



Issue: 168

# Bake Off SUCCESS

Page 11

The second



Orthodontics without the waiting list Free Initial Consultation Interest free credit available

01925 75 65 65

Regular news updates at www.lymmlife.co.uk



Bann

See our main advert

on the back page for details 01925 753636

 $\mathbf{m}$ 

### www.lymmlife.co.uk

### March 2013

Editor Gary Skentelbery Production Paul Walker

**Business Manager** Tony Record

Advertising Freephone 0800 955 5247

Editorial 01925 623630

Email info@lymmlife.co.uk

### Websites

www.culchethlife.com www.frodshamlife.co.uk www.lymmlife.co.uk www.warrington.tv www.warrington-worldwide.co.uk

### Address

New Media Centre Old Road Warrington WA4 1AT

Lymm Life is published monthly by Orbit News Ltd.

The contents of this magazine are fully protected by copyright and nothing may be reprinted or reproduced without prior permission of the publishers. The publishers are not liable for any statement made or opinion expressed by third parties in this publication

Printed by TwentyFourSeven

# Editor's Comment

JUDGING by the near sell out success of all the "Winter Warmer" events taking place in the build up to this year's Lymm Festival it would appear local residents have a great appetite for supporting community events.

It is important to remember that these events couldn't take place without the hard work being put in by

the volunteers who donate many hours of their time freely for the benefit of the wider community.

# High school prom and pamper night

LYMM High School Parent Teacher Association is holding a "Prom and Pamper Night" in the main hall at the school, on Friday, March 22. There will be a prom dress fashion show, beauty treatment taster sessions -nails, make-up, hand massages, prom hair, etc. There will also be stalls selling jewellery, beauty products, fashion accessories, the gradue a criffic

etc and a raffle.

All proceeds are in aid of the purchase of new sewing machines for textile

Courses at the school. The event is from 7pm to 10pm and tickets are £5 from the school shop or by email from ptachair@lymmhigh.org.uk



I would like to congratulate those who are putting so much hard work into the wide variety of community events, which take place in our village throughout the year - which help provide our village with it's

unique identity. It is also extremely pleasing to hear that the best vehicle for promoting these events is Lymm Life.

The clear message from those organising these events is that if you want people to know what you are up to - you need to be publicising it in Lymm Life.

So if you have a community event to promote or indeed a business to promote you know where we are!

N & J STANHOPE **Coal and Log Supplies Best Quality Coal** Smokeless Fuel Logs Supplied in Bags and Bulk Peat Bricks **Open 7 Days Broomedge Farm** Burford Lane, Lymm WA13 OSE Tel/Fax: 752830



Contact us: TailorMade **Alternative Investments** Unit 7, Olympic Way Olympic Park Warrington, WA2 0YL

# Tel: 01925 810595

Or e-mail: info@tm-ai.com www.tm-ai.com

TailorMade Alternative Investments is not regulated by the UK Financial Services Authority and is not authorised to provide investment, tax or legal advice.

# TailorMade for you...

Gold has always been of value. Early civilisations linked gold with their Gods and rulers for its beauty, rarity and power. And today, gold continues to have worth.

It wasn't until around 700 B.C. that the first money appeared in the form of gold coins, and as gold became widespread as an acceptance of currency, trade began to rely on coins for exchange rather than the bartering system of previous days.

Nowadays, we don't use gold as our standard currency, yet gold continues to have value...

However, there is a finite supply of gold in the market. And demand for gold is high.

The Central Banks, have been diversifying their liquid assets away from US Dollars into Gold, The Chinese Central Bank has said, 'We want a reserve currency. We are going to continue to accumulate

gold.

There is also increasing demand for gold as a personal asset, which in turn, determines the price of gold.

In the current economic gold climate, as an investment has grown in popularity. Historically, it has not been correlated to stock markets, property and other commonly held assets, so when these do badly, usually, gold performs well, acting like an insurance policy within your portfolio and whilst gold does not produce an income, it is a tangible asset.

All purchases of gold bullion are currently VAT exempt in the UK. All Gold coins, such as Sovereigns and Brittanias are still technically considered to be



legal tender and are therefore Capital Gains Tax tree

If you are interested in finding out more about investing in gold, please TailorMade contact Alternative Investments.

Please Note:

The value of Gold can go down in value as well as up, so you could get back less than you invest.

TailorMade Alternative Investments is not regulated by the UK Financial Services and Authority is not authorised to provide investment, tax or legal advice.

# Historic Transport event gains momentum

### MOMENTUM is gathering for the proposed Historic Transport event which is set to be a new addition to the annual Lymm Festival.

Schools and local businesses are both set to benefit as historic working boats start arriving in the village from as early as June from as far atield as Shropshire, Staffordshire and Yorkshire as well as the National Waterways Museum in Ellesmere Port and restaurant boat "Castlefield" from the centre of Manchester.

On June 20 and 21 children from Statham and Ravenbank schools will participate in a unique canal heritage project when they will have the opportunity to learn at first hand about life on a working boat by actually visiting the boats and learning how the canal helped shape Lymm's history. Education is provided by the "Saturn" Project - the last of the Shropshire horse-drawn boats and by the education team at the museum at Ellesmere Port.

