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magazine

October / November 2016

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A woman wearing a pink hat and a white shirt is leaning out of the window of a yellow car, smiling. The background is a blurred outdoor scene with autumn leaves in shades of orange, yellow, and green falling from the top right corner. The text is overlaid on a dark background at the top and in a yellow oval in the middle.

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Welcome to lifestyle



In our last issue I was talking about the summer holidays being here – now they are already becoming a distant memory – and yes Christmas is on the horizon!!!

Where does the time go? It hardly seems a moment ago that we launched Lifestyle magazine as part of our local publishing portfolio – and now we are already well into our third year!! Blink and another year will be gone soon!

It was certainly a busy summer in and around the Warrington area and as always we tried to cover as many events and activities as was physically possible.

As well as all the usual festivals and walking days some stand out moments for me were Icons of the 80s concert and Viola Beach tribute event, headlined by Starsailor, which saw thousands of music fans descend on Bank Park, Warrington, for a weekend musical extravaganza as part of the Warrington Festival.

This was quickly followed by the annual English Half Marathon which attracted around 5000 runners.

Hopefully the festival and the English Half Marathon will continue to go from success to success as Warrington gears up to bid to become a future City of Culture!

Yes I know we are currently a town but the powers that be assure me that one day Warrington will become a city!

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Modelled by Role Models Campaign 2016

Throughout the last 30 years, British family owned business Panache has steadily earned credibility within the lingerie industry and a cult following. Experts in D+ cup sizes; fit, comfort and style is fundamental to Panache Lingerie's brand values.

Panache Lingerie debuted the brand's first 'Modelled by Role Models' campaign in 2015 with the aim to change the view that women have few or no role models. The campaign launched to coincide with International Women's Day celebrating inspirational women around the world.

This year, women were invited to nominate their role model - someone they know that inspires them, who makes them want to be the best version of themselves to be part of Modelled by Role Models campaign 2016. Almost 7,000 votes were received and a judging panel had the hard task of shortlisting 14 finalists. Panache customers and the general public were then asked to choose six of the shortlisted 14.

The striking images of the Modelled by Role Models winners feature the women wearing best selling styles across the Panache Lingerie collections showing that every woman can feel supported and confident wearing lingerie by enhancing her own body shape and style. The six models chosen to be part of Modelled by Role Models 2016 campaign are:

Danish aid worker Anja Loven, Canadian born plus size model Elly Mayday, Anti-knife and gang campaigner Eliza Rebeiro, Blogger and author, Sylwia Blach from Poland, Fundraiser Emily Findlay who has raised money for various charities across Scotland and Jayne Hurditch, founder of the successful charity Amy's House based in Sheffield.

The women who have been selected to be Role Models, have been chosen because of their inspirational personalities.

Retailers are holding fit events to encourage customers to engage with the campaign and Panache are inviting women to "Set Your Goals" where worthy entrants will be helped by Panache to achieve their goals.

Victoria Sargeson, Head of Marketing at Panache says: "Panache are proud to be working alongside

six inspirational women whose achievements exceed skin deep beauty. The six role models who were chosen by the public looked absolutely stunning in their Panache lingerie, we feel that the set of images really capture their beauty and personalities. We hope that the campaign inspires other women to have the confidence to achieve their dreams and to be happy and comfortable in their own skin."

Eliza Rebeiro

Eliza is an anti-knife and gang culture campaigner who founded the 'Lives Not Knives' organization when she was just 14 years old.

Her charity helps 10,000 young people in the South London area in educating them the affects of knife and gang crime. They also run programs for young unemployed people to boost confidence and to integrate them in to society.

Eliza says she doesn't often wear beautiful lingerie so feels pretty and confident in her Panache along side so many other inspiring women.



Elly Mayday

Elly is a Canadian born plus size model who promotes body positivity. Elly who now resides in New York didn't think she would be in a position 3 years ago to model having battled with Ovarian cancer.

Elly is ecstatic to be chosen as a role model for Panache



Lingerie's campaign. Elly believes that every woman should feel confident and beautiful in their own skin and is proud to be one of the campaign's six role models promoting body confidence and positivity.



Emily Findlay

Emily is a survivor of Neuroblastoma cancer having been diagnosed at the young age of 14.

