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magazine

June / July 2017



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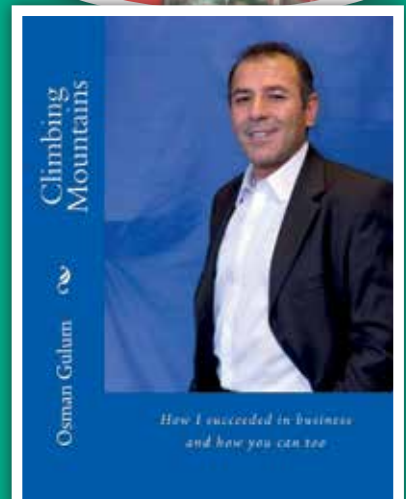
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Promoting Independence Through Life and Work

Welcome to lifestyle

 @GarySkent

These notes were penned with the Manchester bombing still very raw in my mind, struggling to come to terms with an atrocity right on our doorstep. Like many others I have been a frequent visitor to Manchester and the Arena for many years with my wife and daughters and never once did I go fearing we may never return.

People more qualified than me don't have the answers and I certainly don't pretend to have them. If someone has no value on their own life there is little one can do to stop them taking others. These random attacks of terror are certainly on the increase and we all need to be more vigilant than ever before. But the one thing we must try and do is carry on as normal and continue to go about our daily lives, enjoying what we do, attending events, because if we don't - the terrorists have won.

As we witnessed after the Manchester bombing, most people are good and will go to the aid of those in need, sometimes putting themselves at risk.

There were many acts of bravery in Manchester

and there are many acts of kindness in our local communities.

So let's all try and learn from this latest atrocity and make a promise to ourselves to #WeStandTogether and always do our best for our local communities whatever our religion, race or creed. If we educate our youngsters to adopt this stance we can hopefully one day live safely in our communities.

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Demi in Cerise Pink, £49.00



Ooze elegance and sophistication on the beach this summer!

Launched this spring, luxury fashion brand Aqualuxe brings you the highest quality clothing to provide stylish women with swimwear cover ups and poolside glamour. Aqualuxe will strive to ensure every woman oozes elegance and sophistication.

Whether you're heading to a pool party with friends or on a romantic get-away with a loved one, Aqualuxe have something for you. From minimalistic, timeless styles to bold prints, their beautiful SS17 collection is guaranteed to impress, and the effortlessly elegant designs can take your holiday wardrobe on a journey from day to night.

The beautiful range comprises of two debut collections – The Capsule Collection and The Luxe Collection. The Capsule Collection offers a variety of simplistic, chic designs including the Azure, the Carmela, the Valentina and the Cacia – all available in a variety of colours including Powder Blue and Dusky Pink. The Luxe Collection is perfect for those striving for that added extravagance with their intricate knitwear range, with their hero style the Carmela Luxe Knit available in Classic Black.

Rhiannon Little, Founding Director of Aqualuxe comments: "Throughout my twenties, I relentlessly searched for a British brand designing on-trend poolside cover ups that can transition from day-wear to evening-wear, but had no luck. I embarked on a design mission, to launch a collection of luxury, on-trend, easy to wear beach and pool wear. Aqualuxe was born! Aqualuxe is ahead of the curve producing trend-led pieces



Azure in Powder Blue, £69

perfect for a variety of occasions in SS17, be that a pool party in Ibiza or in a sun retreat in the Maldives. I am very excited to be launching my debut collection in April 2017 and giving women a fresh choice for their holiday wardrobe this year and beyond."

The full Aqualuxe range is available from £49 at www.aqualuxe.co.uk



Valentina in Dusky Pink, £59.00

- Azure in Powder Blue £69
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'Troublemaker' is coming to Haydock Park

Olly Murs to perform open air concert

Since Olly shot to fame on 'X Factor' in 2009, he has crafted four multi-platinum albums and produced 4 number 1 singles with total record sales exceeding 10 million. His latest studio album '24 HRS' was released earlier this month and became his fourth consecutive LP to reach the top spot on the UK charts, becoming the most successful solo artist ever to come from the X Factor. A formidable performer, he has sold out arena tours across the UK and cemented himself as one of the Britain's very best live acts.

