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Editor's Comment



NEWS that HS2 will no longer be going through the heart of Taylor Business Park at Risley, is good news for the 500 employees at the 48 businesses on the site.

But moving the route of the line 300m is going to have a disastrous impact on the businesses on nearby Glaziers Lane let alone the popular fisheries.

From what I can see and hear the current proposals will bring little economic impact to Warrington, while continuing to have a devastating impact on the local environment.

The few times I jump on a train to London I can easily get there in around two hours and can always usefully use the time to catch up on emails.

I really struggle to see the need to get there faster, particularly at the expense of the environment and some peoples' livelihoods and homes.

Yes I realise there are benefits to the overall economy with construction jobs e.t.c but as a town Warrington really does have little to gain from these current proposals.

Mind you these proposals are still a long way down the line and I am

sure there will be more changes to come following further lobbying by those affected.

Much closer on the horizon are the exciting developments taking place at Time Square and Warrington Market, which will bring a long over due boost to the town centre.

Along with the ever improving cultural quarter we will hopefully soon have a thriving vibrant town centre we can all be proud of.

In recent times Bridge Street in particular has become a depressing sight and hopefully these developments will provide the much needed boost.

Finally I would like to take this opportunity of wishing all our readers and advertisers seasons greetings and lets hope 2017 will be a great year for Warrington as a town.

We certainly have plenty to be positive about.

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the January issue of
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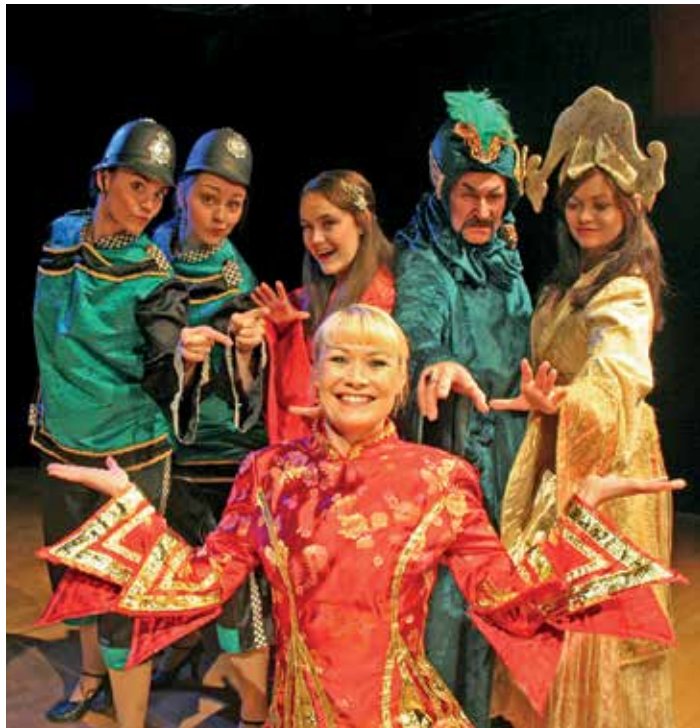
Stars of panto spread seasonal cheer

ALL time Panto classic Aladdin is set to take centre stage at Warrington's Parr Hall to help bring some New Year cheer.

Stars of the show spread a little festive cheer when they helped celebrate the official start of

Christmas by helping switch on the town centre lights.

Cast members were delighted to



(left to right), Elise Whyte as Ping, Seren Whyte as Pong, Princess Jasmine played by Cobie Scott-Ward, the despicable Abanazar played by Glynn Mills and Zoe Clarke as the Empress of China with, front, our hero Aladdin played by Nichola Lagan.

take part in the special occasion and took to the stage to sing two songs from the panto.

The Pop Goes Christmas event also featured X Factor stars Reggie n Bollie and Warrington singer Ellie Dibben, as well as Warrington Wolves players and cheerleaders.

The panto cast, which features Nichola Lagan as the hero Aladdin, Cobie Scott-Ward as Princess Jasmine, Glynn Mills as the despicable Abanazar, Zoe Clarke as the Empress of China and sisters Elise and Seren Whyte as Ping and Pong, spent the day meeting and greeting the people of Warrington

and posing for photographs.

Classic

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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

How has 2016 been for you?

Have you achieved the things you wanted to achieve? Have you met the goals and resolutions you made last January, or have they fell by the wayside, or even been forgotten?

Statistically the percentage of people in their twenties who achieve their New Year resolution goals is 39%, those over 50 years old who achieve their goals is 14% so whatever your age group, if you achieve your goal you are in the minority. So why not decide now, to be in the minority yourself, take time to start thinking right now about what you want to achieve in 2017.

It's fair to say the majority of people recognise achievement means work, drive, motivation and determination. What are you going to commit to? Not in a half-hearted way, but in a structured and focussed way. Do you need help being committed, determined and focussed? If you do, think about coming to my practice and let's see how we can move things forward.

If you know someone who may need some help with their health whether it be IBS, Stress, Smoking, Confidence, Insomnia, Anxiety or if you think someone would benefit

from coming to see me for an initial consultation then consider giving them a gift token from my website www.healthyaudiophypnosis.com

2017 is almost upon us, we can make it better than 2016 if we are prepared to make goals, make decisions and work towards them, and of course stick to them.

There will be many reasons and excuses we could use to justify the reasons we fail to achieve the things we want to achieve, but really there are few in reality that will stop us if we are determined to succeed. Sometimes when other people see us achieving, they may try and sabotage our efforts, whether it be on a conscious or subconscious level. For example if a smoker decides to kick the habit, friends and associates may offer cigarettes more often, smoke more often in the individuals presence, because they, deep down, don't want to be in an ever decreasing minority of people who smoke, socially it is frowned upon and there is strength in numbers!

Or take the person wanting to manage their weight, the partner begins to take them out more often for meals, or chocolates and sweet foods appear more often in

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



Tel: 01925-658322
mikeforhelp@gmail.com
www.michaelmahoneyhypnotherapist.com

the cupboards, on a conscious or subconscious level, the partner feels threatened somehow.

So whatever you decide to set your sights upon, be sure and certain, determined and resolute that you are going to achieve your goal. Start thinking about your goals right now, develop a new mind set in the time remaining before New Year's Eve arrives, and by doing that, your goals become familiar, and the more familiar they become the more easily it is to stick with them.

And of course, don't make too many, as you can overwhelm yourself. Focus and achieve, use those words to reinforce your determination, focus and achieve – you will be pleased you did as you become one of the minority of resolution achievers.

So dear reader, as another year end approaches, I wish you and all those you love a Happy Christmas, and a Healthy and Peaceful New Year.



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Exciting times for Warrington Market and Time Square

by Steve Park

This is the final Christmas that Warrington Market will be housed in its current building which has been its home for over 40 years.

By summer next year the market will move into its temporary home which is the building currently rising out of the ground at Time Square.

It is taking shape fast and the fit out for the market will commence early in the New Year.

Fast forward to this time next year and Warrington Market will be enjoying its exciting first Christmas in its temporary home, the old market hall will have been demolished, the new Multi Storey Car Park will have been open since the summer and the steelwork for the main phase of Time Square; the cinema, restaurants and Council Offices will soon be emerging from the ground.

As we rapidly approach Christmas 2016 it is exciting to actually be able to walk on part of the new Time Square public thoroughfare. The first area, in front of the new construction and Hancock and Woods, is now in place and the granite blocks give an indication as to the quality of the public realm.

It's been a busy but very rewarding year to be able to see so much change in progress. It's easy to forget that The Base on Stadium

Quarter only opened in January and is welcoming more tenants as each month passes by. It is already home to eight organisations with more in the pipeline. Next door, UTC Warrington, which opened its doors to 200 enthusiastic and talented Students in September, was formally opened by HRH Duke of York last month. The high quality public realm improvements to the underpass connecting the Bus Interchange and Dallam Lane are also now finished. This month will see the

announcement of further ambitious growth and development targets when Warrington Borough Council announces its refreshed and updated growth framework called Warrington Means Business. This document sets out the exciting, aspirational growth plans for Warrington going forward and is the template and direction for the work of Warrington & Co.

2017 is another very exciting year for Warrington and I wish everyone a great festive season and very happy and prosperous New Year.



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Steve Park
MD of Warrington & Co.

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Carpe Diem expands content marketing and social team

AFTER picking up a series of new clients and existing project launches, Carpe Diem have continued to expand their Warrington based digital team, with the appointment of a new Content Marketer, Jack Renshaw.

Bill Carr, Carpe Diem founder said: "Jack's creative flare will aid our clients in aligning their brand with the online behaviours of customers."

Jack joins Carpe Diem from a leading Manchester based agency, and will enable the company to expand their Content, Outreach and Social Media capabilities.

Jack said "I'm really looking forward to helping the team at Carpe Diem and the great clients we have, to grow their online presence with an improved content marketing, outreach and social media services. 2017 will continue to see content marketing become an increasing important consideration for digital focused business. We have created a white paper on Website Trends for 2017 that can be downloaded from our websites by visiting - <http://www.carpe-diem.co.uk>"

The appointment follows the delivery of successful campaigns for many clients including Accuro, who have been working with Carpe Diem for the past 18 months.

Carpe Diem helped Accuro, a specialist Digital Transcription service company, relaunch their website with a refreshed brand

and sector focused content that has helped to drive engagement with site visitors and company growth.

The results have seen an increase in new website visitors of over 35% since they started working with Carpe Diem and over a 300% increase in goal conversions compared to the beginning of the year.

Gordon Healiss, said "It has been a great start to our SEO investment. Carpe Diem has not only achieved some fantastic positioning but helped us understand how SEO works. By regularly meeting and talking through content change, we have maximised their technical and our industry knowledge. I now see the value in SEO investment and envisage Carpe Diem as our long-term partner."

