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magazine

December 2014 /
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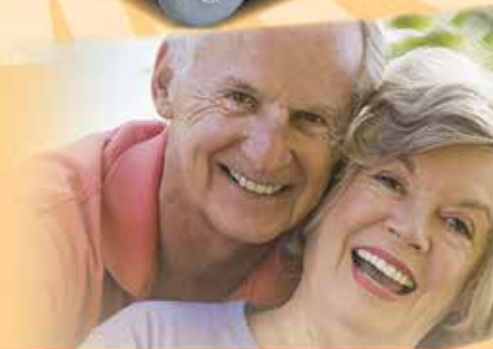
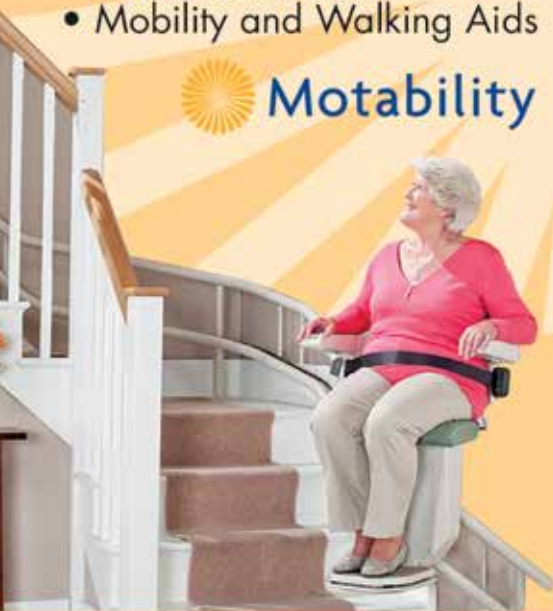
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Welcome to lifestyle

IT would be difficult not to mention the exploits of Warrington Town FC in the world famous F.A Cup – what a fantastic achievement for the lowest ranked team to get into the 2nd round proper!

Warrington created history by reaching the 1st round proper for the first time in their history and then went one better by beating League Two Exeter City on live TV in front of a national audience of more than 2.2 million viewers.

Congratulations to Shaun Reid, his team and all those involved at the club on a fantastic achievement which has helped put the club well and truly on the footballing map.

The club certainly captured the hearts of the footballing nation with their David v Goliath heroics as every player put their body on the line to ensure they went down in history – the stuff of dreams!

Now hopefully the cup success will help the club achieve their ambitions and move up the league pyramid.

As this is our final publication of the year we would like pass on the seasons' greetings to our readers and advertisers.

Copy deadline for our February/March issue is January 13



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Brave Sophie h

Brave schoolgirl Sophie Fleming, who has battled arthritis since she was two, lit up the town centre when she pushed the plunger at Warrington's spectacular Christmas lights switch.

Sophie aged, 10, from Bewsey, was on stage with a host of children's television stars and a Warrington world champion teenage beauty queen to kickstart a laser show before the festive lights came on to illuminate the town.

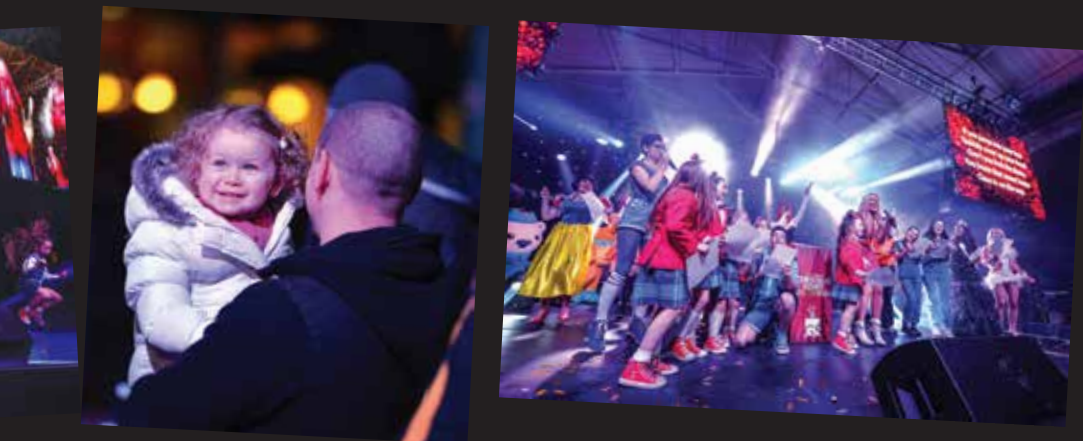
Sophie won a competition launched by Golden Square to find a deserving youngster to switch on the lights at the event which was attended by close to 3,000 people.