The old trading traditions of the canal will come to life on Thursday June 21 with the arrival of a cheese boat to take part in the Foodfest. The hundred-year-old "Castlefield," now restored as a restaurant, is planning a series of cruises over the weekend

as part of this year's festival. With over one hundred boats in the village for the long weekend local businesses can expect to benefit from all the extra visitors while the whole weekend is set to reach its climax with

Historic Transport Day on Sunday June 23

'We have cars, bikes, motor-bikes and buses coming from near and wide to display on the May Queen field," explained event organiser Alan Williams "Only last week I had a call from some one asking if they could bring fifteen vintage Rolls-Royces. I said yes !!"

Organisers are now looking to local people for their support to make this a truly memorable event. suspect there are dozens if not hundreds of vintage and classic vehicles tucked away in the garages of Lymm," said Alan. "There will never be a better chance to show them off!" Register now at www.lymmtransport .org.uk before the field fills.

Support is needed from local businesses too to help offset the initial costs of what promises to be an annual bonanza for the village.

Call or contact the number below if you would like to sponsor or advertise in the souvenir programme. And more than ever there is a need for volunteers to help steward at a number of sites in the village.

If you can give half a day of your time you will receive two free admissions as a thank you. Call Alan Williams on 01925 754080 or email lymmtransport@gmail.com



# Sophies Soft Furnishings

Curtains • Roman Blinds Cushions • Tiebacks • Poles Tracks • Valances • Pelmets We design, make and fit to meet your xact requirements

For free home visit or advice ring Anne on 01925 754446 www.sophiessoftfurnishings.co.uk



## -BC-**BANKFIELD CONSTRUCTION Ltd**



Inspirational design, high quality construction, bespoke interiors at an affordable price

- 30 Years experience ٠
- New build and extensions
- Out building and garage conversions
- Contemporary kitchens
- Designer bathrooms
- Home office or study

30 Massey Brook Lane, Lymm, Cheshire, WA13 0PN



Tel 01925 751673 Mobile 07792 044137

**Kids Plane** A world of difference for you and your child

We offer the world as seen through the eyes of a child. We provide the highest standard of day care and education, creating a unique home from home for our children.

Excellent Ofsted reports

**Flexible opening times** 

Ultra secure environment with CCTV

Healthy & nutritious menu

To learn more about our day nurseries in Beamont, Lymm or Warrington Centre contact our Head Office. Kids Planet Nurseries Group, 29 Eagle Brow, Lymm, Cheshire WA13 ONA. Email: mail@kidsplanetdaynurseries.co.uk www.kidsplanetdaynurseries.co.uk



coll: 01925 753 448 or go to our websit avnurseries.co.ul



March 11 LYMM HISTORY SOCIETY Thomas Brassey by Dough Haynes Lymm Village Hall, 8pm Visitors always weld More info Lynne Smith 01925 756776

LYMM PARISH COUNCIL Lymm Parish Hall 7.30pm

### LYMM LIONS GROUP

Meet: Bridgewater Club, Lymm 1 st and 3rd Tuesdays of the month. 8pm 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 7.15pm 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 LUNCHES

Eagle Brow Methodist Church 3rd Thursday in the month Light lunches 12 noon till 2pm. All proceeds to Age UK 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 LUNCHES

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

Erwry 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 4th Wednesday, 8pm Lymm Royal British Legion Club Details: 01925 604400

### LYMM CONCERT BAND Rehearsals every Thursday evening United Reformed Church, 8pm.

Details: 01925 752934

To feature your event on this page please call our team on 01925 631592

# 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 davidmowat.org

Produced by David Mowat MP, House of Commons, London SW1A DAA.

The Rosebank Centre & Rosebank Naturegarten For babies, 3-5 year olds and after-school children

### The Natural Choice for your child - Pepper St, Lymm

- Excellent facilities and extensive grounds
- **Forest day options**
- **Outstanding Parent Partnership**



Make sure your child has a head start and a childhood to sing about. Come and have a look yourself, just call :-

Julie 01925 756900 or Sadie 01925 758959

# Doodle for charity

JUST English Tuition Lymm are supporting Epilepsy Action's National Doadle Day. Wendy Hulme from Just English said: "Students are invited to doadle and donate £1 during the week. "As well as supporting the availant

"As well as supporting this excellent charity, research has shown that doodling helps concentration at school and work...so get doodling!" Interested in making a donation or submitting your own doodle with a chance to win a prize? Contact Wendy on 07863888599 or find more details on justenglishlymm.co.uk

All entries have to be submitted by March 8



# Award winning choir

AWARD-winning children's choirs will perform at St Peter's Church, Oughtrington, with songs ranging from Parry to Lady Gaga. The Kinder Children Choirs, of High Peak, will be in concert on Saturday

March 2.

They were started in 1991 by founder director Joyce Ellis to give vocal and choral training to children, and give them the opportunity to perform in public. The choirs quickly gained a national and international profile with successes

in major competitions, including the Llangollen International Eisteddfod. They will perform at the Oughtrington Lane church from 7.30pm with a programme ranging from classics to pop. Tickets are £10 and can be obtained at the door or by contacting 01925 752388 or Rushgreen Garage.

