

lifestyle

magazine

June / July 2014



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Welcome to lifestyle

WELCOME to the second edition of our new Lifestyle magazine for Warrington and surrounding areas.

Summer is now well and truly in the air and I suspect many of you will be planning to jet off abroad on your summer holidays.

You may be surprised that Warrington is also now classed as a tourist hot spot!

In fact the town's popularity as a centre for tourism is growing, according to the annual analysis of the area's visitor economy.

The report shows that in 2013 Warrington's tourism industry grew by 3.2 per cent by comparison with the previous year and is now worth £447.4 million.

Last year, visitors spent £28.63 million on accommodation, £19.79 million on things to see and do, £177.04 million on shopping, and £94.13 million on food and drink.

The borough of Warrington attracted over 9.23

million visitors in 2013 and the tourism industry in Warrington now employs 6,154 (FTE) people directly and indirectly.

It is a far cry from the days when the town's reputation was such that the Vladivar vodka brand was able to get nationwide publicity with a spoof competition offering a week's holiday in Warrington as first prize and two weeks as second prize!

Cllr Terry O'Neill, leader of Warrington Borough Council says the annual survey results show that Warrington's tourism industry sector is growing steadily which is good news for business and employment.

For too long Warrington has been a hidden jewel in the North West and it is great to see that more and more visitors are discovering our superb parks, villages and historic treasures.

 @GarySkent



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Angela enjoys the benefits of improving her health and wealth

Discovering the benefits of Juice PLUS+ was a life changing experience for Angela Sutherland - by improving her health and wealth!

As well as enjoying the health benefits of the natural health supplements, including losing three stone in weight, Angela became a distributor for the established franchise business which was set up in the United States 40 years ago.

Angela (pictured right after and inset before) said: "When I heard about Juice Plus, it made perfect sense to me as I hadn't been able to eat raw fruit and vegetables since my daughter was born 21 years ago.

"The fruit and vegetable based capsules offered a fantastic way of being able to enjoy the benefits of fruit and vegetables as my allergy caused my skin to blister and come out in hives and at times I struggled to breathe. It also gave me hay fever like symptoms which would also last throughout the summer months in varying degrees due to the pollen too.

"I had no idea of the impact that taking Juice Plus would have. Within two months of taking the Premium capsules I decided to eat a pear - nothing happened and I have gone on to be able to eat all fruits, veg and nuts. This has been life changing and I lost 3 stone too along the way. When I look at my before and after photographs the transformation has been amazing."

As well as enjoying the health benefits Angela has now been able to give up her day job working in the care industry to focus on her Juice PLUS franchise business.

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For more information on the benefits of Juice PLUS or to join the successful franchise business contact Angela on 07973 256149 email Angela@whynotu.co.uk or visit www.energisejuiceplus.co.uk



UK's largest celebration of food and drink!

Foodies Festival – Tatton Park, Cheshire – Friday 18th, Saturday 19th and Sunday 20th July 2014

Foodies Festival, the UK's largest celebration of food & drink returns to Tatton Park in Cheshire on the 18th, 19th and 20h July for its fourth consecutive year.

Each year the ever-growing festival sees tens-of-thousands of visitors flock from the surrounding areas to feast on a vast array of culinary activities, discover new produce and enjoy a day of fun and entertainment.

Exhibition Director Sue Hitchen said: "We're delighted that Glynn Purnell, esteemed judge of Great British Menu will be joining us in the Chefs Theatre. Returning to my home town Knutsford is always very exciting for myself and Foodies Festival and with so many new features this year there's sure to be something for everyone."

This year welcomes an extensive array of top chefs, including Glynn Purnell, head chef at Purnells and judge of BBC's Great British Menu, MasterChef winner Mat Follas, former Coronation Street star and cheese maker Sean Wilson (pictured) and returning to 'The Street' actor Charlie Lawson of Prestbury Farm Shop.

Coronation star Sean said "I am thrilled to be involved in the Foodies Festival at the beautiful Tatton Park this Summer. Being a fiercely proud Northerner it is always a pleasure to be asked to perform at a local event. I will be cooking some lovely Northern grub for all you foodie fans out there including our traditional Cheese and Onion Pie made with my very own award winning Lancashire Cheese."



