I Cry When I Laugh', which has now turned double platinum in the UK. Jess will also be donating a portion of her fee to the charity 'Retraining of Racehorses' of which The Jockey Club Live will match.

Lastly for the picturesque Haydock Racecourse is Lancashire's own, Lisa Stansfield, who headlines on August 5. One of the coolest pop stars 'All Around The World' throughout the 90's; her seductive, soulful vocals and timeless dance-pop songs saw her top the charts on both sides of the Atlantic, duet with George Michael and Queen and win multiple Brit and Ivor Novello awards.

Lisa's albums were international hits, selling more than 15 million copies and spawning over 20 hit singles.

The picturesque settings, the thrilling racing and the sublime headline performances all combine to give a value for money experience unlike any other this summer. Fans are advised to buy their tickets soon to avoid disappointment as many of the shows are set to sell out.

Aintree Racecourse:

10th June, Tom Jones

Haydock Park Racecourse:

18th June, The Corrs

1st July, Jess Glynne

5th August, Lisa Stansfield

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Sea Life makes a splash with The Big Fish Campaign!



We've all heard of big fishes in small tanks but with the number of sea creatures outgrowing their tanks and being rehomed it's an ever increasing problem.

As a result Sea Life Manchester has seen an increase in the number of people re-homing their big fish with them and wants to help promote The Big Fish Campaign.

As part of its work with the British and Irish Association of Zoos and Aquariums (BIAZA), Sea life is helping to educate and inform people about the responsibilities of fishkeeping through The Big Fish Campaign, an initiative to encourage people to make well-informed and careful decisions when purchasing pet fish for home aquariums.

From Panther Groupers to Batfish, the much loved family attraction has helped to re-home

many fish from members of the public, giving them the space to thrive and develop into happy and healthy creatures and swim in a safe and accommodating environment.

A stunning white fish covered in black polka dots, Panther Groupers (main picture) can grow up to a whopping 27 inches, and the quirky looking Batfish (inset) can grow up to 15 inches, far bigger than the average family tank! With these fish on show, Sea life Manchester is encouraging people to visit and view the fish in their preferred environment instead of buying them to keep at home.

Sea life Manchester is supporting the Big Fish Campaign as part of its Breed Rescue Protect programme, a campaign committed to conservation which aims to educate and inspire people to have the utmost care and respect for sea creatures.

Dan McLaughlan, Curator at Sea life Manchester said: "It's so important that people make well-informed and considerate decisions when buying species of fish for their home, as this is an ever-increasing problem and aquariums are struggling to re-home so many fish.

"We are pleased to see the sea creatures we have rehomed thriving in their environment and developing into healthy, happy fish but we hope that by supporting The Big Fish Campaign, we are helping to educate visitors and overcome the notion that a fish cannot outgrow its tank because some species most definitely can!"

For regular news, updates and competitions, Sea Life Manchester is also on Facebook www.facebook.com/SEALIFEManchester and Twitter www.twitter.com/sealifemanc.

For more information on The Big Fish Campaign, please go to www.bigfishcampaign.org



Opening Doors

I am the author of Opening Doors and motivational speaker, as well as Ambassador for International Festival of Business 2016 taking in place in Liverpool in June. My book is based on true life events of growing up in inner city Liverpool in the 70s and 80s. I am currently working on the sequel to Opening Doors, which will be launched this coming September at a book signing in New York.

Known for my zest and passion for empowering individuals, I am a recognised authority on confidence and personal development. I am a regular guest on both radio, TV and have an interview scheduled for September this year in New York with C-Suite, Bloomberg TV as well as a keen participant in women's organisations, I also organise and compete at events to raise much needed funds for charity organisations.

I have experience in Leadership as a top performing strategic manager within numerous locations prior to becoming an executive coach. My role prior to becoming an executive coach has given me 20 years experience within sales and management, leading teams of development managers and self employed agents to achieve business goals.

