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magazine

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Welcome to lifestyle



Twenty five years is a significant milestone for an anniversary - and this year The Park Royal Hotel is celebrating 25 years since replacing the Old Vicarage Hotel at Stretton.

It only seems a blink of an eye since I celebrated my own wedding reception at the hotel 25 years ago!

To give my daughter away in our 25th wedding anniversary year at same same Church, St Matthew's, followed by a wedding breakfast at the same venue, was certainly at extra special moment.

But it was also a wake up call to how life can pass us by in the blink of an eye.

As I said in my wedding speech, life is a roller coaster of highs and lows, as new people come into your life as others leave, in a variety of circumstances some more tragic than others.

Certainly a time for reflection on what is important in life - and it doesn't get any more important than family.

I can't imagine many prouder moments for a dad than to give his daughter away, although becoming a granddad also takes some beating!

Although a lot has changed in 25 years, certainly in the world of technology, a traditional wedding service and a quality hotel, remain pretty much the same!



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Rick Wakeman's

Piano Odyssey Tour Autumn / Winter 2018

Following the hugely successful Piano Portraits tour last year, in support of the album of the same name, Rick Wakeman will return in Autumn 2018 with a new show based on the follow up release, entitled Piano Odyssey. The fourteen-date tour will feature even more classic tracks given Rick's unique piano treatment, and will travel to towns and cities not previously visited in 2017.

Rick says, "In the footsteps of Piano Portraits, the new album Piano Odyssey features a collection of music old and new that includes some particular favourites of mine. I'm looking forward to performing tracks from it live on my own odyssey around the UK in the autumn!"

Upon the release of his Piano Portraits album in January 2017, the YES keyboardist made chart history, becoming the first solo piano album to enter the UK's Top 10, eventually reaching number 6. Inspired by the unprecedented public reaction to his cover of Bowie's Life On Mars on BBC Radio 2 a year earlier, the album features instrumental versions of hits that Rick was originally involved with, such as Space Oddity and Morning Has Broken, as well as others which he chose for their melodies, including Stairway To Heaven and Help!

The 2018 concerts will be based on a selection of tracks from both Piano Odyssey and Piano Portraits, showcasing music that has a special connection with Rick's own personal musical journey, all accompanied by his hilarious memories and anecdotes about the tunes, plus a few musical surprises.

In December, an additional special Christmas tour will follow, in which the setlist will be given a distinctly seasonal twist. Expect a night of beautiful piano arrangements, interspersed with Wakeman's renowned comedy interludes.

Tickets for both runs of the tour are available at myticket.co.uk, and prices will begin at £29.50.



Rick Wakeman Piano Odyssey Tour

September 2018

Thursday 27th	Salisbury City Hall
Friday 28th	Yeovil Westlands
Saturday 29th	Aylesbury Waterside
Sunday 30th	York Barbican

October 2018

Thursday 4th	Reading Hexagon
Friday 5th	Kings Lynn
	Corn Exchange
Thursday 11th	Ipswich
	Corn Exchange
Friday 12th	Northampton Royal
	& Derngate
Saturday 13th	Scunthorpe Baths Hall
Friday 19th	Bath Forum
Saturday 20th	High Wycombe
	The Swan
Sunday 21st	Oxford Sheldonian Theatre

November 2018

Friday 9th	Halifax Victoria Theatre
Saturday 17th	Dorking, Dorking Halls

December 2018

Sunday 16th	Bristol St George's
Monday 17th	London Union Chapel
Tuesday 18th	Cambridge Corn
	Exchange
Wednesday 19th	Manchester Royal
	Northern College of Music





Revealed: Eating regularly rather than dieting can help manage your weight in the long term

A recent study on more than 4,900 men and women has found that those who succeeded in managing their weight in the long term included eating regularly rather than dieting!*

In our current society, succeeding in long-term weight management is particularly challenging. Why is eating regularly better? Here's what our experts have to say, plus a few extra tips, to help keep you on track!

You won't need that chocolate bar

Diets where you are not eating for a long period of time increase the likelihood of your blood sugar levels drastically dropping and, in turn, this increases the chances of you wanting a bar of chocolate. Leading UK Nutritionist and author of *Natural Alternatives to Sugar*, Dr Marilyn Glenville (www.marilynglenville.com) explains, "Eat breakfast, lunch and dinner plus a snack mid morning and one mid afternoon, with no longer than three hours between. This will help stop those roller-coaster highs and sugar cravings. Because your blood sugar isn't allowed to drop, your body will no longer have to ask you for a quick fix."