Having battled with cancer and despite going through a relapse, Emily helps children, young adults, and parents who have gone through similar experiences and strives to improve services by fundraising and planning days out for

children in hospital.

Emily is excited to be part of the Modelled by Role Models campaign and says that she has been driven by the people she has met on her journey helping her to be the person she is today.

Jayne Hurditch

Sheffield based charity Amy's House was founded in 2003 by Jayne Hurditch's parents, Maurice and Meriel Littlewood.

Their youngest granddaughter Molly was born with severe special needs and saw first hand the difficulties their daughter Jayne Hurditch faced caring for Molly.

Sadly, Jayne's older daughter Amy passed away in 1999 after contracting Meningococcal Scepticemia (Meningitis B).

After this devastating event, the family set up Amy's House in Amy's memory.

Amy's House helps parents and carers with disabled children by offering weekend respite with fully qualified staff. Helping parents and children motivates Jayne as she remembers the struggles she also faced with her own daughters.

Jayne feels honoured to have been nominated as a role model and fantastic modelling Panache Lingerie at the age of 51



Sylwia Blach

Sylwia is a Polish blogger, author and software programmer. Sylwia is an ambassador for disabled people in Poland and has been working with Miss Poland Wheelchair organising Miss Wheelchair World taking place in 2017. Sylwia has also worked with Butterfly Agency Models to enable women with or without disabilities to showcase their



beauty regardless of body shape, illness or size.

Sylwia is thrilled to be part of Panache Lingerie's Modelled by Role Models campaign saying that she has found the experience 'amazing so far'.



Anja Loven

Anja is a Danish aid worker who left her job in retail in 2011 to spend three months as a relief worker in Africa. In 2013 Anja decided to sell everything she owned to move to Nigeria and set up the African Children's Aid Education and Development Foundation. A famous photograph

featuring Anja offering water and biscuits to a malnourished little boy circulated worldwide and helped raise over \$1 million for ACAEDF.

Anja is proud to be chosen by so many as a role model and be part of Panache Lingerie's Modelled by Role Models campaign.



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Everyone a winner at Active Cheshire Team

Everybody was a winner at Active Cheshire's first ever Team Games at Chester Racecourse.

The inaugural Cheshire & Warrington Team Games came to the prestigious racecourse last Sunday when over 1,000 employees from some of Cheshire's biggest businesses entered teams to take on inflatable races, retro school sports and other fun games in a bid to be crowned Team Games Champion or simply enjoy the sunshine and have fun with colleagues!

A normally sleepy Sunday morning was transformed into a hive of energy and activity as local gyms Nuffield Health and Village St David's Park kicked off a warm up for the 3,000 plus visitors. Colourful fancy dress, team t-shirts and sparkling face paint were the order of the day, as Cheshire and Warrington's biggest health and wellbeing event and corporate games was born.

Over 800 primary school pupils with hundreds of family members joined in the activities, leaping through Bubbles in the fun run, bouncing towards the sky on the fun inflatables and zooming back to earth on the zip wires and free fall jumps!

Event organisers Active Cheshire, a local charity

and lead body for physical activity in the sub-region, designed the event with a range of partners to inspire local residents of all types and ages to move more.

Active Cheshire CEO, Anne Boyd said: "Team Games is about realising that being active is vital for happy and healthy lives but it's also great fun, just look at the smiles on the faces of people here today and we know that most are here to simply have a good time. The fact they are getting active is just a huge bonus."

With the support from the likes of Cheshire Fire and Rescue, Helsby and Frodsham Rotary Club, NHS West Cheshire, Dee and Silk Radio and many more the event raised an incredible £3,000 for The Prince's Trust charity, helping to improve the lives of local disadvantaged young people. Local MPs Chris Matheson and Justin Madders came along to show their support to the cause and led by example in the movement to #GetCheshireActive by taking on the 400m assault course:

Chris Matheson MP described the day as "fantastic, a real inspiration to get active, everyone benefits from moving more and I'm delighted to




m Games!

be able to have taken part. There is such a buzz and energy around the whole festival”

Amidst all the fun and laughter there was still room for that competitive edge to shine through as ‘Everybody Sport and Recreation’ a Cheshire East Leisure charity, took the prize of Team Games Champions, being presented with their substantial trophy by The High Sheriff of Cheshire – Kathy Cowell OBE DL.