To support further growth, Accuro has relocated from its offices in Wigan, to Knutsford and is looking forward to continued growth in 2017. For a free 30 minute transcription service trial, visit www.accuro.co.uk and one of the team will be pleased to help.

About Carpe Diem

We specialise in working with companies that are looking to grow their businesses online, and

regularly deliver benefits to our client of over 200% increase in website or app performance and engagement.

Carpe Diem has a team of marketing strategists, designers, technologist and developers that work with business to develop websites, apps and deliver online marketing campaigns.

We work with many clients in the sports industry, including Balance, Warrior, Lancashire C.C.C and ASICS, for whom we have developed their website, e-commerce platform and delivered marketing campaigns since 2001.

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Selecting the Right Care Home

A guide from Cheryl Wildman, Home Manager at Lostock Lodge, Northwich's new state-of-the-art Care Home

Many people arrange their own care independently. Local authorities can help with this, but it's always a good idea to do your own homework in either situation.

Know what category of care that you will need. When looking for a care facility it is often overlooked. It can be assumed that all care homes offer all categories of care, however they do not. You need to know whether the person who requires care will need Nursing Care, Residential care, Dementia care, Nursing Dementia, or a home that caters for specific conditions or disabilities. The age group of the residents in the home may also be an important

factor, as not all care homes are for the elderly.

CQC and Local authority reports are a good starting place to start. On the CQC website it is possible to enter your post code and search all categories of appropriate care homes within a nominated mileage range. Inspection reports are available for care homes of all categories and will give you indication of the suitability for the person who may need care. It is a good idea to ask the manager of the home further questions about their report if you have any concerns or need clarification.

Things to do & look out for:

- Visit the home unannounced. The staff

at the care home should be happy to offer you a viewing at any time. This way you will see everyday life at any time of the day you visit.

- Have a list of questions ready you would like to ask. For example ask to see a copy of the menu. Ask what activities are provided.
- Do the staff seem friendly and engaging?
- Do the residents you see look happy?
- Why not ask a resident about their experience living at the home?
- Is the environment suitable for the person you

are helping find a care home?

- Are the facilities suitable for a person having difficulties with cognition or mobility for example?

It is always a good idea take the perspective resident to visit the home before a final decision is made. This will allow you to gauge their reaction.

For confidential help and advice, you can email Cheryl on lostocklodge@countrycourtcare.com.

For more information about Lostock Lodge itself, you can visit www.countrycourtcare.com

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Public Open Day

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How to help needy children enjoy Christmas Day



RESIDENTS of Warrington are being asked to help give needy children in the borough a magical Christmas by making sure they wake up to a gift under the tree.

Following the success of last year's toy appeal, the Neighbourhoods in Warrington team is asking for donations to be given to deserving children and families in the local area.

Donations of new toys, gift vouchers, sweets, non-perishable foods, toiletries, books and new nightwear are all accepted and are needed by December 1.

All donations should be suitable for children aged up to 16, with each gift wrapped by the team and distributed ready to be put under the Christmas tree.

Residents can drop off donations at Orford Community Hub on Festival Avenue, Contact Warrington on Horsemarket Street, The Pyramid on Palmyra Square or any LiveWire leisure centre or neighbourhood hub.

All families who will receive a gift have been referred to the service by local health and wellbeing partners across the town.

Cllr Tony Higgins (pictured with Santa), the borough council's lead member for culture, leisure and community, said: "It's a sad fact that during a time of joy, festivity and celebration, some children have little or nothing to look forward to this Christmas."

"For many families these donations may be the only gifts they receive. Last year, 180 children received a present thanks to generous donations from our residents. I would like to take this opportunity to ask people to buy just one extra gift this year and help light up a child's face on Christmas day."

For more information, contact the neighbourhoods team on 241 360



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Students get chance to share stage with Myth of Unity

PERFORMING Arts students at the University Academy Warrington got the chance to share a stage with pop band Myth of Unity during a special performance at the Padgate based academy.

Students treated parents and school colleagues to an evening of music, song and dance to give youngsters a chance to perform to a live audience for the first time - and were then joined with a surprise appearance of the Blackpool band, Myth of Unity at the end of the show as they performed their latest single, 'Hello'.

Needless to say, the students when invited on to the stage by the band, gave an energetic display of dance to the audience present, a perfect ending to a night of young talent.

The Head of Performing Arts, Dianaimh Ward, commented, "Our students showcased the work being taught by members of the Performing Arts team to a high standard and from the applause of the audience it was appreciated by all."

The performance was one of a number the school arranges for parents, students and potential students throughout the year.

The University Academy Warrington is a mixed school for students aged 11-16 and is a member of UCAT - The University of Chester Academies Trust.

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Warrington company provides award winning IT Services

WARRINGTON based Swan Network Solutions has won the accolade of "Trusted Advisor Of The Year" over thousands of other IT providers in the UK at a prestigious ceremony in London.

Director Andrew Horrocks picked up the award at The Brewery, a trendy venue in the heart of London. He was in good company with respected names such as Symantec and Microsoft presenting the awards.

The award aims to reward honest and knowledgeable IT advice to SME organisations, allowing business owners to be adequately informed so they can make strategic decisions about their use of technology.

Andrew said: "We are delighted that industry peers have recognised our success in providing honest and knowledgeable advice to businesses. This is the best award we have received in our 12-year history as it proves that we are exceeding the expectations of our clients".

Andrew added: "Warrington is recognised as one of the best places in the UK to base a business and we are eager to work with Warrington businesses and organisations relocating to the area. They strategy is to help eliminate unnecessary costs and increase productivity, simply by understanding their business and working with them as trusted technology partners."

Swan Solutions have recently started to promote this in a campaign called Switch2Swan which aims to encourage anyone responsible for their business IT to consider if they are getting good

value from their current provider.

To celebrate their award Swan Solutions are offering a free technology review and roadmap service which is available to any organisation in the Warrington area who want to get more from their IT investment.



Disability campaigner joins board at Active Cheshire

ACTIVE Cheshire are delighted to announce that disability campaigner Dave Thompson OBE DL has joined their Board of Trustees.

Dave has been a partner of the physical activity charity for a long time with Active Cheshire and Warrington Disability Partnership supporting each other to grow over a number of years.

Active Cheshire's CEO Anne Boyd said: "The team is delighted to have someone with such proven success in driving accessible and inclusive physical activity on our board.

"His network of contacts and experience will add real value to our work and enable us to improve our offer to those with disabilities,

as we know this particular area could have a significant impact on reducing the number of physically inactive people in the sub-region."

Dave has a joint role as Chief Executive of Warrington Disability Partnership and the Managing Director of their trading arm, The Disability Trading Company. He was one of the three founders of Partnership and chairman for over 20 years. Dave is the founder and event coordinator of Warrington Disability Awareness Day and is an active supporter of a range of fundraising activities, experience which will be keenly welcomed by Active Cheshire.

A regular speaker at conferences across the UK, Dave is often also a visiting lecturer at various

Universities. He has presented disability equality training to over 36,000 people.



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Young pianist wins first Viola Beach scholarship

A YOUNG pianist has been awarded the first scholarship given by Warrington's Priestley College in memory of the four former students who made up the band Viola Beach.

Yi Chen Hock has received the first Viola Beach Scholarship, which marks the contribution made to college life by Jack Dakin, Kris Leonard, Tomas Lowe and River Reeves who sadly died earlier this year. She will receive £500 to put towards furthering her passion for music.

Principal Matthew Grant said: "Yi Chen was chosen in recognition of her outstanding potential and to support her as she strives to make a breakthrough in the music world.

"She is an extremely talented and hardworking individual who clearly has the ability and commitment to go far."

Yi Chen is currently working to Grade 8 piano and plays the violin in the Warrington Youth Orchestra.

She attends a Cambridge+ programme each week to help her prepare for studying at an elite university and hopes to go to Cambridge.

The former Bridgewater

High School pupil, who studies Electronics, Further Maths, Physics and Music at Priestley, said: "It is an honour to receive the first Viola Beach Scholarship and it will go a long way towards helping me pursue my passion for music.

"I chose Priestley because I wanted to study a wide variety of subjects, but it feels great to be recognised for my music."

The Viola Beach Scholarship was set up by the Priestley Education Training Trust fund following the deaths of the band members and their manager Craig Tarry in February.

Ben Dunne, River Reeves' father, said: "Yi Chen is a remarkable musician and a worthy first recipient of this wonderful scholarship.

"I'm sure the musical talent, potential and achievement of Viola Beach will be mirrored by Yi Chen and recipients of this scholarship for years to come."



Shining a light for St Rocco's Hospice

HUNDREDS of children and their families filled Orford Park to take part in the third St. Rocco's sponsored Lantern Walk.

Many of the children, and even some of the grown ups, turned out in fancy dress and they were joined in the park by special guests including Disney princesses, Spiderman and

a Star Wars Stormtrooper. St. Rocco's own mascot Rocco was also there, helped out by some favourite TV characters including Ben Ten, Peppa Pig and Iggle Piggle.

There was certainly a party atmosphere with music from the Chris O'Grady Roadshow

and entertainment provided by Chadwick's Fun Fair. The walk was led out by Hospice Matron Alison White and the Manchester School of Samba Band. The Mayor and Lady Mayoress of Warrington were on hand to lead the countdown.

Over 100 volunteers had given up their time to support the event, setting up, registering the walkers, acting as marshals along the route and handing out medals at the end.

Just before the start the walkers were delighted to hear that over £10,000 had already been raised

from online sponsorship, with more still to come.

Sophie Birch Senior Events Manager at St. Rocco's said, "The Lantern Walk is such a special event for St. Rocco's as it gives the younger members of the Warrington community the chance to support their local hospice. The amount already raised is incredible. We'd like to say a big thank you to everyone involved for helping to make the event such a success once again."