As a coach/mentor I assist clients in their quest to achieve their goals by asking the right questions as well as getting them to focus on the now and move forward towards well-formed outcomes, at the same time helping them understand they have the answers within and they are the experts in their own life. My role as a mentor supports my clients with honest and constructive feedback on their business, as well as be a sounding board for ideas. I help clients with decision making by suggesting alternatives based on my own experiences. I will also provide the relevant contacts and networks to help with business development.

Nothing gives me greater pleasure than that first meeting with a client to them walking away a very satisfied customer who has achieved their goals and their business acumen has grown.

It is my job as a coach/mentor to support my clients throughout their journey with sensitivity as well as with empathy-I will also challenge and encourage them to think outside the box.

My clients go away from every session with structure and a plan of action in how to achieve their next goal eventually leading to accomplishing their ultimate goal. and building a successful business.

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Exciting times ahead at The Loft

The Loft Beauty and Training was established in December 2015 by two former College Lecturers, Patricia Clarke (top right) and Joanna Thompson (bottom right). Their salon on Sankey Street Warrington offers all the beauty treatments you would expect of a professional salon including beauty and holistic treatments, nail services, aesthetics such as Botox and fillers.

Alongside that they provide beauty therapy and holistic courses that are accredited by The Guild of Professional Beauty Therapists. We wanted to offer an alternative to mainstream Further Education with the courses they run, not everyone wants to attend college with school leavers. Their courses are flexible and cater for individuals, many can be achieved in a matter of days. These courses are ideal for people of all ages but especially for those with busy lifestyles due to the flexibility they offer.

Together they have 16 years in education and many more in the beauty industry so you can rest assured that the service you receive is of a high standard.

Patricia is former Warrington Collegiate lecturer with ten years' experience and grade 1 Outstanding teacher status. Previously she has taught beauty therapy in York, worked as a Salon Coordinator for Saks, had her own salon in Padgate and worked in and around Warrington after qualifying.

Joanna is also a former Warrington Collegiate lecturer with six years' experience and grade 1 Outstanding teacher status. Previously she has worked in salons within and around the Warrington area before going into teaching.

The salon is situated at 69 Sankey Street not far from the Golden Gates making it an ideal location with the many road, rail and bus links into the town. The salon which is set over two floors includes a makeover room ideal for Weddings and Proms, a dual pamper room where you can relax with a friend or partner and enjoy a massage, facial or Indian head massage. There are also three nail stations offering manicures, pedicure, Shellac and nail extensions, a state of the art spray tan booth which houses five various shades of tan to suit all skin tones including the new Sienna X HiT which can give you a golden glow in an hour.



They also have a further treatment room in which they provide waxing and eye treatments including tinting, perming and lash extensions. We are open Tuesday to Saturday with late night Thursday.

Recently they have been joined at by Rianne Chester who has won a Gold medal at World Skills 2015 in Brazil competing against other therapist from over 76 countries.

There are exciting times ahead for The Loft why not call in and see them at one of their events, Outside/In on National Trail day 4th June and they are hosting a Blooming Great Tea Party on 22nd June for Marie Curie.

Alternatively follow them on Facebook The Loft Beauty and Training or on Twitter @loftbeauty69 for up to date news and promotions.

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A vision that shows the rotary engine is no

Anyone who thinks that the rotary engine died when Mazda stopped production of the innovative RX-8 a few years back should think again.

Behind the scenes, Mazda technicians are working on another rotary sports car and it has been putting in brief, tantalising appearances at motor shows around the world.

The RX-VISION is just that – a vision of the future the company hopes to one day make into reality. A front-engine, rear-wheel drive sports car

powered by the next generation SKYACTIV-R rotary engine.

Rotary engines, originally conceived by the German engineer Felix Wankel in 1929, feature a unique construction, generating power through the rotational motion of a triangular rotor.