The festival is also joined by BBC's Great British Menu contestant and head chef at Aumbry Mary Ellen McTague, Malaysian chef Norman Musa of Ning, David Mooney of Knutsford's Old Sessions House, MasterChef finalist Jackie Kearney, Helen and Lisa Tse of Manchester's Sweet Mandarin Restaurant, Chris O'Callaghan of Linthwaite House in the Lake District and The Yang Sing Culinary Team, all of whom will cook their



signature dishes live in the Chefs' Theatre while explaining how home cooks can prepare the same dishes for friends and family.

Glynn Purnell said "I am thrilled to be invited to such a fantastic food festival over the summer months. I just hope visitors can understand my accent as I will be cooking for people outside of Birmingham! I am looking forward to 'Cracking some Yolks' and spreading the word about my first book to the lovely people of Cheshire."

For more info visit www.foodiesfestival.com

Lifestyle Reader offer
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tickets are available until the end of the festival.

The code is FOODIES241 and applies to adult and concession tickets booked at www.foodiesfestival.com or on 0844 995 1111.

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What we fund

Neighbourhood Teams

Warrington has four council-led neighbourhood teams. Each has a Board with representatives from residents and providers. Each Area delivers a plan that responds to local priorities. In the south, the significant challenge is to reduce social isolation.

Each team has a local area fund. Over the past year south Warrington's neighbourhood team have provided grants to over twenty different organisations funding a diverse group of projects that work with all member community from infants to older residents.

Examples of Successful Bids

VPX Group – Victoria Park Experience: the south area fund granted £2000 to the Victoria



Park Experience events. The series of four family fun days held in school summer holidays offered sport taster sessions and much more to thousands of our local youths.

Outrington Community Centre's Luncheon Club were awarded £1800 to provide regular chair-based exercise sessions amongst other things to their regular luncheon club members.

Hatton Film Society - Hatton Parish Council received nearly £1000 to set up a Film Society in this rural part of south warrington. Held in the village pub, the first three films have been a huge success and played to a sell-out audience.

Silver Surfers Club – St Werburgh's Community Hub received £400 to deliver a basic IT course to local residents. The course has helped new computer users to gain new skills including e mailing, searching the internet and preparing documents. These skills help participants to access benefits information, electronic job applications and to take advantage of competitive on-line offers.

For further information about the above or to volunteer please call me, Barbara Parratt on: 01925 443187 or e mail bparratt@warrington.gov.uk



South Area Local Fund

Grants for Community Projects from £50 to £2000



Do you have a community project in need of funding?

Warrington Borough Council's South Area Local Fund can offer grants from £50 to £2000 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 south 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?

Call the South Area Manager on 01925 443187 or 07827 232562 or email bparratt@warrington.gov.uk

Who will determine if we can get a grant?

Grants are awarded by the South Area Neighbourhood Board.

Good luck!

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Caitlin bids to be Teen Face of the World!

WARRINGTON teenager Caitlin Holmes has won through to the finals of “Teen Face of the World” taking place in Disneyland Paris in October.

The Boteler High School student won a place in the final after winning the title of Teen Face of North West England, representing her home town.

The competition was held in Ellesmere Port and girls competed from across the region for the title. Before the competition Caitlin raised funds for the Dean Pulpit Appeal and the charity Headway.

On the evening the girls were judged on Evening wear, fashion/prom wear and each had an interview with the judges.

Caitlin, aged 15 from Woolston, won a variety of awards on the evening - best in evening wear, best in fashion/prom wear, most elegant, most photogenic, best on stage and Miss Congeniality (voted by the rest of the girls in the competition). She was then awarded the title of Teen Face of North West England!