"I'm really looking forward to playing Haydock Park Racecourse this summer," said Olly.

"It'll be one of the first chances I'll get to play tracks from 24 HRS in the sunshine so will be a special show to share with my fans. I love a day out at the races too so can't wait to get in the crowd during the day to place a cheeky bet..."

Open-air concerts at Haydock Park Racecourse offer a value for money experience unlike any other this summer. Alongside Olly's show-stopping

performance there are also six races (which kick off before the concert) - giving fans the chance to witness powerful equine athletes who are stars in their own right, and enjoy the thrilling drama and spectacle of them racing for glory.

Jason Fildes, Haydock Park General Manager, said: "We are delighted to welcome Olly Murs to Haydock Park Racecourse in August. He has an excellent catalogue of hits and is a UK pop favourite, I am sure he will be really well received with Haydock Park racegoers. I'd encourage people to buy now while there are still tickets available for what will be one of the highlights of the summer!"

The Jockey Club Live are leading promoters on the UK live scene, delivering spectacular line-ups of some of the hottest chart talent and legendary household names to some of the world's most famous racecourses. The events are renowned for combining a fun filled evening at the races with a spectacular evening concert in the informal and relaxed open-air setting of the hallowed turf. Having welcomed over 200,000 fans of live music to their events in 2016, this year is set to continue the incredible success.

The racecourses have world-class customer facilities, featuring an array of award winning restaurants that cater for all tastes, be it Fine Dining through to delicious bistro food. The Jockey Club venues welcome over 2million people a year for some of the UK's biggest racing events so you can be sure a fantastic evening.

Tickets for the concert on, August 11, are on sale via www.thejockeyclublive.co.uk. Tickets are priced starting from £37.50 adult /£15 child (under 18). Please note child tickets are limited and all under 18s must be accompanied by an adult. All T&Cs are available at haydock.thejockeyclub.co.uk. There will be hospitality packages available to suit all budgets.

In addition to Haydock Park, The Jockey Club Live will be hosting live concerts across Sandown Park, Newmarket, Wincanton, Aintree, Market Rasen, Epsom Downs and Carlisle racecourses this summer.





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Hotel launches Wedding Photo Awards 2017

The Park Royal Hotel at Stretton has launched its annual search for Warrington's best wedding photos, as the QHotels Wedding Photo Awards opens for entries on Facebook and Instagram. After receiving over 2,500 entries and votes in the first Wedding Photo Awards last year, The Park Royal is now calling for entries to the 2017 competition, which will celebrate the memorable moments captured at weddings, from the funny to the romantic.

Anyone in the UK can submit a photo - whether an experienced photographer or a guest at a wedding - by posting it on QHotels' Facebook or Instagram page using the hashtag #WeddingPhotoAwards, along with the name of the category they wish to enter.

The winner of each category will receive a one-night QHotels break for two with dinner.

The 2017 Wedding Photo Award categories are:

- * Best 'first look' photo
- * Funniest wedding photo
- * Best 'perfect kiss' photo
- * Best 'first dance' photo
- * Best 'themed wedding' photo

Entries will close on 3rd July when QHotels' expert wedding panel will announce the shortlist for each category, before going to a public vote on social media to decide the winner.

Annie Brown, General Manager at The Park Royal launched the awards, saying: "We received some fantastic entries from the people of Warrington into last year's competition, from stunning black and white photography, to comically-staged group photographs and photo-bombed selfies.

"We're expecting to see even more creative shots entered into the 2017 awards, as brides and grooms-to-be take their inspiration from social media channels, such as Instagram and Pinterest. We can't wait to see more wonderful and unique photos!"