If you would like to know more about Active Cheshire or the Team Games please contact james.fallon@activecheshire.org






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Having the courage to make a change

Twelve months ago, Warrington-born Lucy Jackman was working as a communications manager in the financial services industry. After five years in a fantastic role, the long commute, long hours and pressure of the industry started to take its toll. She was ready for a change and began to consider what the next step in her career might be.

Top of her priority list was a job that offered her a better work/life balance. Coming a close second was to do something she was really passionate about. Lucy had always secretly wanted to be her own boss; talking about it was one thing but actually doing it was another.

“When I started to think about what to do next, the thought of going to work for someone else really didn’t fill me with excitement. I’m a creative person and wanted to try something completely different – to really make my mark on the world.”

After considering a number of options, including re-training as an interior designer, Lucy decided to forge ahead with setting up her own communications business.

“When I handed in my notice before Christmas with no other job lined up, my colleagues all said I was very brave. I didn’t feel brave. It just felt like the right thing to do. I was the happiest I’d been in ages.”

“I set up Comma Sense to share my skills and experience with other business owners. People have amazing business ideas but often struggle to explain what they do on their website, social media or in their brochure. That’s where I can really help businesses to grow and connect with their customers.”

Through creative copywriting, proofreading and editing services, Lucy supports businesses to tell their story through blogs, newsletters, web copy and a whole host of other materials.

She also works with individuals to help them take the next step in their career by writing CVs, covering letters and LinkedIn profiles.

“I’ve worked with a range of people, from students to experienced professionals, and had some great successes tailoring CVs for specific roles. One client was recently shortlisted from



over 100 applicants and went on to get the job of their dreams. Another job I’m really proud of is a student who had been struggling for a year just to get shortlisted for interview. I re-wrote her CV and tailored it to the sector she wanted to get into. A month later, she’d had three interviews and received two job offers. I appreciate there’s still a lot of work to do at interview stage, but just playing a small part in helping people get to this stage is really rewarding.”

So if you’re thinking of making a change in your life, what advice can Lucy offer?

“Whether you’re applying for a new job or planning a complete change of career, make sure you do your research first. I spoke to a lot of friends who own their own businesses before I made the decision to leave my full time job. Their advice has been invaluable. A supportive network helps a lot too. I wouldn’t have had the courage to make the change without knowing my husband, family and friends were 100% behind me.”

Find out more about Lucy’s business at www.comma-sense.co.uk

Ten cars most likely to have been written-off

1.	Peugeot 208 Active	48.65%
2.	Ford Fiesta Edge 60	48.57%
3.	Vauxhall Corsa Limited Edition	40.60%
4.	Honda Civic Es I-vtec	40.00%
5.	BMW 116d Efficient Dynamics	38.89%
6.	Nissan Note Acenta	38.71%
7.	Ford Fiesta Edge	38.46%
8.	Nissan Micra S Auto	37.84%
9.	Vauxhall Corsa Sri	37.74%
10.	Vauxhall Corsa Sxi Ac	37.74%

Analysis of My Car Check data for the first half of 2016 has revealed the UK used cars most likely to have been written-off. Nearly a quarter (23.67%) of all searches returned a write-off warning, with the riskiest models being the Peugeot 208 Active and the Ford Fiesta Edge 60.

Head of My Car Check, Roger Powell, said: "Any previously written-off vehicle must be viewed with caution, especially when inspecting the quality of repairs. The implications of being involved in a further accident in a car which has not been properly repaired don't bear thinking about. Even leaving the safety aspect aside, previous write-offs should generally cost a lot less than a like-for-like non-accident damaged vehicle. In a survey a couple of years ago, 79% of My Car Check customers said they wouldn't buy one. The flipside is that some buyers are happy to look at category C or D write-offs and use the data to push for a price reduction."

With information from the police, DVLA, insurers and finance houses, My Car Check holds comprehensive data on every vehicle on UK roads – things that buyers should be aware of before making an offer.

CDL Vehicle Information Services, which owns My Car Check, performs over a million look-ups a day for companies including AutoExpress, CompareTheMarket, Go-Compare, Moneysupermarket, Swiftcover, Tesco and WhatCar?.