Overcoming numerous technical difficulties, Mazda succeeded in commercialising the rotary engine as far back as 1967. They are the only car-maker to have persisted with the mass-production



ot dead

of rotary engine cars, culminating in the RX-8, which was introduced in 2003 and continued in production until 2012.

While mass production is currently on hold, research has never stopped and the company is determined to take on further challenges to produce another eye-catching model – as the RX-VISION clearly shows.



Keeping You Safe on the Road

By *Raf Khan* from
Warrington Service Centre



Get away without a hitch

At this time of year many of us will be thinking of getting away for a few days as the British weather starts to warm up. Whether you are heading off for an impromptu camping trip, a weekend getaway or a UK road trip, you can ensure you make a smooth getaway by following our step by step guide:

1. Check your tyres – You should always keep an eye on tyre pressures and check them every two weeks. If the car is likely to be heavily loaded with luggage and passengers adjust the pressures according to the user manual. Give your spare tyre the once over also – you never know!
2. Find Your Toolkit – locate the basic toolkit for the car which should include tools to remove a tyre as a minimum. Also find any locking nuts to ensure you can change the tyre should you get a puncture.
3. Top up fluids - Again you should make a habit of checking your oil levels on a regular basis but always ensure that you check the dipstick before a long journey. Check coolant levels and top up your windscreen wash too.
4. Check Your Lights - Ensure that all your lights are functioning checking brakes, indicators and fog lights. Give them all a clean to ensure you can be seen on the road.
5. Service your car - One of the most important things you can do to ensure you stay safe on the road is to book a car service. A service will cover many of the basic checks outlined above but in addition to this you will get a detailed report of any key parts that need repair. These simple checks will make sure you minimise your risk of breaking down for an enjoyable, stress-free road trip.

Now your car is ready to go, you can hit the road and let the holidays commence! Book your pre-holiday service from just £89* at Warrington Service Centre on 01925 232255 or visit www.warringtonservicecentre.co.uk.

*Excludes tax, MOT, and other optional services.

Cooking up a recipe for success at JD Kitchens

Deputy Mayor of Warrington Cllr Faisal Rashid was on hand to demonstrate his cooking skills – or lack of them – as local kitchen company JD Kitchens held an open day to celebrate 15 years in business.

Fifteen years ago owner Dave Charlton started off from his back bedroom selling relatively basic kitchens and work tops but over the years his business blossomed into one producing mid to high end kitchens, from a showroom on Gorsey Lane, Warrington.

To mark the 15th anniversary the showroom has recently been refurbished with the latest Next125 line of kitchens from Germany.

The Deputy Mayor, who by coincidence is Dave's business manager at the Nat West Bank, said it was "brilliant to see a local business doing well."

During his mayoral year, Cllr Rashid will be focusing on the local business community, with a new project he has been working on which will also help raise funds for his chosen charities.

Meanwhile 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.

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



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Shelly's Oreo Cheesecake

by Michelle Butterworth, Shelly's, Bold Street, Warrington

Ingredients:

- 3 pkts Oreo biscuits
- 3 eggs
- 3 pkts 200g cream cheese
- 3 dessert spoons sugar
- 1 dessert cornflour
- 1/4 pkt butter melted

Method

Grease with a little butter a 9 inch round cake tin. If you have grease proof liner that's even better.

Crush two packets of Oreo biscuits with rolling pin in a plastic bag. Stir in melted butter. Gently Pat down mixture in cake tin.

Beat in bowl with the cream cheese sugar, add eggs and sprinkle with cornflour till smooth.

Pour on top of base in cake tin.

With the last packet of Oreo break with hands into chunky pieces on top of eggs and cream mixture.

Bake in pre heated oven for about 1 hour 180degree electric. Gas 4 Check after 30 min to see if started to set .

I use lower part of oven so the cheesecake is smooth. When it's still a little bit wobbly take out leave to cool. It is amazing!





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