Extra tip: *If you're constantly battling against that sweet tooth of yours and are after a helping hand, try Natures Plus KetoLiving Sugar Control Capsules (£29.95, naturesplus.co.uk). These capsules help to support normal glucose levels, helping to eliminate those dreaded cravings!*

Being aware can be enough

"There isn't a magic 'one diet fits all' and we should always associate a healthy diet to a healthy

lifestyle," advises Nutritionist at Natures Plus, Michela Vagnini. "People who choose that they want to live a healthier lifestyle are often half way there as they tend to focus on what is being consumed and are aware of what their body needs, over a fad diet that consists of how much is being consumed which is unlikely to last for the foreseeable future," adds Michela.

Bonus tip: *Participating in some form of exercise will help keep your healthy lifestyle on track. Maija Kivelä, Yoga Instructor at Maitre of Thyme (www.maitreofthyme.com) strongly advises going to a yoga class. "Yoga can increase mindfulness and individuals will become more aware of what they are eating and make better eating choices, which will certainly help weight management."*

*<https://www.sciencedaily.com/releases/2018/03/180323113224.htm>





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The Park Royal W

Editor Gary Skentelbery reflects on his daughter's wedding

Pictures courtesy: Gareth Roy Photography and Gary Skentelbery

This year the Park Royal Hotel at Stretton is celebrating 25 years since opening - almost 25 years on from my own wedding day experience at the venue.

With my 21-year-old daughter Hannah choosing the same venue it was a time for an emotional trip down memory lane - this time as Father of the Bride.

With the family church, St Matthew's literally across the road, the Park Royal once again made the ideal venue for the wedding breakfast.

As a member of the hotel's leisure club I am a regular visitor to the venue, so it always feels like home from home.

From the moment I walked my daughter down the aisle I knew it was going to be the perfect day as another "Royal" wedding took place the same day. Sorry Megan and Harry your big day was completely over shadowed as there is no prouder moment for a dad than walking his daughter down the aisle.

St Matthew's is a beautiful traditional church while the Park Royal is a superb venue to host a wedding breakfast - as well as offering excellent value for money.

From the moment we were greeted by manager Annie at the door, to the moment we bid the



Wedding Day Experience

Daughter's wedding day experience

Mary Skentelbery

happy couple goodnight the whole event went like clockwork, with attentive staff, good quality food and excellent hospitality.

The wedding breakfast room was smoothly transformed into the perfect setting for the evening disco in a short space of time. Those not dancing could choose between relaxing in the bar area or outside on the patio. I managed to get a sneak look at the Ambassador Suite which was part of the package for the happy couple - and you will be hard pressed to find a better hotel room in the area.

Meanwhile to make the occasion extra special the Park Royal has now teamed up with Rachel Farrington-Allen and Lara Oakes from Festival Events and Planning Limited.

Rachel & Lara said: "We were thrilled when The Park Royal appointed us as their official supplier as a local business and as two brides who had walked through their door in 2003 and 2004.

"We are passionate about giving couples the same beautiful day as we had. Our business partnership is based on 25 years of friendship, which makes us family and this sits well with the family feel of the hotel's team.

"For the perfect day, the happy couple needs great quality throughout. Pinterest searches for the right look can lead to costs spiralling out of control. But here at Festival Events & Planning we are passionate about achieving that look for a reasonable cost.

"Combined with the quality at The Park Royal in great food, wine and service, from "Marry me" to "I do" we ensure value for money with bespoke, on trend, creative solutions to enhance this fabulous venue to the max. "

So all in all the Park Royal Hotel offers the perfect venue to host your wedding breakfast and if you are not having a church wedding, they can help sort out the marriage ceremony as well!



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Leading horticultural figures to appear at Arley

Three leading figures in Cheshire horticulture will share their knowledge and anecdotes at this year's Arley Garden Festival which takes place on the weekend of June 23 / 24.

Lord Ashbrook (pictured below), whose family have nurtured Arley's gardens for 250 years, will be one of those taking centre stage in the popular Gardeners' Question Time marquee.