AUTUMN / WINTER 2016



the Tim Parry Johnathan Ball
foundation for peace



PeaceTALKS



Message from India

I am writing these words in New Delhi, the capital city of India, where I'm representing the Tim Parry Johnathan Ball Foundation for Peace at a meeting of the United Nations Educational, Scientific and Cultural Organisation (UNESCO). Delegates from around the world have gathered to discuss how education can prevent violent extremism and the Foundation's projects are being viewed by everyone from Ministers of State to Ambassadors and leading subject matter academics.

We are immensely proud that an initiative born out of our 'victim – founders' horrific loss in Warrington is now being seen as a global leader, and when people visit the Tim Parry Johnathan Ball Peace Centre, they all say that they didn't know just how comprehensive our involvement is, and what a difference we make.



This year the charity, founded in memory of Tim and Johnathan, is 21 years old - an incredible achievement in its own right, and our two decades of experience is now being brought to bear on one of the biggest challenges that the world faces - the prevention of violent extremism. For the Foundation to be at the heart of meeting this challenge, is yet further proof that the work we are doing is central to world peace.

Our work is 'for peace' and the many programmes and projects we deliver under this banner are vital, and in this newsletter we give you a brief outline of our work. We recently published an annual report that provides details of our achievements in the last year. Please contact us if you would like a copy. We rely on the generous help of all our volunteers and supporters. I am

so grateful for your continued support, and hope the newsletter gives you an idea of how vital our work is and how we are making a real difference on a global scale.



Nick Taylor, Chief Executive

Turning evil into a force for good

The Foundation hosted a dinner in the House of Commons Strangers' Dining Room and our special guest of honour and good friend was The Rt Hon Sir John Major KG CH.

Since the Warrington bombing, Sir John has become a close ally and supporter of the Foundation and became a Patron of the charity in March 2000. He is very active in his role, particularly in encouraging politicians, business and commerce to support the charity's work. Addressing an invited audience of business and investment specialists, Sir John paid tribute to Founders, Colin and Wendy Parry. Sir John said: "Colin and Wendy have managed to turn an act of sheer calculated evil into a wholly positive force for good by founding this charity that has evolved over the intervening years since the Warrington bombing."

Colin Parry, Chairman of the Foundation

welcomed Sir John and the guests, and Chief Executive, Nick Taylor, told the audience that he wanted to start a debate within the business and commercial sectors. "Our aim is to grow this business, and to do that we need to create a sustainable model to provide products and services that people want to invest in."

"The UK population is part of a global family so if you work, live or travel abroad, there is risk. Over the past few years, we have been bringing like-minded business people together to consider what is needed to mitigate the risk that violent extremism and terrorism poses, to UK business organisations and their people, and we want business leaders to be part of that debate."

Guests were asked to pledge some of their time to consider how best they could work with the foundation.



The Foundation would like to thank Deepbridge Capital for sponsoring the event and making a £6000 donation.

UN Education event - Seoul, Korea

As the challenges of extremism and terrorism continue to resonate across the globe, the UN recently increased its efforts in the field of prevention, launching its toolkit: 'A Teacher's Guide on the Prevention of Violent Extremism.' As an organisation, the UN has played a prominent and leading role in peace building education across the world and the newly launched toolkit sees it focus its efforts on the contemporary challenges we face.

The Foundation's Director of Commissions, Kelly Simcock, was invited to speak at a UNESCO (UN Education) event in Seoul, Korea in June as part of its drive to increase awareness, and train educators and policy makers in approaches to prevent violent extremism through education. Leading a day long workshop as part of an immersive six day programme attended by delegates from South America, Africa, the Middle East and the Asia Pacific region, she took delegates through the Foundation's approach to this work sharing theory and practice as well as showcasing some of the Foundation's tools and approaches to educating and building resilience in young people towards extreme narratives and ideas. As chair of the European Union's Radicalisation Awareness Network's Youth, Families and Communities Group, she also shared findings from the work and approaches working for practitioners across the EU. Other speakers and contributors to the programme included Professor Carlos Alberto Torres, UNESCO Chair of Global Citizenship Education.

Kelly said: "It was an honour to be asked to attend an event to share what we do as a Foundation and the learning we have taken as a Foundation over the years. As a prominent institution in world affairs, it was a privilege to have the UN recognise the leading role the Foundation's work has taken in delivering and influencing not only in the UK, but across Europe. Whilst the challenges and the motivations for violent extremism often differ across the world, we have found that the solutions are often similar. Many educators are still finding it difficult to see how they can play a role in dealing with these challenges. Having the ability to share how we have approached this work with other educators helps us to continue to further the Foundation's ambition to become an important player on the world stage in the fields of peacebuilding and conflict resolution".

My Former Life, the Foundation's film education resource currently being rolled out across the North of England, was widely admired by attendees at the programme. The film, and its messages, featured in the keynote address as part of a further UNESCO education event in New Delhi, India late September.



The biggest facilitator training event yet!

The Foundation hosted its sixth annual facilitator training event over the first weekend in September, as 30 Associates, old and new joined us at the Peace Centre.

Following a successful year of delivery in major towns and cities across the North of England, our work continues to expand. In order to meet this demand, we have been busy recruiting skilled professionals to join our team. The weekend provided an ideal opportunity, not only to share, but to develop and train alongside one another. Some of the Foundation's senior practitioners led the programme with great success. Also attending were researchers and those involved in other aspects of supporting delivery of the work.

Mark Robinson, Programme Professional and Lead on our work with Adults said: "It was great to see so many of our practitioners coming back together. Events like this give us all a chance to take some time out and reflect on what it is that we do and it was great to be able to welcome so

many new, professionals".

Kelly Simcock, Director of Commissions said: "It was a significant event for the Foundation. After many years of hard work, we are now in a position to expand this team of professionals and help take our important work out across the UK."



Kelly Simcock, Director of Commissions

RADEQUAL

CHALLENGE • CONNECT • CHAMPION

The Foundation's work in Manchester to help the city 'Rethink Radicalisation' drew to a close in the spring as a programme to train local NGO leaders, faith community members, youth and community workers and teachers ended. 'Radical Dialogue', a three month engagement and training programme, finished with more than 60 participating members learning about conflict, radicalisation and how tensions are playing out in and between communities. Alongside Radical Dialogue, the Foundation ran a wider programme to train teachers, and work with young people and women across the city.

As a direct result of the Foundation's programmes, some exciting results have emerged. The training has equipped and inspired some of the organisations involved to start programmes of their own. The Hideaway Project, which will start delivering programmes with families over the coming months, has been inspired by the learning process developed by Radical Dialogue and the Foundation's 'Women for Peace' project. Further success has witnessed young people delivering their own 'Peace Day' events and assemblies, and teachers are building peace education into their curriculum following our 'Holding Difficult Conversations' programme which trained 600+ teachers in the city throughout the year.

Over two years, the Foundation has worked with Manchester City Council and Greater Manchester Police in hosting 'Rethinking Radicalisation' - a series of events and engagement activities involving over 200 people in dialogue about the challenges facing their communities, and particularly those differences which lead to division

and on to extremism. The final report on the process and the Radical Dialogue Programme, helped those interested in shaping local policy, to take a lead. In September this year, RADEqual will be launched.

Manchester's lead exec member for Neighbourhoods and Communities, Fiona Worrall said: "You gave us a framework and a structure on which we could build this work with communities and then you brought your expertise and advice to the table... this work is now being recognised as best practice"

A Manchester - based strategy, locally developed and collaboratively delivered between Council Officers and those members of the public who were involved in our programme, RADEqual will see an innovative approach to building resilience and tackling issues such as prejudice, intolerance and extremism.

Cohesion and Prevent Coordinator Samiya Butt said: "You helped us start the difficult conversations and gave everyone a voice... you brought experience and a diverse range of opinions and views to our thinking: much more than just a government perspective".

Kelly Simcock, Director for Commissions who led the Rethinking Radicalisation work in the city that helped shape this local approach, worked closely with Dr Duncan Morrow from Ulster University and the Foundation's Jon Nicholas and Neil Renwick. Members from the team were involved in wider delivery in the city.

She said: "We are proud of the work we

did to help people and organisations in Manchester start this dialogue and question the ways that policies and practices were working for them. The people of Manchester were clear that government agendas, both national and local, were causing problems for them. The project helped identify the issues and solutions and develop an approach that can really work for all in the city. If RADEqual helps empower those who are on the frontline tackling the issues that threaten to divide us - it will really give meaning to the work we did and could help generate lasting and enduring solutions for communities."



*Jon Nicholas,
Senior Programme Lead*



Neil Renwick, Development Officer



Taking the challenge online - Extreme Dialogue launches in the UK

In a North London School, the Foundation launched its first UK based online education materials to help prevent violent extremism. 'Extreme Dialogue' is a unique schools-based programme using the powerful stories of former extremists, and survivors of violent extremism, to help generate dialogue and learning with young audiences. The launch was attended by 80 educators, policy makers and young people.

Extreme Dialogue, first launched in Canada in 2015, provides free, open-access educational resources for teachers and other frontline workers to help build resilience to all kinds of extremism and propaganda amongst young people aged 14 -18+. The resources enable teachers to open discussions on these issues and

draw upon the Foundation's innovative approaches to teaching and learning – thereby helping make a topic that can be difficult to address, much more accessible.

Using resources known as the 'Prevent duty', to protect children from the risk of radicalisation leading to violent extremism. The new additions to Extreme Dialogue are aimed at UK based audiences, providing 10 hours of structured classroom exercises and group activities. Extreme Dialogue uses the stories of real people, told in their own words, raw and unscripted, so that young people can learn from those whose lives have been profoundly impacted by extremism.

