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magazine

April / May 2017

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Welcome to lifestyle



Spring is certainly blooming and hopefully we can look forward to plenty of sunshine to lift our spirits.

Some of the flower displays around the local area are blooming marvellous and I must pay some credit to local councils who have ensured we have plenty of colour on roundabouts and our public highways.

The displays are particularly uplifting if you happen to be stuck in a traffic jam!

Since my last notes my home town of Warrington has thrown its hat into the ring in a bid to become City of Culture 2021, taking over from the current holder Hull. Yes I know Warrington isn't a city but it is in all but name based on the population size.

You certainly don't need a cathedral these days to be classified as a city – and Warrington has ambitions of gaining city status in the not too distant future.

While it is going to take a huge effort I am certainly proud to be backing the bid as if successful it will provide a huge economic boost to the area – and if

not successful this time it doesn't mean we won't be in the future.

If Hull can become a City of Culture I see no reason why Warrington cannot take the crown one day and if we do it will make a complete mockery of that survey last year which claimed Warrington was "bottom of the league for culture" – a league table we have already started to climb!

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The Kaiser Chiefs

With the announcement that the Kaiser Chiefs will perform an open air concert at Aintree Racecourse this summer as part of this year's Jockey Club Live promotions we have an interview with bass player and songwriter Simon Rix.

You guys are back here again this year playing the Jockey Club Live shows and you're coming to Aintree. What keeps bringing you back to play the Jockey Club?

It was surprisingly good. So when we first got an offer, it was quite a few years ago now. 2014 I guess, maybe '13 to play in York at the races and we thought, okay, it might be fine, we'll see how it is. Y'know what I mean? And then we turned up and I think there was like 27,000 people there or something crazy, it was like a festival but only we were playing, so we loved it. So we did some more the year after I think and then the year after and we'll do a couple more this year. I think everyone has a good day out and it's just a different thing. I think we're lucky as a band actually that we can do lots and lots of different things and our fan base is kind of diverse enough so we can play Glastonbury and we can play a traditional rock festival or whatever that is. And then we can also play at a racecourse to loads of people.

Do you approach the racecourse shows any differently to your normal kind of tours?

It's more like a tour than it is a festival I think because

obviously when you play at a festival there's loads and loads and loads of bands and loads of things going on and this is only us basically, supported by some horseracing! So we just sort of try and put on a good show for everybody really. At the end of the day everyone's had a good time, hopefully they've won some money and they've got drunk so then we just try and put on a good show to sort of end it all off really. Play some hits, get everyone there bouncing and loosening their ties and kicking off their high heels.

With so many huge songs to choose from and obviously your new material from the new album. How do you go about choosing your set list?

I don't know really, it's got a little bit harder. I sort of, generally write the set list and I think it sort of writes itself, really. There's songs that everybody wants to hear and then we'll play some new songs from the new record and then we'll try and dig out a couple of things that maybe are a bit unusual which I think keeps us interested and some of the people who come see us a lot obviously will be there as well so we play



a little bit of that but y'know, just try and... As you say, we've got quite a lot of songs that everyone knows so it makes it quite easy.

You guys are now a proper permanent fixture on the British music scene whilst so many of your contemporaries have kind of long since called it a day, why do you think you as a group of friends from Leeds have succeeded whilst so many have not? Is this something that you think about?

We don't really think about it too much. I mean like, the album's called 'Stay Together' and I think one of those things is we have stayed together and we are all still all very keen to be in a band. Y'know even when Ricky's been off doing tele y'know, people go and do other things, we always sort of, get back together and it feels like the thing we're meant to do. I think that helps really and we've always said y'know, I think we've had a few ups and downs but on the whole try and write some great songs that we like, the people like, that connect to the audience and play great gigs. I mean, I think one of our strengths, even probably more than the albums is just the fact that I think people come and see us live and they know they're gonna have a good night y'know. And I think, we've played a lot of festivals before and get booked for festivals that y'know, maybe people don't buy the ticket perhaps to come see the Kaiser Chiefs specifically at I don't know, Glastonbury or Leeds and Reading or whatever festival we're playing at, but they know if they can come along and they know they're gonna have a good time and they're gonna know the songs and they're gonna sing and run around and Ricky's gonna be entertaining, so I just think it could... Sorry, I'm gonna answer the question now! I think being a good live band and being a good group of friends and I think still wanting it and still doing it after all these years. I think that's the reason that we have managed to stay around.