Warrington Wolves' new signing Ashton Sims was also welcomed to the stage where he was joined by 2014 Warrington Wolves captain Ben Westwood to show off the club's brand new kit for next year.

There in the VIP area to watch the entire show was winner Sophie who impressed judges with her no-nonsense and cheery attitude towards her difficult battle with arthritis which started when her parents noticed her limping as a toddler.

She has smiled her way through intensive treatment for the debilitating and painful joint inflammation disease which at times has resulted in her losing her hair, extreme vomiting, skin sores and dealing with the daily struggle of battling horrible pain in her knees and ankles.

The condition also affects the muscles at the



elps light up town centre

back of her eyes so she is under constant monitoring for signs of her sight deteriorating.

The Bewsey Lodge Primary School pupil, a huge boxing and One Direction fan, refuses to let her condition get in her way – taking part in school sports days with gusto, following her favourite Warrington Wolves rugby team and even recently taking up a series of boxing exercise classes designed specially for youngsters.

She even goes into school half an hour early every day to ensure she keeps up with the work she misses when she has to go for her relentless series of hospital treatment sessions and check-ups.

Speaking after her starring moment on stage with the Go! Go! Go! Presenters and Teen Face of the World Caitlin Holmes, she said: “Going up on stage with Caitlin was my favourite bit of the night. I did feel a bit scared but also really excited and it was amazing to look out and see all the people there.

“I will remember this for the rest of my life and I feel like I have had a very big early Christmas present.”

Sophie was also treated to a special meet and greet session with the Go! Go! Go! gang and members of Pre-Skool prior to the performance, £100 worth of shopping centre vouchers and goodies from The Entertainer as part of her prize.

Her Mum, Naomi Fleming, 37, a foster carer, who nominated her for the award, said: “It has been absolutely amazing, a very special

night. The atmosphere has been incredible and the whole family was captivated. I don’t think any of the children have moved from where they were standing all night!

“I am very proud of Sophie and it was wonderful to see her up there on stage.”



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If you are celebrating a special occasion, or hosting a private party, LiveWire has a variety of party packages and room options available.

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Let LiveWire take the stress away from organising your child's party. With a choice of football, pool, go karting, soft play and gymnastic parties, there has never been a better place to hold your child's special day! Also, look out for LiveWire's Frozen Ice Queen Parties coming soon to Orford Jubilee Neighbourhood Hub. Parties will be hosted in the interactive Lewis Carroll Suite with Frozen characters projected onto the walls; there will also be a visit from Princess Elsa too!

Children's parties differ from each LiveWire leisure facility, please contact the relevant centre to ensure your booking is appropriate for the site. Please be aware age restrictions and capacity numbers will apply on certain party bookings, this information will be provided at the time of enquiry.

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Clinical hypnotherapist Michael Mahoney said: "These are not simply a couple of audio tracks, they are offering the full programs, multi-session, interlinked and structured which use their unique OPSIM method of delivery to maximise the benefits of the programs.

"Stress is a word we use too loosely, for those who are stressed the effects can be very debilitating, and scary. Anxiety too, reduces quality of life, impacts relationships and practically every aspect of life, and yet, anxiety is about stressing about the future, we need to live more in the now.

