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magazine

April / May 18

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Welcome to lifestyle



@GarySkent

More and more of us are shopping online which has had a devastating impact on the high street in recent years.

Woolworths was one of the first to go followed by British Home Stores and now Toys R Us are on their way out and there have also been reports that Debenhams is struggling. Certainly worrying times for those in the retail sector - and the clear message is it doesn't matter how big you are or how many stores or staff you employ no one is immune to the change in our shopping habits.

A lot is being done to change the demographics of town and city centres, none more so than in Warrington, where there are moves to re-populate the centre with people, who in turn will support local businesses.

There is also a huge redevelopment taking place at Times Square, which will soon boast a new multi-screen cinema, top brand high street restaurants and a brand new market set to open in January 2020.

The cultural quarter already has some fine dine restaurants and there are plenty of good shows taking place at the Pyramid and Parr Hall to help create a vibrant town centre economy. With the right level of support from consumers there is plenty to be positive about in Warrington, especially the changing town centre - go on give it a try - you may be pleasantly surprised.

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First female journalist honoured – 52 years after her death

Mabel Capper – Warrington's first female journalist – has been recognised as one of Britain's greatest pioneers of political reform.

The Women's Local Government Society (WLGS) has announced its list of the top 100 Suffrage Pioneers who fought for gender equality and women's rights in the UK – and Mabel is one of them.

Mabel came to the attention of the WLGS after Warrington Museum and Art Gallery discovered her inspirational story while compiling their exhibition "Nevertheless, She Persisted."

Determined to raise awareness about this impressive woman, museum staff contacted WLGS to nominate her as one of the 100 pioneers.

Hannah White, collections assistant at the museum said "We are thrilled that Mabel Capper has been selected as one of the top 100 Suffrage Pioneers. She is a great role model for women both locally and nationally and will hopefully inspire further women to fight for political and social causes which they believe in. Her nomination recognises the invaluable contribution that women can make to society."

Born in Manchester in 1888, Mabel came from a family of active suffrage campaigners, a legacy that would remain at the centre of Mabel's life for years to come.

Beginning her career as a journalist at the tender age of 10, Mabel started out by editing a manuscript magazine before becoming the first female journalist on the Warrington Examiner in 1907.

Using her role as a journalist to publicly argue the cause for women's suffrage, Mabel soon took a much more physical stance in the campaign by taking part in by-elections and protests throughout the country, in addition to more militant activities such as causing disruptions at political meetings and polling stations, and even window breaking.

A high-profile campaigner, Mabel was even one

of four suffragettes accused of targeting Prime Minister Asquith with a bomb in Dublin – a charge that was eventually withdrawn.

Imprisoned a total of six times, and as one of the very first suffragettes to be force-fed as the result of a hunger strike – Mabel became one of the most prominent activists for women's suffrage, a cause she continued to battle for until her death in 1966.

In 1912, she produced her first play, entitled *The Betrothal of Number 13*, which was performed at the Royal Court Theatre in London. The subject matter was the stigma imposed by imprisonment, even on the innocent.

Following the declaration of war in 1914, Mabel became a nurse with the Voluntary Aid Detachment, later becoming involved with the pacifist and socialist movements. After the war she returned to journalism and worked as a journalist on the *Daily Herald*.

Lesley Clarke, founder and chairwoman of the Women's Local Government Society, said: "We know the hundred or so local pioneers we have identified so far represent so many more activists in this period. Women who fought for the vote didn't just fade away in 1918. Many were already actively involved in improving their local communities alongside their work to win the vote. They had more opportunities to do so after 1918, and more to do. They were suffragists, suffragettes, and so much more."

Anyone wanting to learn more about Mabel and other inspirational Warrington women can visit the *Nevertheless, She Persisted* exhibition at Warrington Museum & Art Gallery until Saturday April 28.