For more information about The Park Royal's Wedding Photo Awards and how to enter, please visit: QHotels.co.uk/weddings/WeddingPhotoAwards, [Facebook.com/QHotels](https://www.facebook.com/QHotels) or [@QHotelsgroup](https://www.instagram.com/QHotelsgroup) on Instagram.





25,000 visitors expected at Disability Awareness Day 2017

More than 25,000 people are expected to attend this year's Disability Awareness Day, which will be celebrating its 26th anniversary.

In 1992, who would have thought that a small information event, held in Warrington for local disabled people, would grow in size and stature, and would influence the development of an internationally-recognised Disability Awareness Day.

The annual event has inspired people from all over the world and provided advice and support to 100,000's of disabled people, their families, friends and carers.

DAD is the world's largest not-for-profit, voluntary-led, pan-disability exhibition, which will once again be hosted at Walton Hall Gardens on Sunday, 16 July with the support of joint principal sponsors St George Healthcare Group and St Mark Universal Copts Care.

A huge tented village housing over 250 exhibitors - including equipment suppliers; transport; holidays; leisure and employment providers; and support groups and services - is set to attract visitors to travel from all over the UK and beyond.

Inclusive Arts is just one of the highlights of the event - with a number of disabled artists including nationally recognised performers. The Main Arena will offer visitors a range of family entertainment including guide dog display teams,

falconry displays and the ever popular Katumba samba band. Also on-site will be the fully accessible Sports Zone.

A free, accessible Park and Ride service is available from Wilderspool Park; free bus service every 30 minutes from 10am from Warrington Bus Interchange; British Sign Language (BSL) interpreters; trained assistants; and a scooter / wheelchair loans service promises to ensure DAD is fully inclusive to all.

"The background story to DAD is a great example of just how far a 'can do' attitude can take you," says Event Founder and Co-ordinator, Dave Thompson MBE DL.

"What started out as a one-off event is now the highlight of the international disabled community's calendar - inspiring similar events as far afield as India, Cameroon, Uganda and Gibraltar. Our team is also working closely with St Mark Universal Copts Care teams based in the UK and working in Egypt and Sudan".

The big day on Sunday 16th July from 10am to 5pm - will be a fitting finale to a week comprising a variety of complementary events to savour, which are guaranteed to attract many more visitors.

For more details on DAD and 'DAD Week' and all the events listed, please contact Warrington Disability Partnership on 01925 240064 or visit www.disabilityawarenessday.org.uk

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Sitting in the refined surroundings of the Bridgewater Hall, I always feel somewhat under-dressed and not a little in awe of the beautiful surroundings. Despite hosting many rock concerts the sight of hordes of tour T-shirts, ripped jeans and trainer clad fans never seems quite right in these surroundings, yet when the gentleman who had the seat to my right turned up wearing a very classy two piece suit (definitely not a £50 Matalan job) I couldn't help but wonder whether he had mistakenly bought Procul Harum tickets in expectation of a night of choral delights from a touring company of Benedictine Monks.

Of course, I am still 20 years old in my head, and I easily forget that I and the majority of the audience are past 50, and that on a Monday night, many have no choice but to come straight from work – Long gone are the days of rebellious youth, skipping work early or throwing a 'sickie' in order to see your 'heroes' perform after spending most of the day in the pub.

Indeed when the band walk out onto the stage to 'very polite' applause I did worry that the usual rock concert atmosphere was going to be dampened by the imposing surroundings and the band would find it difficult to whip up much ardour amongst its followers.

Of course Procul Harum are no spring chickens, Gary Brooker (the only original member of the band) is 72 and the rest, whilst they havent been around quite that long, are certainly well out of short pants and their accumulated experience meant they knew just



how to bring the audience alive.

Despite Gary's age, the one thing that struck me from the start, was the strength of his voice. Yes perhaps a little deeper but every bit as strong and distinctive as ever and from the opening track - I Told On You, through to the final encore - his voice wowed the audience, taking everyone on a tour through time from the early days of Conquistador, Homburg, A Salty Dog and of course A White Shade of Pale right through to The Only One from their latest album Novum.