These shows, the Jockey Club events are very much for friends and family to come and watch an early evening of racing and then party the night away with acts like yourself. Have you guys over the years when you have been doing these shows, have you brought any of your friends and family along to them just for a day out?

Yeah, definitely, yeah. My mum and dad have been. Everyone's mum and dad have been and lots of

friends. I mean, I feel guilty... Actually, I don't feel guilty. Whenever my mum comes and my sister as well yeah, they always go home. Last time my mum came to a gig, I can't remember which one it was, she won. She picked the winning horse in every race but one in which it came second. I can't remember what she did, she wasn't betting much, which is a shame. I'd of doubled or quadrupled her money. Very lucky, she's a lucky person

So she didn't suddenly go off on a nice holiday did she or something?

No, probably not. I think my dad probably pocketed it. No, definitely she had a very good day out at the races, so yeah. Lots of friends and family have come and I think it's sort of more what its about isn't it? It's a bit more, it's just a day out really isn't it, a big day out and I think the races have always officially been sort of everyone get dressed up and go for a day out and I think that adding music to the end of it is a really, really great idea because you've got a load of people and they're all in the mood in a similar way to a festival. Like, you've got a load of people who are there to have a good time basically. I guess it makes our job, what's the word for it? Easier 'cause they're already sort of, ready.

Jockey Club Live events 2017

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

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

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

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

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

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.

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5 ways to stay healthy

Put the Spring Back in Your Step with Dr Hilary Jones'

"Spring has finally sprung! For many, this creates the perfect opportunity to 'spring clean' our health," explains TV medic Dr Hilary Jones. "Here are my healthy top tips for the new season ahead!"

1. Set Yourself a Challenge

Challenging yourself can reveal qualities you didn't know you had, and spring is a great time to get outdoors and set yourself a new goal that you can work towards. It might be a 10K run, a parachute jump or the London to Paris bike ride, and why not get some friends on board too for added fun and motivation!

Convincing yourself that you will conquer the challenge will make you believe it, whilst boosting your self-esteem and self-confidence in the process!

2. Banish Unnecessary Stress



Having too much on our plate can leave us feeling drained and anxious so it's important to create a balance.

Take 10 minutes to reflect on the things you find stressful in life and think about ways to limit them or get rid of them altogether!



Unclutter your mind before bed every night and give yourself time to think about the things in your daily routine that are really important to you.

3. Spring Clean Your Senses



Staying connected with the world around us is key to our happiness, relationships and emotional wellbeing. Whilst many of us visit our optician and dentist regularly, we wrongly neglect our hearing health – with research showing people can wait up to 10 years before taking action on a hearing problem! Don't waste time wondering whether your hearing is what it should be — get the facts by getting a free hearing test. This spring hearing specialists Hidden Hearing is offering a 3 month supply of Healthspan Multivitamins and a copy of Dr Hilary Jones' 50 Tips to a Healthier YOU' with every free hearing test.

www.HiddenHearing.co.uk

4. Get Health Wise

Do you know your cholesterol level and your ratio of good fats to bad fats in your blood? What's your blood pressure reading? What is your height-weight ratio and what is your body fat percentage?

Staying on top of your health and taking positive steps to look after yourself today will help to protect your health in the years to come whilst giving you a baseline to compare with in the future.

5. Perfect Portioning



Most of us know what we should be eating in order to stay healthy but portion size is something that many of us don't give much thought to.

