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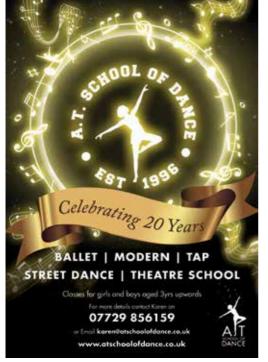
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Welcome to lifestyle



I've got to say I really enjoy working on the February/ March edition of Lifestyle magazine because it means the nights are getting lighter and Spring is just around a corner.

As winters go we've had a pretty mild one, with the exception of a few cold snaps – but having said that February can often be the coldest month of the year – so let's not count our blessings just yet!

In this edition we feature legendary rockers Status Quo, who have just completed their farewell electric tour — not bad considering I attended their first farewell tour back in 1984! As a band they certainly stood the test of time and I am sure we have not heard the last of Francis Rossi and the surviving band members, who have now developed a taste for the acoustic sound.

But sadly it is the end of the road for former band member Rick Parfitt who tragically died aged 68, on Christmas Eve, just a few days after I saw the band performing in Manchester without him, due to his health issues.

Quo weren't quite the same without him and it is

certainly the end of an era as he joins the many other famous rock and pop stars who sadly passed away in 2016, including Prince and David Bowie.

I don't know whether it is just me getting old, but they certainly don't seem to be making rock and pop stars like they used to!

Let's hope we don't lose any of our remaining music icons in 2017.

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lifestyle is published bi-monthly by Orbit News Ltd.

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Printed by TwentyFourSeven











Real Housewives star presents premiere art exhibition

Real Housewives of Cheshire star Stacey Forsey has unveiled her first art exhibition with Manchester's Comme Ca Gallery at The Lowry Hotel.

Known to many for her role in The Real Housewives of Cheshire, Stacey began drawing at an early age before going on to study art, and is now showcasing her eagerly-awaited debut



exhibition at the city's only 24-hour gallery.

Teaming up with renowned Northern Quarter gallery Comme Ca Art, the exhibition entitled 'Paintings', has been inspired by Stacey's working class Manchester roots, her experience of the hedonistic Hacienda days of the 90s and her time spent living abroad in a variety of cultures.

February / March 2017

Stacey says: "I am so excited to be working with Comme Ca Art and that they have chosen my collection to be the first on display in 2017. It's my first exhibition and to be involved with such a highly respected gallery, and have my paintings on show at The Lowry Hotel, is a dream come true.

"I am led by colour. I have led a colourful life and this is reflected in my artwork style. I like to start with a strong base colour and then build on this by adding anything important to the piece - from postage stamps to inspirational quotes, pictures of iconic people to body parts. But most of all, it is all about colour.

"Each piece I create is different and is defined by how I am feeling at that particular moment. I have to be in the moment to be able to create, it is never forced.

"I would like my work to inspire positivity. I always feel as though I have an inner peace when I've finished a painting, though I am never satisfied until I have added a collaged finishing touch."

Founder of Comme Ca Art, Claire Turner, said: "Comme Ca Art is delighted to announce Stacey Forsey as the first artist of 2017 to exhibit at the Lowry Hotel.

"I was invited to a private viewing of Stacey's artwork in November 2016 and what struck me most was the serenity in her abstract paintings.

"The ease of which Stacey uses colour, whether it be a quiet almost ghostly pink or a rich peacock green shows remarkable confidence in her application of paint on the canvas surface."

The exhibition 'Paintings' by Stacey Forsey runs until 14th March 2017 at The Lowry Hotel in Salford.

For further information about the exhibition visit www.commecaart.com



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Singapore Airways invests in north west economy with A350 UK launch

Manchester Airport welcomes the most m



Sheldon Hee Singapore Airlines UK GM and Stephen Turner MAN Commercial Director welcome the new aircraft low res

The inaugural transatlantic flight of Singapore Airline's first UK Airbus 350-900 aircraft has taken place from Manchester Airport. The aircraft will fly on Singapore Airline's Manchester routes, serving both Singapore and Houston and will be the first commercial A350 flight from Manchester Airport. It makes Manchester the only non-London airport in the UK to have an A350 in operation.

