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magazine

August / September 2017

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Welcome to lifestyle

 @GarySkent

Holiday season is well and truly upon us and the school holidays are in full swing - but we have certainly had a mixed bag of weather from heat waves to rain and pretty much everything in between.

I suspect many of us will be jetting off in search of sun, if not this summer, later in the year.

Well before you go check out a couple of features we are running this month - one on the top 10 worst destinations in Europe for illnesses and accidents and a fascinating insight into the copyright laws when it comes to taking pictures on your holiday.

Did you realise the chef owns the copyright for a plate of food served in his restaurant! I have been a photographer most of my life and that one was a new one on me!

Also don't just presume you can take photographs of iconic buildings abroad on your travels and

you certainly need to be very careful when taking photographs featuring young children.

So enjoy your holidays if you haven't had them yet, be careful and make sure you don't break any laws!

It's hard to believe our next issue will be our autumn one!!! It will be Christmas before we know it!!!!

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RivFest17 returns to support River Reeves F

Various bands and artists including Maximo Park, Billy Bragg and Eliza and the Bear will play at this year's music festival set up by the family of Warrington musician River Reeves, who tragically died last year.

RivFest, the annual music festival set up by the family of the late Viola Beach guitarist River Reeves will take place on Saturday, September 2 at Priestley College. All four members of the band attended Priestley College.

The four members of Viola Beach – Reeves, Kris Leonard, Tomas Lowe, Jack Dakin – and their manager Craig Tarry were all killed when their car left a bridge in Sweden in February 2016.

Tickets for the event are on sale now via a variety of methods at www.riverreevesfoundation.org/rivfest-2017

Organisers say that for every ticket sold, £1 will be donated to the We Love Manchester campaign set up by the British Red Cross and Manchester City Council in support of victims of the recent

terrorist attack in the city.

Proceeds will also go to The River Reeves Foundation, which will be working with bus company Arriva NW to build over the coming years a school to school bus fleet that will include a recording studio bus, animation bus, theatre bus, dance bus, and a creative arts bus as well as single decker buses, providing mental health support for youngsters across Warrington's schools as part of the Future in Mind initiative.

The buses will tour schools and provide inspiration to youngsters, many from disadvantaged backgrounds as well as wider support for those struggling to access mental health support.

Following their tribute to Viola Beach at Glastonbury in 2016, Coldplay have been passionate advocates of the charity and are lending their support to the bus project and other ambitious plans the charity has.

Coldplay will have their images over the buses



oundation

and have issued the following statement to encourage people to buy a ticket and attend this year's RivFest17: 'If you live anywhere near Warrington, please buy a ticket for Rivfest17 on Saturday 2nd September. It's a fantastic line up, a top day out and a wonderful cause – raising money to realise the dreams of upcoming local talent, all in memory of the great River Reeves.' Coldplay.

Whilst Coldplay won't be performing at this year's RivFest17, the festival organizers are daring to dream that a performance by the band at a future RivFest might one day happen.

The aims of the foundation are to help young people realise their dreams as actors, writers, artists, directors and musicians through school to school support, grants, donations and other payments.

For more on the charity see riverreevesfoundation.org



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Ex-Mansun frontman returns to the s

This summer sees the return of one of British rock's most singular and distinctive voices. This summer, former Mansun frontman Paul Draper released his long-awaited debut solo album *Spooky Action*. Crafted with the same idiosyncratic songwriting and production that made him a 90's cult hero, the album comes with a more personal perspective, and newfound lust for life.

At the peak of their powers, Mansun were one of the UK's most renowned rock exports - inspiring undying devotion in their fans with a sound so bold it would influence a generation of misfits to pick up guitars and push the envelope. A number one debut album (*Attack of the Grey Lantern*), a hugely acclaimed boundary pushing follow-up (*Six*) and numerous radio-hugging singles (brought together on the peerless *Legacy* collection). Then in 2003, while recording their fourth album *Kleptomania*, the band split amid great tension and musical differences. Years of legal battles and strife would follow, but having been in bands since he was 10-years-old, Draper kept on writing.