"IBS is a debilitating condition, the acclaimed IBS Audio Program 100 for adults, used around the world to reduce and in some cases eliminate the IBS symptoms of mind and body altogether. You may not be aware, but the IBS Audio Program 100 was researched, developed and brought to market, in Warrington, perhaps not one of the most glamorous claims for the town, but over the years it has changed the lives of thousands of IBS sufferers locally and around the world. It competes and holds its own with in house programs used at the University of North Carolina, the gastro research hub of the USA.

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"This level of discount will not be around for long, though the programs will. More importantly the sooner you start the sooner you are taking part in your own self development, learning new ways of thinking and feeling, and moving into 2015, in a new way, a new start to a new year, and doing it knowing it has saved you money too.

"Season's greetings to all readers, I wish you a healthy and happy new year."

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Dave builds his future in bespoke kitchens

Fourteen years ago Dave Charlton decided to quit the corporate world and went into business with his father in law to set up a bespoke kitchen design company – JD Kitchens.

Sadly after a few years his father-in-law John, The J in the business name, passed away but Dave decided to carry on.

What started off as a project from his back bedroom selling relatively basic kitchens and work tops has now blossomed into mid to high end kitchens, from a showroom on Gorsey Lane, Warrington.

Dave, who also sits as a director on the Kitchen, Bedroom Specialist Association (KBSA), which helps regulate the industry, is the only outlet in the local area to supply modern and contemporary style German manufactured kitchens, whilst also offering a more traditional style kitchen from UK manufacturer, Mackintosh. He is also the local Neff Master Partner, supplying ovens as featured on “The Great British Bake Off!”

Explaining his decision to leave the corporate world of selling oil and lubricants in the engineering industry, Warrington born Dave said: “My son had been in three schools by the age of seven, so I decided it was time to settle down back in my home town.”

He gave up his job and company car and took the plunge of working for himself with his father-in-law. Since then the business has flourished, supplying kitchens large and small in and around the Warrington area. One of his biggest jobs however was fitting a bespoke kitchen in St Tropez for £80,000, a job that came about having been recommended by a happy customer from Lymm.

Closer to home the average spend is £15-£20,000



for a top quality bespoke kitchen

In his spare time Dave backs his son Joe's karting ambitions and was proud to see him come 5th in the national championships last year, while daughter Emily is currently studying her A levels.

To find out more about JD Kitchens why not visit their showrooms at 4 Gorsey Lane and see first hand the quality of their workmanship.

With age comes a better understanding of social signals

Neuroscientists have discovered an unexpected benefit of getting older – a more nuanced understanding of social signals, such as the age of others.

In a new study published in the journal *Current Biology*, University of Glasgow researchers show that older people have richer mental representations of the ageing process.

A team from the university's Institute of Neuroscience and Psychology used computer-generated representations of faces to gain an insight into the mental representations of ageing in the minds of volunteers aged 18-25 and 56-75.

The two-part study first showed volunteers 4,000 computer-generated images of faces. The images used a base face, created by averaging 84 male and female faces, overlaid with varying layers of random patterns known as Gabor noise, which darkened and brightened certain areas of the face.

The volunteers were asked to pick, for example, the 'old' face from three simultaneously presented faces, with perceived age affected by factors such as darkened areas between the nose and mouth which could appear as wrinkles to the observer. Over the trials, the researchers were able to average the noise templates to visualise the information each participant uses to estimate old age. Other trials repeated the experiment with 'young' and 'middle-age' choices.

The second part of the study presented faces 'aged' using the templates to a separate group of volunteers and asked them to judge their perceived ages between 18 and 80. The results showed that younger people mentally split the faces between themselves (younger) and others (older), while the older volunteers more faithfully represented the features of young, middle and old age.