This landmark flight demonstrates the investment and confidence that Singapore Airlines has placed in the North West economy, following the launch announcement of transatlantic flights from Manchester to Houston and non-stop flights from Manchester to Singapore, late last year.

The A350 aircraft, which is the world's most modern and efficient, takes aviation to new



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n from Manchester

odern aircraft, the Airbus A350

heights for passenger experience, operational efficiency and cost-effectiveness. This is also a regional, North West success story, with the Singapore Airlines A350 wings being assembled at Airbus' £400 million factory in Broughton, Chester. The factory, which covers a total area of 46,000 square metres, employs more than 6,000 people mostly in manufacturing and the remainder in engineering and support functions.

The production of Singapore Airlines A350s has also had a positive effect on the wider UK economy as it plays a major part in the production of each A350 aircraft. The programme supports more than 6,000 high skill, high value jobs in the UK 1,000 of which working directly with Airbus and a further 5,000 in the production supply chain.

The A350 forms a key part of Singapore Airline's new fleet, enabling the Airline to offer customers an enhanced on-board experience, to introduce new destinations and expand its current connectivity. It also welcomes the Airline's new Premium Economy Class cabin, offering a wider seat with more legroom, 13-inch touch screen monitors and the latest Business Class design to those flying from Manchester.

Sheldon Hee, Singapore Airlines, General Manager of UK & Ireland said: "We are excited to announce our inaugural A350 flight from the UK and delighted to see this happening from Manchester Airport. The launch follows our recent announcement of new non-stop routes from Manchester to Houston and Singapore, and shows our commitment to the economy and people of the North West. It is great to see that by working alongside Airbus our A350s have helped support jobs in the North West and wider UK economy and also allowed this region to showcase itself as a hotbed of technological talent."

Paul McKinlay, Senior Vice President, Airbus Broughton Plant said: "The A350's wings, landing gear and engines are all made in the UK so it's a great British engineering success story. Since its launch it's really setting the standard for efficiency and passenger comfort too which is a real positive for our customers and their travellers. The debut of the A350 on its first scheduled service from Manchester is excellent news and I wish



A350 wings being made at Airbus in Broughton.

Singapore Airlines every success in their services to Singapore and Houston

Stephen Turner, Commercial Director at Manchester Airport, added: "The introduction of Singapore Airlines' A350 is a historic moment for Manchester Airport, as we welcome this aircraft for the first time on a scheduled service here.

"The new direct services to Houston and Singapore are perfect examples of how Manchester Airport is connecting to global markets to the east and the west. The commencement of this new modern aircraft not only gives our passengers the latest technology but also an additional class when flying with Singapore Airlines. We know the A350 will prove popular with not only our 25m annual passengers, but also our aviation enthusiasts on site."

The Dublin Legends in town

Much-loved folk group The Dublin Legends, formerly The Dubliners, have toured the world to huge critical acclaim and now they have their sights set on Warrington.

In 2012 The Dubliners celebrated 50 glorious years in the music business by receiving a Lifetime Achievement Award at the BBC Radio 2 Folk Awards and rapidly followed it up with a sell-out UK concert tour, the highlight of which was a magical night at The Royal Albert Hall.

Sadly however, they subsequently suffered a body blow with the sudden death of founding member "Banjo" Barney McKenna: this tragic occurrence prompted the remaining members to sit down and discuss the band's future.

The outcome was that Sean Cannon, Eamonn Campbell and Patsy Watchorn decided, like the name of their live greatest hits album, it was "Too Late to Stop Now" and enlisted the services of Gerry O'Connor, to become The Dublin Legends.

Since then they have toured the world to huge critical acclaim.