Table above: Write-off warnings as a proportion of searches

Source: MyCarCheck.com (models with minimum 30 checks between 1 January and 30 June 2016)

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A garden shed!

The humble garden shed may hold the key to contentment. 96% of shed owners in the North West say their shed makes them happy, according to the Waltons Great British Shed Survey.

For 'sheddies' (people who love their shed), the shed is much more than a place to store gardening tools - it's the ultimate retreat. In the North West, over 50% of people surveyed say they love sheds so much they'd happily spend a country break staying in one, and one in four say they would even live in their shed.

Shed owners in the North West eagerly anticipate the time they spend in their shed: 22% say it's better than going to the pub and 48% say it's better than doing almost anything in the house. 6% of those surveyed prefer 'shed time' to sex and a further 6% of North West sheddies confess to actually having had sex in their shed.

Secret sheds

Be it a 'she shed' or 'man cave', the garden shed is a haven for many. 39% use their shed as a hideaway,

with 15% seeking time away from partners and others using it as a secret hidey hole for chocolate, cigarettes, alcohol, and even love letters from exes.

All shed cons

Far from the damp draughty stereotype, the modern garden shed often has all the mod cons. Most sheddies surveyed have electricity in their shed, 32% have heating, and 39% have WiFi.

Sanctuary

40% of sheddies in the North West go to their shed to relax, with 16% playing music and 14% meditating. Other sheddies retreat to their garden hideaway for dinner, to watch a film, read, write, sleep, and even to enjoy a sauna.

"My shed is a retreat", one respondent says. Another comments: "I love to be in the shed on my own or with my grandchildren making and inventing things."





Happiness is indeed, a garden shed!

The Waltons Great British Shed Survey was completed by 1,602 shed owners across the UK from 20 July 2016.

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'Definitive' YES line-up to reform for UK tour

Long-time YES fans, rejoice! Jon Anderson, Trevor Rabin and Rick Wakeman are proud to announce that after a hiatus of 25 years, they are to reform the definitive YES line-up as – Anderson, Rabin and Wakeman (ARW).

Since they last played together in 1990 on the highly successful YES 'Union Tour', there have been various hybrid versions of the band. However, none featured the iconic voice of Jon Anderson, the outstanding guitar talent of Trevor Rabin, and the keyboard wizardry of Rick Wakeman. The aim of the band will be to restore the standard of excellence in performance that they established with their 1990 shows - which saw YES members past and present come together for the first (and only) time of the legendary band's career.

"To be able to sing and perform with Rick and Trevor at this time in my life is a treasure beyond words," explains Jon. "I'm so excited to create new music and revisit some of the classic work we created many years ago, it's going to be a musical adventure on so many new levels."

"Trevor and I have wanted to play Yes music together since the Union Tour," adds Rick. "And as for so many of us, there is no Yes music without Jon. The 'Holy Trinity of Yes' is for me, very much a dream come true."

"After 18 years of immersing myself in film scoring, I couldn't be happier to be going out on tour with Jon and Rick," says Trevor. "After we worked together for the first time on the Union tour in the 90's, we were determined to play together again. It's a dream to be going out with Jon and Rick after so many years. We are all completely dedicated to this project."

The most successful prog rock group of all time, YES was co-founded by Jon Anderson and the late Chris Squire in 1968 and went on to sell millions of units with releases such as *Fragile*, *Close to The Edge*, *Tales From Topographic Oceans*, *Going For The One* and *90125*, as well as embarking on several record-breaking world tours.

While Rick is associated with the '70s "prog era" of the band (which saw YES become a worldwide stadium headliner) and Trevor associated with the '80s "pop era" of the band (which furthered the

band's popularity - including the band's biggest chart success), Jon is the bridge between both factions (as he was a member of both eras).

Not content to rest on past glory, Jon, Trevor and Rick are working on new songs, which are currently being recorded. The band will make its live debut in North America in October/November, followed by the Rest of the World in 2017.

The Rest of the World Tour will be coming to the UK in March 2017, where ARW will be playing nine shows starting at the Cardiff Arena on the 12th and finishing at the Manchester Apollo on the 25th. Additional dates may be added.