He will talk about the Arley gardens' history from the 18th century through to the current day and answer any questions from the public.

Joining Lord Ashbrook will be Arley's Head Gardener Gordon Baillie who has worked in high-profile gardens across the country – including once being gardener to the musician Sting.

Former BBC Gardener of the Year Sue Beesley, owner-manager of Bluebell Cottage Gardens and Nursery in Dutton, completes the trio of experts.

"We feel very honoured to have such knowledgeable speakers and are sure our visitors will be delighted to hear from all three," said Event Organiser Helen Begent.

"All of them are offering their time on both days of the show to give the public every opportunity to ask questions or simply listen to the horticultural stories they have to tell."

It is the 24th year for the Arley Garden Festival, which is firmly part of the calendar for Cheshire's gardeners.

Every year around 5,000 enthusiasts – as well as those just looking for a family day out – visit the event.

Among the highlights will be the specialist plant nurseries, floral marquee, food fair and craft stalls. There will also be live music, a classic car display and children's entertainment.



Arley Garden Festival



Pupils from local schools have also been busy creating their own show gardens, which will be honoured by judges and the public.

“Increasingly, gardening is being recognised as an important element in education and we are delighted at the enthusiasm shown by the children and their teachers,” said Lord Ashbrook.

The show is open 10am to 5pm. Tickets can be booked at a discounted rate at www.arleyhallandgardens.com or bought on the gate for £16.50 and include entry to Arley’s award-winning gardens and the hall – home to Thomas Shelby in the BBC’s BAFTA-winning drama Peaky Blinders.



Villains

Debut album by Emma Blackery -
Released August 31

Rising pop star Emma Blackery debut album, *Villains*, will be released on August 31st through her own RWG Records label. The album is available for pre-order now via Emma’s webstore alongside limited edition red vinyl and special merchandise and bundles.

Emma has released the video for her new single ‘Agenda’. The video finds Emma coming up against harsh art critics and breaking free from their constraints in a burst of neon and pastel colours.

‘Agenda’ is a sharp and sassy pop anthem celebrating self-confidence and saying goodbye to those who don’t appreciate you. Toby Scott (Little Mix, Girls Aloud, The Saturdays) has produced ‘Agenda’, and was also behind Emma’s recent single ‘Dirt’.

‘Dirt’ has had over 1.5 million streams and the video, featuring plenty of attitude, has almost hit that milestone too. The track received great support from Spotify who launched the single in the Top 20 of their New Music Friday playlist. The song also peaked at number 5 in the Spotify Viral Chart, holding a Top 10 position for over a week.

Both singles are taken from Emma’s forthcoming debut album *Villains*. The atmospheric album opener ‘Villains Pt. 1’ sees her declare, “I am a nightmare... designed to destroy” over a beat that drips with menace. Elsewhere, ‘Petty’ (“You used to call me pretty, then you took out the ‘r’”) flirts with tropical house, and her restrained vocal on ballad ‘What I Felt With You’ simmers with longing. By the album’s explosive closer, ‘Villains Pt. 2’, Emma is forced to consider her own part in her downfall, asking, “Am I kidding myself, blaming somebody else, I’m my own biggest villain.” On creating the album Emma says, “Writing the album was so cathartic. Music is my therapy.”

Emma will be touring the UK and Europe extensively throughout October.

20th – Academy 2, Manchester; 21st – O2 Institute 2, Birmingham; 22nd – Garage, Glasgow; 24th – Tramshed, Cardiff; 25th – Koko, London.

Tickets are available now through MyTicket.co.uk



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All set for Disability Awareness Day 2



Work is well underway for the 27th annual Disability Awareness Day which takes place at Walton Gardens, Warrington, on Sunday, July 15.

Founder and event co-ordinator Dave Thompson (left), now Chief Executive of Warrington Disability Partnership, said: "In 1992, who would have thought that a disability information event organised by a very small, then unknown disability group, would grow in size and stature, and would influence the development of a now internationally-recognised Disability Awareness Day.

"This year sees the '27th Anniversary event', which 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," added Dave, who helped co-found Warrington Disability Partnership after breaking his neck in a sporting injury.

More than 25,000 visitors are expected to attend this year's DAD, the world's largest not-for-profit, voluntary-led, pan-disability exhibition, which will once again be hosted at Walton Hall Gardens



2018

with the support of joint principal sponsors St George Healthcare Group and St Mark Universal Copts Care.

