

Lymm

Life

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**April 2014
Issue: 181**



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15th

Anniversary Issue

**Teenager
wows
judges!**

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**LYMM
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COUNCIL**

Approved by Lymm Parish
Council as the official
magazine for Lymm

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Editor's Comment



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APRIL marks the 15th anniversary since we launched Lymm Life - way back in the last century!

A lot of things have changed in the world of communication and I am sure if I had mentioned the words Facebook and Twitter in 1999 people would have looked at me wondering if I had lost the plot!

One thing that hasn't changed is the concerns surrounding the village centre, whether it be car parking issues, or concerns about footfall for local shops.

One of the main reasons we launched Lymm Life was to provide a vehicle for local businesses to promote themselves to the wider community, while at the same time reporting local news and events in a high quality publication.

Despite the various changes in the world of media, with a lot of emphasis now being online,

Lymm life has stood the test of time and moved with the times, with a Twitter feed and Facebook page and an online presence for news via the warrington-worldwide.co.uk platform - which provides a gateway for the whole world!

I am pleased to see that Lymm Parish Council has now announced a special meeting at 6pm on Monday March 31 between Lymm traders and local Councillors.

The purpose is to discuss ways of increasing the footfall in the village so boosting trade for local businesses and improving the vibrancy of our village.

In the absence of a traders' organisation, it will be led by the Parish Council Chairman Ian Marks and held at the Village Hall in

Pepper Street.

The meeting is also open to any member of the public who feels they have a contribution to make.

I hope as many traders as possible attend this meeting and look at ways of working together to ensure our village retains the character which makes it unique.

Promoting

No one can afford to sit back and expect the world to come through the door - there is so much competition out there you need to shout it from the roof tops promoting your business far and wide.

We will be attending the meeting and making sure we can try and do our bit to help.

But remember you have to speculate to accumulate!

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Youngsters embark on house building mission



TWO teams of young people from Lymm Baptist Church will be heading out to Mexico at Easter or South Africa in July to build homes for families that don't have one.

They will be joining young people from across the country to form a team of 160 in Mexico and 100 in South Africa.

ReBuild is a life-changing overseas experience for young people, that will transform their lives and bring hope to a family trapped by poverty. It is an eleven-day experience where you build a new home for a poor family in South Africa or Mexico, right from the foundations upwards, in a few short days using just hand tools! Then you can hand over the keys and see the reaction as you literally change one family's lives forever.

Gabriella Instone, who has been to Mexico twice, is heading to South Africa this Summer said: "Going to Mexico made me see how lucky and fortunate we are in this country, they had the bare minimum and we provided a basic house and you can

see how much it means to them when you hand over the keys"

The Mexico team leave on April 10 and return on the 20th, building a home in Tijuana, whilst the South Africa team leave on July 11 and return on the 21st.

For more information on this ReBuild trip, please contact Mark Instone on 01925 755942 or minstone@urbansaints.org or connect with them on Facebook at www.facebook.com/lymmrebuild 2014

Deadline for the May issue of Lymm Life is April 1

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What's On in conjunction with Lymm Parish Council



April 14

LYMM HISTORY SOCIETY

Manchester Oddities. Keith Warrander
Lymm Village Hall, 8pm
Visitors always welcome
More info Lynne Smith 01925 756776

April 15

LYMM PARISH COUNCIL

Lymm Parish Hall 7.30pm

LYMM LIONS GROUP

Meet: Bridgewater Club, Lymm
1st and 3rd Monday of the month. 7.30pm
Contact: 0845 833 5729

LYMM THURSDAY EVENING BRIDGE CLUB

Lymm Village Hall every Thursday 7pm

MAPLE LODGE ART GROUP

Meet each Wednesday 9.30am - 12.30pm
Maple Lodge Guide HQ, Pepper St, Lymm
Details: 01925 755126

ROTARY CLUB OF LYMM

Every Wednesday at Statham Lodge Hotel
3rd Thursday for 7.30pm
Contact the secretary 01925 650189

LOVING HEARTS & HANDS

Knitting for charity at Lymm Methodist Church,
2nd and 4th Thursday each month.
1.30pm - 3pm. Details: 01925 753298

MARKET LUNCHEONS

Eagle Brow Methodist Church
3rd Thursday in the month
Light lunches 12 noon till 2pm. All proceeds to
Youth For Christ and YMCA Room at The Inn

