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### Welcome to lifestyle

Welcome to Lifestyle magazine— a brand new community lifestyle magazine covering the whole of Warrington and beyond.

With Spring in the air after a long dark, cold and extremely wet winter and the summer months just around the corner Lifestyle magazine is the perfect "pick me up" packed with good offers and interesting features for you and your family.

Brought to you by long established publishing company Orbit News, this free publication is available in various locations across the whole of Warrington from Culcheth in the North to Lymm in the South and everywhere in between as far as Frodsham & Helsby.

With 10,000 copies published six times a year it offers low cost-effective advertising for businesses to promote themselves in the various local communities in and around the Warrington area, while at the same time including life-style features and promotions.

Orbit News has been established since 1967 and has been publishing local community magazines

for the past 15 years including Lymm Life, Warrington-worldwide, Village Life, Culcheth Life and Frodsham Life, along with the online daily newspaper www.warrington-worldwide. co.uk from which copies of Lifestyle magazine can also be downloaded online from our magazines download section.

It will also feature on our various Facebook and Twitter platforms, ensuring advertising messages and promotions reach the widest possible audience.

If you would like to promote your business from as little as £12.50 a month (Based on an eighth of a page booked for a year) or have an interesting feature please contact us on 0800 955 5247 or email info@warrington-worldwide.co.uk

We are always on the lookout for interesting features and photographs from around the area and look forward to hearing from you.

Deadline for our June/July issue is May 12.

Editor: Gary Skentelbery @GarySkent

warrington worldwide









### FREEPHONE: 0800 955 5247 E: info@warrington-worldwide.co.uk

Orbit News Ltd New Media Centre, Old Road, Warrington WA4 1 AT

Distributed in:

Lymm • Thelwall • Appleton • Grappenhall • Stockton Heath • Latchford • Birchwood • Culcheth • Winwick • Warrington Town Centre • Penketh & Great Sankey • Chapelford • Westbrook • Walton • Daresbury • Frodsham & Helsby

yourlife is published bi-monthly by Orbit News Ltd.

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Printed by TwentyFourSeven



From struggling graduate to entrepreneur

Former Fashion Student Rebecca Scott decided to tackle the recession head on by tranforming her university project into a real online busines.

Her brand "NEU Apparel" is a trend led, affordable online gym wear for women.

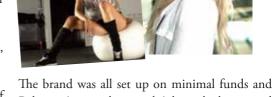
After graduating from The University of Huddersfield last June and spending a summer away, 24 year old Rebecca from Appleton, Warrington, struggled to find a job within fashion, and after three months with no luck and knock back after knock back, she decided to turn her final year project into a reality.

"I was beginning to give up on my dream of working within fashion marketing after countless declined applications and offers of unpaid internships," said the fashion marketing graduate. "It was then when I chose to not let it stop me and decided to make a go of it on my own."

Rebecca had previously created NEU Apparel as a project in her final year of university, after discovering there was a gap in the market for affordable but fashionable gym wear. 'I am really into fitness myself, and find that gym wear is so overpriced and unappealing, this is what made me look into starting my own gym wear brand which won't destroy your bank balance but is on trend and fashionable. There's nothing else like it out there'.

Rebecca used her wages doing temp work to set up NEU Apparel, buying in wholesale garments and having them altered and printed.

She even managed to score a free professional photo shoot by calling in favours from a friend of a friend who kindly offered to help, and used her friend's fitness studio as a set.



The brand was all set up on minimal funds and Rebecca (pictured top right) has relied on social media to get it out there and build up a following.

Best friend, Stacy Doyle, an interior design graduate, has now also come on board as the creative director. The pair have high hopes for NEU Apparel, and are already working on their summer collection.

NEU Apparel can be purchased off ASOS Marketplace and also at www.neuapparel.co.uk.



## lifestyle

### Reader Offer

Lifestyle Magazine is pleased to offer its readers selected quality goods delivered straight to your door.