"We were a Britpop version of the Sex Pistols," says Draper. "Great while it lasted but then imploded magnificently."

However Draper, remained active - writing and producing with the likes of *Skunk Anansie's Skin*, *Menace Beach*, *The Joy Formidable*, as well as his long-term and acclaimed collaborator *Catherine AD* (aka *The anchoress*). However, when he lifted his head above the parapet, the world wanted more - leading fans to start a petition for Draper to unearth his own unreleased tracks and solo material.

"Someone recently told me 'I really loved Mansun because you were like a prog-musical version of *The League Of Gentlemen*,'" laughs Draper. "Make of that what you will. I was just a working class product of the art school system from a small Welsh town. People just think we had good songs. We did so many EPs, played 200 gigs a year, we shook every hand. We never took any fan for granted. Those fans never went away."

Riding on the wave of goodwill, last year saw Draper release two well-received EPs through *Kscope* whilst gaining accolades for his work on the award winning *Anchoress* album, *Confessions of a Romance Novelist*.



spotlight

Now with a huge sold out tour on the horizon, Draper is proud to announce his debut solo album *Spooky Action* - his most accomplished and autobiographical work to date.

“I had a lot to write about,” he admits. “I wrote down all of my thoughts about what happened to me in Mansun, and what happened to me afterwards. It was just another form of therapy.

“It’s been a cathartic process. I don’t work in a professional manner, I do it to heal something - whatever that is. I got a lot of anger out and I’m on the other side of it now. It’s taken a lot to get there.”

Spooky Action was a project born out of the death of Mansun, shelved as Draper went on to work behind the scenes with like-minded artists. The online fan petition - reported across the music press - forced Draper to revisit dusty solo material. With some older tracks and others written recently in collaboration with Catherine AD, *Spooky Action* is a portrait of an artist coming to terms with his past but with his heart very set on the future.

“I’ve dealt with the past; the music was just one of many processes that helped repair me as a person,” says Draper. “The music started out quite vengeful and ended in a happy place, just feeling happy and privileged to be able to make an album.”

So much so, that Draper is already looking ahead to touring and a follow up solo album. But for now, Draper’s just excited to get this record out there and enjoy the ‘whole new world’ of music in 2017.

“Someone once told me that people in the music industry used to say, ‘Don’t sign musicians like Paul Draper any more; just get people from stage school backgrounds’. But if you do that, you end up with homogenized music. Where’s the fun in that?”


Where indeed? It’s so good to have him back.



Spooky Action tracklisting:

1. Don't Poke The Bear
2. Grey House
3. Things People Want
4. Who's Wearing The Trousers
5. Jealousy Is A Powerful Emotion
6. Friends Make The Worst Enemies
7. Feeling My Heart Run Slow
8. You Don't Really Know Someone 'Til You Fall Out With Them
9. Can't Get Fairer Than That
10. Feel Like I Wanna Stay
11. The Inner Wheel

The result of a decade of thinking, tinkering, writing, recording and focusing, *Spooky Action*, is lyrically, biting and brutally honest - an autobiography set to captivating, addictive melody across eleven songs that peak then peak again ... then peak again. Recorded in collaboration with Catherine AD (the Anchoress) and long time Mansun collaborator PDub, the record's 11 tracks veer from warped voodoo psych (*Don't Poke the Bear*) to glistening synthetic soul (*Things People Want*); from warped, razor wire rock'n'roll (*Grey House*) to glorious widescreen analogue pop music (*Jealousy Is A Powerful Emotion*). Collectively, they represent Paul's strongest, most consistent set of songs to date - half a lifetime's work condensed into just over an hour of perfectly formed music.