The Foundation partnered with DuckRabbit Film Company, and the Institute for

Strategic Dialogue, in tackling these issues. Hereafter, the project will see three more resource launches and train the trainer programmes in Hungary and Germany.

Deputy Head Alan Fraser at Cranford Community College in Hounslow, West London said, "At the college, we believe it is important that young people have a voice and it is heard. The Extreme Dialogue programme helps us to achieve this aim through its use of engaging stories and activities. The programme helps young people have a better understanding and awareness of issues associated with extremism like 'black and white thinking' and recruitment tactics. Perhaps, most critically, it provides the stimulus for further discussion in a safe and trusted environment."

Billy McCurrie said: "If this project helps me reach one young person who is sitting, watching, listening and seething with anger because of something that's happened, and it causes them to stop, think, and not go down that road, it'll all be worth it."

Adam Deen said: "By taking the time to truly understand that extremism is a process, then and only then we can learn to undo the process and inoculate future generations."



Jon Nicholas, Senior Programme Advisor said: "For over 20 years our Foundation has been working with young people to educate them to prevent violent conflict and reject extremism. Having worked with victims and former extremists, we know that these powerful testimonies can help provide teachers and educators with the tools they need to catalyse conversation around these issues with workshops to help manage those in a safe and constructive way."



Harriet Vickers, Programme Development Officer said: "It's gratifying that our resources are reaching audiences online through this exciting new project. Raising awareness of these issues is a matter of urgency for us all and we know that having this material online helps educators to create light and understanding in what is often seen as a dark subject and space."

Foundation hosts celebration of women's contribution to peace

Women from Blackburn, Manchester and Liverpool came together at the Peace Centre to celebrate the end of the Women for Peace project.

The women live in North West cities and towns, but many of them are here from countries where they may have experienced serious violent conflict.

The Foundation launched this project to look at how women can prevent violent conflict and to give them the skills to resolve conflict and break the cycle of violence.

Nick Taylor, Foundation Chief Executive explains: "Research has shown that women are disproportionately affected by conflict. This course explores conflict, from its root causes and effects through to developing the tools and techniques to manage it constructively. The key to the project's success has been women's recognition of the role they can play in building better understanding and relations between themselves and others.

The project has been a major success with over 162 women directly involved in the programme and the events they have organised and led to reaching over 230 people. They have also gained qualifications as a result of the course.

They shared a celebratory lunch at the Peace Centre and the event concluded with a certificate ceremony hosted by Founder Colin Parry OBE. The next programme will restart in autumn.

As a Trustee, I was truly humbled to observe these Amazing Women from 3 Areas in the North West come together and be recognised for their service to their own communities.

Well done to Christine and her team for changing lives and making a difference. It really brought home to me, that I am privileged to be part of a phenomenal Charity bridging people, communities and countries.

Just wanted to give feedback. Truly amazing....

Dr Susie Mitchell
Trustee



Christine Cox, Project Manager



Bridging Communities Project



The Bridging Communities project is currently running in Harehills in Leeds. Twenty young people from different backgrounds were brought together for the first time at the Peace Centre.

They stayed with us for four days to take part in a conflict resolution and peacebuilding accredited course. In the area of Harehills, there is a 'territory' issue amongst different ethnic groups of young people, with particular groups taking control of a single park in order to avoid coming into contact with others.

This project aims to bring these groups together and identify potential community leaders. The course



explored the themes of prejudice and discrimination, territory wars and everyone's role as an individual in resolving conflict.

The young people were taken to the Slavery Museum in Liverpool as part of this course. Since the residential course, they are spending time together during school holidays in the parks in Harehills... and new friendships have been formed.

We will be working with them again in Harehills, to train them to become community facilitators and to be able to lead community discussions on peacebuilding and conflict resolution.

Survivors Assistance Network

Dialogue Programme

During the autumn, the Survivors Assistance Network has been delivering a short programme of Dialogue and Storytelling as part of the Irish Government's Department of Foreign Affairs and Trade Reconciliation Fund.

Facilitated by Donna Craine and Christine Cox, this project has brought together people from both sides of the Irish Sea and all sides of the Northern Ireland Conflict including Loyalists, Nationalists, former para-military and military veterans as well as those affected by other incidents, such as the 7/7 bomb attacks in London and recent so-called Islamic State / Daesh terrorism.



*Donna Craine,
Programme
Professional*

*Christine Cox,
Project
Manager*

The project draws together the strands of reconciliation work and highlights the connections between the past and the present. Over a series of weekends, using a combination of reflective activities, the sharing of stories and challenging exercises and games, the group began to learn about each other's experiences and to explore their identities and histories. As one participant noted, when asked what they had gained from the weekend, he said "...the challenge of realising how similar we all are".

Sponsored by:



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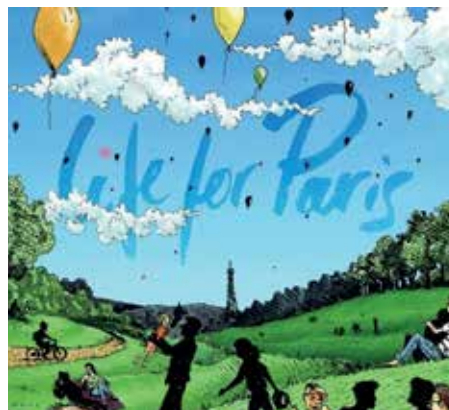


Memorials are a crucial part of the response to terrorist incidents

The Foundation has long recognised the significance of memorials as a crucial part of the response to terrorist incidents and this year the SAN team has provided support for a number of memorials including the Warrington Bomb, the 1990 IRA Coshquin attack (memorial held in Liverpool), the 7/7 commemoration in Hyde Park, London and the Tunisia attacks at the National Memorial Arboretum.

Through our work, the Foundation also has a long association with victims' organisations in Europe and elsewhere and, since the Bataclan attack of 13 November 2015, the Foundation has been working with a French organisation called, 'Life for Paris' set up by survivors of the attack to provide mutual support for the many hundreds affected by multiple attacks. We have been working together to share our knowledge of the needs of victims of terrorism and to learn the lessons of the French experience.

SAN Caseworker, Donna Craine travelled to Paris for the reopening of the Bataclan Theatre on the 8th October where she received a number of new referrals of GB survivors of the attack and also met the organisers of Life for Paris. Members of the SAN team will also be in Paris on the anniversary of the attacks to accept new referrals and provide support for a number of GB victims who are planning to travel back to Paris for the event.



My farewell to Ralph

It is with considerable sadness, that I say a fond farewell to Ralph Burrows...a man of humour, warmth and friendship, who died on August 29 in his home town of Blackpool.

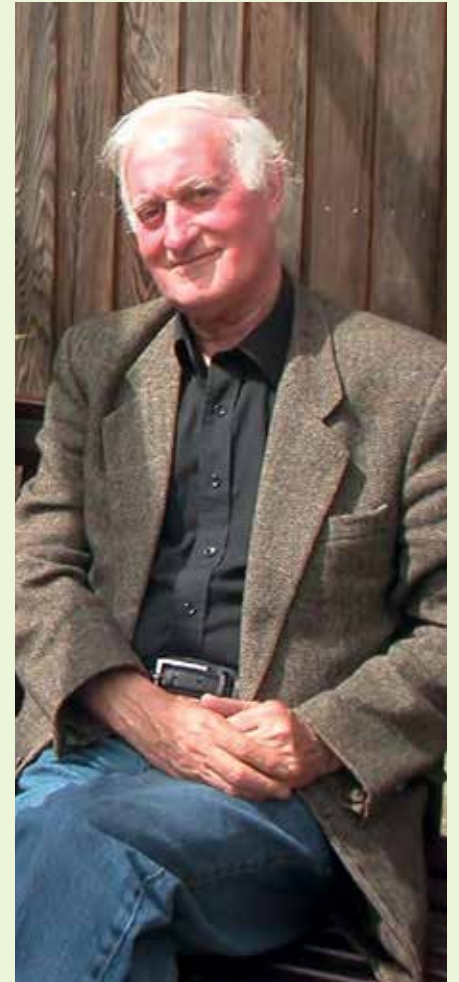
I first met Ralph on a visit to the Glencree Centre in the Wicklow mountains to the south of Dublin. We were both taking part in a weekend conference for victims of 'the Troubles' and, as was always the case with such events, the bonding which took place through the process of storytelling, was powerful and lasting.

My abiding recollection of this delightful man, is his laughter and his sense of fun, but of course, it was always underscored by his deep sense of loss of his only son Stephen who, whilst serving in the British Army, died in 1990 at the Coshquin Army checkpoint when an IRA 'proxy' bomb killed Patsy Gillespie and 5 soldiers as well as injuring 27 others.

I will always remember Ralph for his humanity and his good natured ways.

With love and fondness

Colin Parry



Annual Charity Golf Day

Nineteen Teams took part in the Foundation's annual Charity Golf Day on the 28th September and helped to raise £5000.

The day started with lunch followed by

a shot gun start at 12.30pm. Malcolm Lord entertained the golfers after dinner and throughout the presentation of the prizes. Simon Puleston and his team won 1st prize, Mike Lomax 2nd prize & Brian Bennetts team won 3rd Prize.

Wendy Parry said "I would like to thank everyone for their help with this event, for the donations towards the team prizes, the raffle and of course to all the teams for their continuing support. I would also like to thank Bill and Jennifer Hart who helped me throughout the day. We had a great event and that's thanks to everyone at Warrington Golf Club who did a fantastic job of looking after us".



1st Place - Puleston Wealth Management



2nd Place - Total Steel Fabrication Ltd



3rd Place - Brian Bennett 2nd team 'Old Spice Two'

A big thank you

The Foundation would like to say a big thank you to Collette Griffith and the teams from Fujitsu and Latitude who helped to design and paint the bedrooms & bathrooms in the Peace Centre. We would also like to thank Dulux who provided the paint.