The Dublin Legends visit Warrington on Thursday 23 March 2017, 7.30pm, £22.50

Tickets and information 01925 442345 www. pyramidparrhall.com



Students SHOUT about the dangers of carbon monoxide

Project SHOUT is back for the second year running and is enlisting the help of students across the UK to take part in the brand new University Challenge competition.

Carbon monoxide which is also known as the silent killer, takes the lives of around fifty people in the UK every year due to leaks from boilers, cookers, fires and other fuel burning appliances.

Project SHOUT University Challenge

is asking students to creatively depict the dangers of carbon monoxide and how they can protect themselves with a simple and affordable CO alarm through a range of creative mediums. As part of the competition there are three categories for students to enter, these include: Film and Animation, Photography and finally Art and Graphic Design.

Students will have the chance to win £1,500 and all shortlisted finalists will be invited to the awards ceremony which will be held in London at an exclusive venue this September.

Bradley Shaw, the winner of University Challenge 2016, said: "Project SHOUT is an excellent campaign and something that I am incredibly proud to be a winner of. Taking part in the competition has shown me the dangers that are within our homes and how they can be prevented so easily.

"Taking part in University Challenge was a fantastic experience which tested my creativity and gave me an insight into the world of filmmaking. After winning the competition and receiving my award, I have set up my own business and invested all of my prize money into new camera



equipment.'

Project SHOUT Campaign Director, Rob Lyon, said: "Project SHOUT University Challenge, was a huge success in 2016 and we are hoping to reach out to more students this year to help us shout even louder about the dangers of CO. It's great to see so many universities want to be involved and help us raise awareness of the deadly gas.

"Learning about the dangers of carbon monoxide is crucial, especially amongst families, as young children can be more vulnerable to the effects of CO, including students who are often living away from home for the first time. As you cannot see, smell or taste CO, it is extremely difficult to identify. A common mistake that is made is that people often misdiagnose the symptoms of CO poisoning as flu or food poisoning, therefore it is essential people are aware of the dangers that could affect them. Learning about the dangers of carbon monoxide is crucial, especially for students who are often living away from home for the first time."

Competition entries close at midnight on May 5th 2017. To find out more, please visit www. projectshout.com





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Parr Hall to host pop legend

Marc Almond

Warrington's Parr Hall has been selected as one of just five venues to host an eagerly-anticipated tour by Marc Almond.

One of Britain's most gifted and unique vocal talents, Marc Almond, who is best known for being one half of Soft Cell and his hugely successful solo career, has announced a UK tour in March 2017.

He will be performing songs from both eras ahead of a new album Hits and Pieces to be released the same month.

With shows in London, Perth, York, Buxton and



Tickets and information 01925 442345 www. pyramidparrhall.

Warrington, the tour is a celebration of Marc

Almond's 60th birthday year and will feature a

full band performing No. 1 singles Tainted Love,

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Peppa Pig and Save the Children launch new

Peppa Pig is teaming up with the world's leading children's charity, Save the Children, this spring to launch a fundraiser like no other.

Between May 8-14 2017, nurseries, early years groups, families and children up and down the country are being encouraged to take part in a Peppa Pig's Muddy Puddle Walk for Save the Children.

Organising a Muddy Puddle Walk is a great way for your little ones to explore the world around them and jump in muddy puddles, like Peppa Pig, for a worthy cause. However you fundraise – you'll help Save the Children and make life better for children around the world.

There are lots of easy ways to raise money on your Muddy Puddle Walk for Save the Children. The free fundraising pack is full of great activities and fundraising ideas, so you can choose which option will work best for you and your children. Your little ones can get sponsored to walk or splash in puddles at the park, or they can simply donate to join your muddy puddle walk. You can even top up your total by baking and selling Muddy Puddle cupcakes!

Vicky Fallon, Head of Community Giving at Save the Children, said: "We hope that nurseries and families across the nation sign up and take part in their very own Muddy Puddle Walk! By jumping in muddy puddles like Peppa Pig and raising money for Save the Children – you can help the world's most vulnerable children to have a brighter future."