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Top 5 Legal Tips for Holiday Photographers

It's holiday time and that means a lot of what is seen and what is experienced is about to be captured. Holiday photos are not just taken for personal enjoyment, but also some are intended to be used commercially. Because of this, a lot of travellers are on the hunt for the perfect holiday snap. But be warned – different countries, different rules! Soon after their trip, a lot of photographers can get in trouble for not having the proper permission to use their perfect holiday photos. Copytrack have put together the five most important tips that any on-the-go photographer needs to pay attention to!

Tip One “Permission is best: When photographing individuals”

It doesn't matter if you're snapping the holiday makers of Italy or even those hiking in the Carpathian Mountains. In Europe, everyone has the right to private and personal life according to The European Convention of Human Rights (ECHR). Meaning photos that are defamatory towards the individual in public places or in



situations where an individual has reasonable expectation of privacy cannot be made public without their consent. However, the meaning of “Public Places” can vary. Fundamentally, you should always ask for permission before taking a holiday snap – and that's worldwide.

Tip Two “Caution when taking pictures of children”

You have to be extra careful when you want to photograph minors. If you want to reproduce the photo or use it commercially the permission of the parents is needed. You also have to ask the boy or girl for their consent. This applies when he or she is seven years or older and can be legally allowed to make decisions. A court in the UK decided that a publicly made image of a child could interfere with their private life when used without permission, even when the parents are part of the image.

Tip Three “Attention: Not every tourist attraction can be photographed”



Whoever happily clicks the camera freely should inform themselves of which sites are forbidden to be photographed. Photos of the Eiffel Tower for example can't be shared when it's lit up, as the light installation is legally protected. Here, the so-called "Freedom of Panorama" applies that allows photographers to take pictures in public places. The freedom of panorama varies country to country, so it's always best to check the country's rules before travelling. Each country also has special regulations. In many museums photos are forbidden, like the Van-Gogh-Museum in Amsterdam, as well as similar sites such as the Sistine Chapel. So, keep it in mind to ask before getting the camera out. Military sites are also very well protected. No photos can be taken of army barracks or general military places. In Russia, photos of train stations and airports are a taboo for instance.

Tip Four "Be aware of Aniconism in Muslim countries"

You should inform yourself before travelling to Muslim countries because the Aniconism in Islam forbids photographic representation of people or animals. The interpretation of the forbidden photos differs strongly between each individual land and region – from a complete refusal to a restricted approval. Even if the ban isn't everywhere, before you take any photographs, you should always have the rules in the back of your mind, and ask before taking any photos. Also, be aware: It is not allowed in Arabic countries to take photos of the Imperial Palace as well as the Imperial Family itself.

Tip Five "Hold the trigger before snapping your holiday treat"

The freshly caught fish is arranged beautifully on the plate, the cocktail is a work of art, the tortillas look delicious. It's already clear that these photos are going to be uploaded to social media quickly, to make anyone left at home jealous. However, that can cause some trouble! First, because it can be forbidden when it is lavishly displayed. That's because the cook is the copyright holder of the



artwork. You can photograph the art and share it on your social media, but only with the chef's approval. And secondly, due to their code of conduct, it can be forbidden to take photographs in restaurants. In this situation, the camera would be better off staying in your bag.



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meadows

Warrington's Paddington Meadows were the venue of a special event when more than 100 local people turned out to help celebrate and raise attention to the UK's meadows, 97 per cent of which have been lost since the Second World War.

The sun shone, families turned out and children were entertained with treasure hunts, quizzes, bug hunts and a display of bats in the area by bat expert Harold Green of the Merseyside and West Lancashire Bat Group. A pipistrelle bat put in an appearance. The highlight for many was the flying of a drone above the meadows linked to a computer.

It attracted a local buzzard into the air fearing a rival, but it was soon satisfied that the drone was harmless and landed.

Interest in local history was satisfied with a photographic display from the New Cut Heritage and Ecology group while tours of the meadows led by rangers to see the oldest water meadow hedge in Cheshire were much appreciated.

Ecology group press officer Anne Price said: "This was the first public event we have organised on the meadows and it was marvellous to have so much public support. The group were pleased that the importance of these ancient meadows is being recognised both locally and now much further afield."