According to the British Heart Foundation, our portion sizes have increased by more than 50% in the last 20 years, so try using your hand to measure your portion sizes: A portion the size of the palm of your hand should be your protein, two fist-size portions for your vegetables/salad, one fist or less is your carbohydrates (potato, rice, pasta etc.).

Chewing your food properly and putting your fork down between mouthfuls will also allow your brain time to register that your stomach is full.

Smokers warned over new cigarette laws

As the way cigarettes are sold is about to change, LiveWire is encouraging smokers in Warrington to sign up to their quitting service to stub-out cigarettes for good.

From 21 May 2017, smokers will no longer be able to buy cigarettes in packs of 10, and smaller packs of hand-roll tobacco containing less than 30g will disappear from shelves. That means the cheapest packet of cigarettes available to purchase will cost £8.82.

Some flavoured cigarettes and roll-your-own tobacco, with appealing flavours including alcohol, candy and vanilla will be made illegal, and the sale of menthol cigarettes will be gradually phased out by 2020.

Packaging will also change – with cigarette and tobacco packets set to be plain, with graphic images which show the impact tobacco has on health.

The laws, which came into effect in May last year and gave shops and suppliers 12 months to sell old stock, have been introduced in a bid to cut smoking-related deaths and deter young people from smoking.

Dannielle Conte, senior LiveWire advisor for stop smoking, said: "Smoking is already an expensive habit, with people who smoke 15 a day spending on average £205 per month on cigarettes.

"It is hoped that these new laws will make people think twice about spending nearly £9 on a packet of cigarettes, as opposed to the £3 or £4 a pack that they pay now"

The LiveWire stop smoking service offers free support face-to-face, online, and over the phone.

Dannielle, continued: "Research shows that smokers are four times more likely to quit with support from our stop smoking service.

"We can support you to achieve this through friendly, expert advice and support. It doesn't matter if you have visited us before but you've relapsed, you can access support as many times as you need."

Contact LiveWire's stop smoking service for free support and advice today on 0300 003 0818.

Food to feed your skin:

Why the key to your skincare regime might be in the kitchen cupboard

Many of us long for naturally glowing skin without wanting to break the bank achieving it; however, the chances are you probably already own many of the key ingredients for your glowing skincare routine – you're probably just looking in the wrong cupboard. Ditch the bathroom cupboard in favour of your kitchen cupboard for an array of natural skincare products you probably never knew you had.



Pomegranate

If you're looking for a new exfoliator, try crushing pomegranate seeds for a natural remedy. When the seeds are ground up they release their antioxidant nutrients thus exfoliating and nourishing your skin at the same time. However if you're looking for a natural facemask with pomegranate extract, try Janjira's Pomegranate & Acai Facial Mask (RRP £20.00, www.janjira.co.uk).

Raw Cacao

Another natural skin booster that can be found in the kitchen is raw cacao. Full of potent anti-oxidants, it can help reduce inflammation and puffiness. Apply a small amount of melted raw cacao – the higher cacao quality the better – such as OMBAR 90% Cacao, to the face and leave for 5 – 10 minutes then rinse with tepid water.

Avocado

Avocado may be the Instagram-food-of-the-moment but did you know it's also a staple of Kim Kardashian's skincare regime? The healthy fats in avocados naturally moisturise your skin and reduce any inflammation. The oils of avocado are also very closely matched to the natural oils in your skin, so it will nourish and help to restore your skin's glow at the end of a busy day. For a natural avocado facemask simply mix mashed avocado with Greek yoghurt and honey and leave for 5- 10 minutes and then wash off with warm water.



Oats

With advocates including the likes of Gwyneth Paltrow and the Duchess of Cambridge, using oats in your daily skincare routine might be the key to giving you that Hollywood glow. The parchment-like texture of oats makes them an effective exfoliator for those with very sensitive skin. Oats are effective in fighting dull, flaky dryness as they contain polysaccharides, which become gelatinous in water. They form a fine protective film when applied on the skin. Furthermore, their lipids and protein content also allows them to nourish and moisturise, making them the ultimate skin soother. Try wrapping a handful of Nairn's rolled oats (RRP £2.00, Sainsbury's) in a small piece of muslin cloth for an easy homemade natural body scrub that cleanses and hydrates.