Dr Nicola van Rijsbergen, first author on the study, said: "Our research allows us to demonstrate the mental representations in the mind that predict age judgments. For example,



both age groups associated old age with wrinkles from the corners of the nose to the mouth, but only older participants represented the left and right jowls in old age.

"It's difficult to say for sure exactly why this is happening, but one theory we have is that older people spend more time thinking about age than younger people do, which leads to a more nuanced mental representation of the ageing process.

"As a scientist, it's very exciting to be able to visualize what's going on in people's heads with techniques such as these. This process gives us the tools to get a much clearer perspective on mental representations of faces and there is much more we can learn from similar studies in the future.

"Perhaps businesses who require employees to carefully evaluate other people might consider the benefits of employing older people. It seems that, contrary to commonly-held prejudices, older people more accurately depict socially relevant information than their younger counterparts."

The research was supported by a grant from the Biotechnology and Biological Sciences Research Council (BBSRC). The paper, 'With age comes representational wisdom in social signals', is published in *Current Biology*.



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The Centre for Reproductive Health to offer one year free egg storage

Following on from the announcement that American-based companies such as Apple and Facebook are offering egg-freezing as part of their employees benefits package, the Reproductive Health Group also recognise that such opportunities are becoming increasingly more relevant and in demand as many women are facing the real challenge of having successful, healthy pregnancies later in life.

Egg freezing offers women planning to have children after the age of 37 the opportunity to effectively slow down their biological clocks by storing their eggs during their reproductive prime.

Mr Luciano Nardo, Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Clinical Director at CRH Daresbury Park explains, "In the 21st Century and after nearly 40 years of IVF advances, egg freezing is no longer a novel fertility treatment. It carries excellent success rates for women that are not yet ready to start a family. Women have to realise that freezing their eggs at the right time is likely to afford them the opportunity to have their own biological child later on in life. The provision of a quality comprehensive and established service including specialist counselling coupled with laboratory skills are at the heart of the success of egg freezing."

Furthermore, women may benefit from egg freezing if at risk of premature ovarian failure or undergoing specific medical treatment that may affect their fertility such as chemotherapy, radiotherapy or surgical removal of the ovaries.

Reproductive Health Group are offering women one year free egg storage for all patients having egg freezing treatment at the Centre for Reproductive Health, Daresbury Park, until 1st May 2015. For more details please call 01925 202180, email info@reproductivehealthgroup.co.uk or see www.reproductivehealthgroup.co.uk



Neighbourhood Ward Days prove to be great success

Following on from the success of ward days in the West area of Warrington, the East area board agreed that ward days should also be held in the East.

As a result the East neighbourhoods in Warrington organised a ward day for each of the four wards in the East area, Birchwood, Culcheth, Glazebury and Croft, Poulton South and Rixton and Woolston.

On these days the East neighbourhoods in Warrington team were joined by parish and borough councillors, local residents, housing officers, PCSOs and others in spending a day walking around the area, to get a feel of the area and talk to the people that we met, a short questionnaire was asked to engage people in the work of the East area board and East area plan. Here are some highlights from the day.

It was a rainy day for Culcheth, Glazebury and Croft's day, so the tour of Croft was saved until later in the week. A local resident took the group along the busy main road where Glazebury is built around and noted the development of Bents. In the afternoon a parish councillor showed the group around Culcheth, and the many community activities that happen in the village. Later on in the week, on a sunny day a resident member of the East area board took the group around Croft, showing how the village has developed.

In Rixton and Woolston there were a good number of people walking around the area by Woolston Hub and park, and were shown round the area by Cllr Mary Greenslade, parish council representative on the East area board and a Friend of Woolston Park. In the afternoon Elaine Clipson, resident member of the East board, showed the group round Hollins Green, Rixton, and Glazebrook. They saw the progress on the village shop, and were aware of the huge amount of community activity in the area.

In Birchwood, Cllr Mike Evans was the guide around Locking Stumps, Gorse Covert and Oakwood. The group carried out surveys at Birchwood shopping centre, saw the community garden at Birchwood Fire Station, and dodged the heavy rain showers to appreciate Risley Moss.