The Elpine 2000 watt steam/spray iron with thermostat control makes ironing a lot easier. It comes with a water jug with a spout to avoid spills. Features include adjustable steam setting, spray facility and adjustable thermostat with polished, stainless steel soleplate The iron also has a self clean facility.



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### The Lighting Shop

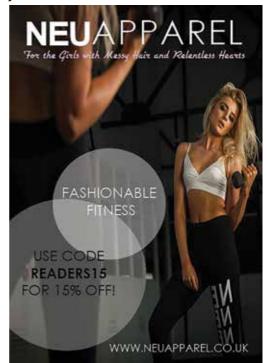


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CPS Centre (above Sainsbury's) | 7 Common Lane Culcheth | Warrington | WA3 4EH Designer on a mission of world domination

Canadian fashion designer Grandi set out to do what so many are afraid of doing – following her dreams.

Her Atelier collection, showcased at the Vancouver Fashion Week, focused on bespoke dressmaking for the modern woman.

Growing up in a very artistic household, she taught herself traditional pattern cutting techniques at a young age, making dresses for her Barbie dolls.

In 2012 Grandi started a blog A Dress A Week (http://adressaweek.com/) to prove that she could make a living out her passion. She made a dress a week, by hand and from there emerged her design philosophy, focused on bringing out the beauty of timeless elegance, the tradition of bespoke garments and quality craftsmanship.

Now the lady is on a mission for world domination. Seemingly inspired by the costumes of jesters in medieval times, coats, tops, skirts, and dresses in motley patterns of black and white silk counterparts, embellished with feathery flowers, or accented by furry sleeves.





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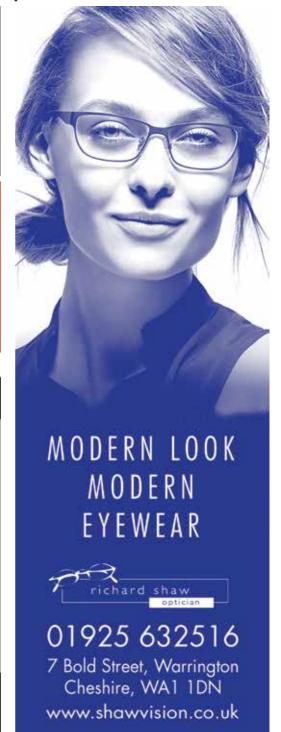


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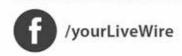
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### 5Angels to join Backstreet Boys, Kian Egan and Blue for Pop Across The Mersey

Fast rising teen girl pop group 5Angels will be performing alongside one of the world's biggest and most successful boy bands in music history, the Backstreet Boys, this summer at Liverpool's poptastic event Pop Across the Mersey at the Echo Arena on June 27.

The line-up includes former Westlife member Kian Egan and boy band Blue with tickets available at www.aeglive.co.uk.

5Angels, who hail from the Czech Republic, said they're "really excited!" to be performing at Pop Across The Mersey and returning to the Liverpool Echo Arena.

Angee of 5Angels said "We are such huge fans of Backstreet Boys, Blue and Kian Egan, we can't wait to share the same stage with them. We performed at the Echo Arena earlier this year on Union J's tour and can't wait to return, the crowd

in Liverpool were amazing and we loved the city."

The Backstreet Boys, Nick Cater, Howie Dorough, Brian Littrell, A J McLean and Kevin Richards, have sold more than 130 million records worldwide.

As a member of Westlife, Kian Egan sold more than 45 million records worldwide including 24 top 10 hits in the UK alone, 13 reaching the coveted number one spot. Crowned 'King of the Jungle' on I'm A Celebrity Get Me Out of Here at the end of 2013, he has now started to forge a soclo career having realeased his debut solo album which has gone straight into the top 10.

Blue have sold more than 15 million albums worldwide with their first three studio albums reaching the number one spot and have performed live with Sir Elton John and Stevie Wonder.



### Family firm scoops national award

Warrington based family business Davies Car Sales ltd based on Manchester Road has won a prestigious honour - the highly commended used car sales team of the year.