UK TOUR DATES (March 2017)

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- Mon 13th**
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We'd all like more room at home. But not everyone can afford to move or extend. So what if there was a way to get extra space for just a few hundred pounds, ready to use in less than a day? In truth, that space is already there. It's just not being used to its full potential.

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

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

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

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

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

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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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LEGOLAND® Discovery Centre welcomes its two millionth ticket holders!

After a fantastic six years LEGOLAND® Discovery Centre in Manchester welcomed its two millionth ticket holder through the door during the summer holidays.

Thomas Stevens aged five and Rebecca Stevens aged eight from Newcastle Under Lyme, Staffordshire were visiting for a day out with their dad Andrew and his partner Karen. The whole family were treated to a spectacular welcome with a VIP day to remember and the prize of a lifetime! Andrew said: "We never imagined we'd be the lucky winners, it was such a surprise! We're all massive LEGO fans so to win this prize is fantastic and the kids are over the moon."

In celebration of this monumental milestone, the attraction awarded the family a year's unlimited access to the LEGOLAND Discovery Centre and a year's free entry to 32 Merlin attractions with a Merlin Annual Pass. Providing entry to all of Merlin's attractions across the UK, from Madame Tussauds to Warwick Castle, Thorpe Park and SEA LIFE, the Merlin Annual Pass offers discounted entry for friends and family, access to

special discounts that can be used across Merlin hotels and for food and beverages* plus invites to exclusive Passholder Preview Events.

But that's not all, Thomas and Rebecca were also treated to a VIP experience on the day with refreshments, photos, a voucher for a Master Model Building workshop and a bag of goodies worth £500 from the LEGO shop!

After opening in 2010, the LEGOLAND Discovery Centre has gone from strength to strength. With over two million LEGO bricks, the centre provides an opportunity for children to explore and learn through interactive play. Alongside the LEGO, the centre offers a 4D cinema with different films on rotation, rides including, the Kingdom Quest Laser Ride and LEGO CITY: Forest Pursuit, master model builder workshops, a Manchester themed Miniland and the interactive play area City Builder, new for 2016.

James Thomas, General Manager at the LEGOLAND Discovery Centre Manchester said:





“We’re so excited to have welcomed Thomas, Rebecca, Andrew and Karen as our two millionth ticket holders and hope they had a fantastic day. We wouldn’t have reached this amazing goal without the hard work and determination of our wonderful team and we’re looking forward to many more years, welcoming families for a thrilling day out. Here’s to the next two million!”



Keeping You Safe on the Road

By Raf Khan from
Warrington Service Centre



It's time for your pre-winter safety check

Now is the time for your pre-winter safety checks

WITH the dark nights and early mornings fast approaching visibility becomes even more important than ever.

Now is the time to check your windscreen wipers are up to scratch.

Being able to see clearly through a windscreen in wet and dark conditions will help minimise the risk of accidents out on the road, keeping you and your family safe.

This should be the start of a basic pre-winter check. If your wipers judder, make a noise or leave unwashed margins or bands of rain it's time to replace them.

Clean your windscreen inside and out. Greasy smears can seriously impair your vision in low winter sun. For stubborn marks try dishwasher powder dissolved in a little water and dry with clean kitchen towel.

Make good use of your air conditioning for faster demisting and to reduce condensation on cold windows.

Make sure you switch wipers off in the park position as the risk of freezing increases. This will avoid wipers freezing to the screen and causing damage to the wiper motor or blades when you start the car again.

Now is the time to top up windscreen washer fluid with added anti-freeze to reduce the chance of freezing. Don't use engine anti-freeze as this will damage your paintwork.

To ensure your car is safe on the road this autumn and winter book a FREE safety check at Warrington Service Centre call 01925 232255.



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Spread over three floors, Lostock Lodge in Northwich, will provide personalised residential and dementia care in a luxury environment.

The home has been purpose built to promote a lifestyle for residents that offers superior accommodation and a high quality of personalised care. Lostock Lodge will boast 66 en-suite bedrooms, a hair salon, cafe, shop, cinema room, and numerous lounges and communal areas.



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Hearing dog Jessie helps Thelma live independently once more

“One of the best days of my life’ is how Thelma Mannington described the day when she welcomed hearing dog Jessie into her life.