By raising money for Save the Children, you'll help support their work to give every last child



v Muddy Puddle Walk charity fundraiser

the chance to learn, play and grow up healthy and happy. Millions of children around the world are missing out on this – just because of where they're born. By taking part in a Muddy Puddle Walk your children can discover how much fun it can be to explore the world around them. The fundraising pack will also explain what life is like for children in different countries, helping them see how they are making a difference through supporting Save the Children.

Sign up your nursery or family now at MuddyPuddleWalk.org to get your free Muddy Puddle Fundraising Pack, full of fundraising ideas and tips for great walks and activities indoors and out – including free Peppa stickers and Save the Children balloons too!







New Membership options launching January 2017



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For further information about LiveWire benefits visit livewirewarrington.co.uk Restrictions apply and all benefits are subject to change





Miss England competition.

Katy Case is hoping to compete in the semi-finals of the competition at Kelham Hall, Nottinghamshire, in June - but she needs local people to vote for her.

The Year 13 student at Helsby High School, plans to study drama and English at Loughborough University – and she has already co-written a play, performed at Chester's Open Air Theatre and works as a TV extra.

Katy feels it's important that people understand that Miss England is not just a beauty competition - it's also about helping and inspiring young women. She is going to run the Chester half marathon in order to raise money for the pageant's charity 'Beauty with a Purpose' and will hold other local fundraising events.

The semi-finals consist of four categories; the Evening Gown, Eco Fashion, Sports and Talent rounds. If crowned Miss England, Katy would have the opportunity to support charities and community groups around the country.

Voting for the girls begins at the beginning of February. Katy would like people to support her to help others. To vote for Katy visit the Miss England website www.missengland.info/regionals/semi-heat-4









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The Last Night of the Electrics Tour

Status Quo, Manchester Arena

Review: Paul Walker. Pictures courtesy: Dust PR

Without Rick Parfit (who had to withdraw from the tour due to ill health) one wondered whether this could live up to previous Quo gigs the answer? Quite simply, YES!.

Sadly the Manchester Arena was anything but full, despite that though, the bands army of stalwart fans, plenty of whom had been following Quo since the days of Matchstick Men, along with many younger fans, ramped up the atmosphere as the lights went down and the opening chords of The Drone began to drift through the arena.......

Then they launch into Caroline and the crowd go wild, bodies bouncing up and down, heads banging and everybody singing and that is pretty much the way it was through the whole concert as the band stormed through a set of classic tracks which covered almost their whole career.

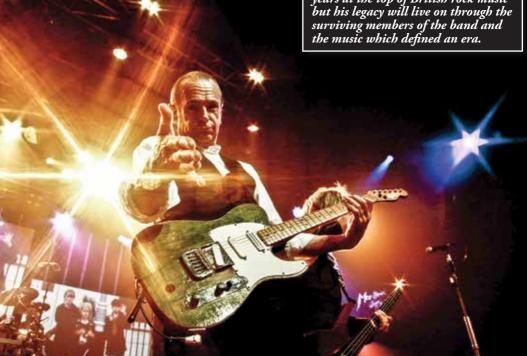
Although it was sad that Rick Parfit wasnt there, his stand-in Richie Malone did a tremendous job even imitating Rick Parfits moves at times. Francis Rossi meanwhile stalked around the stage,