For more information, visit:
warringtonmuseum.co.uk/whats-on/event/nevertheless-she-persisted/ or contact
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An open air headline concert at Haydock Park Racecourse

Paloma Faith

Friday, 10th August, 2018

Paloma Faith is the latest artist announced for the 2018 summer season at Haydock Park Racecourse, joining previously announced Plan B who will headline on Saturday, 21st July. With her acclaimed Number 1 album 'The Architect' riding high in the charts and a BRIT nomination for Best British Female, Paloma Faith will be bringing hits old and new to the course for a stunning headline performance.

Paloma Faith returned to the charts in 2017 with 'The Architect' following the huge success of her 2014 album, 'A Perfect Contradiction', which spent 29 weeks in the Top 10 Albums Chart, 66 weeks in the Top 40, and 100 weeks in the Top 200. The new album is currently on course to become her fourth double platinum album in a row – which would make her the first British woman in chart history to achieve this incredible feat!

Equally at home both onstage and in the studio, this show will undoubtedly be one of the highlights of the summer season.

Paloma Faith said;

'I can't wait to perform at Haydock Park Racecourse this summer for the first time. I love summertime and I love outdoor shows so to be able to perform on a - hopefully - sunny evening at the course is something I'm very much looking

forward to'.

Jason Fildes, Haydock Park General Manager, said;

'We are absolutely delighted to welcome Paloma Faith to Haydock Park in August... She is a fabulous singer and I know the North West crowds will be thrilled by another top class summer's evening of great music. Personally I can't wait to see her on stage – especially performing her brilliant track 'Only Love Can Hurt Like This'

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. In previous years, the North West has seen some incredible headline performances, including from Tom Jones, Deacon Blue, Jess Glynne and Kaiser Chiefs at Aintree Racecourse, with Haydock Park Racecourse hosting Culture Club, Olly Murs and The Jacksons last year.

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.

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Two thirds of UK millennials have an ‘unhealthy’ relationship with food

A recent study by Aviva has revealed that millennials are adopting unhealthy eating habits to keep their weight down with 51% of UK adults aged 25-34 regularly skipping meals, as well as 49% admitting they would rather look good than have a healthy diet.

When it comes to diet management and body image, millennials are bombarded with mixed messages on social media, which can bring about confusion and can then lead to these unhealthy eating habits.

Our health experts have weighed in on this issue and suggested 5 different ways you can change your outlook on your diet and health.

Emotional attachment to food

Nutritionist Cassandra Barns explains: “As emotional eating doesn’t depend on hunger, comfort eating or skipping meals can often be uncontrolled – you don’t necessarily stop when you’re full and you’re not necessarily eating when you’re hungry and your body requires the energy. Learning to manage your emotions in a different way can help stop emotional eating and help you create a healthier relationship with your food.”

Increase your mindfulness with yoga

Maija Kivelä, Yoga instructor at the new holistic wellness boutique, Maître of Thyme (www.maitreofthyme.com) explains, “Due to our hectic lifestyles, mindfulness has become a huge trend. Yoga can increase your mindfulness and as a result, individuals will become more aware of what they are eating and make better eating choices, which will certainly help weight management. I really hope that my classes will not only support physical and mental strength but also perfect students’ postures, make them happier and help them to follow a healthier lifestyle.”

Body confidence

“The way we see and think of our bodies affects all aspects of our lives. Positive body image and self-confidence play a big role in our relationships, our work environments and the everyday activities we take part in such as exercising or going out with friends. When you see yourself positively and feel good in the body you’re in, it shows! It improves our interaction with other people and allows for us to reach new goals,” explains Nutritionist and Weight Loss Coach, Pippa Campbell (www.pippacampbellhealth.com).

Stop the binge

When you completely cut-out those sweet treats from

your diet or you regularly skip a meal before a night out, you can have a much higher chance of giving in and bingeing eating. It’s much better to have a varied and balanced diet. “Our bodies cope much better when we eat and drink in moderation as it has time to process that food and drink. We cannot overload it without paying a price - your body has to deal with high amount of these foods in a short space of time, with your blood sugar going on a roller coaster of highs and lows and then trying to recuperate over the next few days before your next binge,” explains Leading UK Nutritionist Dr Marilyn Glenville (www.marilynglenville.com).