LYMM SCOTTISH COUNTRY DANCE CLUB

St Mary's Church Hall
Second and fourth Fridays (Sept - May)
7.30pm. Details: 753853

LYMM BAPTIST CHURCH FOYER LUNCHEONS

Higher Lane. Mondays (during term time).
12 noon to 1.15pm. £2.50

GARDENING CLUB

Meet Third Wednesday of the month
Lymm Baptist Church, Higher Lane. 7.30pm
Visitors welcome. £2 includes tea and cake

LYMM FLORAL ART GROUP

Lymm Village Hall
Third Monday of the month (except August)
at 7.30pm

LYMM ORNITHOLOGY GROUP

Lymm Village Hall, 7.45pm for 8pm,
Last Friday in the month (ex June & July).
Guest speaker, Slide Show, Refreshments.
Visitors welcome. First visit FREE.
Also field trips. Details: lymmog.co.uk

LYMM PHOTOGRAPHIC SOCIETY

Every 2nd and 4th Wednesday
(ex July & Aug), 7.30pm
Spread Eagle pub, Eagle Brow.
Details: www.lymmphotosoc.org.uk

LYMM WINE AND BEER CIRCLE

Every 2nd Thursday, 8pm
The Boat Stage (Royal British Legion)
Details: 01925 604400

LYMM CONCERT BAND

Rehearsals every Thursday evening
United Reformed Church, 8pm.
Details: 01925 752934

THE VENUE, LYMM

Chess Club every Monday from 6pm,
Open Mic Night every Tuesday from 9pm,
free chinese meal and 2-1 cocktails
every Wednesday, Live Music every
Thursday and Saturday

LYMM WI

Every second Wednesday, 2-4pm at Lymm
Youth and Community Centre. Visitors
welcome.

LYMM BOOK CLUB

Last Thursday of the month 7.30pm, Spread
Eagle, Eagle Brow. Details 01925 752371

LOW CARBON LYMM

Every second Monday of the month. 7.30pm,
Spread Eagle. 07786 074741 all welcome



**LYMM
PARISH
COUNCIL**

Tuesday, April 15
Lymm Parish Hall 7.30pm



More tea vicar?

LOOKING for a cuppa on a Sunday afternoon? Then look no further than the Parish Rooms, Warburton.

On the last Sunday of each month, from April until September, a traditional afternoon tea will be served in the Parish Rooms, St Werburgh's Church, Bent Lane, Warburton. As well as tea or coffee, there will be delicious home baked scones (complete with cream and jam) and a choice of cakes. The tables will be decked with crisp cloths and tea will be served in pretty china cups and saucers. There will also be a raffle, and a second-hand book stall.

This will be an ideal opportunity to meet friends and family and have a chat over afternoon tea. As well as the neighbours from Warburton, walkers, cyclists and those out and

about for a drive will be made very welcome.

The first More Tea Vicar? will be on Sunday April 27 between 2.00pm - 4.00pm. All proceeds will go towards church funds.

Thank You
from John and Ann at
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We have been totally overwhelmed with the gratitude shown to us by our customers & friends of Lymm with the wonderful cards, words and gifts

we would like to say a big thank you as your kindness is appreciated

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Meet your MP David Mowat

David Mowat, MP for Warrington South, holds regular surgeries throughout the constituency. If you would like to arrange an appointment to discuss an issue of concern to you please e-mail him at david.mowat.mp@parliament.uk or telephone 01925 231267.



David Mowat
Member of Parliament for Warrington South
www.davidmowat.org

Produced by David Mowat MP, House of Commons, London SW1A 0AA

Duck race back on the bill!

THE ever-popular Lymm Duck Race organised by Lymm and District Roundtable is once again on the Easter Monday bill (April 21).

Organisers are expecting another great turnout for the race which begins at 12.30pm and there will be a return for the 'Easter Food Fest' on Henry Street car park – next to the youth and community centre – comprising a range of stalls offering food to eat on the day or to take home.

The food fair, along with all the usual children's entertainment and stalls, will be open from 10.30am.

"The Duck Race has become an essential family event for the local community and this is one of the reasons why we manage to raise plenty of money for charity," said Jon Beesley, Round Table member.