Contact details for officials of the New Cut Group are as follows Email: newcuttrailgroup@gmail.com Web site: www.newcuttrail.com (under construction)

Aerial shot by Chris Digata
Pathway in the meadows by Tony Marsh
Anne Price with Warrington Borough Council Ranger Mick Lees.



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Celebrity TV chef teams up with Lightning Seeds at 10th anniversary Food & Drink Festival

Celebrity chef Gizzi Erskine is set to host a spectacular 10th anniversary party for Liverpool Food and Drink Festival, where guests can enjoy an Asian style banquet while Lightning Seeds perform a live and intimate acoustic set.

The special event, titled 'Beauty and the Feast', is limited to just 200 guests. It will take place in the beautiful surroundings of Sefton Park on Friday 15th September to mark the 10th anniversary of Liverpool Food and Drink Festival (16th-17th September).

During the evening, guests will be entertained in a boho themed pop-up banqueting marquee, featuring atmospheric hanging festoon lighting, fire pits and long candlelit tables to create an extra special festival vibe.

Gizzi's Asian inspired banquet features four starters including 'roasted duck and watermelon salad' and 'bang bang chicken with vegetable noodles'. There is a main course of either 'lamb spit roast in bao buns' or 'crispy confit aubergine with miso and satay in bao buns', followed by 'baked Vietnamese coffee, caramel and popcorn cheesecake'.

Gizzi, who is well known for her innovative pop-up events, is looking forward to returning to Liverpool Food and Drink



She said: "I really fell in love with the city last time I came to Liverpool Food and Drink Festival and I am so excited about coming back to cook up a feast for this special anniversary party.

"The menu has been inspired by Asian style feasting. It really is going to be sensational, a celebration like no other."

Isabella Kantor, Festival Manager at Liverpool Food and Drink Festival, added: "We are super excited to have both Gizzi and Lightning Seeds as special guests at our 10th anniversary party.

"Gizzi's reputation for throwing spectacular banquet parties combined with an intimate performance by Lightning Seeds, who have played an important role in the city's music scene, will make the evening pretty special.

"We are in for a magical treat that will fuse mouth watering food with great music. It will be quite different to anything we've done before and it's going to be an incredible night."

The 10th Liverpool Food and Drink Festival, which will see celebrity chefs, local chefs and food producers serve up a giant feast in Sefton Park, will take place from 16th-17th September.

Tickets to Liverpool Food and Drink Festival 10th anniversary banquet, featuring Gizzi Erskine and Lightning Seeds, are on sale now at £75 per head. Visit: www.liverpoolfoodanddrinkfestival.co.uk for tickets and further information



Top 10 worst holiday destinations for illness and accidents revealed

It's that time of year again when many people are jetting off to sunnier spots – however spare a thought for those North-West residents travelling to Spain this summer.

A new study has revealed the top ten worst destinations in Europe for illness and accidents. Spain topped the list as the worst European holiday destination for North-West residents for both sickness and accidents, with over a million cases. This was followed by France and Greece with 472,000 and 458,000 incidents, respectively.

With over 4 million North West residents becoming injured or sick on holiday every year, Manchester-based solicitors, Michael Jefferies Injury Lawyers, found that over half of respondents had suffered from illness or injury whilst holidaying across Europe and a staggering 70% of all incidents took place there.

The top ten places where North West residents got sick and suffered accidents abroad in Europe were:

1. Spain – 43%
2. France – 13%
3. Greece – 12%
4. Portugal – 9%
5. Italy – 7%
6. Cyprus – 4%
7. Germany – 4%
8. Turkey – 4%
9. Malta – 3%
10. Bulgaria – 1%

On average, North West holidaymakers lost over a day and a half of their time away due to sickness and accidents. They expect to be able to claim back an average of £188 for sickness abroad caused by food poisoning. For a minor accident abroad in the hotel or pool they would expect to be claim back an average of £212 in compensation and £471 for a major accident.