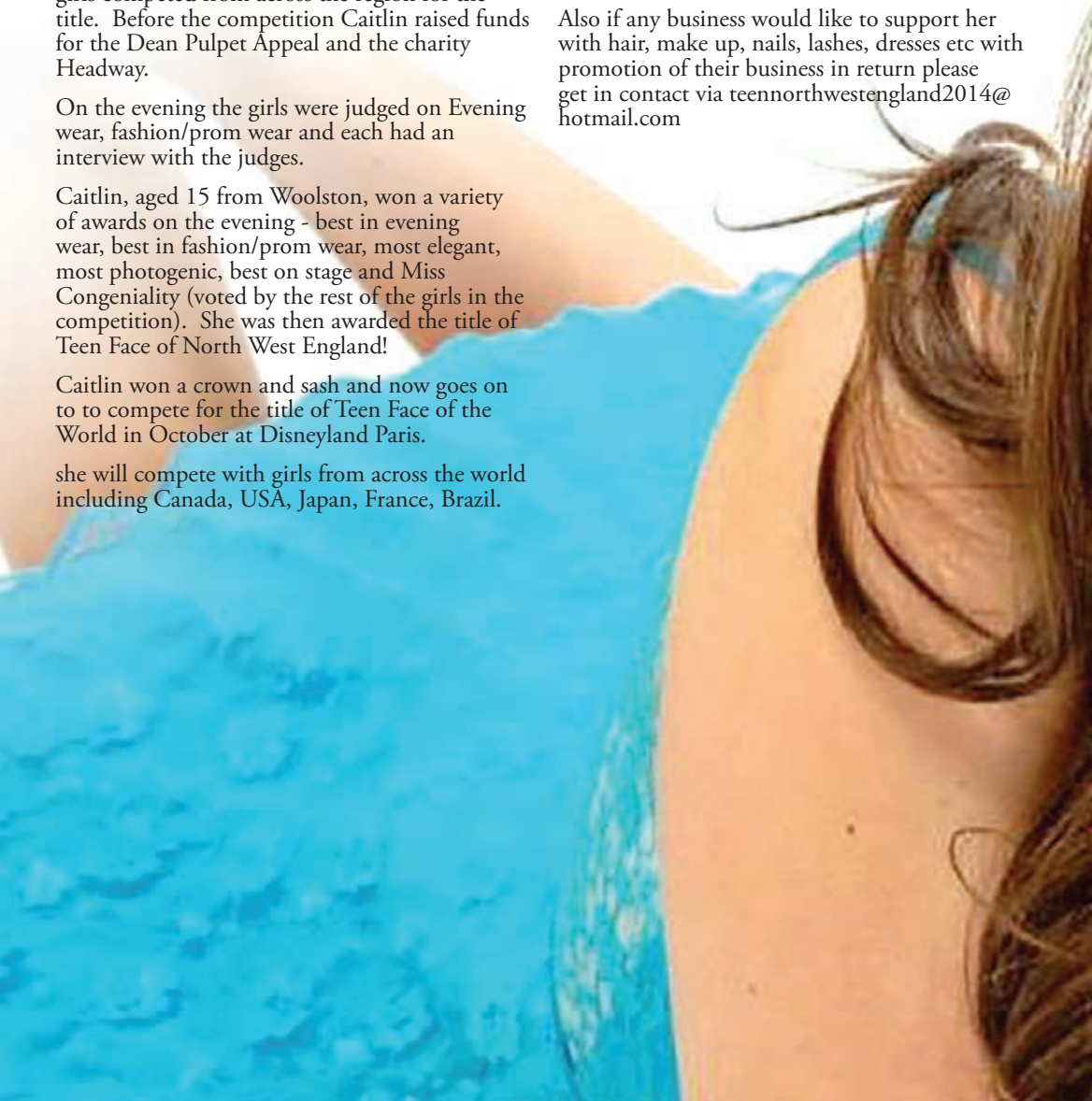
Caitlin won a crown and sash and now goes on to to compete for the title of Teen Face of the World in October at Disneyland Paris.

she will compete with girls from across the world including Canada, USA, Japan, France, Brazil.

Leading up to the world competition Caitlin will again be raising money for the Headway charity. She will also be supporting local charities and events including the Youth Challenge event with Warrington Careers for Young People and Gulliver's world food bank collection.

Caitlin would like to make as many appearances as possible while she has her title so if any charities or local events would like her support please get in touch.

Also if any business would like to support her with hair, make up, nails, lashes, dresses etc with promotion of their business in return please get in contact via teennorthwestengland2014@hotmail.com





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Summer fun at LiveWire

This summer is full of fun and activities and LiveWire have a host of events to suit one and all.

Live music, fairground rides, family activities and craft stalls, kick off the start of summer with the Orford Park Festival on Sunday, June 8, 1pm - 5pm. This year the festival will be bigger and better and will be celebrating World War One's 100th Anniversary with a themed community fancy dress walk around the park, WW1 style tea room, local history groups and a Family Zone with war themed arts and craft activities taking place throughout the afternoon.

To celebrate Father's Day on Sunday, June 15, LiveWire will be treating all Dads to a free swim, game of badminton, squash or class at any of their local Leisure site to say thank you for just being you!