"We also rely on the support of local businesses either as main event sponsors who will get great exposure before, during and after the event, or corporate and super duck sponsors. As with last year, the owner of the winning super duck will be able to nominate a charity that we will donate £1000 to, with £250 going to the charity of choice of the corporate duck winner too."

Racing duck tickets can be bought online at www.lymmduckrace.co.uk - normal duck tickets are priced at £1, with corporate ducks £30 and super ducks £60.

The first normal racing duck over the line receives £100, second place

£50 and third £25.

Alternatively, tickets are on sale by The Cross, Lymm, on the four Saturdays preceding Easter Monday and you can also buy them on the day.

If you are interested in sponsorship or have an idea for running a stall, then contact Jon on 07557 022071 or sponsorship@lymmduckrace.co.uk



Fond farewell for Rushgreen Service Station!



It was a fond farewell for John Parry and Ann Scales as they closed Rushgreen Service Station for the very last time on Friday February 28.

Customers and members of the community the garage has served for half a century called in including Pam Earnshaw, Val Eland and Nick Johnson, churchwardens of St Peter's, Oughtrington, and St Werburgh's, Warburton, and Fr Michael Burgess who presented Ann and John with presents from the two churches, to say thank you for their generosity and help over many years.

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Work starts on new scouts and guides HQ

WORK has started on a project to build a new community building and headquarters for the 17th Warrington East (3rd Lymm) Scouts and Lymm District Guides.

The building will replace the existing Guide and Scouts headquarters off Pepper Street, Lymm, which have been demolished as they were no longer fit for purpose.

The new building will keep the name of the current Guide hut, 'Maple Lodge'. It will have two halls, a meeting room and a kitchen, and will provide facilities for the current Rainbows, Beavers, Brownies, Cubs, Guides, Scouts and Explorers, as well as for other

community groups.

Work is expected to be completed by July.

Funding for the £295,000 project is coming from several sources including Lymm Round Table, Lymm Parish Council, WREN, who have awarded £70,000 and The Veolia Environmental Trust, who have awarded £35,000. The latter two grants were awarded through the Landfill Communities Fund.

The Scout group has presented the proposals for the project to a

wide range of community groups including Lymm Parish Council, the Rotary Club, the Round Table and Lions, as well as with local residents at village events. Overwhelming support has been shown for the project.

James Hurrell, 3rd Lymm Scouts leader, said: "The new building will not only benefit the Scouts and Guides, but also the wider community. The village hall, youth club and Oughtrington Community Centre are all fully booked and have had to turn away enquiries. We have already heard from groups expressing an interest in using the new building.

"The new HQ will provide a modern, accessible meeting place within 100 metres of the centre of Lymm that can be booked by community groups and individuals. We cannot wait to see it complete and in use."

Paul Taylor, executive director of The Veolia Environmental Trust, said: "We have awarded over £642,192 to community and environmental projects in Cheshire over the last five years and it is always great to hear when one is getting underway. I look forward to hearing about the project's development over the coming months."

New Leader for St Mary's Pre-School

St Mary's pre-school in Lymm has welcomed Tracey Mather to its staff team as its new leader.

Tracey has almost twenty years' experience in childcare. She has previously run Holmes-Chapel pre-school and joins St Mary's from Bury College where she worked as an Early Years assessor.

Mother of two Tracey said: "It's been fantastic joining such a lovely team and being back in a position where I can work with the children directly.

"I'm looking forward to getting to know all the children who currently attend and welcoming some new starters as well."

Former leader, Lynn Smith, will remain at St Mary's as Deputy Leader.

St Mary's Pre-school is based at Lymm Dam and has been providing childcare for Lymm families for over 25 years.



Tracey Mather, new leader at St Mary's, enjoys circle time with some of the pre-school children.



LYMM GOLF CLUB

Award winning Lymm Golf Club was founded over 100 years ago and is one of Cheshire's leading clubs. It is a members' club. This means that it is run by and for the sole benefit of its membership. The club has men's, ladies' and junior sections. A full equality policy is operated and various membership offers are available.

LADIES' TASTER DAY

A ladies' open afternoon will be held on Sunday 27th April. All lady golfers and beginners are welcome. Call the club for further details or to book your place.

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Our joining fee has been reduced to £100. This means that you will save £500 to become a member of one of Cheshire's leading clubs.