A huge tented village housing approximately 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 such as the Ella Performance Group and Carly Ryan. The Main Arena will offer visitors a range of family entertainment including guide dog display teams, falconry displays and a number of marching bands. Also on-site will be the fully accessible Sports Zone with have-a-go events including Scuba Diving in the temporary pool, climbing wall, shooting, archery, basketball and much more.

A free, accessible Park and Ride service is available from Wilderspool Park; plus a free bus service every 30 minutes starting at 9.30am 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 one the highlights of the international disabled community’s calendar – inspiring similar events as far afield as India, Cameroon, Uganda, Gibraltar and Thailand. Our team is also working closely with one of our sponsors St Mark Universal Copts Care teams based in the UK and working in Egypt and Sudan.”

The big day on Sunday July 15 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 to events aimed at disabled children and young people, mental health, learning disability, carers and a cultural diversity evening.

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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Dating Daisy

"Bridget Jones meets Sex in the City ..." or so they say!

This is a humorous fiction novel about internet dating in middle age - and life as a doctor in the sexual health clinic. The book is unique - filled with icons, emails, poems limericks, jokes and even Dating Daisys' kissing tips and anti-snoring tips!

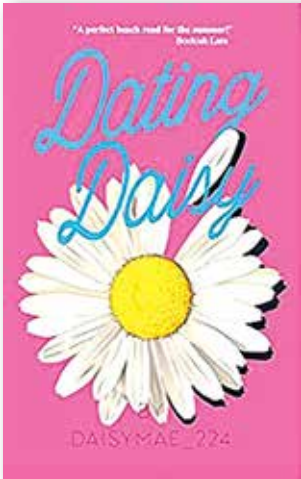
Daisy, recently divorced from ex-husband Voldemort, bravely takes the plunge and starts internet dating. Having not had to think about dates for nearly three decades, and with rudimentary computer skills, Daisy is completely naive about the internet dating process. While dating - Daisy

continues to work as a doctor in the sexual health clinic.

This is a humorous, fiction book, but based on the authors' experiences. Daisy keeps a diary and tells the story as it is - often with hilarious consequences. The medical/sexual health stories are quite unique.

Daisy tells her story with breathless enthusiasm. She is supported on her journey by a variety of characters - the amigos who live in the swanky house with the swimming pool up the road, and her friends, the irrepressible Pinky, Jeanie, the octogenarian always on hand to give advice from the nursing home, and her wayward daughter, Imogen.

This is a book with a difference - it contains icons, images, limericks, jokes, poems and even a Recipe for Love! Don't miss dating Daisys' Kissing Tips and Anti-snoring tips! Most people reading this book say they laugh out loud!



About The Author

Daisy_224 shares many similar life, and dating, experiences as her protagonist; for this reason she has chosen to write under a pen name.

Having embarked on an MA Creative Writing at Southampton University, she was inspired to start writing Dating Daisy in 2014, although the book took 3 years to complete.

In her professional life, Daisy is a doctor, who has worked initially in General Practice and then as a Specialist in Contraception & Sexual Health for more than 30 years. Her main interests are in the areas of Contraception and Menopause. Daisy worked in a specialist Menopause Centre for 17 years before running her own clinic for the past 7 years.

Daisy's second novel Daisys' Love Secrets was published on Valentine's Day. She is also currently working on three books about Menopause, Contraception and Sexually Transmitted Infections.

In Huffington Post UK, Daisy also writes her own blog, as Daisy Mae, on the addition she writes for the highly popular websites Menopause Matters, and Dr Ed. She has her own blog Life in Technicolor.

In Daisy's spare time, she loves to ballroom dance, which is her major passion. She also runs her own book club, sails with her partner and spends time with her three children.



Author: Daisy Mae



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JUNE

24

July 29, Aug 19,
Sept 20, Oct 20

Warrington Artisan Market

The market will pitch up in the newly refurbished, old riding school in the spectacular setting of Walton Hall & Gardens. Expect over 40 of the region's best creators, makers and producers, alongside live music and children's activities throughout the day.



The Independent Fashion Market

Hosting some of the regions best independent fashion retailers under one roof with hundreds of garments for sale. Stop, shop, eat, drink and get pampered too at our beauty stalls offering hair, make-up, nails, treatments and therapies.