An intimate gig, filled with Gary's natural humour, distinctive vocals and classic songs.

This tour is a must see for any Procul Harum fans, even if you are only familiar with the early material, the more recent songs will not disappoint and if you are not familiar with them get along and discover one of the most underrated bands to come out of the '60s.

Review by Paul Walker

Celebrating 50 years

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Family and friends raise £7,400 in me



Rea, with her mum, Lesley, at a Warrington Wolves match.

Family and friends of 22-year-old Rea Muir, who tragically died less than three weeks after being diagnosed with leukaemia, have raised £7,400 in her memory.

More than 40 family and friends of 22-year-old care home assistant Rea took on Mount Snowden, the highest mountain in England and Wales recently in aid of CLIC Sargent, the UK's leading charity for young cancer patients and families.

Rea from Bruche, Warrington tragically passed away shortly before Christmas last year, less than three weeks after being told that she had leukaemia.

She had started to feel ill last July. She had been delighted to watch her beloved Warrington Wolves Rugby League team go through to the final of the Challenge Cup but that evening she complained of a headache and feeling ill.

A few days later an out of hours GP advised Rea to go to Halton Hospital and she was then sent to the accident and emergency unit at Warrington Hospital. The waiting time was five hours but Rea felt too ill to wait to be seen and returned the next day when doctors told her that she had Pneumonia and Sepsis. A bone marrow biopsy was later carried out and showed that she had blood disorder myelodysplastic syndrome and

would need stem cell treatment.

Her mother, Lesley Whyte, aged 55 said: "Although we were worried about Rea we thought it was quite straight forward and there seemed no urgency for her to be treated."

Rea's condition was not improving and in late November Rea and her family received worrying news. They were told that Rea had acute myeloid leukaemia and needed to go to the Royal Liverpool Hospital to begin chemotherapy treatment.

Lesley said: "When we were told it was leukaemia I felt sick. It completely takes your breath away and you feel like you're going to throw up and can't stop shaking."

The family was supported by a CLIC Sargent social worker who arranged financial support and helped Rea and her boyfriend Robert to plan a trip to Devon for what would have been their first holiday together on their own. Sadly the young couple, who had planned to get engaged on Christmas Day, never got the chance.

Rea was admitted to the bone marrow unit in Liverpool on 28 November but urgent chemotherapy treatment had to be delayed because she had a lung infection and high temperature which needed to be brought under control. She

emory of Rea

was moved to the intensive care unit on 12 December but sadly passed away on 14, December 2016.

“It all happened so quickly. Watching your child suffer is the worst thing but thankfully she didn’t suffer for too long and afterwards she looked so peaceful,” said Lesley.

Rea’s funeral took place after Christmas and her family made sure it reflected her love of Warrington Wolves. Rea was laid to rest in her new Warrington top and had a flag signed by the team on her mother’s car which has the registration LE5 1 REA. Warrington player Ben Westwood also sent a tribute video message to Rea’s family on the day of the funeral. While Rea was having treatment in Warrington Hospital, Wolves winger Kevin Penny visited her.

Rea’s family and friends decided to take on the Mount Snowdon challenge to celebrate her memory and have already raised more than £7,400 for CLIC Sargent.

Lesley said: “Rea was just a naturally happy and positive person who had the widest smile that would light up any room, she was sincerely kind and caring and always had time for everyone. CLIC Sargent is such an amazing charity and we’d like more people to know about the work it does. I can’t tell you how humbled, Rea’s father Tony and I feel. The support and generosity shown by all our wonderful family and friends has just been amazing.”

Jayne Moran, Fundraising Manager at CLIC Sargent, said: “When cancer strikes young lives we fight tirelessly to limit the damage it causes beyond their health. We rely entirely on donations to fund our vital work and so we can’t thank Rea’s



Rea with boyfriend Robert.

family and friends enough for their fantastic efforts climbing Mt Snowdon.”

