# Ifestyle magazine August / September 2016





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### Welcome to lifestyle



The summer holidays are here and I am sure plenty of parents will be looking for activities to keep their youngsters happy.

Having said that the latest Pokemon craze seems to occupying a lot of their attention as nearly everywhere I go I see youngsters wandering around gazing at their phones, oblivious to anything else going on around them.

It really is becoming a sad sight, seeing the number of people wandering around gazing into their phones rather than taking notice of their surroundings.

Mobile phones have certainly become the centre of the universe for many of us and I wonder how the human form will evolve over the coming centuries? The mind boggles. I am as guilty as anyone although it does play a big part in my working day.

Hopefully some of the attractions taking place this summer can provide some form of a distraction.

The Warrington by the Beach event set up by LiveWire next to Warrington town hall looks plenty

of fun for the younger ones and let's not forget places like Warrington Museum, which is a great source of free entertainment.

Fingers crossed we also actually get some sunshine during the holidays so we can enjoy the out doors more.

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# Let's make sure everyone stays safe this summer

The summer holidays mean that young people have a lot more time on their hands — and sometimes do things they later regret.

So to make sure your children stay safe why not visit the Cheshire police website upbeat.uk.com where you can find out what's taking place in your community to keep your children entertained.

The website details activities that are taking place across the county; and with activities ranging from football coaching to DJ sessions, you can be sure that your children will have plenty to do this summer.

Superintendent Bill Dutton said: "Although young people are rightly excited about the idea of a six week holiday they can sometimes end up getting bored, and perhaps fall into mischief, and do things that they may later regret.

"That's why we're keen to remind parents to make sure their children stay safe this summer. By taking simple steps such as encouraging your children to take part in some of the planned activities that are taking place you can ensure that they stay out of trouble.

"We're here for Communities and we want to ensure that all young people stay on the right side of the law this summer."

As well as listing some of the activities that are taking place, the site also links to partner agency websites where you can find out even more information about activities in your area.

Superintendent Dutton added: "Whilst we want young people to have a good time, we don't want them to fall into trouble, and we will not tolerate antisocial behaviour which harms other people and causes concern.

"The local police officers and Police Community Support Officers will be proactively patrolling areas where complaints are made, and action may be taken against anyone who is found to be breaking the law – young or old.

"Antisocial behaviour can range from vandalism,

graffiti and fly-posting to rowdy, noisy behaviour. We also want to make sure that everyone is treated with respect no matter what their race or ethnicity.

"Although sometimes it may not seem serious to you, it can often cause distress and discomfort to other people, and it is not acceptable.

"Anyone who is found to be breaking the law could face the prospect of getting a civil injunction, a criminal behaviour order or an acceptable behaviour contract."

Cheshire Police and Crime Commissioner David Keane said: "It's great to see some of the proactive work that is taking place this summer to tackle antisocial behaviour and keep young people safe.

"Antisocial behaviour can have a major impact on communities, and whilst the majority of young people stay out of trouble, there are a small number who sometimes get involved in activities they may later regret, due to boredom or peer pressure.

"Engaging with young people is a vital part of the work that PCSOs and officers undertake, and by encouraging young people to participate in some of the activities taking place this summer we can make a real difference to local communities."

Anyone who is concerned about anti-social behaviour in their local community is urged to contact Cheshire Police on 101, or engage with your local policing team at the various priority setting and engagement events they hold, details of which are available on our website.





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### 'The Voice' wows at the home of 'The Legend'

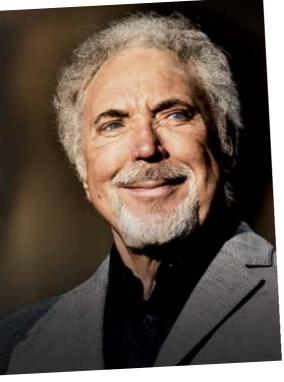
Review: Paul Walker

Red Rum &

Main Stage Picture: Diane Blackburn

An emotional rollercoaster of a show saw Sir Tom Jones performing many of his old classics along with a number of tracks from his latest album.