Ann takes on the Warrington Half Marathon Challenge

Ann Snagg became the Foundation's new Project Engagement Manager and within her first week, took part in the Warrington Half Marathon on behalf of the charity.

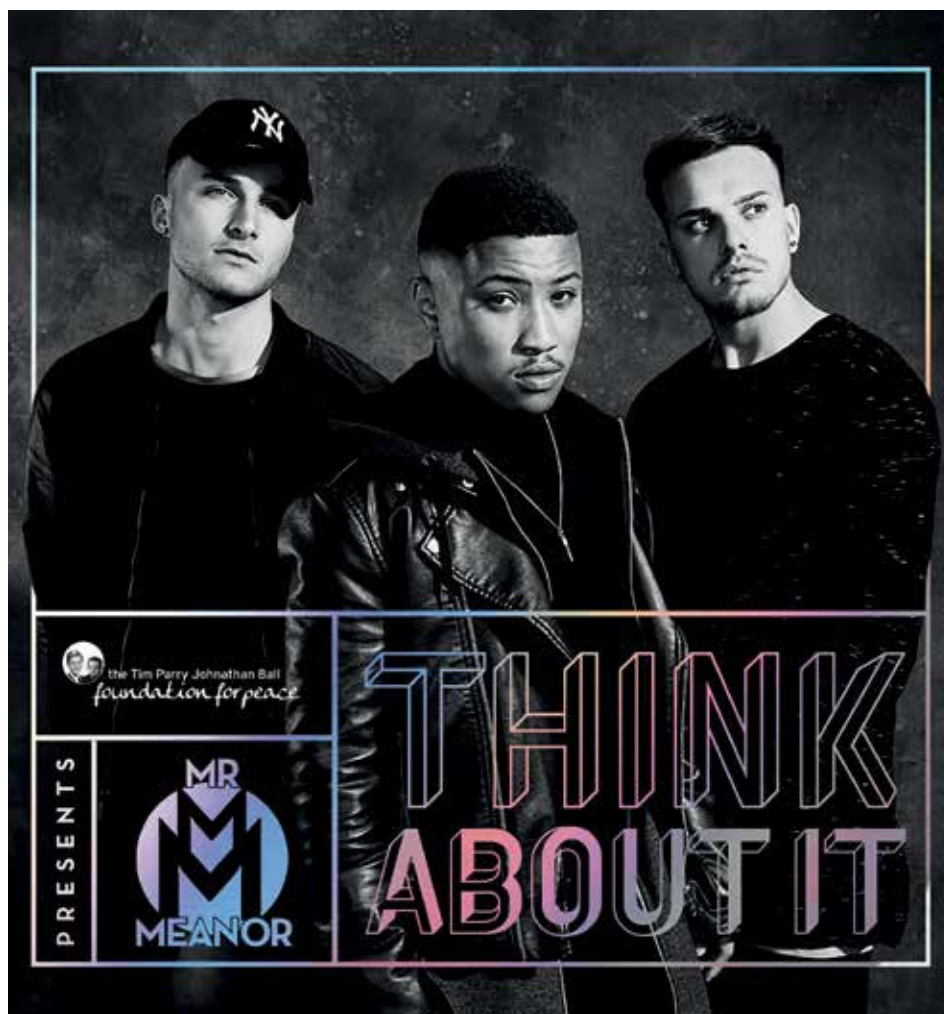
Anne, who will be responsible for building relationships in cities including Leeds, Manchester, Liverpool, Bradford and Sheffield, is no stranger to the Foundation. For more than 10 years, her mum Renee was a volunteer at the Peace Centre and, whenever she could, Ann gave a helping hand.

Ann said: "I have raised funds for the Peace Centre before, and through my mum's involvement and knowing what the Foundation does, I have always wanted to be more involved. I was delighted to be able to raise more than £700 for the Foundation at this year's marathon".

A special 'well done' from all the team.



Mr Meanor team up with the Foundation



BOY band Mr Meanor teamed up with the Foundation and all the proceeds from their new single 'Think about it' were given to the charity.

The Band visited schools across the North of England in partnership with the Foundation with a shared desire to promote the value of peaceful and positive engagement. Fittingly, the song also echoes the efforts of the Foundations THINK campaign, which aims to challenge the thinking behind violent extremism and build resilience against radicalisation.

Speaking about the tour, band member Marcel Wildy says: "We want young people to know they have the ability to make a difference. Music can transform attitudes and change behaviour. Our hope is that the song will inspire people to challenge those who push violence and hatred in today's society. "We teamed up with the Foundation because we wanted to do more than just release a song. We want to encourage positive change in the world around us."

Chief Executive Nick Taylor said "The ability of music to inspire people across different cultures, backgrounds and even languages provides a perfect platform to promote peace and the value of dialogue. It is refreshing to see a young band like Mr Meanor want to use their talent as musicians to tackle some of the very serious issues facing us today.

To see the boys in action go to www.youtube.com/watch?v=pSbTRGyVf9M

Wates Construction go that extra mile

Rooms were transformed at the Peace Centre by the local team at Wates during their Community week in June. Walls were knocked down, making two into one, ceiling were replaced, rooms and corridors were painted, new shrubs were planted in the Peace Centre garden and the paths were jet washed until they sparkled.

The community week is part of Wates Group 'Reshaping Tomorrow' initiatives supported by funding from Wates Giving, a charitable programme run by the Wates Family Enterprise Trust. It was set up by the Wates Family in 2008 to empower initiatives that make a real difference to society. The programme's priority is to invest in local projects which benefit communities for the long term. In 2013 it invested over £1m and also provided over £30,000 in matched funding for money raised by Wates employees.





Hospitality reaches new heights at the Peace Centre

Hospitality at the Tim Parry Johnathan Ball Peace Centre has been given a resounding five-star rating after winning the HOSPITALITY PROVIDER OF THE YEAR at the 2016 Warrington Business Awards.

Wendy Parry said: We were delighted

when our name was called out. We have worked really hard over the past 18 months and the number of businesses and community groups who use the Centre for meetings and conferences, has gone from strength to strength. Every penny of income generated, goes

back into the Centre to keep the doors open as well as raising unconditional funds for the Foundation".

For room hire, please contact events@foundation4peace.org or ring 01925 581 234/581238.

Local Martial Arts School goes the extra mile to raise money for the Peace Centre



Matt Fiddes from Martial Arts School and his Junior Instructors took part in a charity fun day in aid of the Foundation. Matt said "The JCIT team took part in a 3 hour kickathon as well as organising a cake stand. I would like to thank all the team for making it a special day. They did themselves and their parents proud and helped to raise £500.

Wendy Parry said " Matt & his team are regular users of the Peace Centre. We would like to thank them for organising this event and all their hard work on the day".

For more information go to: www.mattfiddescheshire.co.uk

Support from the new Mayor for 2016/17

Cllr Faisal Rashid has become the new Mayor of Warrington and pledged to support local businesses as well as his four chosen charities.

The Mayor said: "I want to show support for local business and charities in Warrington, both of which are extremely important to the town. I would also like to see a more close-knit and supportive environment created across the borough."

The Mayor will be supporting the Foundation along with Warrington Disability Partnership, St Rocco's Hospice and Brainwave.



Leeds Half Marathon

Medical students, Josh Taylor & Seb Owczarek, both trainee doctors at Lancaster University, took part in the Leeds half marathon and, as they both needed an incentive to train & make as much money as they could, decided to run on behalf of the Foundation.

Josh (pictured right) completed his first race in 1hr 41mins, so he came in with some good club runners. Seb collapsed at 10.5 miles (it was humid, 24c and no shade) and was treated by another med student and some paramedics. He was in a bad way (out cold – or hot - for ten minutes, very sick and upset) but after 45 minutes as he was doing it for us, he got

up and completed the race – so what a brave effort.

The Foundation would like to thank Josh and Seb for their support and hope their first hair raising experience hasn't put them off for life!



Prescot Methodists step out for peace

Prescot Methodist Walking Group completed their tenth annual charity walk and donated the proceeds to the Foundation. The group raised over £5,000 by staging a sponsored walk and the proceeds are to be used to test a new schools project in the Prescot and Whiston area.

The tenth anniversary sponsored event took the theme of 'peace walk' and the group agreed that some of the proceeds will be invested in a project, based on the story of the Warrington bombing and the loss of Tim and Johnathan, to be piloted in primary schools in the local area near the church.

Nick Taylor CEO said, "This is a very generous donation and the walkers not only completed their challenge but worked very hard to raise funds and I am very grateful to them. This will enable us to pilot a new peace project, working with primary school children and their teachers.

The youngest member of the group, Alfie, presented a cheque and a specially carved wooden dove, as a symbol of peace, to Wendy Parry, co-founder of the charity.



Thank you to Dave and CWC

The Foundation would like to thank Crookes Walker Consulting for allowing Dave Whitehouse, one of our fabulous volunteers, to go into their office and use their equipment, software and printers to enable Dave to produce M&E plans for the Peace Centre.



Peace Calendar

The Foundation would like to take this opportunity to thank Ruth Choo for 12 beautiful designs for our 2017 calendar. Designed and printed free of charge, all the money raised will be used for the delivery of our programmes.

Ruth Choo is used to multi-national community projects and has developed her design work for public and private environments and large scale commissions. Her best remembered are the Commonwealth Games Art Legacy for Manchester 2002; Telling Our Lives at Manchester Museum, Arts for Health, Disabled Living, Chinese Art Centre, Manchester & Salford City Councils, to

name a few. Ruth said: 'I felt 'uplifted' when I was approached by Foundation to work on their calendar for 2017, giving me the opportunity and social privilege that this could remind everyone everyday everywhere in 2017 about peace.