It marked the end of 16 difficult months for Thelma following the death of Emi, her constant hearing dog companion and best friend for nearly 11 years, and who helped her overcome many of the challenges of living with deafness.

“Jessie has given me my life back,” said Thelma, from Mid Cheshire. “Bringing her home was definitely one of the best days of my life.”

The pair are now inseparable with Jessie helping Thelma, who has been deaf since childhood, to live a safer and more fulfilled life.

“She wakes me up in the morning, lets me know when the telephone rings and alerts me to all noises by tapping my hand with her paw. She’s also trained to tell me if there’s someone at the

door, on the telephone or if the fire alarm goes off. She’s a real Godsend and helps with the most important thing of all – living an independent life.”

As Thelma explains, losing Emi after eleven years was devastating. “You come to rely so much on a hearing dog. You become dependent but they’re not just helpers, they’re true friends and it was such a blow to lose her.”

Thelma was immediately put on the waiting list for another hearing dog and it was 16 months before she got the news she’d been waiting for,

Jessie undertook her specialist training at The Hearing Dog’s for Deaf People training centre in East Yorkshire and it was in January this year that Bryn Richards, Chairman of the Cheshire branch of Hearing Dog’s for Deaf People invited Thelma to meet Jessie at the centre for the very first time.

“The continued support from Bryn has been overwhelming and has helped Jessie and I bond incredibly quickly.”

The pair have worked together intensively, getting to know each other in the home and helping Deafness Support Network (DSN) with its hearing dog fundraising activities. “Jessie is always the star of the show, and has already helped raise awareness of DSN by helping Terry Webb give talks about our work” said Gill Reeder, DSN’s Operations Executive.

Thelma continued: “We have bonded into a wonderful partnership. I cannot thank enough all those who have cared for and trained Jessie. She is my sunshine: the love we have is beyond words and I feel so safe having her around.”

“She is devoted, loving and the truest friend I could ask for, she is always there for me when I need her – I couldn’t have hoped for a more faithful friend”.

“With Jessie by my side, I’ve realised that laughter is the best medicine and that we must enjoy each day to its fullest, which is what she’s helping me do once again”.



From beautiful textiles to beautiful people

by Tracey Adalam

I originally set out to be a textile designer and started my training at Salford Art College and then finally ended up being appointed at Great Universal Stores Manchester, but I then left to move up the career ladder and after a couple of years my daughter Emily arrived. It was then that I decided to change career paths, as I worked in a busy office as a Print Production executive for Airtours. This basically meant overlooking the design and print content of holiday brochures and going to the printers to check the work on the presses, long hours, possibly overseas, it was a great job but not with a family. I have always had an interest in beauty and massage and decided to go back to school to train and hopefully work for myself. I have a very supportive husband who encouraged me all the way and now this is what I do along with bespoke in-house salon training.

I offer Crystal Clear facials, sports massage, back neck and shoulder massage, reflexology, waxing, eyelash and brow tinting and refining, shellac manicures and pedicures, Siennax spray tanning, Hot stone massage, make-up lessons and advice, Dolly lashes, 6d lashes flutter lashes, semi-permanent lashes and training. I also cater for ladies parties and provide anti stress treatments within businesses for staff. All at an affordable budget and all at your venue. I also work out of 48, South St, Alderley Edge, within an Osteopathy Clinic on a regular basis for those not wishing to be treated at home.

I am also an associate member of the Halle Choir, which means I am asked to sing on particular projects usually conducted by Sir Mark Elder – the most recent project being at the Royal Albert Hall London in July, where over 200 of us sang the Missa Solemnis by Beethoven. Our next project will be at the Bridgewater Hall Manchester. If anyone wants to try out with the Halle choir, we are having a singing afternoon on the 8th October.

But I can honestly say I am very happy with what I do even though sometimes it can be exhausting work.



Bread baking for beginners at JD Kitchens

JD Kitchens, Warrington are taking an innovative approach to demonstrating their state of the art appliances by hosting a series of baking classes run by the skilled bakers at Room Forty Afternoon Teas.

Designed for those who long to recreate the delicious pizza that they had on holiday, or want to create a real loaf with no additives, the classes are suitable for any ability.

A 'Bread baking for Beginners', will run on the evening of 18 October and will use the same Neff ovens as are used on Great British Bake Off.