As the light started to fade and anticipation grew amongst the crowd the rain began to fall, umberallas were hoisted and the atmosphere cooled slightly as people tried to keep dry as best they could... Then, the music started, the stage lit up and out came Sir Tom to an almost reverential welcome.





Brollys were replaced by the inevitable knickers being waved, (some even attached to washing lines), the rain forgotten ... then he opened his mouth and what is, arguably, one of the greatest voices in pop music, began to fill the air.

An experienced showman he had the crowd in the palm of his hands from the very beginning ... a party atmosphere abounded amongst the crowd, all clapping, dancing or singing along (tonelessly in my case).

The mood changed at around the halfway mark when Sir Tom introduced a few songs from his latest album, one of which he dedicated to his late wife

Take My Love (I Want to Give It) was his wife's favourite song from the new album and his performance was both humbling and inspiring. His love for his late wife quite clear for all to see on the big screen as tears streamed down his face throughout.

To bring the show to a close Sir Tom brought back the party atmosphere performing many of his classic hits, including crowd favourites Green Green Grass of Home and Delilah - the latter being sung so loudly and with such vigour and enthusiasm by the crowd it was sometimes difficult to hear Sir Tom.

This was my first trip to Aintree and, I must admit, at first I thought it an odd combination, a bit of horse racing before a gig. In truth though it is a fantastic idea, a really different approach from the usual 'support' acts that you get at gigs. The Jockey Club have done a marvellous job putting on this event and I am most definitely looking forward to seeing more concerts like this.





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## Westwood helps dream come true for schoolboy Josh

A dream came true for a schoolboy who suffers from muscular dystrophy when Warrington Wolves' star Bennie Westwood turned up in a sports car to take him to prom.

Not only did Westwood give up his own birthday to take 11-year-old Josh Morris to the prom, but he did a detour to introduce him to fellow Wolves' stars Chris Sandow and Ashton Sims – all thanks to his "fairy godmother" Stacey King.

It was a dream come true for the youngster who suffers from Duchenne muscular dystrophy, the same condition as Jack Johnson (Joining Jack).

The surprise was co-ordinated by his godmother and personal assistant Stacey, who works at Warrington Disability Partnership as a Leisure & Sports Project Coordinator.

Stacey said: "He had his Year Six Prom and had been complaining that other children were going in nice cars and he would just turn up in his wheelchair.

"So I gave it my best shot and spoke to Warrington Wolves about the possibility of a player taking him to his prom.

"I didn't think anything would come of it but then I received an email to say that Bennie would be delighted."

Josh, a pupil at St Margaret's School in Orford, was later informed he had a surprise but had no idea what it was and then Ben turned up in a Mazda Mx5 Convertible.

He had Josh's favourite song playing loudly out of the car and Josh's face was a picture he was over the moon.

Ben then took Josh via the Halliwell Jones Stadium where all the staff had come out to wave as he drove past, making the youngster feel like royalty.

He was then taken to see his two favourite players Ashton Simms and Chris Sandow at their homes

Ben then dropped Josh at his school prom where Josh was greeted with a roar of applauses and cheers from his friends and family.

What made it extra special was that Ben came out on his birthday to do this for Josh.

Earlier this year brave Josh completed 32 lengths at Orford Jubilee Neighbourhood Hub to help raise funds for Warrington Disability Partnership during their 25th anniversary year.







### BFG Star in Big Friendly Garden at RHS Flower Show Tatton Park

The RHS Flower Show Tatton Park had a star turn as local star Ruby Barnhill – who plays lead character Sophie in this summer's blockbuster movie The BFG – attended Tatton's show garden, themed around the famous Roald Dahl book.

The 12-year-old actress came to visit The Big Friendly Garden as part of the celebrations of the film's release.

Directed and produced by Steven Spielberg, The BFG has seen Ruby catapulted into the limelight, starring alongside Hollywood heavyweights such as Mark Rylance, Penelope Wilton and Rebecca Hall.

As well as celebrating the launch of THE BFG film, Ruby visited Tatton Park to admire her Dream Jar which will form part of a new public art installation -The BFG Dream Jar Trail - which is raising money for Save the Children.