Sesame Oil

Oils are a 3-in-1 staple that will transform your beauty regime. Use either to remove stubborn mascara, or as a hair mask. It's also great to use as a moisturiser before you shower to lock in that essential moisture keep your skin smooth and silky throughout the day. For a light oil that isn't too greasy, try Clearspring Organic Sesame Oil (£5.89, www.clearspring.co.uk).

Green Tea

Next time you indulge in a facemask, ditch the cucumber and opt for dampened Green Tea teabags such as Clearspring's Matcha Green Tea (£3.99, clearspring.co.uk). Their natural anti-oxidants will help to reduce puffiness and dark circles round the eyes, leaving you feeling fresh faced with any traces of tiredness banished!

Matcha

Due to its high content of chlorophyll Matcha powder is a powerful detoxifier. This allows it to deeply cleanse the skin and help reduce inflammation while at the same time not containing any harsh chemicals. If you choose high grade Matcha powder such as Clearspring's Matcha shot (RRP £6.25, www.clearspring.co.uk) you can simply mix with few drops of water, or plain yoghurt for a thicker consistency, for a natural facemask that will soothe and nourish the skin.



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Brand new music festival for Liverpool



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This summer the heart of Liverpool will play host to the exciting new UK festival HOPE & GLORY, bringing a range of unique music and art to St. George's Hall, in the centre of the city, for the very first time.

To launch the festival, the first 1,200 ticket buyers will gain access to a very special free gig the night before the festival starts. Taking place in a secret location in Liverpool on Friday 4 August, the exclusive gig will have big name acts performing, details of which will be revealed to the lucky ticket holders nearer to the event.

The two-day festival is set in an atmosphere of decadent Victoriana carnival, where 12,500 fans can enjoy an abundance of entertainment throughout the whole festival site while indulging in the stunning Victorian backdrop of the World Museum, City Library and St. George's Hall and

Gardens – all within a few hundred yards walk of the main Lime Street train station.

HOPE & GLORY is a stylish yet artistically subversive boutique festival offering an edgy, sophisticated and surreal experience – think Charles Darwin meets Tim Burton. Featuring a wide variety of live music over the weekend,

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- Chris Helme (The Seahorses)
- The Ordinary Boys
- Abichan
- Wild Front
- Haunt The Wood
- The Jackobins

SUNDAY, AUGUST 6

GREAT EXHIBITION STAGE

- Hacienda Classical with special Guests Shaun Ryder & Bez (Happy Mondays) & Tim Booth (James)
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- Tom Chaplin
- Lightning Seeds
- Public Service Broadcasting
- Reverend & The Makers
- Zak Abel
- Clean Cut Kid
- Show Hawk Duo
- Trampolene

WONDERS OF THE AGE STAGE

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RT AND COVERAGE

Warrington Youth Club receive amazing donation

Warrington Youth Club has received a very generous donation of a brand new 9 seater Ford Transit Custom Minivan!

The vehicle was purchased using money donated by the DM Thomas Foundation for Young People. The DM Thomas Foundation aims to transform young lives and support a wide range of charities and projects that help disadvantaged people, not only did they provide the new minivan but they also welcomed a group of young people from the Youth Club at the Hilton Manchester Deansgate and offered them Hot Chocolate and Muffins in Cloud 23, overlooking Manchester!

John McLaughlin, General Manager of Hilton Manchester Deansgate said: "We are delighted to have helped fund a new accessible minivan for use by young people who attend Warrington Youth



Club.

Warrington Youth Club Chief executive Dave McNicholl added: "We are overwhelmed by the generosity of the DM Thomas Foundation and are hoping to work with them on a number of programmes in the future, The donation allows us to transport young people from across Warrington to our Youth Club, giving them access to opportunities to socialise, access development programmes and services that they would not otherwise be able to do and therefore support more children and young people from across Warrington. John, Christina Lyon the team are inspirational in their commitment to supporting others."