The event sponsored by Black Horse motor finance was held in the Old Brewery Chiswell Lane London.

Davies Car Sales was formed in 1927 and is now a third generation family business that now also includes Greenapple leasing, a bespoke motor finance and leasing division specializing in new and nearly new finance facilities for business on all makes and models.

Mark, Paul and the sales team won the award through hard work and an enthusiastic knowledge of the motor industry declared Mike Brewer and is an excellent place to buy your next car. The specialist advice on finance products particularly stand's out.



MD Mark Davies is pictured receiving the award from TV's Mike Brewer.

Director Paul Davies added: "In today's tough economy now more than ever it is important that you cover every base and give the customer what they want. With nationwide sales and sales into europe we would never have believed when we first started out that we would be supplying cars to such a wide audience."

### An 'Egg-citing' time at Bents

Six very special eggs will ensure an eggstra special time at Bents Garden & Home this Easter.

Once hatched the fluffy yellow chicks will be moved to a brooding box where customers will have chance to hold the baby birds and experience nature first hand.

The 'eggciting' initiative has been planned as one of Bents' Easter school holiday activities and it is hoped children of all ages will enjoy observing and experiencing the emergence of new life. A dedicated webcam will monitor the chicks providing a live stream on the Bents website so every moment of 'Chicken Watch' can be observed.

Matthew Bent, Managing Director at Bents Garden & Home said: "I think it's safe to say that everyone is looking forward to the arrival of the eggs and even more so the arrival of the baby chickens. And to ensure they have the very best start in life, a team of colleagues will be trained to look after the chickens as soon as they make an appearance."

The chicks will stay with Bents until April 28, after which they will be relocated to their new homes; a process which is co-ordinated with Eggsploring who are providing the eggs, but if anyone would like to house one of more of the chicks then please contact Bents as opportunities are still available.

Matthew added: "The future welfare of the chicks is very important to us and we are already looking at opportunities for long-term homes. We are still open to suggestions but if we can't house them ourselves the chicks will be returned to Eggsploring, who will ensure they are given an appropriate, loving environment."

If you are interested in providing a home for one of the chicks call Bents Garden & Home on 01942 266 300 ext 324



# Shedding light where there was darkness

Time was when you could tell how bright a light bulb was by its wattage.

You could choose from a 40, 60, 75 or 100 watt bulb and have a rough idea of how bright it would be.

That was when we all used the, apparently, inefficient incandescent light bulbs. The introduction of Halogen, CFL and LED technology has made things a little more confusing however.

So its time to say goodbye to the Watt and hello to the Lumen.

A Lumen is a standard unit of light as perceived by the human eye. Essentially, it tells you how bight something is, unlike a watt, which is actually a measurement of energy consumption or output.

The lighting industry has standardised ways that it measures the total emission of light from a produce and included it on most packaging.

But for the benefit of those who find the changes confusion, a quick and easy guide to shed light on the problem is as follows:

The old 25 watt bulb is equivalent to 200 lumens, a 40 watt bulb equals 400 lumens, 60 watts equal 700 lumens and a 100 watt bulb equals 1300 lumens.



# Ever tried to stop smoking? Do you know how it feels to succeed

Danielle Ramsey, LiveWire's Senior Stop Smoking Advisor

Quitting smoking is one of the biggest achievements of your life. Not only is it the one major thing you can do to improve your health but it also helps you grow in confidence and of course save you money!

In the last 12 months alone 1143 people in Warrington have quit smoking with LiveWire's stop smoking service. We recognise how tough it can be which is why our fully trained staff are always on hand. LiveWire offer local drop in sessions where no appointment is necessary across Warrington in the day, evenings and weekends plus 1-2-1 appointments if you prefer. Evidence shows that if you quit with the help of treatments and specialised support then you are four times more likely to succeed.