## Spring gardening tips event

TIPS and advice will be on offer at a Spring Gardening event being held at High Legh Garden Centre on March 23 and 24. The Get Your Garden Started show will be held from 10.30 am to 4.30pm

n Saturday and from 10.30am to 4pm on Sunday. There will be displays, children's activities and advice from centre experts and

local gardening organisations. There will also be special offers on plants, spas and pools.

Representatives from Grappenhall Heys Walled Garden Project will be on hand to talk about their work restoring the garden. There will also be advice on gardening courses, growing fruit and vegetables, beekeeping and gardening for wildlife

# Church fundraising

NEW members are being sought for the fundraising 100 Club at St Peter's Church, Oughtrington. The number of members has fallen following bereavements and people moving

out of the area. Membership costs  $\pounds12$  per year, and there is a monthly draw of two prizes of  $\pounds15$  and  $\pounds10$ .

Anyone interested in joining should contact Meg McNorton on 01925 754259.

# **Abbey Leys Farm Shop**

Fresh Farm Food at its Best! Organic Free Range Eggs • Goose and Duck Eggs • Pickled Eggs Home Grown Potatoes • Fresh Fruit and Vegetables Farmhouse Cheshire Cheese • Butter • Fresh Milk Farmhouse Ice Cream and Lemon Cheese

Opening Times: 9.00am - 5.30pm Mon - Sat. Sun 10.00am - 4.00pm ABBEY LEYS FARMERS' MARKET First Sunday each month 10am - 2pm

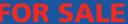
Tim & Janet Harrison 753465 Peacock Lane, High Legh

### www.lymmlife.co.uk



With an increase in sales, we currently have clients waiting to purchase. Ridgeway Residential is the right choice to sell your property guickly and efficiently.

<u>Please call</u> for a Free Market Appraisal Today





181 Rushgreen Road, Lymm A good sized detached bungalow situated approximately 1 mile from Lymm village centre. The accommodation comprises of an entrance hall, lounge, dining kitchen, two double bedrooms, bathroom, parking for several cars, front and rear garden, garage, partial double glazing and gas central heating. Viewing is highly recommended. £235,000



### 127 Dundee Close, Cinnamom **Brow, Warrington**

3 bed detached property in sought after location, lounge, dining room, fitted kitchen, three beds, family bathroom, downstairsw/c and utility room, gas central heating, garage and gardens. OIRO £184,995



## 16 Fairfield Road, Lymm

Extented semi detached in village centre, lounge, dining room, family room, breakfast kitchen, downstairs w/c, 4 beds, 2 baths, gardens. viewing recommended.

£335,000





### Rose Cottage, 8 Warrington Road, Lymm

A well presented and fully refurbished mid terraced property. lounge, dining room, fitted kitchen, utility room, downstairs w/c, 2 bedrooms, newly fitted bathroom and converted loft room. Communal garden, off road parking, gas central heating and double glazed. Viewing Highly Recommended. £167.950



9 Marlfield Avenue, Lymm 50% shared ownership first floor apartment, lounge/dining room, fitted kitchen, two bedrooms, bathroom, allocated parking, double glazed. £79.950



### **Ridgeway Residential is the leading independent specialist** Letting Agency in the Lymm and surrounding area.

As specialist Letting agents we concentrate on giving you the best service without any conflict of interest. We have been renting for over 25 years and offer competitive fees, friendly and knowledgeable staff. (One of the largest choices of property). In house property management. First class home rental and management service, for premium quality properties. Combining a high level of personal care with exacting attention to detail, we look after your needs whether you're looking for property to rent or if you want to let your property. If you are unhappy with your current agent or just want a fresh approch call Paul today to discuss your requirements. 01925 756931





19 The Cross Lymm Cheshire WA13 0HR T. 01925 756931





E. sales@ridgewayresidential.co.uk

# **Top awards for local Guides**





The girls (pictured left to right) are Anna McMahon, Charlotte Hammond and Lauren Williams

and Lauren VVIIIams. The award is the highest that a Guide can attain. It is personally challenging and usually takes up to a year to complete the 10 challenges from each of the programme zones of discovery, healthy lifestyles, celebrating diversity, global awareness and skills and relationships and relationships.

Participants also have to attend a Baden-Powell Challenge Adventure Weekend.

The girls received their award from the county commissioner Judith Gardiner and prévious district commissioner Alison Pennycook.

Now they have completed their challenge Charlotte and Lauren will take on Girl Guiding young leader roles



### PHONE FOR YOUR FREE ESTIMATES

# WI talks about the future

A RANGE of topics including the future of the WI-owned Denman College and the Cheshire Show, were discussed at a meeting of Lymm WI. President Brenda Daniels welcomed everyone to the meeting.

Guest speaker Father Michael Burgess gave an exuberant talk called "A Christmas Cracker.

Updates on their activities were given by the rambling, literary and gardening groups.

New members are welcome at the meetings, which are on the first Wednesday of the month at 7.30pm at the Village Hall, Pepper Street.