Book lovers are in for a treat on Thursday 19th June at Stockton Health Library as prize-winning author Robert Williams comes to visit from 7pm - 8.30pm. Robert will be talking about life as an author and his new book *Into the Trees* - a lyrical and mysterious novel. He will also be sharing funny stories about his time as a bookseller and school librarian.

This event is part of a regional tour to libraries across the North West, organised by Time to Read and publisher Faber.

Tickets are priced at just £2 each or £1 concessions and are available from any library in Warrington.

The biggest and best sponsored walk in Warrington returns at midnight on Saturday, June 21, as the Starlight Ladies Walk returns to Orford Jubilee Park. Participants can walk 6.5 miles or 13 miles around a special route to complete a half marathon raising money for St Rocco's Hospice.

July kicks off with LiveWire's monthly Poetry Evening at Warrington Library on Friday 4th July at 7pm to 8.30pm. If you enjoy listening to poetry or performing poetry, then this free informal and friendly evening is just for you!

Bring the whole family along to Culcheth Community Campus open day, on Sunday 20th July from 12noon till 4pm, where there will be a range of activities on offer and taster sessions to suit all ages.

Are you between 16 and 19 years old and looking for a job? Orford Park Library will be holding their monthly Job Club for teens ran by the Careers for Young People team at Warrington Borough Council on Tuesday 8th July, 1pm - 3pm

This is just a taster of what's on across LiveWire's sites throughout the summer. Make sure you visit www.livewirewarrington.co.uk/events for even more fun and entertainment.



Get back into exercise

Everyone can benefit from partaking in regular exercise. One of the most important things you can do for your health and wellbeing is to increase your levels of physical activity.

LiveWire are passionate about helping you achieve a healthier lifestyle – whether you have decided it's time to manage your weight, train for a specific event, boost your confidence or just want to look your best for a special day. The team of qualified and friendly staff are on hand to give you the support and confidence needed to help make positive changes to your life.

Healthy Walks

LiveWire has introduced a great workout which is ideal to get you back into exercise, so grab your boots and get walking!

Free group walks are available several times a week at different locations throughout Warrington.

A qualified Lifestyles Advisor will be on hand to greet you at the selected meeting point and guide you through a pre-planned route lasting approximately one hour, so there is no better way to get some fresh air in your lungs.

As well as free walks, healthy weight groups and Stop Smoking service, two exercise on

prescription programmes, Reach for Health and Stay on Your Feet are also ran, which can be accessed through a referral from your GP or other qualified professional.

Reach for Health supports individuals to become more physically active in a safe and structured way, offering a wide range of activities across Warrington.

Stay on Your Feet is an initial 8 week exercise and educational programme for adults aged 65 years and over. Alongside increasing physical activity the sessions will aim to improve your muscle strength, balance, flexibility, posture and prevent falls.

“Since I was referred to Reach for Health I have become more active and feel so much better in myself... This has been life changing thanks to Reach for Health.”

“I am grateful for the care I received, it gave me confidence to be active and overcome a operation on my right knee.”

For further information visit www.livewirewarrington.co.uk/lifestyle or freephone one of the friendly Lifestyles advisors today on 0300 003 0818 and get back into exercise!

Businessman to raise funds for bird sanctuary

AN education and rehabilitation centre for birds of prey is set to benefit from a charitable drive from a Warrington businessman, who aims to raise vital funds for the cause.

Paul Clark, owner of Ovenu Warrington, the environmentally-friendly oven valeting service, is to donate a percentage from every oven he and his team clean over the next month to Wild Wings Birds of Prey Education & Rehabilitation Centre.

Wild Wings, which is located in Warrington, is a family run 'not for profit' education and rehabilitation centre that houses more than 80 birds of prey.

Mr Clark's family has close ties with the centre after his daughter, Jen, completed a six-week placement at the centre as part of her studies.

Paul, 51, said: “I am more than happy to help out such a great cause. The work that Wild Wings does to help and rehabilitate injured birds is fantastic and should be celebrated. We are really hoping that people will support us by making a donation, sponsoring a bird, or even coming down to the centre to volunteer helping to care for the birds.”

**For more information about Wild Wings, visit the following website:
http://wild-wings.net/birds_of_prey**



Aussie ace happy to stay at Wolves until end of playing days

Warrington Wolves' points machine Joel Monaghan is enjoying his rugby so much he aims to stay at the club for the rest of his playing career.