Over 40% of respondents who had fallen ill, had done so on an all-inclusive holiday. Michael Jefferies Injury Lawyers receives the majority of its food poisoning claims on package holidays, all-inclusive holidays and cruises, as this is when large groups of holidaymakers are staying together within a contained space. On cruise ships or in holiday resorts, there is also a higher chance of groups of people suffering from food poisoning at a similar time after visiting the same food outlet, or spreading the bug more easily between themselves.

Over 55 most at risk

Interestingly the survey found that from the North West, those who were over 55 were most at risk on holiday with over 1.4 million falling sick and 197,000 having an accident while abroad.

Michael Jefferies, managing director of Michael Jefferies Injury Lawyers comments: "For many of us, going on holiday is the highlight of our year, something we spend months looking forward to. Unfortunately, suffering an injury or becoming sick while away on holiday can ruin the experience and the results show that these are regular occurrences for North-West residents. If this applies to you and your holiday was in the last three years, you may be able to make a claim for compensation and for any time off work you had to take."

Top tips on what to do if you fall ill or have an accident away

1. Keep hold of all documentation, such as any receipts for medical expenses and a copy of your medical report from the doctor.
2. Make sure you get the details of any witnesses to your illness/injury.
3. Report the incident to a travel representative or the hotel manager if it happens in your hotel.

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Shelly's 'zesty' Shakshuka

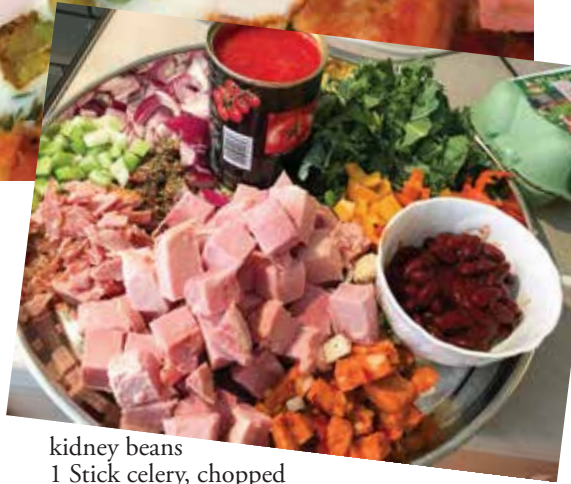
This recipe is supplied by Shelly's Restaurant on Bold Street, Warrington

Shakshuka is a dish of poached eggs in a sauce based from tomatoes, chilli ,peppers and onions.

I've zested it up a bit. There are some amazing tastes in it. Panic not if you've not got all the ingredients - just give it a go you will love it!

Recipe

- 1 Big red onion sliced thinly
- 2 Cloves garlic crushed
- 1 Red pepper and 1 orange pepper thinly sliced
- 1 Tin chopped tomatoes
- 1 Dessert spoon tomato purée
- 1 Teaspoon paprika
- 1/2 Teaspoon cumin
- 2 Spoons chopped coriander
- Seasoning / salt fresh pepper
- 1 Teaspoon chilli flakes (less if want)
- 1 Dessert spoon brown sugar
- 1 Small tin washed drained



- kidney beans
- 1 Stick celery, chopped
- 1 Big Sweet potato peeled, chopped
- Half bag washed chopped kale
- 100g hot chilli cheddar cheese, cubed
- 170g thick chunked cooked ham (optional for vegetarian)
- Six large fresh eggs.

Have oven proof dish ready

Method

Stir fry in a little coconut oil the onions and garlic. Add peppers, add all other ingredients except eggs.

Stir well.

When all hot place in oven proof dish. Cook in moderate oven for 25 min. Make little holes in mixture.

Drop in eggs.

Back in oven for 6 min till eggs are just set.

Wait till you taste this - it *YUMMY* and *HEALTHY* too!



Healthy to argue for a happy marriage

British adults have revealed the elements they believe make up a successful 21ST century marriage, and there are some surprising results.