# Perfect time for dreaded chore!



LOCAL oven cleaner Paul Clark believes now is the perfect time of the year for

a chore that is dreaded in households up and down the country. Paul, franchisee of Ovenu, Warrington's professional oven valeting service, says the pain of donning the rubber gloves and the arduous scrubbing needn't be an issue

He said: "People's ovens take on a heck of a lot of work due to the number of meals cooked over the holiday season. When we get to this time of year, the oven can be covered in grease and grime, and can become a real fire hazard."

The Ovenu valeting process involves dismantling key components of an oven

such as the door, interior panels, fan and shelves and placing them into design-registered equipment, which uses non-caustic products to clean the oven parts. Paul added: "Ensuring the oven has had a thorough clean can eliminate the risk of a potential fire, helping the oven to run more efficiently and prolonging its Lf\_ " life

A full video demonstration of the valeting process can be seen on the Ovenu Warrington website at www.ovenuwarrington.net. For more information contact Paul Clark at Ovenu on 01925 453 377 or

ovenuwarrington@hotmail.co.uk

# New facilities at Lymm Dam

NEW steps and an attractive boardwalk at Lymm Dam have been officially opened by members of the Lymm Environment and Heritage Group (LEHG).

The group is also celebrating retaining Green Flag status for a fifth consecutive year! Ranger Tim Baker said: "The old

boardwalk and steps formed part of a popular waterside route around the Dam but there were some concerns over the condition of the steps and the boardwalk itself was quite slippery

during damp conditions. "We decided then, in partnership with LEHG, Bay Malton Angling Club and Lymm Parish Council, to replace the existing facility to an improved specification. The new steps and boardwalk are wider and the

decking has an anti-slip surface." He said the boardwalk is also used for angling and environmental

education sessions. "The new structure features a number of platforms specifically for angling and environmental education. This means that all activities can now take place without people having to squeeze past each other," he added. The project was funded with help from Lymm Parish Council and Warrington Borough Council, and programmed as part of Lymm Dam's new five year management and development strategy drawn up by the Ranger Service. "The

previous Tim sala: The previous management plan which ran from 2007 to 2012 has now been completed so we have drawn up a subsequent one to take us to 2017. The plan forms part of our annual submission for the Green Flag award and we are pleased to have retained this status for the fifth consecutive year.





Bespoke Architectural Structures Ltd

Transform your living space or work place with specialist glazing made to the highest standard. Family based business manufacturing, supplying and installing glazing systems to the domestic and commercial market specialising in sliding folding doors: Call us now for a FREE no obligation quotation.

Best quality and service assured!



Want to lose upto 2 dress sizes without dieting or surgery?

**Non Surgical Laser** Lipo is the answer! Instant result, non invasive & painless

01925 601761

165 London Rd. Stockton He

Book your FREE consultation now! Special offer £25 trial session.



### **Traditional Acupuncture and Oriental Herbal Medicine**

Many years experience in the treatment of: Chronic Pain and Arthritis, Stress and Anxiety, Insomnia and Fatigue, Fertility and IVF support, IBS and ME, Eczema and Psoriasis, Asthma and Hay fever

Mr Andreas Feyler, BSc (TCM), BAcC, ATCM, RCHM

www.acupuncture-cheshire.org

Tel: Andreas on 07733 231726 or The White Rooms on 01925 752333

Now practicing at The White Rooms, 11 New Road, Lymm, WA13 9DX

THE NORTH WEST'S OAK & PINE SPECIALISTS

Fantastic savings on all bedroom, dining & occasional ranges





\* Visit the store for more FANTASTIC OFFERSI \*



Wilderspool Causeway, Warrington WA4 6QP Tel: 01925 241869 Store open: Mon to Sol Fam-5.30pm, Son & Bonk Haldout Ilam-4pm

Shop online: www.branchesfurniturewarrington.co.uk



14 Church Lane Culcheth 01925 766646 or Unit 11b. Brindley Road (off Reginald Road) St Helens 01744 811687

# Sooty's sell out success!



MATTHEW Corbett's aptly named one man show entitled "25 years sticking your hand up Sooty's bum" sold out weeks in advance of the event

In fact all five of the Winter Warmer activities taking place to help raise funds for this summer's Lymm Festival are on track to be sell out successes - thanks to Lymm Life and the associated v worldwide.co.uk website! warrington-

Organiser Alan Williams explained :"Some time last September in a moment of weakness I agreed to take on the job of organising the Lymm Festival Winter Warmer Series.

"In practice I am not sure why I was worrying as we have had help from all sides. As well as welcoming in celebrities like Tony Hawks we have seen Matthew Corbett coming up trumps with his performance of twenty-five years with his hand up Sooty's spirit the Big Sing Choir of local amateur singers has grown to over fifty in anticipation of a performance with paralympic singing star Denise Leigh and our own Helen Monks in March. "Local venues including The Statham Lodge Hotel, The Lymm Hotel, Lymm Golf Club and the United Reformed Church have all generous making been in performance space available.

"But there's no show without an audience. In this respect Lymm Life ( and the Warrington Worldwide website) has been absolutely crucial in providing us the publicity we need. We have a good email newsletter list and we poster where we can. We also facebook and we twitter but there is no substitute for the power of the Lymm Life dropping on nearly every doormat in the village, with stories of our events or the hundreds of clicks on the interview with Matthew Corbett publicising his show.