Now in his fourth season at the club the former Australian international and New South Wales State of Origin representative three-quarter back, previously played in the National Rugby League for the Canberra Raiders and the Sydney Roosters - before heading to Warrington.

He has become a firm favourite with the fans with his prolific try scoring success, averaging a try a game in 100 plus games for the club.

Now aged 32 and the younger brother of joint club captain Michael, Joel said: "I am really enjoying my rugby in Warrington and feel like

part of the furniture now.

"I have got another two years left on my contract at the end of this season - and I would be happy to end my playing career at the Wolves."

He may even try and persuade older brother Michael, who has said he plans to retire when his contract expires at the end of the season, not to hang up his boots.

"It all depends on how his body holds out as he has taken a few knocks over the years. But I love playing alongside him at Warrington and may get in his ear to extend his stay if he is up to it!"

Nicola battles bankruptcy to win Apprentice star's £10,000 business start-up competition

A businesswoman who battled back from bankruptcy to set up her own company has won a £10,000 business start-up competition and will now be working alongside Warrington's very own Apprentice TV star Neil Clough.

Nicola Kelly was forced into bankruptcy when she faced mounting mortgage debts following the break-up of a relationship.

Now, she will be working alongside Lord Sugar's The Apprentice star, Neil after winning the competition he set up when he launched his own company, NWC Consultancy, in February this year. Neil established the competition as a way of offering support to new businesses across the North West. He judged the competition at the Tim Parry Johnathan Ball Foundation for Peace in Warrington, where Neil is a patron, with the Foundation's Chief Executive Nick Taylor and David Walker who's the Managing Director of Plus 24 Marketing.

Nicola is confident the £10,000 worth of business support she has won will help her make a success of her home furnishing company, Willow Tree Home Boutique, based on Green Lane in Warrington.

"I am absolutely thrilled to have won the competition. I can't believe it. Neil's support is exactly what the business needs," said Nicola.

"I love the creative side but I'm a novice as far as running the business is concerned. I've never been in retail before and it's a very steep learning curve," she added.

Nicola, who has three children aged 10, four and 18 months, said she wanted to talk about the bankruptcy because it could happen to anyone:



NWC £10,000 competition winner, Nicola Kelly, in her shop The Willow Tree Home Boutique, with Neil Clough.

"It wasn't about going out on a spending spree and running up credit card debts," she said. "I was left with a large mortgage to pay on my own but was only earning a minimum wage. I knew I couldn't keep up the payments so I sent the keys back to the mortgage company but years later I got a bill for over £40,000 as there was a shortfall after the property was sold.

"There was no way I could pay back that sort of money so I had no choice but to go bankrupt."

"Nicola has faced an uphill struggle to get her business off the ground," said Neil. "It's a sign of her determination and enthusiasm that The Willow Tree Home Boutique is up and running. I'm very excited about working with someone with such drive and passion."

The prize consists of a monthly sales and planning meeting with Neil, weekly one-to-one telephone calls, access to NWC consultancy tools and unique strategy finders, along with marketing and PR support and on-going mentoring from Neil.

Nicola and The Willow Tree Home Boutique were chosen from five finalists following a Dragons' Den-style pitch at Warrington's Peace Centre.

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TROPIC Skin Care is a 100% natural, cruelty free vegan skin care and make up company created by Susan Ma who shot to fame on The Apprentice with Lord Sugar in 2011 (pictured).

She grew up in tropical Queensland where she learned about the uses of plants to enhance and heal the skin.

Susan's first attempt at creating her own products came in London as a 15 year old. She took her first Body Smooth polish in 50 little jam jars to Greenwich Market and returned home with £980 in her pocket - and not a single jam jar!

After appearing on The Apprentice and securing the backing of Lord Sugar, Tropic is now the UK's fastest growing Social Selling Company with a turnover of £2 million in its first year and over 2000 ambassadors nationwide.



They are currently looking for pamper party hostesses and motivated, fun-loving people passionate about natural skin care who are interested in joining their growing team of ambassadors.

**For further information,
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Helen Adams on
07437436115
or email tropicgorgeous@gmail.com**

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Amaretto Sour

Hi I'm Jack, your Victory Pub & Kitchen Manager

For this month's cocktail of the month we wanted something that will really suit long afternoons on our terrace. Given that we get the sunshine all afternoon it's vital that our guests can have something ice cold while they soak up the rays.