The calendars are on sale for £5.00 and can be purchased at the Peace Centre or online at www.foundation4peace.org



The Foundation would like to thank the following people...

Sir John Major KG CH. Dame Arabella Warburton. First Recruitment. Warrington Golf Club and their team. Andrew Collier. L'Oréal. Mike Lomax. Reay Mackay. Ken Carine. Deepbridge. Andrew Aldridge. Sally Blades Fibre Glass PGG Industries. Emma Thompson, Jonathan Ford. Wates Construction and their team. Ruth Choo. Bill & Jenifer Hart. Elliot McQuillan Inspire Risk Management. Park Royal Hotel. Mr & Mrs Karalius.

A special thank you to our lovely volunteers, Trustees and Patrons, to all of you who give to the Foundation on a regular basis, and to those who attend the Foundations events and make them special.

THE TIM PARRY JOHNATHAN BALL PEACE CENTRE CONFERENCE & ROOM HIRE

The Peace Centre is much more than just a building, a contemporary space which can be formal or informal, it has a generous size car park and excellent public transport links. From the moment you book your meeting or event to the time you leave, we are committed to doing everything we can to make your time with us a success. Throughout the day our helpful and professional team will endeavour to make sure your event runs as smoothly as possible and on time.

The Peace Centre is unique and an alternative to a hotel. The proceeds earned from room hire are used to keep the Peace Centre open and to continue the work of the Foundation.

For more information regarding the Foundation work, please go to www.foundation4peace.org

DELEGATE PACKAGES INCLUDE:

- Hire of meeting room
- Syndicate rooms (Subject to availability)
- Tea, Coffee & Biscuits on arrival
- Tea, Coffee & Homemade Cakes (AM & PM breaks)
- Working lunch
- Full audio visual equipment
- Free WIFI connection
- Flip Charts
- Microphone / Lectern
- Car parking



TEAM BUILDING DAYS

Corporate Team Building has moved on from being a 'Perk' to becoming an important way of building a forward thinking team. Breaking down barriers, encouraging competition in a fun environment and enhancing communication and collaboration skills are just some of the benefits to your company.

Multi activity days including laser clays, archery, bungee runs, inflatable beach volley ball, human table football, and land rafting are just a few of the activities available.

Daily rate per delegate is £15.00 which includes room hire, food & breakout refreshments (one am & one pm)

Please ring 01925 581234 or email wendy.parry@foundation4peace.org for the cost and list of activities.

Minimum numbers apply.

SILVER & GOLD PACKAGES ARE AVAILABLE ON REQUEST

SMALL MEETING ROOMS FOR UP TO 8 OR 12 PEOPLE ARE AVAILABLE FOR £15.00 PER HOUR. REFRESHMENTS ARE AVAILABLE THROUGHOUT YOUR MEETING

CATERING

All your catering needs can be provided. Various menus are available on request and special dietary requirements can be arranged. Our in house catering facilities are run by a professional catering team which holds a Food Hygiene rating of 5*



External Room Bookings Events / Sponsorship

wendy.parry@foundation4peace.org
or events@foundation4peace.org
Office No: 01925 581234



Residential Bookings

anne.bateson@foundation4peace.org
Office No: 01925 581242 / 277



Peace Centre Manager

karen.mcmanus@foundation4peace.org
Office No: 01925 581238

Programme Manager

Zainul.sachak@foundation4peace.org | Office No: 01925 581239

The Tim Parry Johnathan Ball Foundation for Peace
The Peace Centre, Peace Drive, Warrington, WA5 1HQ
Office Telephone No: 01925 581231



Prince Andrew officially opens UTC

HRH Prince Andrew, the Duke of York has officially opened Warrington's new £10m University Technical College (UTC).

The Duke of York, who is the UK's Special Representative for International Trade and Investment, was on hand for the official unveiling of the new showcase facility.

He was greeted by Principal Lee Barber and also met with council leader Cllr Terry O'Neill and Warrington & Co MD Steve Park and other distinguished guests.

UTC Warrington opened its doors to the first intake of students in September 2016, as part of the Stadium Quarter development, and specialises in engineering qualifications alongside traditional academic qualifications for students aged 14-19.

The technical qualifications on offer to sixth form students cover subjects such as Mechatronics, Design Engineering, Power Network

Engineering, Mechanical Engineering, Electrical and Electronic Engineering, Computer Engineering, Aeronautical Engineering and Manufacture Engineering.

The £10 million pound, six-storey building houses £1 million pounds of specialist engineering equipment, plus £500,000 of technology ensuring that students are learning on industry relevant software and equipment alongside working with employees from key employer partners such as: Sellafield Ltd, Amec Foster Wheeler, Atkins, Fujitsu, Unilever, Network Rail and university sponsor Manchester Metropolitan University.



Principal Lee Barber welcomes Prince Andrew.



The Prince with Cllr Terry O'Neil and Steve Park MD Warrington & Co.



A 14-19 SCIENCE & ENGINEERING ACADEMY

Specialising in Science & Engineering



OPEN EVENT & TASTER WORKSHOPS
Thursday 8th December
5.00pm - 7.30pm

UTC Warrington provides young people aged 14 - 19 with the opportunity to study a specialist science & engineering curriculum supported by over 60 local employer partners alongside GCSEs, A Levels and technical qualifications.

If you have a passion for designing, creating, inventing or problem solving and are interested in following a career in STEAM (Science, Technology, Engineering, Art & Maths), come along to one of our events to find out more about this exciting opportunity open to current Year 9, 11 & 12 students to join us in Year 10 & Year 12.

BOOK IN AT: WWW.UTCW.EVENTBRITE.CO.UK

Additional date for your diary:

OPEN EVENT
Thursday 9th February, 5.30pm - 7.30pm



Come along to any of our events to find out more about following a career in Science or Engineering and the fantastic opportunities available to you at UTC Warrington.

01925 737067 | info@utcwarrington.org | www.utcwarrington.org
UTC Warrington, Dallam Lane, Warrington, WA2 7NG

Everest base camp challenge raises £200k for SPF charity



A party of 41 volunteer trekkers including former Warrington Wolves' players, raised over £200,000 for the Steve Prescott Foundation after safely climbing to the Nepal Everest Base Camp.

The latest epic challenge inspired by Steve Prescott MBE was sponsored by the Manchester based Spectrum Group, a leading supplier of support services in the industrial sector.

Taking part in the challenge was SPF Trustee Linzi Prescott, wife of the late Steve Prescott and their 15 year old son Taylor. Also taking part in the trek was ITV's Emmerdale actor Michael Parr who plays bad boy Ross Barton and ex rugby league players Lee Briers, Ade Gardner, Neil Harmon, Alan Hunte, Chico Jackson, Barrie McDermott and Mike Wainwright. The Everest team had been training for months for the challenge ahead, undertaking hill walks and altitude training.

Team leader Steve Prescott Foundation (SPF) Trustee Adrian Cunliffe posted on Facebook: "#Everest4Precky COMPLETE."

All 41 made it to Everest Basecamp. Gruelling 12 hr day in freezing conditions. The SPF flag flew proudly. Hard to put into words, the emotions every single member feels. THEN today, we were up at 4:30am and started our climb up Kala Pattar at 5am. Brutal ascent in freezing conditions. Took 5 hours to get up and down, but the reward of Everest was magical. Again the SPF flag flew high & proud. We now have to walk around 7hrs to our next accommodation so back to back 12hr days."

"Thanks to you all for messages of support, please keep them coming for all the team, it's a highlight of our day getting to read them."

"The team has raised over £200k and still rising. What the mind believes, the body achieves" - 41 people achieved!"

Messages of support and praise also came flooding in for the team across social media platforms. A number of rugby league clubs tweeted their support including Warrington Wolves, Leeds Rhinos and Hull FC.

Super Middleweight boxer Martin Murray wrote: "Well done to you and the team and @AdeCunliffeSPF. The great man @StevePrescott1 will be proud."

The party flew to Kathmandu and then faced an eleven day trek from Lukla to Nepal Everest Base Camp and then continued to "Kala Pattar" to reach a finishing height of 5645 meters above sea level.

The party were welcomed back home at Manchester airport by SPF Chairman Mike Denning and SPF Trustee and former St Helens Rugby league International Tommy Martin. Each member was presented with

a certificate of achievement and commemorative medal.

2016 is a milestone year for the Steve Prescott Foundation (SPF) as it has reached a million pounds of donations to its nominated charities; the Rugby League Benevolent Fund, The Christie and the SPF Special Causes Fund.

The SPF is a St Helens based charity which is the legacy of Steve Prescott MBE who passed away in November 2013.

Steve played for St Helens, Hull FC, and Wakefield Trinity Wildcats and was a Great Britain and Ireland international. Steve was diagnosed with a rare abdominal cancer, pseudomyxoma peritonei (PMP) in 2006 and formed the SPF in 2007 to raise funds for and

awareness of the Rugby League Benevolent Fund and The Christie in Manchester. In October 2013 Steve underwent a pioneering multi visceral transplant at the Oxford Transplant Unit and although the procedure eradicated the cancer Steve passed away a few weeks later due to complications of surgery.

Sincere thanks to the Spectrum Group for their fantastic support and to all the companies who have sponsored the trekkers and to everyone who has made donations to their fund raising pages.

Donations can be made to:
- www.justgiving.com/teams/ebc2016

St. Rocco's charity shops are the tops!

WARRINGTON'S St. Rocco's retail staff and shop volunteers have got good reasons to celebrate after being named the top performing hospice in the country in terms of profitability, according to the latest Charity Shops Survey.

In the category for hospices with 10 or less shops, St. Rocco's shops have the highest profit per shop per week, with a fantastic 58% profit margin.