Alan added: "We can always tell Alan added: "VVe can always tell when a delivery of Lymm Life has gone out as we see the immediate spike in sales. The end result is that every event of the Winter Series looks like selling out and we can confidently look forward to a profit of over £3,000 toward festival funds. All of which is great news for this Summer's Festival!"

# Drivers ignore yellow lines

MOTORISTS are ignoring double yellow lines near the shops at Heatley Mere. Parking restrictions were introduced because of the chaotic situation which frequently arose when the small car park serving the Co-op store was full. Cars were left in the road - often parked half on the pavements and sometimes

blocking local residents' drives.

The situation has improved since double yellow lines were introduced, but there are still problems caused by drivers who ignore them and they are exacerbated by residents who leave their cars in the road instead of parking them on their drives

Cllr Sheila Woodyatt said: "I have been approached by some residents complaining about neighbours who park in the road instead of on their drives. "But the difficulty is that there is no law to stop people parking outside their own houses.

"I am asking that traffic wardens and the Police Community Support Officers visit the area more frequently to see if that will improve the situation

# **Personal trainer** publishes the One!

LOCAL personal trainer Paul Mason has published a book on healthy eating - and guarantees people will lose weight if they stick to the "one plan."

Paul, who has opened a fitness facility at The White Rooms in Lymm, has written the book to help his clients lose weight while remaining fit and

healhty. He said: "Have you tried surviving tracting nothing on cabbage soup or eating nothing but protein?

"Most people have tried all sorts of elaborate diets but end up either putting on more weight, having extreme cravings or feeling so sick

that they just can't continue. The meal plans and nutrition principles in the book are a culmination of 30 years of research

and study into exactly what works to achieve a lean body. "I assure you that none of these rules are "unhealthy" or "extreme". On the contrary they are the best principles you can incorporate to not only guarantee you the body and the abs of your dreams, but to also help you achieve a level of health and well

being that you may never have thought possible. "We only have to look back at our evolution to see why most diets fail. Many diets rely on a starvation

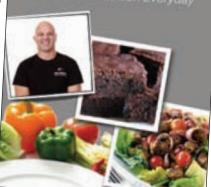


principle that heavily limits the amount of calories you can consume on a daily basis. This does cause weight loss short term by muscle wastage and water loss but very little of this weight is actual fat. These starvation diets actually cause us to store fat for survival and in turn put on more weight in

store fat for survival and in turn put on more weight in the long term. "So starvation or heavy calorie restricted diets are not the answer. Not only do these diets cause you to put on more fat in the long term (yoyo dieting) but they also slow down your metabolism, the exact thing you need to increase to burn more fat. "The best way to lose fat is to eat natural, we evolved eating natural foods. Foods that we picked from trees and bushes, dug out of the ground or animals that we chased down and killed. Although the world has evolved at a very rapid rate our body is still fairly primitive. "Our body still craves and requires the natural foods we ate and drank many years ago. Processed foods, simple sugars, contaminated water, and artificial stimulants are still alien to our body. All of these accumulation uppatient products (taxing) are stored

to our body. All of these accumulation unnatural products (toxins) are stored in our fat cells while our body decides





what to do with them.

"Follow the ONE plan for 30 days and your body will release all of these toxic fat cells. The ugly fat will disappear! In order to achieve this you need to return to the natural foods that we have evolved to eat and process comfortably. So, the rules are simple and the meal plans are easy to follow. I can promise you that if you stick to the plan, it is guaranteed to work.

To order the book online visit www.cheshirepersonaltraining.com/ the-one-plan/



# Book tells of the stress of war

A LYMM author wants to raise awareness of Post Traumatic Stress Disorder (PTSD) and help those suffering from the condition.

Stephen Power fuses fact with fiction in his book, The Fight, which has been published on Kindle, at just 98 pence.

98 pence. All December sales were donated to the Military charity Talking 2 Minds, which treats severe stressrelated conditions. Stephen said: "Although PTSD has crept further into the national consciousness in recent years as returning soldiers from Iraq and Afghanistan drive public awareness about the disorder, I never set out to write something about it.

"Far more used to writing

## Free 'Green Deal' Assessments

LOW Carbon Lymm (LCL) has been awarded funding from the Government via Warrington Borough Council to enable Lymm residents to benefit from the 'Green Deal' which was launched at the end of January.

The Green Deal is a new way to pay for energy-saving home improvements, to combat rising energy costs and to make homes more comfortable. It lets you pay for some or all of the improvements over time through your electricity bill. Repayments will be no more than what a typical household should save in energy costs.

The starting point is to undertake a Green Deal Assessment, which will be provided free-of-charge to 100 Lymm households - the normal costs of these assessments are £120 to £150. Independent help will then be available through LCL to guide residents through the Green Deal process for those who decide to take things further. Households can also benefit from a Cashback Scheme which could be worth over £1000 on a package of energy saving improvements.

improvements. This follows LCL's successful LEAF programme last year in which 100's of homes in Lymm participated in the programme of free energy surveys - and many are now reaping the benefits from the installation of energy efficiency measures such as loft and cavity wall insulation.

wall insulation. To find out more about the Green Deal or to book your free Green Deal Assessment, visit the LCL website: www.lowcarbon lymm.org.uk or phone Richard Pearce on 01925 754480. This offer is available until the end of March 2013 on a first-come, firstserved basis. educational material for nursery age children, this was a departure from what I usually write. Initially, I just wanted to write a novel aimed at older children to commemorate the 30th anniversary of the Falklands conflict."