JUNE

23

JUNE

29

Walking Day at Warrington Market

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JUNE

30

JULY

15

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Return of the Ruby Slippers!

After hugely successful tour dates since 2016 including a run in London's West End, the heartwarming riotous comedy drama, *The Ruby Slippers*, makes a welcome return to the Liverpool stage from Tuesday 24 – Saturday 28 July.

Forming part of the official Liverpool Pride Festival programme, this critically acclaimed production will be staged at the Royal Court's new Studio and tickets are on sale now.

This riotous comedy by Break A Leg Productions in association with Bill Elms features a stellar cast headed by Kurtis Stacey (*Emmerdale*) and Owen Farrow (BBC's *All Together Now* as drag artist Divina De Campo) and explores a subject rarely seen on the theatre stage.

They are joined by James Rogerson (*The Last Five Years*), Debra Redcliffe (*Coronation Street*), Emma Vaudrey (*Moving On* and *Hollyoaks*) and Jordan Simms (*Sharon Needles* and *Alaska 5000 Halloween Special*).

Throw on your high heels, slap on your lipstick and get ready to strut your stuff down to *The Ruby Slippers* drag bar, where the power of love and personal identity will be pushed to the limit, and where secrets are about to be revealed, in this two-act comedy drama from writers Emma Culshaw and David Paul.

Producer Bill Elms said: "I am delighted that *The Ruby Slippers* is coming back to Liverpool. It has been incredible to watch how it has developed since its initial opening at Liverpool's Lantern Theatre back in 2015. The show has since embarked on a North West tour in 2016 and transferred to London's West End for a limited run in 2017.

"Audience reactions to the production have been overwhelming and due to huge popular demand, we are very excited to be bringing this important piece of theatre to the Studio at Liverpool's Royal Court as part of this year's official Liverpool Pride programme."

Life is a drag at *The Ruby Slippers*, Blackpool's struggling cabaret drag club. Owner Raz (Rogerson) thinks he has met the man of his dreams in barman and flatmate Ryan (Stacey). But is that about to change when Ryan confesses he has been hiding a secret – that he wants to become a woman?

Their relationship is put to the test as Ryan deals with the struggles of transitioning to Rachel.

On top of that a rival club has opened which threatens to not only steal Raz's customers but also his star acts – the hilarious and outrageous drag queens Phoenix (Simms) and Destiny (Farrow).

Can true love overcome any obstacle? Will Phoenix and Destiny be swayed to leave *The Ruby Slippers* and join its rival? Loyalties will be put to the test as the campiest club gets ready to open its drag doors once more.

Kevin Fearon, Executive Producer at Liverpool's Royal Court said: "When Producer Bill Elms came to us with this script it didn't take long to say yes. It is such a funny show which is a perfect fit for our new studio space. We are delighted to be hosting a show that is a part of Pride this year and hope to be involved for many years to come."

For more information, please visit: www.rubyslippersonstage.com

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Shelly's Chocolate Reward Cake to celebrate

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



Recipe

Ingredients:

8oz margarine
8oz granulated sugar
4 eggs
8oz sr flour
Jar Nutella
Bar of chocolate
Sweets for decoration

Method:

Beat butter sugar until goes pale. Beat in eggs add flour slowly separate into two greased 9 inch cake tins.

Bake in moderate pre heated oven for 30 minutes. Turn out when cooked onto cooling tray. Cut each cake into two. Place a good dollop of Nutella in between each layer. Melt the chocolate in a microwave a minute at a time until runny.

Pour on top layer. Decorate with sweets.

This is a luxury high calorie cake - a reward to celebrate!

Yummy

Shelly xx



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GENESIS SHOES

Are you hiding your head in the sand over

Alzheimer's Research UK | Hidden Hearing

New research reveals millions of women admit to burying their head in the sand when it comes to their health with 75% currently putting up with a health concern that they haven't done anything about

A new study of 1,000 UK women reveals the average woman 'puts up' with worrying or annoying symptoms for more than five months before seeking help.

Researchers revealed women will live with issues such as back pain, hearing problems or toothache for months before they finally take the time to get it checked out.

The research by high street hearing specialists Hidden Hearing, found more than one in 20 even admitted they usually wait at least a year before approaching a professional for advice.