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- Distributing the estate to the beneficiaries



Visit, telephone or email your local solicitor at one of our locations in Sale, Timperley or Manchester.

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For the Chocoholic



Most of us love to indulge on a good chocolate bar, but what if you could have something much more fun, but with the same great taste?

Introducing the Chocolate Teapot from The Fowndry. "As much use as a chocolate teapot" is usually a negative phrase, but not this time! This tasty creation will definitely cure those chocolate cravings, and once you've had one, you'll be back for more!

Novelty chocolate usually doesn't live up to the delicious goodness you expect, however this Chocolate Teapot is made from 600 grams of the

f i n e s t

Belgium chocolate, and we all know how good that tastes! Apart from being able to eat the entire teapot, you can also use this to create the ultimate hot chocolate or fondue.

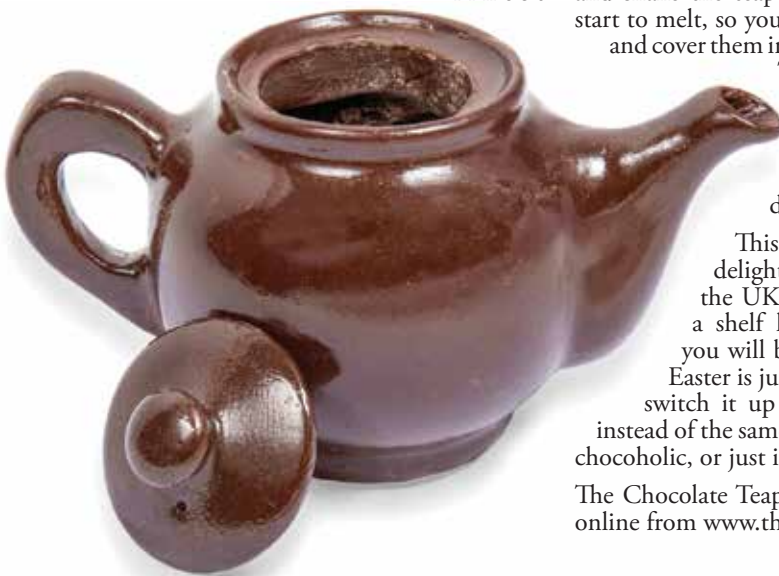
To create a rich, smooth hot chocolate, simply add a few spoonfuls of your favourite drinking chocolate and fill the pot 2/3 with hot water. Stir the contents and pour to experience the most mouth-watering hot chocolate you've ever tried!

Not into hot drinks? Have a go at creating some chocolate fondue magic. To get started all you need to do is add a few teaspoons of boiling water and shake the teapot gently. The chocolate will start to melt, so you can dip your favourite treats and cover them in delicious Belgium chocolate.

To get the most from your fondue, place strawberries, marshmallows, or whatever takes your fancy into a wooden stick, then dip, it's as easy as that!

This life size teapot has so many delightful uses and is handmade in the UK. It's also gluten free and has a shelf life of 18 months, not that you will be able to resist for that long! Easter is just around the corner, why not switch it up and try this magical teapot instead of the same old egg? Treat your favourite chocoholic, or just indulge by yourself!

The Chocolate Teapot is £24.99 and is available online from www.thefowndry.com



Gin 'n' Tonic Cheesecake

This recipe is supplied by Shelly's Restaurant on Bold Street, Warrington



Base:

One packet gluten free plain biscuits crushed up.
Mix with 4oz melted butter.
Place in bottom of greased oven proof dish.

Filling:

2 x 200g of cream cheese
4 eggs
Two tablespoon sugar
One heaped tablespoon cornflour
100 ml gin
125 bottle tonic water
Grated lemon zest

Method:

Wizz all above together and place on top of base.
Bake in moderate oven for 45 min till just wobbles.