While researching for the book, he discovered the conflict involved a lot of desperate hand-to-hand fighting, which is unusual in modern battles. He said: "Another

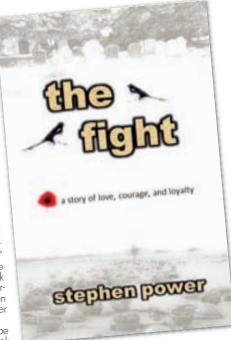
He said: "Another thing that grabbed my attention was that 17year-old British soldiers fought and died in the Falklands, something reflected in the book by the use of the narrator, a young man who goes to war at 17. "However, one

However, one particular piece of information that came to light in my research had the biggest impact: the revelation that the number of Falklands' veterans who have taken their own lives since the war ended, many displaying symptoms of PTSD, exceeds the number who died in the war itself."

He decided to raise these issues in the book and examine the farreaching consequences on lives and families, long after the battle has ended.

the battle has ended. Stephen said: "The shape and message of the book may have changed but the descent into darkness still works for children as well as adults, " he said. He added; "The story focuses on the human spirit. While it might be reith, in parts withmethy it's an

He added; "The story focuses on the human spirit. While it might be gritty in parts, ultimately it's an uplifting, life-affirming story that children can relate to and learn from."



# FREE HOME ENERGY REPORT

## Hate rising energy costs? Want a warm home for less money?



As part of the Green Deal, up to 100 homes in Lymm will benefit from free energy assessments\*. You'll get a free report to help you to stop wasting energy and burning cash. And if you decide you want to take things further, Low Carbon Lymm will help you to make the most of Green Deal opportunities. Together we could save over  $\pounds 1$  million per year in energy costs and help to make Lymm a greener village for our children.

To find out more about the Green Deal and to book your free Green Deal Assessment, visit the website: www.lowcarbonlymm.org.uk or phone Richard Pearce on 01925 754480.

Low Carbon Lymm is a voluntary, not-for-profit group of local residents working towards making Lymm a more sustainable community.

 The normal cost of an assessment is currently £120 to £150. This offer is open until the end of March 2013 on a first-come, first-served basis



# **Great British Bake Off comes to Lymm!**

BAKERS from throughout Lymm put their best work on show for The Great Lymm British Red Cross Bake Off!

Bakers of all levels took part in the community challenge at Lymm Village Hall - The Bake Off, to help raise funds for the vital work of the British Red Cross.

There were four categories to enter baking treats into technical challenge, adult signature bake, junior signature bake and handmade bread.

Judges were a host of local food experts including Lymm's very own Michelin-Star chef Aiden Byrne. They reported a high standard of entry and were impressed by the range of skills shown.

Many entrants donated their creations for an auction, to raise extra funds for the charity.

The judges also hosted a variety of baking master-classes, including a session from The Little Velvet Cake Company on cake decoration.

Organiser Katie Baverstock, a mother of two from Lymm, was pleased with the success of the day.



Junior winner Cameron Gray, aged 12, with his Lemon and Almond cake.



Technical winner Helen Nelson (left), with judge Aiden Byrne and Judith Ward winner of adult signature bake and Kate Geary winner for bread baking.



Also pictured are judges (L-R), Sam Whittingham of Lymm Cakes, Liz Young of the Little Velvet Cake Company, Clare Jeffreys of Clara's of Lymm and Aiden Byrne Michelin Star Chef of the Church Inn.





# Contact Andrew Scully 01925 755020

membership@lymm-golf-club.co.uk

Whitbarrow Rd, Lymm, Cheshire WA13 9AN

www.lymm-golf-club.co.uk

# Lymm Gelf 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 DAV

A ladiest open afternoon will be held on Sunday 26th April, All lady golfens and beginners are welcome. Call the club for further details or to book your place.

## Full Membership

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.

## Irial Membership

Many golfers have decided to join our very successful trial membership scheme. This gives the opportunity to try out membership of the club for three months for just £100 plus £10 each time you play. On converting to full membership the £100 and all the green fees will be credited to your account helping to reduce the first year's fees.

## Intermediate Membership

If you are between 20 and 30 you will benefit from our sliding scale of fees. Please call for a personal quotation.

# High speed rail link cuts through open country

THE draft route for HS2 - the government's long-awaited high speed rail link designed to slash travel times between London and the North - cuts through open country just to the east of Lymm.

It appears to run right through or very close to a relatively modern house just outside the parish boundary - and it passes close to High Legh Park Golf Club. Lymm Parish Council has already

Iymm Parish Council has already received an email from an action group seeking support for a campaign to block the proposals. But councillors had yet to discuss the scheme as Lymm Life went to press.

Cllr Sheila Woodyatt said: "As it appears at present, I don't think HS2 will have any significant impact on Lymm. But there will be some local people with concerns.