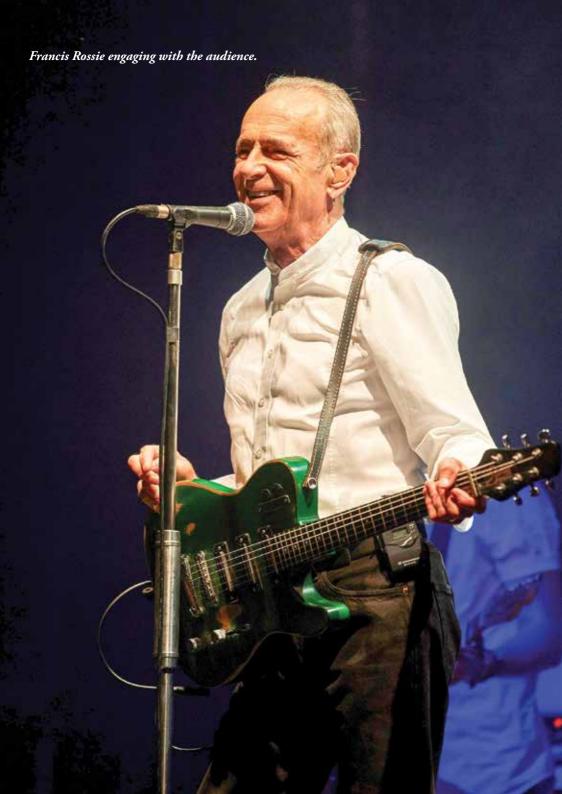
seeming to acknowledge as many people in the audience as he could. I've always felt this band had a humility that you dont often get with rock bands and Rossis easy banter between tracks always makes you feel you are with friends out for a party rather than watching a bunch of prima donnas strutting and preening around the stage.

That party atmosphere stayed right to the end with the crowd bouncing around and singing along with Rock n Roll Music and Bye Bye Johnny to bring to a close, not only an amazing concert but perhaps also the the career of what is surely one of Britain's most loved and most endearing rock bands.

Sadly, on Christmas Eve, at the age of 68, Rick Parfitt passed away in a Spanish hospital following an infection after being admitted for a shoulder injury.

Although not performing the latter dates of the tour, Parfitt was an instrumental part of Status Quo's 50 years at the top of British rock music but his legacy will live on through the surviving members of the band and the music which defined an era.









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CMA calls for urgent review after Highways confuses 3.5 tonne truck with a supercar

"Presenting a sports car as a truck is one of the more amusing inaccuracies we've seen, but it reveals serious problems" – CMA MD Philip Swift

Claims Management & Adjusting (CMA) has called on Highways England to review its processes for handling Crown property claims against drivers, fleet operators and insurers, with cost exaggerations and data errors unacceptably common.

If you damage Crown property, for example, by hitting a motorway barrier or traffic sign, you or your insurer will receive a bill, usually from Highways England or one of its contractors. CMA says many are incorrectly priced.

In a particularly shocking recent case, CMA discovered that a 3.5 tonne pick-up truck supposedly used by a contractor in a motorway

repair was listed as stolen at the time. When queried, Highways England explained that their contractor blamed a typo in the vehicle registration mark (VRM) and provided a slightly different one. On checking the new reg, CMA discovered it was for a Mercedes-Benz E350 AMG convertible!

Managing Director of CMA, Philip Swift, a former police detective, said: "Presenting a sports car as a truck is one of the more amusing inaccuracies we've seen, but it reveals serious problems: The contractor seems to be guessing at the VRM, an important data point, and Highways England appear willing to accept what they are presented with without verifying it — their systems are not robust enough to detect even obvious anomalies.

"This is all the more worrying when you consider the sheer volume of inaccurate claims we're seeing these days. From wildly varying rates for the same



England contractor

service, to hefty charges for spurious additional items, we have to be vigilant to ensure drivers, fleet operators and insurers aren't overcharged. In a not insignificant number of cases, no payment is warranted at all.

"With Highways England reportedly preparing to take more Crown property claims back in-house, they urgently need to review their processes. In the meantime, we await confirmation as to whether the vehicle involved was actually a stolen truck or a supercar, to receive a third VRM or to be told there was no other vehicle! The lesson for drivers, fleets and insurers is: don't take these claims at face value, engage a specialist to scrutinise them."

If you need further advice on this issue, please contact CMA on 0845 3888 810 or email claims@cmaclaims.co.uk



Keeping You Safe on the Road

By Raf Khan from Warrington Service Centre



Advice for travelling in winter

Here are some top tips (recommended by the AA) to help you when travelling during to be prepared.