In Poulton South, the group enjoyed coffee and tea cake at Christ Church's coffee morning, and then joined the Ecology group to do a litter pick of the Ecology Park, before exploring the area in the afternoon, and conducting the survey with the parents at Bruche Primary School.

The East area board are always on the look out for new residents to get involved. The board meets every two months in the evening. For more information contact Ruth Whitworth, rwhitworth@warrington.gov.uk

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The best kept secret to looking slim

Statement shapewear brand, Figgahugga, has unveiled a range of bright, fun shapewear for young women.

With seven colourful, dresses, the brand is on a mission to put paid to the myth that shapewear should be kept hidden.

These eye-catching creations are designed to be seen!

They were launched with a “Best Kept Secret” television campaign which followed the story of a young woman whose newly-sculpted figure, showcased in a black lace dress layered over a yellow Figgahugga, catches the attention of a friend who asks if she has been dieting. The woman is persuaded to divulge her most precious secret to looking fabulous - that she is, in fact, wearing a Figgahugga.

Figgahuggas are at their most alluring when worn under sheer fabrics and body-skimming outfits to add a pop of colour.

Disguised as part of the outfit with its covetable, eye-catching colour, a Figgahugga is the wearer's little secret to



looking instantly slim.

Presenting the first range of bright, fun shapewear for young women, the brand is redefining tired opinions that shapewear should be kept hidden.

Figgahugga ensures that the wearer appears instantly slimmer with an eye-catching collection of body-shaping underdresses and is an innovative, unique addition to the shapewear industry.

Available in seven bold colours with a unique double-layered design to deliver an extra firm hold, the Figgahugga flattens the tummy and smoothes the hips and bottom to create a beautifully sculpted silhouette.

Best worn under sheer fabrics for a pop of colour, Figgahugga is set to become the new wardrobe staple.





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Five of the best City Cars

by Claire Davies GreenApple Leasing www.greenappleleasing.co.uk

Best City Car

VOLKSWAGEN UP!

The same car badged by Seat, Škoda and VW as the Mii, Citigo and up! are all excellent, but for the classiest trim, VW is the pick of the crop. Our choice is the High up! with one of the cheery Polka interiors, hinting at those early 1970s Beetles yet finished to VW's current, exacting tolerances. Add the willing 75PS engine and you'll have one of the smartest city cars around.



Best for Chic:

FIAT 500C

Forget the Ferrari-badged version or the speedy Abarth models, the 500C with the charismatic TwinAir engine combines fabulous style and a great-sounding motor. While Fiat's little 500 has been available for a while, it is still one of the cheeriest cars both in looks and performance. The 500C isn't a true convertible but still allows civilised wind-in-the-hair motoring. Pick bright colours and avoid the New Age Cream (beige) paint.



Best for 'Big Car Feel':

AUDI A1

Bringing an up-market feel to the compact car, Audi is the leader of the pack. The A1 shape is more distinctive than that of its larger Audi siblings and the interior is exquisite. It's also one of the few small cars which actually appears smarter with five doors, so that there is no compromise to convenience. The list of options is endless (including roof line colour) and the 1.4 TFSI engine packs a suitable punch.



Best for handling:

FORD FIESTA

The Fiesta has always been a top-seller and for good reason. With subtler metallic colours and the latest Aston Martin-style grill face-lift, the new model is extremely smart. It is probably the best handling car in its class, too. The quick ST is a great driver's car but we'd plump for the award-winning 125 PS 1.0-litre Ecoboost engine. Add Titanium X trim for all the toys and clever MyKEY parental controls.



Best for luxury:

PEUGEOT 208

Peugeot's hard work on fit and finish has paid-off, with its latest 208 is beautifully appointed. The three door model looks smart and the turbo-charged 1.6 THP petrol engine is the pick of the bunch. We like the GTI and the cleverly-marketed XY model which has all the GTI trimmings and only slightly less power. Both the XY and GTI have great performance without compromising comfort and luxury.