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Travelling Tuba deliver Best of British

MUSICAL Duo Travelling By Tuba visited Cherry Tree Primary School, Lymm and presented the Best of British music from different periods Tudors, Industrial Revolution and World War Two songs.

Pictured trying out some of the musical instruments from left, Chris Cranham, Eva Cope year 4, Joseph McGrath year 4, Morgan Bradley year 5, Stewart Death and Ellie Chadwick year 5.

Advertiser's announcement

Solve that conservatory roof problem

A REPLACEMENT roof could be the solution for conservatories that are too cold to use in the winter – but too hot in the summer.

Local family firm Your Choice has introduced two types of replacement conservatory roof which dramatically improve the ambience inside – and for a limited period only are offering a 20 per cent discount on the normal installation price.

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The new roof has outstanding insulation properties, keeping heat in when it's cold and preventing heat from building up when the sun is shining. It is far more durable than the original roof and is expected to last at least 40 years. If more light is needed, Velux windows can be fitted with no loss of thermal insulation.

A less costly but equally effective option is Thermotec panels. These are smooth, aluminium-faced panels custom-made to replace the polycarbonate sections of an existing roof. The original roof structure is retained but the Thermotec panels improve insulation characteristics, turning the conservatory into an energy-efficient sun room, saving on energy bills. This can be good news for people who have newer conservatories with temperature control problems.

A new roof from Your Choice also fixes issues such as surface algae or leaks and any rain noise practically disappears.

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Dickensian award for school

LYMM Town Crier Peter Powell dropped in at Statham Primary School to present a certificate and £50 cheque – a donation which was presented to all schools that took part in the Lymm Dickensian Festival procession.

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Advertiser's announcement

New Centre for Reproductive Health brings treatment to North West

THE Reproductive Health Group are delighted to announce the opening of their state of the art clinic, the Centre for Reproductive Health, at Daresbury Park, Cheshire.

The Reproductive Health Group was formed by merging the practices of two of the regions leading fertility consultants, James Armatage and Luciano Nardo.

Highest standards

Using the very latest technologies and techniques, including genetic testing and EEVA embryo selection, the Centre for Reproductive Health is the only clinic in the region to have been designed by fertility consultants and embryologists to create the highest standards in patient care. The Centre also boasts a fully-equipped operating facility in which to carry out day case surgical procedures.

The Reproductive Health Group have recruited a team of highly experienced embryologists and healthcare professionals who share their commitment to quality, and

will offer treatments that include gynaecology, obstetrics, fertility and IVF.

The team at the Centre for Reproductive Health would be pleased to welcome you to their Open Evening on Wednesday March, 19 6.30pm – 8.30pm. Consultants, specialist nurses, embryologists, counsellors and complementary therapists will all be on hand to provide the latest information on the full range of fertility treatments, investigations and diagnostics, gynaecological conditions and the role of complementary therapies such as acupuncture, reflexology and nutritional therapy in women's health.

For more information or to book your place at the Open Evening, please see www.reproductivehealthgroup.co.uk or email aecckersley@reproductivehealthgroup.co.uk



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Luciano Nardo
Director
Consultant Gynaecologist

James Armatage
Director
Consultant Gynaecologist



Call today for your FREE Fertility Consultation

Talented teenager wows judges

A High Legh teenager has been given the big thumbs up by judges at the TeenStar singing auditions.

Along with other impressive acts, Lauren Glynn has made it through to the Regional Finals of the UK's only singing competition specifically for teens and pre-teens, and will now be performing live showcases of the competition.

TeenStar is an exciting national singing competition searching for the UK's best teens and pre-teens singers, singer/songwriters, rappers and vocalists of all genres who perform either covers or original material.

TeenStar is organised by Future Music, the company behind the discovery of artists such as Jacob Banks, Warner Music's Birdy, Columbia Record's Lucy Spraggan, and Union J's Jaymi Hensley and Jahmene Douglas, both of whom are now signed to Sony Music, meaning TeenStar is an exciting singing competition for teens and pre-teens to get involved in.

Lauren is now in the running to follow in the footsteps of previous winner Luke Friend and compete for a place in the Grand Final.

Thousands of hopefuls entered TeenStar nationwide and hundreds of auditionees queued patiently on the day for their turn to impress the judges.

Those who made it through the audition stage will now take part in a live Regional head-to-head battle alongside the best talent in their area.