The good news doesn't stop there. With an average of 32 volunteers per shop per week, St. Rocco's is in the top six hospices in the country, regardless of the number of shops. St. Rocco's shop volunteers are also dedicating an average of seven hours a week to shop volunteering, a fantastic contribution.

Looking at charities overall, the survey showed that in terms of staff costs as a percentage of income, St. Rocco's shops are second in the country, with staff costs representing only 12% of income. It also showed that for every paid member of staff, £138,000 of income is generated.

"St. Rocco's is well known in the local community for having a dedicated army of loyal volunteers who give their time, energy

and commitment to support the hospice in delivering care to local patients and families. We know that our shop volunteers and staff do a fantastic job and this has contributed significantly to St. Rocco's shops position in this year's survey," said Eric Russell, Trading Manager at St. Rocco's.

"We would also like to thank the local community. Without their support in both donating items and giving us their custom, then we would not have been able to generate just short of a £1million from our shops in the last twelve months to contribute towards the running of St. Rocco's. The

hospice is a registered charity and it costs just under £4 million to deliver our care, with 70% of that amount needing to be generated through fundraising. It is clear from this survey that our shops are making a vital contribution to that amount. Thank you to everyone for continuing to support their local St. Rocco's shop. It really does make a difference."

If you have a few hours a week to spare and would like to volunteer for St. Rocco's shops, then please contact our Volunteer Team on 01925 575780 or email volunteers@stroccons.org.uk





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5.15PM**

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5PM



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St Helens College

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www.sthelens.ac.uk

The Six week challenge – results in a heartbeat!

Editor Gary Skentelbery takes the 6 week BPM challenge

FOR more than two decades I have struggled with me weight – in fact one crash diet I did in my early 30s nearly killed me!

The simple fact is every diet and exercise regime I have tried in the past has only ever given me a short term weight loss. As soon as I returned to my normal routines the weight gradually crept back on.

As anyone who has dieted knows too well, it is easier putting it back on than losing it in the first place.

So when I heard about the Six Week BPM challenge at the Park Royal Hotel Leisure Club, which is based on your own heartbeat, I was fascinated to see if I could find a system which would hopefully keep the weight off permanently, without

the need of any silly dieting.

I was a little sceptical because the course did involve three sessions in the gym – including circuit training and following a calorie count! I've never done circuit training in my life and previous calorie counting has never worked long term for me in the past.

I was also extremely doubtful of what could be achieved in the six week programme which has been devised by personal trainers Josh Screawn (Josh 1) and Josh Sudlow (Josh 2).

Imagine my shock after sitting

down with my PT Josh 2 and him setting me a daily calorie goal of 2400 !! That is the average for an adult male. He explained I would need the calories as fuel for the training I would be doing!

My first PT session left me a little short of breath, on my knees – and apparently I was quite vocal. My first circuit training, which filled me with fear, actually turned out to be fun – so much so by the half way stage of the challenge I was keen to do both circuit training sessions at the weekend.

Well to be honest the results have been outstanding. In just six short weeks I shed nearly 20lb in body fat, nearly a stone in overall weight, while improving my hydration and resting pulse, which was 67 bpm when I started and can now be as low as 54 bpm.

The key to my success – stepping up my exercise and most importantly watching those all-important calories – as the one weekend when I had a blast – Josh found out pretty quickly when I got on the scales!

It's not rocket science, if you put in too many calories and don't burn them off – you will bulge!

The old saying "you are what you eat" is pretty much spot on for most of us – and even those who

are thin on the outside, can be fat on the inside.

What this Challenge has done is focus me on the importance of exercise and more importantly not to exceed my calorie goal. But the most satisfying thing is if you do some moderate exercise a few times a week – you can have a pretty high calorie goal and eat pretty much what you want in moderation.

It is still early days, but even after the challenge I have continued to lose body fat, calorie counting is now second nature – and I have signed up for the second six week challenge in January!

For more details call the Park Royal on 01925 730 000 – but hurry spaces are limited.



Share the Peace and Shop

THE Warrington based Tim Parry Johnathan Ball Foundation for Peace has launched its Christmas fundraising campaign as it prepares for another year of growth.

The Foundation's #ShareThePeace campaign aims to encourage members of the public to share the joy that Christmas brings between those they buy for, and in doing so, for no extra effort or expense, help the Foundation to expand its unique work waging peace in 2017.

Run an online shopping website, Easyfundraising, there are more than 3,100 shops on board with the Foundation's campaign, including Amazon, John Lewis and Sainsbury's.

Fundraiser, Jonathan Levy, said: "This enticing new campaign of ours is a fantastic and really easy way for anyone and everyone to get involved in supporting what we do."

"Creating peace, resolving conflict and breaking the cycle of violence is about mobilising a movement of people who want to see change and this is a fantastic and really easy way for anyone and everyone to get involved in raising unrestricted funds to support our ambitions for the coming year."

To support the Foundation's #ShareThePeace campaign, there are three simple steps:

1. Join
Head to www.easyfundraising.org.uk/causes/tpjbfoundation and sign up for free.

2. Shop
There are more than 3,100 shops to choose from, so just search for the retailer and start shopping.

3. Raise
After you've checked out, that retailer will make a donation to the Foundation and it won't cost a penny extra.

For further information, please contact Jonathan Levy, on 01925 581232 or email him at jonathan.levy@foundation4peace.org

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For more information visit our website:
www.kidsplanetdaynurseries.co.uk

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Support offered for talented athletes

A PROGRAMME for talented athletes, which supported Warrington Paralympian silver medalist John Stubbs this year is now open for submissions for next year.

LiveWire's Talented Athlete Programme will provide support and guidance to local sportsmen and women to help them get a head start in their careers.

The programme supported 25 athletes this year to help them achieve their goals by providing regular support during training programmes, expert knowledge and workshops and a free membership to all LiveWire leisure facilities across Warrington.

One of those who benefited was 51 year-old John Stubbs who brought home a silver medal in archery from the Rio Paralympics.

The archer, who lives in Woolston, fought off strong competition in the open compound discipline at Rio to win silver after winning a gold medal in Beijing in 2008.

John, who was awarded an MBE in 2006 for his services to archery, said: "The talented athlete programme has allowed me to access facilities and support and has led me to be recognised for my accomplishments in my local town.

"I think it is important to act as an ambassador for not only archery but sport in general and the Talented Athlete Programme allows me to pass on my knowledge and promote sport for all within Warrington."

The scheme, which is now in its fourth year, is open to any Warrington resident over the age of 14 who is already competing at a national level in a Sport England recognised sport.

Over the last four years it has supported athletes competing in a range of sports including athletics, boxing, handball, karate and water

polo to name a few.

Thirty places are up for grabs with one-to-one support for strength and conditioning programmes as well as advice on nutrition and goal setting also on offer as part of the programme.

James Birdsey, strategic manager for Active LiveWire, said: "We're very proud of the many athletes who have gone onto to reach goals following the support from LiveWire's Talented Athlete Programme.

"This year we hope to support even more young sportspeople across the town and help them achieve their full potential."

To apply for the programme, please visit www.livewire.warrington.org

Applications for this year's programme close on Friday November 25.



Paralympian silver medalist John Stubbs.

New book explores the town's past through its buildings

JANICE Hayes, principal manager at Warrington Museum, has produced another in her series of illustrated books on the town's past.

"Warrington in 50 Buildings" explores the history of the town's rich and vibrant community through a careful selection of its greatest architectural treasures – including some which sadly no longer exist.

From the palatial 18th century Town Hall to the unique transporter bridge, Ms Hayes guides the reader on a tour of Warrington's historic buildings and modern architectural marvels. Churches, theatres, pubs, long-gone cinemas and old relics of the town's industrial heyday...all are examined alongside the innovative buildings of the 21st century.

The book is a veritable goldmine for anyone interested in Warrington's heritage and does much to challenge the views of those who in recent times have tried to suggest the town has little or no culture.

Historians of the future will owe a great debt to books like this, and others written by Janice Hayes, as they will play an important role in helping to maintain the ongoing chronicle of the borough.



Warrington



**NEW Indoor market
opening early 2017**



For information on how to apply for the one of the few remaining stalls please email: spickering@warrington.gov.uk ASAP

£financially yours

By David Watkinson

I don't believe it!

It hardly seems 12 weeks since we were preparing last year's December articles, let alone 12 months. Yet here we are approaching Christmas and, yes you've guessed it, tax return time.

If you have not already done so, this is a timely reminder that if you have been issued with a notice to submit a return then you must ensure that your return is received by the tax office electronically on or before 31 January 2017. Failure to do so will result in the tax office issuing you with automatic penalties starting at £100 but which rapidly escalate to £1,600.

If you miss the deadline then you may be able to avoid paying a penalty if you have a reasonable excuse for filing your return late. A reasonable excuse does not include relying on someone else to complete your return but who then lets you down, not receiving a reminder from the tax office to submit your return, or finding the system too difficult. The tax office defines a reasonable excuse as "something unexpected or outside your control that stopped you meeting a tax obligation".

So what does constitute a reasonable excuse? Well, the tax office guidance gives a number of examples which include:

- Your partner or other close relative dying shortly before the deadline
- An expected stay in hospital preventing you from dealing with your tax affairs
- Suffering a serious or life-threatening illness
- Your computer or computer software failing just before or while you were preparing your on-line return
- HMRC's own computer or software preventing you from successfully filing your return, or "service issues" in their talk
- A fire, flood or theft preventing you from completing your return

They also talk about postal delays but that would no longer work in respect of this year's tax return as paper returns needed to be filed by 31st October.

So during this Christmas break, when you are tired of watching The African Queen or White Christmas for the umpteenth time, and watched the repeat of the rerun of the News Review Of The Year (which is only going to be full of the "B" word and the "T" word in any event), why not excite yourself by getting together all your tax return paperwork and getting that return submitted. After all, preventing that penalty is the equivalent of 4 times the normal win on The National Lottery.