Back ache is the most common health complaint that women ignore, followed by poor eyesight, a lack of energy, muscle pain and headaches. Hearing loss, along with digestive problems and stomach pain are also among the top ten, the first of which experts believe demands greater attention from potential sufferers.

Almost half of those surveyed have delayed getting a check-up because they didn't want to waste the health professional's time. And 42 per cent confess to entering into a sense of denial about health issues when they arise.

More than one in five say their reluctance to get things checked out has led to arguments with a loved one.

GP and Medical Broadcaster Dr Hilary Jones said: "It's worrying to not only see how long women are leaving things before they seek help from a professional, but also that conditions such as hearing loss are on this list, which now has strong links to other serious health conditions such as dementia, depression, heart health and diabetes."

"It's important to be aware of your health

and get symptoms checked out at the earliest opportunity. As for your hearing, we should be testing our ears from the age of 55 years."

Emerging research has shown hearing loss has been linked to an increased risk of dementia. Depression, heart health and diabetes are also linked to poor hearing - a relationship 62 per cent of women are unaware of. And almost half admit to never having had a hearing test, despite worrying they could have a problem.

Jennie Bond, Royal Correspondent and Ambassador for the Campaign for Better Hearing, 'put-up' with hearing loss for years before finally getting a



hearing test:

"At first I joked about it with family and friends, but there comes a time when you start to think this is becoming a bit embarrassing! I'd find myself asking people to repeat themselves more and more or having 'pretend conversations' – nodding along to show I could hear when in reality I was struggling to follow what was being said. It could be very draining."

"I am passionate about people being able to hear properly and so was delighted to be asked to be Ambassador for the Campaign for Better Hearing, as from a personal perspective it has made such a difference to my life, and the life of those around me. I would encourage everyone to get their hearing tested regularly, just like your eyesight."

Like Jennie, one in three women have had to ask someone to repeat what they have said multiple times during a chat in order to understand what they are saying. And an embarrassed one in five have even pretended to have understood what someone has said so they don't have to ask them to repeat themselves. Turning up the volume on the TV and radio when others say it's fine is something a fifth of women also admit to doing.



health problems?

HEARING IS KEY TO ENJOYING LIFE'S MAGIC MOMENTS

82 per cent of women agree that hearing well is key to enjoying life's magic moments, with hearing someone you love say "I love you" back, hearing your child's first words, and being proposed to, featuring in women's all-time favourite magical moments.

Jennie Bond says: "There are so many magic moments in life where your hearing plays a vital role, for example, my daughter Emma's first little cry when she was born or hearing Brian May twang out the National Anthem from the roof of Buckingham Palace for the Golden Jubilee. One of the highlights this year was the wedding of Harry and Meghan at Windsor Castle. The crowds were enormous and thank goodness I was able to hear what everyone's saying thanks to my hearing aid."

THE CAMPAIGN FOR BETTER HEARING – ENCOURAGES PEOPLE TO 'TEST THEIR EARS AT 55 YEARS'

In response to this research, Hidden Hearing is supporting 'The Campaign for Better Hearing' to reinforce that it's never been as vital to look after your hearing, as you would your blood pressure, cholesterol, and eye sight, given the link with serious health issues such as dementia, heart health, depression and diabetes.

In association with this campaign, Hidden Hearing is donating up to five free pairs of hearing aids, one for every 1,000 free hearing tests that they carry out, to people who otherwise wouldn't be able to afford them. The initiative is part of Hidden Hearing's commitment to help everyone in the UK hear their best and live a happy, healthy life.

For more information on hearing loss or to book a free hearing test near you, visit www.HiddenHearing.co.uk

Top 10 health issues women are currently putting up with:

1. Back pain
2. Poor eyesight
3. Lack of energy
4. Headaches
5. Muscle aches
6. Stomach pain
7. Toothache
8. Digestion issues
9. Acne / bad skin
10. Hearing loss

Top 10 magic moments for women:

1. Hearing your child's first word
2. Having a baby
3. Getting married
4. Buying your first home
5. Passing your driving test
6. Falling in love for the first time
7. Hearing someone you love say, 'I love you back'
8. Finding out you're going to have a baby
9. Hearing your baby's first cry
10. Hearing your child say I love you for the first time

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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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