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Rea with Wolves player, Kevin Penny.

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

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

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

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

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

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

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Atomic Kitten star warns of dangers of temporary black henna tattoos

Atomic Kitten Natasha Hamilton is backing a British Skin Foundation campaign to #AvoidBlackHenna as summer approaches.

She has joined a campaign warning the public of the dangers of so-called 'black henna' temporary tattoos (BHTTs) after her son suffered a reaction earlier this year.

Upon returning from a holiday in Morocco, Alfie aged six was left with a scar on his leg where the BHTT had been.

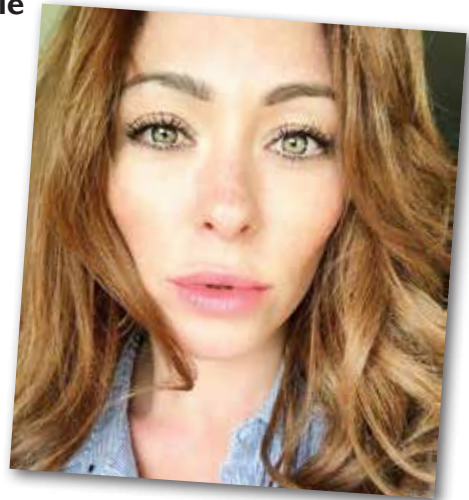
Natasha said, "I am backing the British Skin Foundation's #AvoidBlackHenna campaign as there needs to be a greater awareness of the potential permanent dangers posed by Black Henna tattoos. Sharing my photograph of Alfie's scarred leg will hopefully highlight these dangers and will act as a warning to parents who might not know the risks attached to these so-called temporary 'black henna' tattoos. Having witnessed first-hand Alfie's terrible reaction to Black Henna, it's just not worth the risk of permanent damage and letting your children have one done at home or abroad."

The majority of BHTTs are not based on henna at all, but a substance called para-phenylenediamine (PPD) which is found in hair dyes. PPD is allowed for use in hair dye, but its use for skin contact products such as temporary tattoos is illegal in the European Union.

When PPD is used on the skin in this way it can cause blistering, painful skin burns and may even lead to scarring. It can also leave the person with a lifelong sensitivity to PPD, which increases the risk of a severe allergic reaction when using hair dye in the future.

Research among dermatologists in 2015 revealed that they were seeing an increase in reactions at their clinics across the UK.

- 4 out of 10 dermatologists asked had seen patients with skin reactions to BHTTs.



- 1 in 20 dermatologists approached said that over 80% of the BHTT reactions they had seen were in children aged under 16.
- Dermatologists asked confirmed that around half of the patients got a BHTT outside of the EU, where the legal status of PPD is not always clear; however the other half got a BHTT within the EU, with 27% of these in the UK.
- About two-thirds of dermatologists approached have seen an increase in patients with reactions to hair dyes, many of whom have previously had a BHTT.

Dr Anjali Mahto, Consultant Dermatologist & British Skin Foundation Spokesperson reinforced these findings saying, "Black henna is well known to cause skin reactions and should be treated with caution, particularly in children."

The decision to re-issue this warning in 2017 is backed by the Cosmetic, Toiletry & Perfumery Association (CTPA). "The message is clear: having a 'black henna' temporary tattoo presents a significant risk of a very nasty adverse reaction to the tattoo itself. It also increases the risk of either not being able to use most hair dyes in the future or having a bad reaction to them if the warnings are ignored. Most importantly, parents will want to safeguard their children this summer by steering clear of so-called 'black henna' temporary tattoos." Dr Christopher Flower, Director-General CTPA

So remember, avoid black henna this summer at festivals, funfairs and on holiday!