Finally, the partners and staff of WatkinsonBlack would like to take this opportunity to wish you all a very Happy Christmas and a Prosperous and, above all, a Healthy 2017.

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

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David Watkinson and Margaret Black

Former aviation student inspires others after landing dream job



AVIATION students at Warrington Collegiate were inspired when a former student who has landed her dream job called into the Winwick Road campus.

Two years ago, Meghan Kerr was starting her final year on the Aviation Operations Extended Diploma Level 3 at the College.

Now, the 20-year-old from Newton-le-Willows works at Manchester Airport as part of the security crew.

Meg spoke to current students about her job – which sees her do everything from bringing passengers into the airport, frisking them, searching their bags, and checking their passports and boarding passes. She also spoke about her experience in the industry and how her time at the College helped.

She said: "I've been at Manchester Airport for six months now – I love it. Doing the Aviation course here at Warrington Collegiate definitely helped me, because it gave me an insight into how the airport runs and how

important security is.

"It also helped me to understand how to do my job and when I went for my interview, the panel were really impressed with what I knew and that's purely down to the College course – I wouldn't have been able to get the job without what I learned here. I love my job – it's amazing."

Diane Lewis, Aviation Lecturer, said: "It's always great to see how our former students are getting on in the industry and to hear just how much Meg is enjoying her time at Manchester Airport, is fantastic.

"It was a great benefit to our current Aviation students to hear about how Meg's time here at the College has helped her to succeed. It gave them a valuable insight into the industry and will surely inspire them to try their hardest so that they too can follow in her footsteps and go on to great things."

Top tribute bands come together

THE best tribute acts to some of the biggest bands of all time are coming together for "That Manchester Night" at Warrington's Parr Hall.

Headlined by the number one Stone Roses tribute The Clone Roses, described by original member Mani as "the second best Stone Roses in the world", the show will also feature Oasis and The Smiths Ltd.

DJ and host for the night is none other than Mr Manchester himself Clint Boon who will be spinning classic tunes from the Madchester era.

The show will be on Saturday, April 22 at 7pm and tickets, £16.50 in advance, £19 on the door, are on sale now.



Chartered Accountants
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Contact David Watkinson or Margaret Black at:

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www.watkinsonblack.co.uk

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Yellows team up with Stoke's All Stars Lottery

WARRINGTON Town have teamed up with Stoke City from the Premier League to be part of their All Stars Lottery, giving fans a chance to win over £2,000 in weekly prizes.

Striker Peter Crouch was on hand to help kick start the lottery with Warrington's Chairman Toby Macormac and the club's mascots.

By signing up for a £4.34 a month DD fans will go into a weekly draw with a chance of winning a 1st prize of £1,000, a 2nd prize of £200, a 3rd prize of £100 and 4th prize of £50, or a consolation prize.

Commenting on the new partnership Toby said: "It is fantastic to be working in partnership with a premier league club like Stoke City.

"It is a great opportunity for our fans to win weekly prizes while at the same time helping raise funds for our football club as we continue with our ambition to climb up the footballing pyramid.

To sign up for the lottery call 01782 592213 or email lottery@stokecityfc.com



Toby with Peter Crouch and the club mascots, Warrington's GM Lisa Macormac and Stoke's Lottery Manager Alison Atkins.

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Hill and Currie extend contracts at Wolves



PROP Chris Hill and back-row Ben Currie have agreed extended and upgraded contracts at Warrington Wolves.

IT'S time that the traditional rugby league fixture between Warrington and Widnes was binned.

We're now more than 20 years in to the summer rugby era, and the Festive Derby is still awkwardly shoehorned unnaturally in to a schedule whereby the proper season doesn't start for six weeks after it. You can have too much of a good thing.

It will be the fifth time that the Wolves and the Vikings have gone head-to-head in 2016, having met twice in the Super League regular season, once in the Super 8s and once in the Challenge Cup.

The Easter game, when Widnes were sitting top of the league, attracted a rare sell out crowd at the Halliwell Jones Stadium, showing that the interest is there. By the end of the season, more than 40% of that crowd had dropped off.

The artificial pitch at Widnes means that the likelihood of Warrington ever hosting a Festive derby again seems slim, particularly with the chances of it being postponed at that time of year, something which we saw happen a couple of years ago.

While a crowd of 5,000-odd might put a few quid in both club's coffers going in to the New Year, surely the extra games added to the league schedule since 2015 are enough to cover this.

Questions have to be asked about the quality of rugby league on show too. Widnes have largely been uncompetitive in this fixture in recent years, and in fact have lost to nil the past two Festive Derbies (including 40-0 last year).

Neither coach enjoys the fixture, and I'm sure the players would rather spend the festive season with their families and continuing with a more orthodox pre-season preparation.

Whether I decide to go or not, it's good that it doesn't clash with Warrington Town's traditional Boxing Day fixture, which this year sees them make the short trip to Ashton United.

Christmas marks a half-way point in the football season, and the Yellows will no doubt be looking to build some momentum going in to the New Year.

In their first year in the Evo-Stik Premier League, the seventh tier of English football, they have consolidated in mid-table, but such is the competitiveness of the division that a run of wins can lift them up in to the play-off reckoning and contention for back-to-back promotions.

To have a football team in town in National League North, just two levels below the Football League, would be an extraordinary achievement and also give real impetus to the ambitions that the club has.

There's no reason why this town shouldn't have two professional sports teams.

James Gordon

Hill, 29, has agreed terms to keep him at the club for the next five years until November 2021. He joined the Wolves from Championship side Leigh Centurions in 2012 making his debut in February of that year earning heritage number 1099. He has made 168 appearances in the primrose and blue to date including 36 in 2016.

These appearances include the Challenge Cup Finals of 2012 and 2016 as well as three Grand Finals in 2012, 2013 and 2016; walking out the team as captain in this season's fixtures.

Currie, 22, made his first-team debut for the Wolves back in April 2012, and holds heritage number 1101. His extended contract takes him through to November 2020. He's now made 120 appearances, notching up 59 tries, including his first on the big stage in 2016's Challenge Cup Final.

Head of coaching and rugby Tony Smith said: "Chris continues to give 100% in everything he does both on and off the field. He is an extremely valuable member of the team who is highly sought after both here and in the NRL. Since 2012 he has developed into the first-class international player. To have him commit to our club for such an extended time is a real coup for both

us and the Super League competition. I look forward to continuing to work with him for many years to come.

"Ben is another player attracting attention from the NRL so his contract extension is another boost for the club and the game in this country. I have enjoyed watching him develop as a player and a person, and it's hard to believe that he is still so young having achieved so much already, with international recognition at the age of just 21. He is a pleasure to have within the squad and he'll still play a massive part at the start of next season despite his injury. I look forward to watching him develop even further."



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New management team at the Yellows

FORMER Tranmere Rovers boss Paul Carden has been appointed Warrington Town's new manager, with ex-Yellows FA Cup hero Craig Robinson as his assistant and former striker Mark Beesley as first team coach.

After a lengthy playing career mainly with Chester and Cambridge United, Carden was appointed Southport manager in January 2015 after previously being a player coach at Luton Town. He successfully kept Southport in the Conference Premier. He left the club in November 2015 and was appointed interim manager of Tranmere Rovers in September 2016 after a spell as assistant manager.

Meanwhile his assistant Robinson needs no introduction to Yellows fans after going down in club history as the the goal scorer in the club's historic FA cup victory over Exeter City in front of the live TV cameras at Cantilever Park.

Meanwhile Former striker Beesley was manager at Burscough last season following a lengthy playing career, including at Chester, Forest Green and Cambridge United.

Carden, who left Tranmere on "good terms" says he is "excited to build on something very special at Warrington" after a lot of recent success, including last season's promotion.





Picture: Eddie Whitham

Wolves pay tribute to Wire legend Tommy Martyn

WARRINGTON Wolves have paid tribute to former player Tommy Martyn who has died aged 69 after a lengthy battle with cancer.

The former second-rower died on Sunday 6 November at Christies surrounded by his family.

Tommy was signed from Leigh in 1975 and helped his new side to Wembley that season, only to lose to Widnes. Warrington paid Leigh £8,500 plus the Welsh forward Clive Jones for Tommy's services.

He was a tremendous ball playing forward who not only created many tries for his teammates, but also scored 51 tries himself, in 220 appearances and 6½ years at Wilderspool. He was a member of the Warrington sides that won the John Player Trophy in 1978 and 1981 and the Lancashire Cup in 1980.

One of his best performances came against Australia on that memorable Wilderspool night in October 1978 when Warrington beat the Kangaroos 15-12. Tommy and Mike Nicholas lead a youthful Warrington side to one of their greatest ever victories.

Tommy's skills earned him a place on the 1979 Great Britain tour of Australia, five England caps and made him a regular in the Lancashire County team. Unfortunately injury curtailed his Great Britain tour and he never really gained the honours that he deserved.

In 2003 Tommy was selected in the Warrington Dream Team of the Wilderspool era by his peers in the Warrington Players Association. In 2011 he was inducted into the Warrington Hall of Fame.

Leigh-born Tommy started his professional career at Batley, though it was not long before he joined Leigh in 1971. After three years with Leigh he moved to Wilderspool. Warrington were very fortunate to see the very best years of Tommy.

Tommy re-joined Leigh in a straight swap deal for Tommy Gittins at the start of the 1981/2 season with Murphy back at the helm at Hilton Park. It was Leigh's most memorable season with an early Lancashire Cup Final success over Widnes followed by Leigh winning the Championship for only their second time.

His son Tommy went on to be a star at local rivals St Helens.

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