West Area Local Fund

Grants for Community Projects from £50 to £2500



Do you have a community project in need of funding?

Warrington Borough Council's West area Local Fund can offer grants from £50 to £2500 to help your project

What type of projects can be funded?

Funding is available for all sorts of community projects which can contribute towards the West area plan. For example:

- A community garden
- A luncheon club
- Youth activities
- A job club
- A community event such as a fun day

How do I apply?

An application form and criteria can be found online at

http://www.warrington.gov.uk/info/200724/west/407/funding-west_area

Can I discuss my proposal and application?

Yes, call the west area team on 01925 638868

Who will determine if we can get a grant?

Grants are awarded by the West area Appraisal Panel. Current deadlines are 15 October 2013, 3 December 2013, 11 March 2014.

Anything else?

Best check the full detailed criteria on the website

www.warrington.gov.uk/info/200724/west/407/funding-west_area

Good luck!

WARRINGTON
Borough Council



£300,000 investment breathes new life into health and fitness offering

Village Urban Resort Warrington based at the Village Hotel has invigorated its local community offering with a £300,000 investment designed to further enhance its Velocity Health & Fitness club.

The Village Urban Resort's Health & Fitness clubs offer state-of-the-art fitness equipment as well as a range of exercise classes from Metafit to Spinning and Zumba. The Synergy and MyZone equipment offer a virtual personal training system ideal for those who are serious about fitness. For relaxation, the pool, sauna and steam room are perfect for a post workout wind down.

Donn Timmons, General Manager for Village Urban Resort Warrington, said: "The latest investment into the resort ensures we continue to stay a step ahead of the competition by offering our guests an upgraded state-of-the-art Velocity Health & Fitness Club at competitive rates. New features will include a fully refurbished gym, fitness studio and changing rooms, as well as installation of the latest range of fitness equipment."

Village Urban Resorts is investing in a series of Health & Fitness, Food & Beverage, Meetings & Events and Bedroom upgrades across its 25 strong portfolio. It has three new hotels under construction in Aberdeen, Edinburgh and Glasgow as well as plans to expand into 12 other locations across the UK. The significant investment by the group coincides with a BDRC Continental report commissioned in July 2014 revealing the 'Village' hotel brand to be one of the most dynamic on the British hotel scene, with prompted awareness doubling amongst both UK business and leisure guests in the last three years.

Andrew Coppel, De Vere Group CEO, added: "This is a peach of a business and strong sales and awareness figures show that our resorts are becoming widely recognised in their respective communities. For example, in Warrington we have seen 19% year on year growth in our wedding bookings, with 2015 shaping up to improve even further. Our commitment to investment across the portfolio consistently enhances our unique, affordable offering."



Under the roof of Village Urban Resort Warrington is a state-of-the-art Velocity health & fitness club set for further improvements, an extensive choice of dining options from traditional Victory Pub+Kitchen to Verve Bar+Grill, a Starbucks coffee house, a Viva Urban Spa and an extensive range of meetings and event facilities.

For more information on Village Urban Resorts please visit www.villageurbanresorts.co.uk

The recipe in this issue is supplied by Michele Butterworth, owner of Shelly's Restaurant on Bold Street in Warrington

Shelly's Key Lime Pie



Base

- 1 packet Digestive biscuits (500g)
- 125g butter
- ½ teaspoon ground ginger

Topping

- 10 limes (zest & Juice)
- 300ml double cream
- 1 Tin of Nestles Condensed Milk
- 250g soft cream cheese

Method

Place a dessert spoon of the lime zest on a plate in hot oven to dry out.
Melt the butter, add the ginger.
Crush the biscuits, mix in the butter.
Place mixture into a 10inch grease proof lined spring form tin.
Pat down lightly.
In a large bowl mix together the cream cheese, lime juice, remainder of the zest, add the condensed milk and cream
Whip with an electric whisk until it thickens.
Place mixture onto the biscuit base.