The Amaretto Sour is a cocktail I fell in love with while running a cocktail bar in Cheshire- just such a beautiful flavour. What we've done for the Victory version is lengthen it slightly- an extra dash of soda to invigorate the flavours, and a touch more Sweet n Sour, just to give it those extra legs for an afternoon in the sun. Then we pack it full of ice and fresh lemon and lime so the acidity and the chill really marry up with the sweetness of the Amaretto. Perfect! And only for £4.95 we've really managed to provide a great value cocktail for any time of the day.

Value is something we're really focussed on. One of our core offers in the Victory is the Red Card, our free-to-join discount and loyalty scheme. This is going to help make Victory the place to watch the World Cup this year. (Alongside our 5 big screens and heated terrace in case the nights get nippy, of course)

The Red Card gets you selected beers for £2.95 a pint or £11.50 per pitcher, bottles of wine for £12 and double Vodka Red Bulls for £4.95, whilst the Yellow Card gets your 12th drink for free.

All you need to do is sign up at the bar to become one of our 1000 strong Red Card squad.

We look forward to seeing you over the summer months,

Jack Hughes
Victory Pub & Kitchen Manager
De Vere Village Urban Resort - Warrington
Centre Park
Warrington
WA1 1QA



A taste of summer!

Rich in vitamins and minerals, this Mediterranean-inspired dish makes for a quick and colourful supper. Serve with warm crusty bread, a glass of wine and think of summer with every bite!



Salad of Roasted Red Peppers and Sardines

Serves 4

Level of difficulty: Low

Preparation time: 60 minutes

Ingredients:

8 red peppers (can also be green or yellow)

8 canned sardines (in oil)

Salt and black pepper, to taste

For the vinaigrette:

3 tbsp olive oil

1 tbsp sherry vinegar

1 small sweet onion, finely diced

1tbsp finely chopped parsley

Balsamic glaze to decorate

Preparation

1. Place the peppers on a baking tray at roast at 220°C for 20-30 minutes or until the skin in black. Cover with a clean wet cloth and allow them cool. Once the peppers are cool peel off the skin and remove seeds. Slice the peppers into strips.
2. To make the dressing: whisk the olive oil, vinegar, onion, salt, black pepper and parsley. Slice the sardines in half lengthways and remove bones.

3. To serve: arrange the peppers on a place, top with the sardines and then spoon over the dressing. Decorate the plate with balsamic glaze.

Chef's tip: For this easy recipe, it is important to use high quality ingredients such as virgin olive oil. For an extra special touch use a balsamic glaze to decorate the plate (available in most supermarkets).

Per serving	% GDA
285cals	14
18g sugar	20
16.5g fat	24
3g sat fat	14
0.6g salt	10

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Cadillac crazy for Historic Transport Day

A visit to last year's first ever Lymm Historic Transport Day certainly had an impact on Paul Baker, who is now in the process of shipping a classic 1949 Cadillac Fastback, widely regarded as the inspiration for Batman's "Batmobile," over from the States for this year's event.

While working in 'Motor City' Detroit, U.S.A. earlier this year, Paul, from Appleton Thorn, Warrington, saw and fell for the car of his dreams - a 1949 Cadillac Fastback.

He said: "It was love at first sight and, despite not having a garage, I had to have this car in my life! I'm looking forward to bringing her out for her inaugural trip to the Lymm Transport Day."

The car has just been shined to mirror image perfection and been carefully packed into a shipping container, Stateside. The Caddy will spend the next few weeks on a ship, destined for British waters, to arrive mid June.

The 1949 model was widely regarded as the inspiration for the 'Batmobile' in the 1960's Batman TV series, starring Adam West and

Burt Ward. Bat fan Paul, who hired the actual 'Batmobile' for his wedding day in 1998 comments:

"This is the closest to owning a real Batmobile as I'll ever get".

For a chance to see see the Cadillac and many other of the region's best historic motor vehicles, go to www.lymmtransport.org.uk for further information and see a gallery of photographs from last year's event.

Lymm Historic Transport Day runs from 10am-5pm on Sunday, June 29 in various locations throughout the village. The 'Grand Drive In' parade begins at 10.30 and ends at 11am with the official opening of the event at the May Queen field.

Tickets on the gate cost £5 Adults, £3 children and £12 per family (Adult £4, Child £2 and Family £10 in advance). Book early to take advantage of the free park and ride, which also includes a trip on a vintage bus.





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