Join the discussion on Twitter #AvoidBlackHenna

It's not just what you eat, but *when* you eat

A nutritionist's guide to the best foods to eat from dawn till dusk

by Nutritionist Cassandra Barns

We all know we need to be eating a healthy, balanced diet but knowing what to eat at certain points of the day can be confusing if you're not in the know. Therefore we asked Nutritionist Cassandra Barns to guide us through what we should be eating when from dawn till dusk.

7–8am: Scrambled eggs on rye toast with rocket and cherry tomatoes

“Breakfast should always focus on protein. Protein helps to wake you up in the morning, as well as helping to balance your blood sugar for steady energy throughout the day. The eggs provide the protein, and this is combined with some slow-releasing carbohydrates in the rye bread, and one to two servings of vegetables in the rocket and tomatoes.”

10–11am: 2 teaspoons of almond or peanut butter on 2 oatcakes

“To keep your energy levels balanced Cassandra advises, “If you're peckish mid-morning, go for a snack that combines some more slow-releasing carbohydrates, Nairn's superseded wholegrain oatcakes [RRP £1.40, Sainsbury's] with protein and/or healthy fats. The carbs are provided by the oatcakes and the protein and fats by the nut butter.”

1pm: Salmon salad with quinoa, avocado and green beans (or other mixed salad veg)

“A focus on protein is important at lunch too. Keeping protein levels up and limiting carbohydrates to a smallish serving will help keep your blood sugar levels steady and help prevent the afternoon ‘slump’ around 3 or 4pm. Salmon provides not only protein but also vital healthy omega-3 fats for your brain.”

3–4pm: Matcha Green Tea with 1 or 2 chunks of raw dark chocolate

“Many of us feel like an afternoon pick-me-up, even if we've eaten healthy meals at

breakfast and lunch. But coffee can keep you buzzing for hours and may affect your sleep” says Cassandra. Instead she advises, “Go for Clearspring's Matcha Shots [RRP £6.25, www.clearspring.co.uk] you'll get a much smaller dose of caffeine for a gentle lift, together with theanine – a natural substance found in green tea that can help you feel calmer and more focused. As an afternoon treat, you could have a couple of chunks of dark chocolate – as long as it's at least 70% cocoa, such as OMBAR 72% [RRP £1.99, Ocado] to limit your sugar intake. Raw chocolate is a great option as you'll get higher levels of antioxidants compared to standard chocolate.”

6.30pm: Chicken and veggie stir-fry with buckwheat soba noodles

“For your evening meal, you can put more focus on the carbohydrates by having a good serving of wholegrain noodles or wholegrain pasta. Opt for Clearspring's Japanese Soba Buckwheat Noodles [RRP £3.99, www.clearspring.co.uk]. Eating more slow-releasing carbs in the evening can help to calm the nervous system and aid sleep. Buckwheat noodles are ideal for this. Emphasize the veggies too, with just a small to moderate serving of chicken or other protein.”

9pm: A small bowl of oats

Finally just before bed Cassandra suggests “If you tend to feel a bit hungry before you go to bed, or you have problems sleeping, then an extra small serving of slow-releasing carbohydrates an hour or so before bed can be helpful. Try a half bowl of porridge made with Nairn's Scottish Porridge Oats [RRP £2.00, Sainsbury's] . Oats may also have natural calming properties – in herbal medicine, they're classed as ‘nervines’, meaning they can support the nervous system – ideal before bed.”

Shelly's Chocolate Treasures

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

Recipe

8oz sugar
8 oz soft margarine
4 eggs
8 oz self raising flour sieved
2 heaped dessert spoon of cocoa

Method

Turn oven on
Paper cases in muffin tray
Beat butter and sugar till it goes smooth and paler.
Beat in eggs add spoon flour to prevent curdling. Slowly add flour till all combined. Divide into 12 muffin cakes Bake in moderate / high low down oven for about 25 min till cooked.
As soon as it is out of the oven add a piece of chocolate on top of each cake then decorate with all your Treasures : cut up mars bar, snickers , gummy bears, smarties, choc drops maybe pop a lolly pop.

If you've been really good you have one and give all the others away.



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