They'll be performing in front of hundreds of audience members and a professional judging panel to win

a place at the National Grand Final.

Chris Grayston, Events Coordinator said: "We are looking to find an act that has something unique to offer, another Birdy or Luke Friend that can go all the way, with both the ability to deliver a strong live performance but also potential to become a professional recording artist. There is so much talent out there I'm sure we can find that star again!"

The latter stages of the competition will also provide acts with the opportunity to impress many guests

from record labels, agencies and the entertainment industry as well as judges from BBC Introducing, national radio and regional press with judges becoming more prestigious as the competition progresses. Past judges for Future Music competitions include Radio 1 DJs Ras Kwame and Annie Nightingale MBE, KISS FM's Charlie Hedges and four time Ivor Novello award winner Mark Hill, also known as one half of the Artful Dodger.

Previous Future Music competition winner Birdy's career has gone from strength-to-strength since winning Open Mic UK, after securing a deal with Warner Music and watching her debut album achieve Gold

status in the UK and platinum status throughout Europe, and receiving a 2014 BRIT award nomination.

For more information go to the website www.teenstarcompetition.co.uk.



Festival plans to be a sizzling success

FOLLOWING on from the sell out success of some wonderful "Winter Warmers" organisers of the annual Lymm festival are planning a sizzling summer of success.

From June 19-29 various venues in the village will be offering a great range of events under hopefully sunny skies.

The star attraction will be Stuart Maconie, co-host of the BBC Radio 6 Music Show. Hopefully, his colleague Mark Radcliffe will have told him of the great Lymm welcome he got last year. Stuart will perform at the Statham Lodge Hotel on June 23.

Musical treats abound, Little Jo and the Misfits and Jon Brindley, who was at the Lymm Folk Club recently, will be returning on June 21. There's a Sixties Night at the Lymm Hotel on June 19 and Blues Night at the Golf Club the following evening. Local singing talent will be in full voice at the Big Sing Night on June 24.

Outdoors, Lymm Hall will be the delightful setting for a new innovation, an Edwardian Garden party on June 21 whilst the following day the popular Open Gardens returns.

Lymm will ring with laughter because, in addition to the, always popular Comedy Night, Simon Plumb is staging highlights from last winter's Rugby Club panto - 'Scrooged.'

The Lymm Festival is increasingly a year round event. All four Winter Warmers were sell outs. Grateful thanks go to the appreciative audiences and the volunteers who put on memorable occasions, from Robert Powell and Gabrielle Drake 'Celebrating Jane Austen' and Stephen Hough's magical piano recital in St Peter's Church; to the Blues Night and film shows featuring 'Frozen' and 'Philomena' in a packed United Reformed Church on Brookfield Road.

All this augurs well for a great summer Lymm Festival. For up to date event and ticket information visit www.lymmfestival.org.uk

Meanwhile anyone planning an event to be part of this year's festival, Friday March 21 is the deadline. Forms are available from the Artistic Director Jacquie Davies at director@lymmfestival.org.uk

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Care home residents busy in their workshop

Care home's impressive performance

A LYMM care home has emerged from the UK's largest ever survey of care home residents with an impressive overall performance rating (OPR) of 921 out of 1,000.

The survey, "Your Care Rating" involved more than 20,000 residents of 1,055 care homes.

Sarah Nolan, general manager at Brookfield House, Lymm, said: "We're pleased with our results as they show a snapshot of what the residents who have responded think about the services we provide at Brookfield House care home."

"This is just one of the ways we get feedback from the people we care for as we ask residents, relatives and healthcare professionals to take part in an autonomous survey about the quality of care, hospitality, activities and environment, for example. We always listen and look to how we can improve on any comments that are raised."

Care home residents were asked to provide feedback on a range of categories, across four broad themes, staff and care, home comforts, choice

and having a say and quality of life.

Your Care Rating is designed to give residents a voice, putting their care at the heart of understanding more about how well care homes perform.

The survey results are also a useful tool for families when they are choosing a care home for a relative, giving them direct feedback on the views of the most important audience – the residents.

But the survey is not a nationwide ranking of the best and worst care homes in the country. When choosing a care home there are many other factors outside of the survey – including cost, location and need for specialist services. Every home caters for different needs and different resident preferences, which is why a like-for-like comparison is not suitable.