"It appears to run fairly close to cottages in Warrington Lane. But it is

only a draft plan at present. The final line will not be approved until 2015 and there will be plenty of consultation meetings and opportunities to make representations.

"My own view at present is that because HS2 will be of great economic benefit to the region. I would not be opposed to it. But, as I say, it is still only at the draft stage." At High Legh, however, many

residents have expressed shock and dismay at the proposals.

Cllr Steve Wilkinson, who represents Hgh Legh on Cheshire East Council, said: "Residents just can't believe it is cutting through this part of the world. I'm opposed to the scheme and always have been as I don't believe the economic benefits outweigh the environmental impact it will cause.

will cause. "I had a warning it was going to run through my ward but I didn't think it would cause the havoc it will cause."

## Snow provided some picture-postcard views



LYMM has - up to the time of writing at any rate - escaped the chaos that this winter's snow has brought to other parts of the country and, indeed, the North West.

But the village did experience a couple of days of snow which provided plenty of picture-postcard views without having too much effect on local traffic.

As usual, snow-clad slopes around Lymm Dam attracted plenty of youngsters with sledges - some purpose-built and some adapted on the day.

One girl was seen careering down the slopes on a road diversion sign!

Our photographer spotted sisters Eve and Rosy Pye enjoying sledging under the watchful eye of their parents. While traffic soon transformed snow-covered roads into slush, some of the back lanes off Crouchly Lane stayed picturesque for several days. Lymm Water Tower was an

Lymm vvater lower was an impressive sight, viewed across fields blanketed with snow.

Some four-legged Lymm residents were bleating about the conditions despite having their woollies on!

But there was no serious disruption for most two-legged residents. The schools stayed open as did the shops - giving shoppers the opportunity to draw comparisons between those shopkeepers who cleared the footpaths outside their premises and those that did not!

It is not, of course, too late for more snow yet and many locals remember falls as late as April and May!



- Advertiser's announcement -

# Village pub boosted by £1.5m investment

## A 345-year-old village pub has boosted takings by 50 per cent with the opening of new function rooms.

More than  $\pounds1.5$  million has been "Invested in The Black Swan at Hollins Green over the last 12 months - and "The Rixton Room" opened its doors just in time for the festive season.

Gala dinners and parties for businesses from Manchester to Liverpool saw the new facility at 100

per cent capacity, testing the new purpose built kitchens to the full. Guests who need a room for the night will shortly benefit too, as the pub has one more phase of its expansion, yet to complete - the addition of 14 new bedrooms, due

to open in April. The pub has been at the heart of the local community for many years and last year won North Cheshire CAMRA's Community Pub of the Year award.

Landlord Stuart Wraith, is working hard to further cement The Black Swan as a community pub by introducing local farmers' markets, cinema nights, and even pantomimes. "The new function room is a real asset to the pub," he said.

"Bookings are coming in thick and fast for the Rixton Room for a whole variety of functions including parties and weddings. We are now looking forward to the opening of the bedrooms in April to add further to our offerings.

## Lymm in Bloom!

VOLUNTEERS are needed to join a new group aimed at improving the appearance of the outlying areas of Lymm. Proposals include setting up a Lymm in Bloom group to brighten up the parks, recreation grounds and areas beyond the village centre.

Everyone is invited to a meeting on Wednesday March 20 at 7:30pm, upstairs at the Methodist Church Hall. Organiser Ben Selwood said: "The nationwide Britain in Bloom is all about

how looking after the local area can have a positive effect on the local community and I feel that this is something which Lymm could benefit tremendously from."

For further details email Ben at lymminbloom@yahoo.co.uk





### www.lymmlife.co.uk



Fosters • John Smiths • Peroni **Guiness • Black Sheep Bitter • Strongbow** Amstel • Kronenburg

Now serving Freshly Cooked Pizzas from Elmas Restaurant and toasted sandwiches

Visit our website: www.thevenuelymm.co.uk

# Tel: 01925 756393

**OPEN:** Sun to Thurs from 6pm & Fri to Sat from 5pm

# Organising hospice volunteers

GUEST speaker at Heatley WI's meeting was Julia Kindon, who organises more than 600 volunteers for St Rocco's Hospice to help with roles including gardening, admin, driving and helping in the In Patient and Day Units. Gardeners are currently urgently needed, she said. All St Rocco's shops are independent, except the furniture shop at Bridge Foot, Warrington and they provide a fifth of the income needed by the hospice. Extra volunteers are also required for special events, including the Starlight Walk in June which needs 250 marshals. Julia was thanked and then members were able to shop, as she had brought a volunteer and some goods for sale. The overall winner of competitions for last year was Lorraine Wright, with runner-up Jean Mason. The raffle was won by Judith Oldknow. During the tea break, Margaret Sharp told members about the course on Rag Rug and Recycling she had attended in Denman College.

## New Deli in Lymm



A new deli has opened in Lymm village centre stocking a wide range of local products.