"Im a huge fan of The BFG – and playing Sophie was a dream come true!" Ruby Barnhill

The BFG Dream Jar Trail will support Save The Children's vital work in the UK and around the world to ensure that every child has the chance to make their dreams come true. Reading is the key to unlocking a child's full potential and the best route out of poverty for the poorest children which is why Save the Children deliver programmes, such as Born to Read, designed to help give children the best possible chance to learn and develop.

The Tatton show garden is part of a year-long programme of events and activities at Tatton Park in 2016, celebrating 100 years since Roald Dahl's birth; Roald Dahl's Tremendous Adventures at Tatton.



Ruby Barnhill, star of The BFG, admires her Dream Jar in Tatton Park as part of The BFG Dream Jar Trail which is raising money for Save the Children

Created by head gardener Simon Tetlow and team, the garden is inspired by Dream Country, the magical place where The BFG takes 10-year-old Sophie and catches dreams. The garden features glimpses of flowers emerging from damp, swampy forest floors. The landscape is primordial – a damp misty place of mosses, ferns and dreams.

Visitors will be able to enter the garden and imagine walking through an enchanting mystical land, a place where only good dreams are caught!

Out of all his stories Roald Dahl commented that The BFG was one of his favourites. The idea of a giant who captured dreams and kept them in bottles for children to enjoy while they were asleep was one Roald Dahl had been thinking about for some time. He even told the story of The Big Friendly Giant to his own children, climbing up on a ladder outside his daughters' bedroom and using a bamboo cane to pretend to blow happy dreams in through their window.

Ruby Barnhill said: "I'm a huge fan of The BFG – and playing Sophie was a dream come true! It's great to be here at the RHS Show and to visit this BFG-inspired garden at Tatton. I've also loved visiting my Dream Jar and I hope it inspires everyone to read. I love reading and The BFG is one of my favourite books. Save the Children runs programmes to help children to read and learn, so I'm really pleased that The BFG Dream Jar Trail is raising money for their work."



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Teenager Holly Hamer is determined not to be known as 'the girl with cancer' because she also happens to be a very talented artist.

Holly, aged 19 from Grappenhall, Warrington, has turned her battle with a rare condition called rhabdomyosarcoma into inspiration for a remarkable collection of paintings and drawings which are now on display at Warrington Museum & Art Gallery.

Looking from the Inside Out explores how Holly is dealing with aspects of her illness including how her body has changed, her lack of control over the illness and what could be considered as her acceptance of it.

Holly said: "It feels so surreal to have my work up on display and it's a pretty wonderful feeling.

"This body of work is very personal to me so it's slightly nerve-racking for people to be seeing it but it's mainly exciting to get my work out there."

While undergoing treatment the determined teenager continued with her education, successfully completing an AS level in art at Sir John Deane's College in Northwich.

And her passion for creativity has been spurred on, rather than diminished, by her illness.

"I feel as though this [cancer] is a significant event that makes you go through so much pain and lack of control, and that is something worth expressing because those feelings are so raw and human.

"Creating pieces of artwork of different things I went through is what helped me get through everything because it was a way for me to work through all of these feelings and make me understand it more."

Although unable to work or study at the moment, Holly's ambition is to become a full-time professional artist.

"I've always been creative and enjoyed drawing," she added, "but it's only the past couple of years that I've really got into it.

"It's ever since I was diagnosed and wanted to fill my time with something I enjoyed that I've felt a passion to create.

"I do want to be a professional artist. If I could spend my days painting and drawing and put my heart and soul into each piece, and make a living out of it, that would be the dream." Looking from the Inside Out is supported by CLIC Sargent, a charity which provides vital emotional, practical and financial support to young cancer patients and their families during and after treatment.

Holly credits James George, a CLIC Sargent social worker she was supported by at The Christie hospital, for helping her deal with her illness and aiding her to explore her emotions and experiences through art.

He was so impressed by the teenager's talent that he encouraged her to approach Derek Dick, outreach and engagement manager for Warrington Museum & Art Gallery, with some of her work which ultimately clinched the young artist her first ever solo exhibition.