“If you miss meals or starve yourself, your body will think there is a shortage of food and its response is to slow down your metabolism and hold onto fat stores. This type of eating can make you have cravings because your blood sugar will be low and your body needs a quick fix,” adds Dr Glenville.

Ditch the scales

“There are several reasons why it can be best not to focus on the number on the scales. Body composition is about much more than weight. Body fat percentage – or how much of that weight is fat and how much is muscle or bone – is actually much more important. And this is where your weight on the scales – and even your BMI – can be deceiving: you can have a low body weight or BMI but also a higher-than-normal body fat percentage and a low muscle mass, which is bad news for your health. Or you’re losing weight, but the weight that’s coming off is actually muscle - also bad news,” explains Dr Glenville.

“Another reason for not focusing on the scales is that the number can fluctuate quite a bit from day to day. This can depend on what you’ve eaten or drunk – and, for example, water retention, which can affect women differently throughout the month. This can make you panic if you see an increase, when actually nothing has changed or you could be still losing fat,” adds Dr Glenville.



Heading for the kitchen catwalks in Milan

This April the team at Warrington based JD Kitchen's will take off to Milan to view the very latest in kitchen cabinetry, hot from the Italian culinary catwalk.

The design team led by Managing Director Dave Charlton, have always had a keen eye for form and function and the Milan show is the perfect opportunity to stay abreast of the latest developments, and invigorate the homes of their customers with the hottest looks.

The team favour super sleek German kitchen manufacturer Schuller and are particularly interested in finding out what will be revealed in their luxury brand NEXT 125 range.

Dave said: "I am an engineer by trade, so the

designs from Schuller really appeal to me. Exacting standards, with precision finish and beautiful workmanship. That, and their eco credentials are why we've chosen to be the only supplier in Warrington, and we're keen to stay ahead of the game.

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Top tips for a Winter Wedding at The Park

Glamorous colour schemes, twinkling fairy lights and crisp, festive weather; winter weddings are magical, romantic and most importantly, budget friendly!

There's no better time to plan your winter wedding, so to get you started, we've rounded up our top 5 winter wedding ideas to help you nail your wedding theme!



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Having your ceremony and reception in one place will spare your guests more time in the cold and will mean there's one less journey to make if the bad weather hits. At The Park Royal, our Royal suite can be transformed from a glamorous ceremony room in to a beautiful reception for your wedding celebrations.

Whatever you choose, your dream winter wedding could be a reality at The Park Royal and with wedding packages starting from just £3,000, your big day could be nearer than you think!

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2. Add Romance with Candles and Fairy Lights

Embrace the limited daylight with a scattering of romantic candle light and fairy lights across your ceremony and reception space to add an intimate feel to your day.



3. Keep Guests Warm

A hot, festive drink on arrival, like a warming glass of mulled wine, is a great way to keep your guests warm and cheery on arrival to your big day.



4. Wintery Wedding Favours

Choose winter wedding favours like blankets, sparklers, mulled wine, candy canes or little bottles of Baileys for the perfect winter wedding favours.



5. Winter Accessories

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*Cristina Lazaro modelling clothes by
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Young fashionistas turn on the style

Textile students with ambitions of fashioning a career in the creative industries were given an opportunity to turn on the style for two industry experts.

Priestley College in Warrington gave its young fashionistas their first experience of creating a brand, making their own clothes and producing a marketing strategy to help them sell.

Two industry experts then met the students to discuss their ideas and offer feedback. Louise Trasatti, a senior lecturer in fashion promotion at UCLan, praised their achievements even saying one – DeLuxe – ‘could launch tomorrow’.

“It has the potential to be an iconic brand,” she told Melanie McConnell and Kate Stockman.

Tutors at Priestley challenged the BTEC Fashion and Textiles students to create their own label complete with logo and photography in time for the final presentation to the UCLan lecturers.

Louise and fashion design lecturer Jenny Loram-Spring scrutinised all the brands, asked questions and gave feedback.