Check your car

- Antifreeze check coolant level regularly and, if required, top-up with a mixture of the correct type of antifreeze.
- Battery the most common cause of winter breakdowns.
 A battery more than five years old may struggle in the cold get it checked and replaced if necessary.
- Fuel keep at least a quarter of a tank in case of unexpected delay.
- Lights check and clean all lights regularly to make sure you can see and be seen clearly. Carry spare bulbs.
- Tyres should have at least 3mm of tread for winter motoring. Consider winter tyres for improved safety. Check pressures at least every fortnight.
- Windscreen reduce dazzle from the low sun by keeping the screen clean inside and out. Now is a good time to renew worn wiper blades.
- Screen wash use a 50% mix of a good quality screen wash to reduce the chance of freezing in frosty weather.
- Locks and door seals stop doors freezing shut with a thin coat of polish or Vaseline on rubber door seals. A squirt of water dispersant (WD-40) in locks will help stop them freezing.

You and your passengers

Prepare for the worst and hope for the best. As well as the
things you should be carrying on every journey regardless of
the weather, you should make up a winter emergency kit to
keep in the boot – hopefully you won't need it but you will
be very glad it's there if you do.

Warrington Service Centre are currently offering a FREE winter check and a FREE winter Kit.

Don't forget to keep a blanket, shovel, ice scraper and deicer in your car during the winter period. Include a torch and batteries and snacks.

And remember when bad weather is forecast wear warm winter clothes/coats, scarf, hats and gloves and bring waterproofs and a warm flask – you never know when you may need them!

Warrington Service Centre are offering motorists a FREE Winter Check and a FREE winter kit (while stocks last) to help reduce the risk of a breakdown and make sure they are ready to deal with any conditions that might occur when travelling.

Call Warrington Service Centre today to book in for your FREE Winter check and FREE Carplan Winter Kit on 01925 232255 www.warringtonservicecentre. co.uk and be prepared!!

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Dental practice committed to excellent service



As part of their 10th anniversary celebrations Grappenhall Dental Practice has become members of the British Dental Association Good Practice scheme.

During the past 10 years the practice has grown from nothing to three surgeries with four dentists, looking after in excess of 15,000 patients.

Dr Andrew Brown, who set up the surgery, said: "To mark our anniversary we decided to show how committed we are to providing an excellent service by becoming members of the British Dental Association Good Practice scheme. This scheme recognises practices who deliver a quality service for their patients.

Membership of this scheme shows:

Working to a nationally agreed standard of good practice to develop and maintain a consistent quality of service for patients.

Being assessed by the BDA to ensure they meet the good practice requirements.

They carry out their own internal checks on the way they work.

They allow BDA assessors to visit the practice whenever they want to.

Every member of the practice team has made a personal commitment to deliver a quality service for their patients.

High quality care at reasonable prices

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Dr Andrew Brown and associates welcome new patients

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Top Ten Foods for Your Digestion

Nutritionist, Cassandra Barns (pictured), reveals 10 foods, which can help with digestion.

Garlic: Garlic has potent anti-bacterial and antifungal properties. It can help keep in check any 'bad' bacteria in the gut and can also be beneficial in cases of candida (yeast) overgrowth in the gut.

Raw sauerkraut or kimchi: Sauerkraut is a traditional fermented food usually made with shredded cabbage. It naturally contains gutfriendly bacteria – it's basically a natural probiotic! Kimchi is similar to sauerkraut but usually made with a combination of vegetables and the addition of spices such as ginger and red chilli flakes. Make sure you get raw sauerkraut or kimchi; if it doesn't say raw on the label, it's probably been pasteurised, which kills all the beneficial bacteria.

Jerusalem artichoke: These knobbly vegetables are one of our best sources of inulin, a type of soluble fibre. Inulin has a prebiotic effect, helping to 'feed' the good bacteria in our gut.