Mr Dick said: "Holly's maturity is clear in the way she uses art as a vehicle for expressing her emotions.

"When I first met Holly I made it clear she was only offered the show because of the quality of her work and not because of her cancer.

"Her artwork is both strong and emotional and it deserves to be seen in its own right."



### **LISTINGS INFORMATION:**

Exhibition title: Looking from the Inside Out Runs until: Saturday, September 10
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www.warringtonmuseum.co.uk



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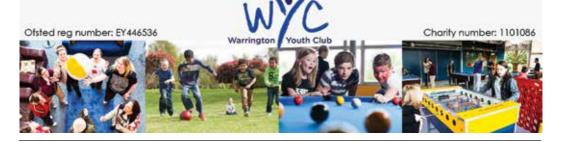
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### Bespoke jewellery at the heart of Lymm

Lymm-based jeweller Antony Bean is celebrating 35 years in business and is now in his third year with Orb Jewellery in the village centre.

After starting his career "purely by accident" Antony now specialises in creating bespoke jewellery - a career he fears may be dying out with very few youngsters learning the trade.

"There aren't that many workshops around now and certainly not many youngsters learning the trade," said Antony who has a workshop on site at his premises in Lymm.

Utilising state of the art jewellery design technology, he can create a virtual reality design during a personal consultation, enabling clients to realise and view high quality colour fully detailed 3D images, incorporating all their design requirements.

It could have all been so different if he had followed his first calling to be an electrician.

But when his parents moved from Oxfordshire to Wales he ended up working on a youth opportunities scheme in a jewellers.

He was kept on after six months and then spent

five years learning his craft on an apprenticeship.

He later gained valuable experience working with Master Goldsmith David Miller in Altincham, before taking over a local Warrington based business.

He has had many varied requests including creating a Batman wedding ring to one including Roman numerals (pictured).

Engagement, wedding and eternity rings are most popular but Antony can turn his hand to anything.

On completion of a jewellery design, Antony provides a full quotation which will include the cost of the precious metals, diamonds and manufacture including setting and hallmarking.

Items can be made from scratch or old items of jewellery can be crafted into bespoke new designs.

As well as providing bespoke jewellery services Orb Jewellery also has items for sale and if they haven't got something in stock they can order it.

For more information visit orbjewellery.com or visit 1 The Grove in Lymm Village centre.







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### Driverless cars could be closer than you th

If you still think self-driving cars are something out of a science fiction movie, think again.

Volvo aim to be testing them on London's streets next year, Ford aim to have a driverless car on the road by the end of this year.

Technology giants like Apple, Uber and Google believe they can produce a fully robotic car before the car industry.

The fact that there has been a fatal accident involving a self-driving car in the United States does not seem to have deterred anyone.

Jaguar Land Rover's vision is a self-driving car that will not only be able to deal with all on-theroad situations but also tackle off-road, all-terrain situations as well.

They have given a world-first demonstration of an "off-road connected convoy" using car-to-car communication.

Tony Harper, head of research at Jaguar Land Rover, says: "Our all-terrain autonomy research isn't just about the car driving itself on a motorway or in extreme off-road situations. It's about helping both the driven and autonomous car make their way safely through any terrain or driving situation.

"We don't want to limit future highly automated and fully autonomous technologies to tarmac. When the driver turns off the road, we want this support and assistance to continue. In the future, if you enjoy the benefits of autonomous lane keeping on a motorway at the start of your journey, we want to ensure you can use this all the way to your destination, even if this is via a rough track or gravel road.

"So whether it's a road under construction with cones and a contraflow, a snow-covered road in the mountains or a muddy forest track, this advanced capability would be available to both the driver AND the autonomous car, with the driver able to let the car take control if they were unsure how best to tackle an obstacle or hazard ahead. We are already world-leaders in all-terrain technologies: these research projects will extend



### ink!

that lead still further."

Vehicle-to-vehicle technology would seamlessly link a convoy of vehicles in any off-road environment.

If a vehicle has stopped, other vehicles in the convoy will be alerted – if the wheels of drop into a hole, or slip on a difficult boulder, this information would be transmitted to all of the other vehicles.