We can help you to prepare and plan your quit attempt whilst providing you with all the treatment information and hints and tips to succeed. Any treatments prescribed are available on prescription, so if you don't pay prescription fees then you don't pay for treatments. If you do normally pay for your prescriptions, you are still getting a great deal with the products costing you 2/3rds less than they would if you paid over the counter.

In the last year E-cigarettes have become very popular, however they are not recognised as a stop smoking treatment and the jury is still out on the safety aspects of them. In fact they have not been passed by the Medical Health Regulatory Agency (MHRA) so who knows what damage they are actually doing to people.

However quitting is not just about using a

product and simply stopping smoking, it involves a whole lifestyle change and can have a huge impact on your life and family/ friends around you. Whether you smoke only at weekends or regularly throughout the day, your habit has become imprinted on your daily routines and these routines can be hard to break.

Cigarettes can become your friend as emotionally you can be attached to cigarettes as they are always there whether you are happy, sad, bored, lonely or grieving. Along with being highly addictive cigarettes can be tough to beat. We recognise all of this at the stop smoking service which is why we are here to help support you on



### d / relapse

your journey to becoming a non-smoker.

For free information and support, why not give us a call on 01925 843713 or pop along to one of our drop-ins so you can make an informed decision about quitting and maybe take the first step to start a smoke free life.



Visit www.livewirewarrington.co.uk/stopsmoking to find out more information





To promote your business with us call FREEPHONE: 0800 955 5247 or email info@warrington-worldwide.co.uk

### British summertime cocktail recipe

I'm Jack, your local Victory Pub and Kitchen Manager at the Village Urban Resort Warrington.

Its official, British Summer Time has arrived so I wanted to share a simple refreshing cocktail, perfect for sharing with friends on a summers day.

#### The Vicquiri

My take on the classic Cranberry Daiquiri

50ml Sailor Jerry's Rum 25ml Iced Tea 25ml Lime Juice 150ml Cranberry Juice Dash Soda 4 Lime Wedges

Build over lots of ice (crushed if you have it), garnish with crushed limes and fresh mint leaves, serve, enjoy and remember to drink responsibly

### A little bit about The Victory Pub and Kitchen

If it's been a while since you've popped in or your yet to try us out, we'd love you to join us in the comfortable surroundings and our sun trapped terrace. Heres what some of our guests have written to tell us: \*

"Excellent bar staff friendly team and looked after large groups that turned up" – Phillip

"The Staff behind the Bar were Fun and Chatty" – Elizabeth

"The Staff were Brilliant – Going above and beyond what was expected" – **Sheila** 

On top of our dedicated team we've been busy all through the winter creating a great new food menu. Its all freshly prepared to order with care and passion and we've lowered lots of our prices giving you even better value.

There's so much going on – Live Football on our large screen TVs, Outdoor Terrace with TV, LIVE music each and every Saturday Night



#### I look forward to seeing you soon.

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

\* Guest Comments within the last 90 days provided by Guest Rate.

### A Bloomin' Lovely Pudding

Now spring is in bloom, this pretty as a picture dessert is simple yet elegant, with a bouquet of sweet potato and lavender flavours.

Created by celebrity chef and sweet potato lover Felice Tocchini, the recipe makes enough sponge puddings to feed the whole family, and could be a delightful end to a roast dinner on Easter Sunday. Bunches of flowers can be replaced with a subtle sprinkling of dried lavender to help to decorate the table with the colours of spring.

Sweet potatoes are also low in fat, high in fibre, and are full of anti-oxidants, vitamin A, C and beta-carotene, making this pudding much more virtuous.

The Love Sweet Potatoes campaign is designed to tell consumers about sweet potatoes and of all the different ways they can be used in everyday meals. The North Carolina US farming family at Scott Farms is behind the campaign and has been growing sweet potatoes for over four generations. They are now the largest importer of sweet potatoes into the UK.

For more information please visit http://www.lovesweetpotatoes.com/scott-farms.aspx.