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Silence is Golden for Dave

MARTIAL arts teacher Dave Shipton, aged 51, from Lymm silenced all the critics who use the excuse too old to compete, when he was forced to come out retirement - and win two gold medals at the prestigious UK Open Championships in Leigh.

He had been entered into the competition by his students while he was away on holiday!

Not one to back out of a

challenge Sensei Shipton took up his students on their challenge to prove to them he can practice what he teaches.

Sensei Shipton then went on to take gold medals in both the kata and the kumite disciplines to become senior UK Open champion.

Sensei Shipton said: "This was one of the hardest challenges I have had to encounter, as all my students and parents were watching and cheering on the side line. I could

hear them all shouting their support for me and that made me rise to the challenge and made them proud by winning both sections."

Gendai Martial arts is Based at Lymm High School.

For more details visit www.gendai.org

Lymm Junior Colts have the perfect season

LYMM RFC's Junior Colts (U17s) have made history in the North West Raging Bull Colts League by winning every match and the league, to end up with a record of played 14, won 14 - in the top league.

Although this has been achieved once before, by last year's Warrington Junior Colts, Lymm have racked up the biggest points difference ever, +454.

"These are a special bunch of lads," said Lymm Junior Colts

manager Steve Downes.

"They've achieved this success despite the absence of their representative players for most of the season. No 'superstars', they are testament to what teamwork, dedication and a great attitude can achieve."

The season is far from over though, with Lymm Junior Colts now embarking on a National Colts Cup adventure and a Cheshire Cup semi final on March 30.



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Advertiser's announcement

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 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 breath. 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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been carried out by prestigious universities and research institutions worldwide and published in peer-reviewed journals.

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Angela before and after enjoying the benefits of Juice PLUS+

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Get ready for some fun

THE joint city car venture between PSA Peugeot Citroen and Toyota (known as the Toyota Peugeot Citroen Automobile - TPCA) rolled out its latest stunning display of innovation and technology as both the Citroen C1 and Toyota Aygo made their debuts at the Geneva Motor Show in March.

This collaboration has produced well in excess of 2 million vehicles since starting production in February 2005 and it continues to bring out cars with huge mass appeal from their assembly line in Kolin, Czech Republic.

Both the C1 and the Aygo will be available in numerous versions further enhancing the consumer's options for expressing their individuality and personality through the car they drive.

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Advertiser's announcement

Osteopathy – It's not just about bad backs

With around 80% of people in Britain experiencing back pain at some point in their lives, it's no wonder that so many are turning to complementary therapies like Osteopathy for help with pain relief. In fact, about 30,000 people consult an Osteopath every day so it's probably safe to say that over the years, the discipline has become more and more accepted by both public and medical professions alike.

Yet how many people associate Osteopathy with providing pain relief for conditions as diverse as foot and ankle problems, whiplash...or even Chronic Fatigue

Syndrome? How many know what Osteopathy is – or only have a vague idea of what's involved, imagining vigorous treatment and joints cracking loudly?

Well, to dispel all the myths, you might be surprised which conditions an Osteopath does deal with – the list is impressively extensive. At Lymm Osteopathic Practice, the lineup of treatable disorders of course does include low back pain – but this then goes on to comprise so many other conditions.

- Neck pain and shoulder problems with referred arm and elbow pain.
- Arthritic and rheumatic pain as well as sciatica and joint pains which include those of the hip and knee.
- Headaches, migraine, neuralgia and frozen shoulder.
- Sports injuries including cramp, muscle spasms and generalised aches and pains.
- Pregnancy related backache after the first three months, due to altered spinal curves.
- Finally, there is also a growing number of patients consulting the Osteopath for fibromyalgia and Chronic Fatigue/M.E.

If you've never been quite sure what you can expect from Osteopathy, you can rest assured that most people find their treatment relaxing, comfortable and enjoyable. Several gentle techniques are used, such as manipulation and articulation of muscles and joints and soft tissue massage. As well as the physical therapy, you will also be advised on exercise, posture and relaxation methods to help you maintain your recovery and prevent a reoccurrence.

Osteopathy works together with, rather than replaces orthodox forms of treatment and offers the precious advantage of time – at Lymm Osteopathic Practice they are able to offer their patients more of it and are more prepared to listen in detail and so reach the root of the problem. A patient centred practice, their practitioners' knowledge is always kept updated with continued professional training and they will always refer back to

your doctor (with your permission) if they have any concerns.