Smooth and level it out.

Take the zest from the oven to cool.

Put pie in the fridge to chill for four hours or overnight.

To serve take out of tin carefully, remove greaseproof and sprinkle the zest on the top of the Key lime Pie.

Call the Editor to say his slice is ready!



What's On at Warrington & District Society for Deaf People



Warrington Deaf Sports & Social Club
(Open to all with membership just £5 a year)

Deaf Café
Last Saturday of every month 12.00pm-4.30pm

Bingo and Social Club
Every Wednesday and Friday night 7.30pm-11.00pm

O.A.P.
Every Wednesday afternoon 12.00pm-4.00pm

Snooker Match League
'A' & 'B' Teams every Thursday night 7.30pm-11.00pm September-April

Poker
Every two months Saturday night

BSL Signing Choir
Every 2 weeks Thursday night 7.30-9.00pm

Deaf Church
Third Sunday of every month

Grand Bingo
Easter / Summer / Xmas

Other Facilities
Full conference facilities in a town centre location

Deaf Awareness & British Sign Language Courses available to suit your needs

British Deaf History Society
Museum tours available upon request

Equipment Aids Room – in partnership with Warrington Borough Council
The Equipment Aids Room (EAR) sponsors a wide range of equipment to promote independent living for people with a full range of both hearing and sight loss. Qualified and experienced staff are available every Wednesday 1-4pm or by prior appointment, to demonstrate the equipment and answer any questions. The equipment is free on loan following an assessment for as long as the person needs it.
Contact: Chris Wakefield – 01925 444239 email: cwakefield@warrington.gov.uk

For all enquiries please contact: Penny Spiers
Warrington & District Society for Deaf People
11-13 Wilson Patten Street, Warrington
Tel: 01925 634640 email: admin@wdsdp.co.uk

Warrington Deaf Society - A brief history

WSDSP was formed in 1885 as the Warrington Deaf and Dumb Society. It was originally a branch of the Liverpool Benevolent Deaf and Dumb Society and served by missionaries based in Liverpool. It became independent of the Liverpool organisation in 1912, and established its first meeting rooms at 10 Legh Street, Warrington.

It took a definite step forward in 1921 when it appointed its first paid employee, David Fyfe, a Deaf man from Kilmarnock in Scotland where he was a volunteer missionary with the Ayrshire Mission to the Deaf and Dumb. As Missioner to the local Deaf community, David Fyfe worked tirelessly to raise funds to support his work, which included visiting the sick, helping to find work, acting as an advocate to deaf people and their families, and acting as a lay preacher in regular Sunday church services, which at one time even extended to the Cheshire towns of Runcorn and Northwich.

David Fyfe was responsible for the purchase of and development of 13 Wilson Patten Street in 1929 as a meeting place, a venue for church services and missionary offices. He lived with his wife in



accommodation on the top floor of the building, before retiring in 1951 after 30 years' service.

During the 1980s and 1990s, Warrington Deaf Society (as it was then) became a branch of the Cheshire Deaf Society and following the acquisition of the next door premises at 11 Wilson Patten, obtained a Lottery grant to re-build parts of the property as a community centre.

A Lottery grant of £700,000 enabled WSDSP to completely rebuild and refurbish the two halves of the building, merging them into one, and creating an extension at the rear of the building. The work took two years to complete, and it was a proud day on 14 September 2004 when the newly refurbished building was opened by HRH The Countess of Wessex.

Now named the Warrington & District Society for Deaf People, WSDSP is proud to promote the community centre as a thriving hub for a variety of local and national services for Deaf people. They have a number of partners who include Warrington Borough Council, the British Deaf History Society, the Institute for British Sign Language and also have as tenants, the Alternative Futures Group and Future Directions.





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