### Sweet Potato and Lavender Sponge Pudding Makes 6 (1/4 pint/140ml puddings)

Per serving: 453kcal, 5.4g protein, 26g fat, 11.2g saturates, 53.2g carbs, 28.1g sugar, 1.6g fibre, 0.6g salt, 451mcg vitamin A

Ingredients:

100g butter, plus extra for greasing 75g caster sugar

75g brown sugar 50ml vegetable oil

2 eggs

150g self-raising flour, plus extra for dusting ½ tsp chopped dried or fresh lavender 200g sweet potatoes, grated

#### Method:

- 1. Grease 6 pudding basins with butter then dust with flour, shaking out any excess.
- 2. Beat together the butter, sugars and oil.
- 3. Add the eggs, one at a time, beating after each addition.
- 4. Fold in the flour and lavender.
- 5. Add the sweet potatoes and combine.



- 6. Pour the mixture into the prepared pudding basins. Cover each pudding with aluminium foil and cook in a steamer for about 40-45 minutes or until cooked (if using a single large basin the cooking time will increase to about 1hour and fifteen minutes).
- 7. Remove the puddings from the moulds and serve with a dollop of crème fraîche.

Tips.

- Lavender can be replaced with any other spice that you like.
- These freeze well, and can be warmed up in a microwave.
- If you do not have a steamer cover the bottom of a deep roasting tray with kitchen paper, place the puddings on the paper and fill the tray with water half way up the pudding moulds. Cover the tray with foil and place in a preheated oven 180°C/gas mark 4 for 40-45 minutes.

**Note:** Felice owns two award-winning restaurants in Worcestershire, works at the Novelli Academy alongside Jean Christophe Novelli, and has appeared on a number of TV programmes such as The One Show.

# Glass artist continues to break new boundaries

Acclaimed fused glass artist Mark Briggs is set to showcase his work during a special exhibition at his High Legh gallery on the weekend of April 26/27.

Mark, who moved to Tishon House on Warrington Road, High Legh, from his Stage Lane, Lymm, premises two years ago continually pushes the boundaries of fused glass art design with his unique twist on contemporary glass fusion into today's modern home interior applications.

The move followed the expansion of his business supported by gallery curator Claire Davies, glass technician Mike McNulty and graphic designer James Kelly. The exhibition will showcase his new collection of glass art and splashback wall art.

Mark has worked himself up from near poverty to one of the most collected glass artists in the UK and Europe. People now travel from all over the world to visit his New York style gallery.

Linear Art Studios undertake numerous commercial and domestic commissions from the UK and Europe, creating unique and expressive glass fusion designs encompassing a variety of material textures and mediums, producing sumptuous forms of luxury fused glass artwork.

Mark's cutting edge creativity and design is unrivalled and his work can be seen gracing the walls of royalty and footballers from Sandbanks to Bahrain.

He has enjoyed many prestigious awards such as 'Up and Coming Designer of the Year Award' in 2009.

It would be more than fair to class Mark as an artistic genius. Others try to encapsulate elements of his work in their own work but it is quite literally impossible. His energy, passion and dedication to being the best adds an indescribable element to his glass art that cannot be duplicated.

Linear Art Studios have developed a distinguished international profile, and is renowned for unique and expressive glass fusion designs.

Mark's great skill in glass fusion has been to seemingly mix the arts of Architecture and Interior Design, reflecting in his deep and richly saturated colours, showing him to be a proven and unrivalled colourist.

Influenced by the French and Italian Avant Garde Art Style Mark sees glass artwork as, 'an opportunity to express yourself'.

Mark has maintained a strong client and commission base including a number of interior design companies, architects, corporate clients and celebrities.

'A future continually breaking the boundaries of fused glass design' is how Mark envisages his progression in the art world.

His art auction value continues to increase to levels above even Marks wildest expectations and one customer in 2009 enjoyed a 300% return on one of his pieces.

Linear Art Studios continues to go from strength to strength with most of his business being repeat and referral based. This is due to the fact that the fused glass artwork produced at Linear Art Studios is so individual and of the highest standard but also Marks customer service and care is a personal unbeatable service.





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