Ginger: Ginger can stimulate production of stomach acid and digestive juices, as well as helping to keep food moving through the gut. It can also help relieve nausea. Use ginger in stews, stir-fries, soups, vegetable juices, grated on salads, or in curries (but keep them light to benefit your digestion!) Hot ginger tea made with fresh grated ginger is a fantastic digestive tonic too.

Oats: We need fibre for a healthy gut and good bowel movements! But wheat bran can be quite harsh on the gut, causing digestive problems for some people. Oats can be a better source of gentle fibre. As a bonus, the fibre in Nairn's Scottish Porridge Oats (£2.59, www.nairns-oatcakes.com) have also been found to help lower cholesterol levels and help control blood sugar.

Live miso: Like sauerkraut and kimchi, traditionally prepared unpasteurised miso contains natural 'friendly' bacteria as well as live enzymes, both of which can be beneficial for the gut and digestion. Again, it's important to look for an unpasteurised product to get these benefits. A great example is Clearspring's Organic Japanese Brown Rice Miso Paste (£5.79, www.clearspring.co.uk)



Rocket and watercress: The bitter taste of rocket and watercress can help to stimulate the digestive juices as well as bile flow from the liver. Bile helps to emulsify and digest fats and helps us digest and absorb vital fat-soluble vitamins such as vitamin A and vitamin E. Good bile flow is also necessary for efficient detoxification, as it's the liver's way of getting rid of fat-soluble wastes and toxins.

Apple cider vinegar: Contrary to what you may have thought, it's more common to have too little stomach acid than too much. Having low stomach acid can cause many of the problems that people associate with indigestion, including burping, nausea and even heartburn symptoms. Taking a tablespoon of apple cider vinegar in a small amount of water before a meal can help to balance stomach acid levels. However, do not try this if you are already taking a prescribed medication to reduce stomach acid.

Bone broth: Traditionally prepared bone broth is made by simmering leftover meat or fish bones for at least 8–12 hours. This process leaves us with a highly nutritious broth containing valuable minerals and gelatin that come from the bones. Gelatin can help to restore a healthy gut lining, and the amino acids it contains may also help to improve stomach acid levels.

Pumpkin seeds: Pumpkin seeds are a great source of zinc, which is vital for good gut health. Raw pumpkin seeds have also been used as a traditional remedy for parasites. Try Grinding up Clearspring's Organic Tamari Roasted Pumpkin Seeds (RRP, £1.19, www.clearspring.co.uk) before eating to get the most benefit.

A very special treat for February after post Christmas diet and 'Dry January'!

Shelly's Booze Quadruple Chocolate Baked Cheesecake

Recipe

Base:

1 pkt Oreo well crushed placed in buttered deep oven proof dish about 9 inch

Filling:

100g chocolate grated or those liqueur chocolates that won't get eaten chopped up

2 pkts 250g soft cream cheese

4 eggs

75ml Baileys (or other booze)

2 dessert spoon cocoa powder

2 dessert spoon caster sugar

100 ml double cream Three twists out salt

grinder Big tablespoon Nutella or other chocolate nut spread.

Method:

Beat all above well, pour slowly over base. Sprinkle over top grated chocolate or chopped liquor chocs. Bake low down in

moderate oven for 40 min till set. Bit of wobble but will set more when chilled. After few hours chilled, whip up 200ml double cream add a shot of brandy, fecorate with rough chopped crunchie fudge, Maltesers and any other chocolate hiding, stick it in big pile.

Smile and Share Happy February

• Please note: This is only special treat not a recommendation for daily diet But it's fab!



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Look up!

. . . and get more space at home for just £287 + VAT

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."

The price customers are quoted is the price they will pay, with no additional call out charges. Paul provides a free guarantee on all parts and labour and the quality of the work is monitored independently by the Guild of Master Craftsmen. Already a trusted name in the North West, over 2500 homeowners have enjoyed the benefits we offer, with more having the work carried out every day.

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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