If it sounds like Osteopathy could benefit you, you can talk to someone at Lymm Osteopathic Practice or make your appointment by calling 01925 752264. The Osteopaths, Suzette Pulman and Darren Hayward (both registered with the General Osteopathic Council) are always happy to help.



Darren Hayward



Suzette Pulman

Debbie to run marathon for Eva



A LYMM mum is to run the London Marathon on April 13 to raise money for an eight year old girl who suffers from cerebral palsy.

Debbie Crouch, aged 48 (pictured above), a founder member of Lymm Runners, ran the marathon in 2008, finishing in four hours, 37 minutes so she knows what she is letting herself in for.

But she's the sister of Tracey Morris, who represented Great Britain in the Athens Olympics in 2004 and finished as the first British woman in the London Marathon the same year, so running is in the family!

Debbie said: Tracey's time in that London Marathon was two hours 33 minutes but I will be happy with a time within four hours 30 minutes."

She will be running for Eva, a class mate of her own daughter at Cherry Tree Primary, Lymm.

Eva has cerebral palsy, which describes a group of disorders caused by damage to the immature brain.

She finds it hard to control her muscles, maintain postures and co-ordinate movement and this can

make simple activities like getting dressed, eating and playing difficult to do.

It also affects the way Eva interacts with and explores the world, and without effective therapy, can hold back her physical and intellectual development.

Debbie is trying to raise £3,800 so Eva can visit the Bobath Centre for Children with Cerebral Palsy in London later in the year.

She has visited the Bobath Centre on a number of occasions and has benefitted each time.

The centre can provide physiotherapy, occupational and speech and language therapy tailored to Eva's individual needs and provide support and advice for her parents.

Debbie said: "As I pound the streets of London for 26.2 miles, I hope to be motivated by the fact that I am raising funds to help Eva with her continued development so that one day, very soon, she will be able to cross a finishing line unaided."

Debbie can be sponsored at www.virginmoneygiving.com/DebbieCrouch

New fire station unveiled



CHESHIRE Fire and Rescue Service has unveiled plans for its new fire station and safety centre at Lymm.

The building of a new fire station and safety centre on the site of the old truckstop in Cliffe Lane, Lymm is part of a comprehensive plan to improve response times across Cheshire, Halton and Warrington. The plan, which involves the building of up to five new stations, was subject of a widespread public consultation.

Couple celebrate 60 years of marriage

A LYMM couple who have been a cornerstone of their local community for more than 50 years have celebrated their Diamond Wedding.

Alf and Barbara Breen celebrated the occasion at home with family and friends – an occasion made more special by a message of congratulations from Buckingham Palace.

The couple first met in 1952 while working at a retail outlet at Hale. They were married at St Peter's Church, Oughtington and after a short period in Alf's home town of Altrincham moved to Lymm, with their son John.

Alf did his National Service in the RAF and was based at Hawarden, North Wales, where he was a member of the crash crew. He then went on to work for Shell Chemicals and later with Cheshire Fire and Rescue Service. He retired from the control centre at Warrington aged 59.

Barbara spent several years as a Sunday School teacher at the Methodist Church on New Road, Lymm and was a valued member of the care staff at Cotebrook Home, Oughtington.



Obituaries

Mike Ashes

THE funeral has taken place of Michael Vernon "Mike" Ashes, aged 73, of Mardale Crescent, Lymm who died in Warrington Hospital on January 20.

Mike, formerly managing director for an electrical company, had lived in Lymm for 46 years.

After retirement he did voluntary work at the Citizen's Advice Bureau in Lymm. He was a devoted Manchester United fan and enjoyed holidays with family and friends.

He leaves his wife, Eva, daughters Sharon and Alison and grandchildren Jonathan, Katie and Christopher.

The funeral took place at Altrincham Crematorium on February 3 and funeral arrangements were by John Burrows and Sons, of Lymm.



Norman Moston

The funeral has taken place of Norman Moston, aged 93, who died suddenly on February 11 at his home in The Crescent, Lymm.

A lifelong, and well known, resident of Lymm, he will be sadly missed by son John, daughter Janet, 7 grandchildren and 6 great grandchildren.



The funeral took place at St Mary's Church, Lymm, on February 20.

Funeral arrangements by John Burrows and Son of Lymm.

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