For most of us, however, Jaguar Land Rover remains a world class producer of luxury cars and off-road vehicles.

Over the past five years, they have doubled sales and employment, more than tripled turnover and invested more than £12 billion in new product creation and capital expenditure.

Last year they produced more than 500,000 cars and commercial vehicles at their three vehicle manufacturing plants in Solihull, Birmingham and Liverpool.



### Keeping You Safe on the Road

By Raf Khan from Warrington Service Centre



# Make a smooth getaway

With the school holidays now upon us many people will be packing up their cars and heading on holiday at home or abroad for a well-earned break. With reports of long queues at Dover for those travelling to France and Europe it is more important than ever to ensure your car is in tip top condition.

Here at your local Warrington Service Centre we are a car, van and bike specialist offering quality servicing, MOTs and repairs - and for those heading abroad in your vehicles, we will supply you with a special driving abroad kit from just £15 and here are their tips for avoiding any false starts whilst abroad:

- 1. Stay legal Check out national speed limits, legal documentation required and other regulations to avoid hefty fines! You'll need to display a GB symbol on the car you can buy Travel Abroad Kits from Warrington Service Centre from just £15, while stocks last.
- 2. Are you fully covered? Ensure your car and breakdown insurance covers you fully when driving abroad. Savvy drivers should upgrade their insurance to give them full cover. Check how far your policy goes to avoid any unnecessary charges and holiday stress!
- 3. Get organised: Put all your documents into a handy travel pack. Along with your passport and driving licence make sure you have the following to hand:
- •Motor Insurance Certificate; •Vehicle Registration Document (V5); •Breakdown Policy; •Travel Insurance Certificate; •International Driving Permit (required in some countries); •A list of contact numbers e.g. breakdown
- 4. Service your car

Make sure your car is up to the journey with a car service.

At Warrington Service Station we will check oil and coolant levels, tyre treads and pressure and provide a detailed report of any key parts that need repair. These simple checks will make sure your car doesn't overheat for an enjoyable, stress-free road trip.

Now your car is in tip top condition, you have all the necessary paperwork and cover, hit the road and let the holidays commence!

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### Shelly's Jaffa Cake Cheesecake

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

Ingredients

Three packets Jaffa cakes 2 pkt 200g soft cheese 1/2 jar marmalade 3 eggs

1 orange zest and juice

### Method

Use a food processor to blitz two packets Jaffa cakes or chop finely and mix in spoon of orange juice

Pat down mixture in buttered oven proof dish

Spread marmalade over top of Jaffa base Beat three eggs and soft cheese add zest and remainder orange juice

Pour mixture over marmalade and base Cook in moderate oven low down for about 40 minutes until egg mixture sets a little

When just little wobble take out and place on the top the last packet of Jaffa cakes

Leave to cool

Serve cold

Mmmm quite yummy





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For most, the loft is a dark and dingy place visited on rare occasions; a precarious scramble across



dusty beams with torch in hand, grabbing what's needed then clambering back past boxes filled with long-forgotten belongings. But that dark and dingy place is worth thousands. In fact, it takes up a third of the floorspace in an average home.

Storage space that can be quickly and easily accessed can be really valuable to homeowners who now need the spare bedroom for a new arrival, or who find getting the Christmas tree down each year just a little bit harder. So shouldn't we be making the most of that space over our heads?

And that's where More Than Loft Ladders (MTLL) comes in. Founded in Bolton six years ago, MTLL specialises in generating space by making our lofts easily accessible. The latest MTLL franchise to open covers the Warrington area and is run by skilled local, Paul Langley, who says the company's no-frills approach is what most people are looking for.

"We're not selling £15,000 loft conversions," says Paul. "This is a low-cost and simple solution that's affordable to most, and certainly more cost effective than locking your possessions away in a remote warehouse. For just £287+VAT you can get a ladder that slides easily up and down, as well as a proper light and some boarding to make the space safe and secure. We can also fit a draft-proof loft hatch if required from only £55."

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There are a range of packages available to suit all pockets – so whether you just want a ladder installing or you want ladder, boarding and light, call More Than Loft Ladders now for a free survey and quotation with no obligation.

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