Dave Charlton, Managing Director of JD Kitchens said, 'We are one of the very few kitchen showrooms with working ovens and appliances and these classes give us the opportunity to put them to good use when we are normally closed. The classes are for anyone, not just people who want a to buy a new kitchen, so there is no sales pitch, just a chance to use our state of the art equipment and functional working spaces, and if they like them hopefully they'll come back when

they are ready to buy their dream kitchen'.

Each hands-on class will last approximately three and a half hours and will guide bakers and would-be-bakers through all the steps to making a perfect loaf, pizza dough and sodabread. Classes will start with a slice of homemade pizza and bread tasting before getting to grips with the dough. Guests will learn about bread and how to make it and leave with the fruits of their labour, recipes and fully equipped to have a go at home.

Jen Perry, of Room Forty Afternoon Tea's commented, 'We have already run a pilot class which was great fun. The classes are full on busy but fun and take all the fear out of making bread. You'll be amazed how much easier and healthier it is to make bread than you imagined

"We have plans to run a series of classes throughout the year and will soon be announcing dates for our 'cake baking for the terrified' which will include our infamous scones and brownies. Places on the classes are limited so book in quickly. Who knows? It could be you on Bake Off next year!





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Disability gymnast Natasha Coates crowned British Champion



Warrington disability gymnast Natasha Coates, who suffers from a rare condition which makes her allergic to exercise, is celebrating after being crowned 2016 All Around British Champion at Lilleshall.

She was crowned champion in three events, the Beam, Floor and Vault and came 3rd on Bars during the British Championship event – making a total of 19 British titles in two years and the AA Champion for the 3rd year running!

A delighted Natasha, from Appleton, Warrington, said : “I can not thank everyone enough for their encouragement and support! I couldn’t do it without you all.”

Natasha, 21, who was named Disabled Sportsperson of the Year 2015, suffers from Mast Cell Activation Syndrome (MCAS). MCAS is a rare condition that causes an over-sensitive immune system. MCAS sufferers have regular, sometimes life-threatening, allergic reactions to a range of triggers from food to fragrances to exercise.

The first is Mast Cell Action, a new charity set up to support sufferers of MCAS. The condition is not currently recognised by the NHS so it is very hard for MCAS sufferers to get diagnosed and treated in the UK. Mast Cell Action works to raise awareness and improve treatment of MCAS.

The second organisation supported by Natasha is Birtenshaw, a local charity which provides education and care services for children and young adults with special educational needs and disabilities. Their services include a school, a college, children’s homes, adult care services, and short breaks.

Shelly's Super Food Mango Chilli Salad

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

Ingredients:

- Wrap (place in oven proof dish for 3 min hot oven to crisp up)
- Salad leaves
- 1/2 sliced Avocado
- Ripe mango sliced
- Tomato chopped
- Few slices Cucumber chopped
- Two tablespoon chopped mixed peppers

Sauce to mix all above:

- Teaspoon chilli powder
- Few chill flakes
- Tablespoon sweet chill sauce
- Good pinch sea salt
- Teaspoon turmeric

Method:

Assemble salad leaves in wrap basket mix all other ingredients together place on top



Rare treat for trainspotters

Pictures: Eddie Whitham

Trainspotters in Warrington were given a rare treat when the famous 'Flying Scotsman' made an appearance passing through town.

The iconic steam locomotive was captured by local photographer Eddie Whitham passing through Winwick, on its way to The East Lancashire Railway at Bury.

The exact details of the engine route were kept secret due to earlier incidents causing safety problems.

Often described as the world's most famous steam locomotive the Pacific steam locomotive was built in 1923 for the London and North Eastern Railway (LNER) at Doncaster Works to a design of Nigel Gresley.

It was employed on long-distance express East Coast Main Line trains by the LNER and its successors, British Railways Eastern and North-Eastern Regions, notably on the London to Edinburgh Flying Scotsman train service after which it was named.

The locomotive set two world records for steam traction, becoming the first steam locomotive to be officially authenticated at reaching 100 miles



per hour (160.9 km/h) on 30 November 1934 and then setting a record for the longest non-stop run by a steam locomotive when it ran 422 miles (679 km) on 8 August 1989 while in Australia.

It retired from regular service in 1963 after covering 2.08 million miles.





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