Add finely sliced lemon, sprinkle sugar, grill till coloured.

Place on top of cheesecake to cool and then enjoy!

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Keeping You Safe on the Road

By Raf Khan from
Warrington Service Centre



6 reasons to choose Warrington Service Centre

Does your car need repairs? Or maybe it's time for your MOT or service? If so, and you're based in the Warrington area, Warrington Service Centre is the ideal place to get the work done. Here are 6 reasons why you should choose Warrington Service Centre (www.warringtonservicecentre.co.uk) for your MOT and car repairs....

1. They offer latest technologies in car repairs

Never resting on their laurels, Warrington Service Centre ensure they're always at the cutting edge of technology, resulting in thorough, efficient, reliable repairs.

2. They're a member of the RMI (Retail Motor Industry)

As RMI members, Warrington Service Centre are committed to providing high quality and value-for-money services. The RMI only accept members who can demonstrate these qualities, so you can choose Warrington Service Centre with complete peace of mind.

3. They're also an Institute of Motor Industry member

The Institute of Motor Industry (IMI) provide professional training, development and support for those who work in the motor industry. As Warrington Service Centre are IMI members, you can trust their mechanics with your car repairs, servicing and MOT safe in the knowledge that they've been extensively trained by accredited professionals.

4. They are Delphi Diesel Specialists

We hold specialist accreditations, demonstrating that we can effectively carry out van, car and bike repairs. For example, we are the only Delphi Diesel specialist in the area.

5. Warrington Service Centre: an approved Unipart Car Care Centre

Independent garages proving they offer a high standard of customer care, a 12-month guarantee on parts and labour, and well-maintained premises may apply to be an accredited Unipart Car Care Centre. Just another reason you can trust Warrington Repair Centre with your car repairs.

6. They offer a courtesy car or collection service

We'll offer a clean, quality courtesy car for repairs and services so that there is little or no disruption to your day. Or if you prefer we offer a collection and delivery service to local business parks in Warrington so that you can book your Warrington MOT or service without the hassle of dropping off your car.

So, for car servicing, MOTs and repairs carried out by well-trained mechanics, using the latest technology, and approved by several leading industry bodies, look no further than Warrington Service Centre.

To book in your next car MOT, service or repairs, or to learn more about the high quality services they can offer you, visit www.warringtonservicecentre.co.uk or call 01925 232255.

It's a dog's life!

New Brighton
festival hosts four
legged
fancy dress parade
for the May Bank
Holiday Monday



If your dog didn't make it to Crufts this weekend fear not as they will still have their chance to shine!

Orb Events has teamed up with Wirral Animal Sanctuary to present a Doggie Fancy Dress Parade at the New Brighton Seaside Festival!

Taking place on Bank Holiday Monday on May 29, the event will undoubtedly be one of the highlights of the canine calendar this spring.

Proud pooches are invited to join the parade of dogs displaying their fabulous costumes and there will be prizes for the most amazingly dressed mutts!

Prizes include a doggy photo shoot, a doggy spa day (dog walk, bath and groom), a doggy hamper and much more!

The Doggie Fancy Dress Parade will take place from 2-4pm. To enter, register your details on the Facebook page – it's a walk in the park! It costs just £2 to enter and proceeds will be donated to Wirral Animal Sanctuary.

The Parade will be part of a fantastic three-day family event taking place over the Spring Bank Holiday.

Promising a cocktail of live entertainment, amazing street food, chef demos, family activities and a host of seaside-themed attractions – this exciting addition to the region's event calendar is not to be missed.

The Festival begins at 10am each day from Saturday, May 27 to Monday, May 29. With a varied and interactive programme across three days, the weekend is guaranteed to put a spring in the step of family visitors just in time for the Bank Holiday break.

A park and ride service will be available.

For more information visit www.seaside-festival.co.uk/

Follow us on Facebook/NBseasidefestival, Twitter @NBSeasideFest and online at www.ticketquarter.co.uk/Online/seaside-festival or telephone 0844 8000 410



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