“We’ve been so impressed by the variety of their ideas as well as the students’ grasp on everything from using photoshop to how they would use influencers

to sell their clothes,” said Jenny.

Among the ideas put forward were a fashion line called Kay Nove that also provided matching clothes for the buyer’s dogs.

DeLuxe was a high-end brand that allowed buyers to select their own colour palette so that friends can go out in similar outfits, but with their own twist on the clothes.

Former Lymm High School pupil Charlotte Leigh and Clara Romero Collins, who previously studied in Spain, created Widdershin – a word for anticlockwise, representing how their customers like to go against the grain.

“We combined aspects of nature and culture in our designs,” said Charlotte, who hopes to study theatre costume design at university.

Clara added: “I was thinking of going into a career in interiors, but working on this brief has made me think I might study fashion.

“It was so much fun doing the research and looking into all parts of creating a brand.”

Students – BTEC Fashion and Textiles students presented their brands to fashion experts from UCLan.





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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.

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X-Factor star to appear in Summer Holiday

Ray Quinn to appear in Summer Holiday

X-Factor runner-up Ray Quinn is to star in the brand new stage musical Summer Holiday which is set to tour the UK from May 2018, with the famous red double-decker bus making its first stop at the Liverpool Empire on Tuesday 8th May.

The show will also visit Chester Storyhouse from Tuesday 11th September.

Based on the iconic 1960's film of the same name, starring Cliff Richard and The Shadows, Summer Holiday will include all of the number one hits from the movie, plus some additional Cliff Richard classics.

Taking on the lead role of Don made famous by Cliff Richard, is singer-songwriter Ray who shot to fame as the runner-up in ITV1's The X Factor in 2006. This spurred a career in both music and of late musicals, with his debut album 'Doing it My Way' entering the charts at Number 1, and quickly gaining platinum status. Ray is perhaps best known of late for 'doing the double' on ITV 1's hugely successful show Dancing on Ice, winning for the first time in 2009, and then again on Dancing on Ice: Champion of Champions in 2014. Ray's theatre credits include Danny Zuko in Grease (West End), Dirty Dancing (West End), Legally Blonde (UK Tour) and most recently, The Wedding Singer (UK Tour).

Summer Holiday tells the story of Don and his fellow London Transport mechanics as they journey together in a red double-decker bus through Paris, the Alps, Italy and Greece. Along the way they pick up a girl singing group and a young American pop star who is on the run from her domineering mother!

This hit-filled musical features many of 1960's biggest songs including In the Country, Summer Holiday, Travellin' Light, Bachelor Boy, Move It, Living Doll, The Young Ones and On the Beach.

Tickets for Summer Holiday are on sale now. Further casting to be announced in due course.



Tuesday 8 – Saturday 12 May
LIVERPOOL EMPIRE

Box Office: 0844 871 3017

Website: www.atgtickets.com/liverpool

Tuesday 11 – Saturday 15 September
CHESTER STORYHOUSE

Box Office: 01244 409113

Website: www.storyhouse.com

Shelly's Vegan Hash Browns

by Michele Butterworth,
of Shellys Restaurant,
Bold Street, Warrington

Recipe and Method:

Three potatoes: what ever kind you have in ' A big size is easier to coarsely grate.

Rinse potato in cold water till liquid goes clear, this is removing the starch.

Squeeze grated potato in a clean tea towel to remove water.

To clean the dry grated potato stir in two tablespoons of gluten free plain flour. Add freshly milled pepper and Himalayan salt and five table spoons of soya milk plus a tablespoon of fresh or dried chives which will spice it up.

Add some chilli flakes to give them a livelier kick if you want to!

Place in a frying pan and heat up a little vegetable oil to fry the potato Mix either a spoonful and flatten out or if you have a few metal pastry cutters dollop a spoonful in centre to get a perfect round shape.

Fry on low heat for five minutes each side. If you try and turn them over too soon they will fall apart. You could fry them all in advance chill and refrigerate and reheat to save time cooking a full batch.

This quantity will make about six.

These are easy try them!

Shelly xx



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