A survey of 2,000 UK adults carried out by One4all, the Post Office gift card, found 76% believe it is healthy for happily married couples to argue.

In fact, an average of 3.9 arguments per month contribute to a “happy ever after” in 2017, according to Brits.

That along with going on 3.8 dates and having sex 8.35 times per month, are key to a successful marriage, British adults believe.

Brits expect spouses to compliment one another on average 14.98 times per month and to go the extra mile giving one another presents twice in the same time period.

Couples who want to abide by “until death do us part” should enjoy meaningful conversations with each other 16.64 times per month according to respondents, while they should flirt with each other 13.51 times monthly.

The research also found that Brits are most likely (64%) to look to their parents as an example of what a successful marriage looks like, followed by grandparents (22%).

Aoife Davey, group marketing manager at One4all Gift Cards commented: “It’s healthier to discuss upsets and concerns than to bottle them up.

“Traditionally, arguing may have been considered unhealthy but actually many Britons now recognise the important role of expressing your feelings - both positive and negative - in relationships. Just make sure that tempers are kept in check, you are respectful and that you are doing the more positive essential components regularly, too”.

Belfast adults appear to have the fieriest expectations of marriage as they believe couples should have sex 10.26 times per month and argue 5.48 times per month.

Those in Manchester value a deeper connection and believe having meaningful conversations 17.81 times and paying compliments 16.17 times per month are the key to a successful marriage.

Sheffield residents have the most romantic expectations of married life, proposing sex 9.62 times and 5.08 dates per month will result in ‘happily ever after’.

The One4all Gift Card is available to buy from Post Offices nationwide and online at www.one4allgiftcard.co.uk, and can be spent in more than 50,000 outlets across the UK.

Save the date – 'Wear it Pink' is coming!

Breast Cancer Now is encouraging the UK public to dig out their pink glad rags for their flagship fundraiser, *Wear it Pink*, on Friday, October 20.

The UK's biggest pink fundraiser is back for its 16th year, and is encouraging people to hold events in their homes, schools and workplaces, ditch their everyday colours to pull on some pink and make a donation to Breast Cancer Now to help the charity achieve its aim that by 2050 nobody will die from breast cancer.

The charity's flagship fundraising day started in 2002 and has so far raised over £30 million for vital breast cancer research.

Johnny Devereaux started supporting Breast Cancer Now after his sister was diagnosed with secondary breast cancer in 2013. Since then he's taken on challenges and marathons to raise money for the charity's research and this year he will be dressing up in pink for the day to take part in *Wear it Pink* for the fifth time.

Johnny said: "I will be wearing it pink this year. Quite simply, I take part because it's easy and it's great fun to do. You don't need to train and you can be as creative and as crazy as you like.

"As well as raising vital funds for research, the day is a great way of getting the message across to people who may not be aware of the statistics, risks or warning signs relating to breast cancer.

"Please wear it pink on Friday, October 20 and join us to raise money and make life-saving research happen."

Lottie Barnden, Senior Fundraising Products Manager at Breast Cancer Now, said: "Wear it Pink is a brilliant opportunity for individuals, groups, co-workers and families across the UK to fundraise together. There are so many ways to get involved, from holding a pink cake sale or sports day in the office or at school, to having a pink party at home with your friends. Whatever you do, you'll be raising money for Breast Cancer Now's life-saving research.

"Right now breast cancer is at a tipping point. Every year in the UK around 50,000 women are diagnosed with breast cancer, and sadly around 11,500 women and 80 men will lose their lives to the disease. This is why we are urging everyone to get involved in *Wear it Pink* and raise funds for vital breast cancer research, to help stop breast cancer taking the lives of those we love.

"We know how much fun people have when they take part and we look forward to hearing all about the ways people across the UK are planning to fundraise and take part this year."

To take part in *Wear it Pink* this October, please visit wearitpink.org for further details, fundraising ideas and how to register for your free fundraising pack.



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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