Nancy's Deli on Bridgewater Street opened recently to stock many of the wonderful products which can be found in the local farm shops and markets. The shop is the idea of Nancy Morse who, along with friends and family, has been scouring the local area for the best products - local cheeses, breads and cakes, tasty pies and pickles, sticky toffee pudding, luxury chocolates, locally brewed beers and cider...the list goes on. Even the take away coffee is roasted and imported by a local company!

The deli also makes fresh sandwiches and hot drinks to order, as well as tasty soup made every day.

Pop along to see what is in store for you. And don't forget to tell Nancy if you know of anyone making something delicious that she could stock.

# Council to offer help with bins

PEOPLE who believe they will have difficulties if fortnightly black bin collections are introduced in Lymm can get help from the borough council. Cllr Sheila Woodyatt said: "I have been approached by several people who believe they could have problems and have raised the issue with the council.

"It seems mainly to be people with large families and the council says in these circumstances, they will provide a second black bin. "They will also offer additional advice to families on what sort of refuse should

go in each bin. Some people are still putting recyclable materials in the black bin which could go in one of the other bins. "Most people seem to think fortnightly collections will cause no problems, but help will be available for those who have difficulties." Complaints have also been received that the refuse collectors often leave bins

Complaints have also been received that the retuse collectors often leave bins on pavements rather than returning to them to house drives. This causes problems in areas like Higher Lane, where pavements are narrow in places and pedestrians are forced to step into the road to get passed bins. One resident said: "I have seen people, including mothers with pushchairs, having to step into the road to get passed. "On one occasion and elderly man using a zimmer would not have been able to get passed if I hadn't arrived to retrieve my bin at that moment. "The bin men seem to rely on the householder to take the bin back in and in many cases this is what happens. But many people are out at work or have gone shopping - and that can mean bins are left blocking footpaths all day."

# Youth Club is boxing clever

### BOXING skills were enjoyed by youngsters and volunteers at Lymm Junior Youth Club in a special activity session.

Mo Abdwas from Phoenix Fire Amateur Boxing Club, based at Warrington Fire Station, taught them the sports' moves and techniques.

Due to the growing popularity of the club and the successful Community Asset

Transfer, two qualified youth workers are now employed to run the Junior Youth Club.

The sessions run from 5.30pm to 7pm each Thursday and are for Year 3 to Year 6 pupils.



On the right, the two new youth workers Alex Wright and Michaela Matthews, with Mo Abdwas, children and volunteers.



# Kitchens & Bedrooms by Ben Ellaby



# WE'RE STILL IN BUSINESS!

Unfortunately due to the decision by our landlord to sell the premises in Church Road we have had to relocate to our factory for the time being.

Designed, Manufactured and Installed by Craftsmen with a combined experience of over 90 years in the Kitchen and Bedroom industry.

Styles to suit all tastes. Budget to suit all pockets.

For a free no obligation quote call 07854 457 936 / 01925 755 040 www.benellaby.com

WWW.MACDONALDHOTELS.CO.UK/LYMM

## the **Pink**



# Nancy

Local cheeses and luxury chocolates

Tasty pies and pickles

Hot drinks to take away Fresh sandwiches and snacks Home-made cakes

Locally brewed beer and cider

Wide selection of local artisan products



10 Bridgewater Street, Lymm - 01925 756829 - nancysdeli.co.uk



from £4,500 £1,250 42.

**Reconditioned Curved Stairtift from** £3,500 - with 12 months warranty Reconditioned Straight Stairlift from £700 - with 12 months warranty

Call Liftways Ltd 0161 928 9348 or 07971 476 251

Established 2001 Wellington Park, Altrincham, WA15 8JA liftways@btinternet.com | www.Wheney.com

## **Guaranteed savings** for your home!

The Utility Warehouse 'Double the Differen could benefit from:

- The UK's cheapest Home Ph
- The UK's cheapest Broadband
- The UK's champest Mobile tariffs - The UK's chaopest standard Gas and Electricit

Ask for details! Lymm Life 0800 955 5247 info@tymmlife.co.uk www.utilitywarehou org.uk/orbit

0



SUZETTE PULMAN, N.D. M.R.N. D.O. **Registered Naturopath & Osteopath DARREN HAYWARD, B.Sc. (Ost)** 

**Registered Osteopath** We are both registered with The General Osteopathic Council (GO.Sc.)

> Open Monday to Saturday Tel: 01925 752264

The Rise, 16 Grammar School Road, Lymm WA13 0BQ (Easy Access Road Parking) Registered with all major insurance companies



Dog Walking and Pet-visiting Service

ddy Paws is an experienced, professional and reliable dog-walking service that is friendly and flexible to suit you and your pet's needs. Paws will also care for any other animals in your home.

Dog walking Fun, long walks in the local area  $\pm 10$  · Pet visits to your home. From £8 per visit

Tel: 07716 857276

email: 4muddypaws@talktalk.net web: muddypawslymm.com Muddy Paws is fully insured and references are available.







ALL PRICES ARE SUBJECT TO VIC

£12.00 EAC





Please send your correspondence to: Lymm Life, New Media Centre, Old Road, Warrington WA4 1AT or email: info@lymmlife.co.uk

### Last month's comment regarding parking issues in the village certainly touched a raw nerve with a lot of our readers. We could have published a whole edition of the magazine with the feedback! Here is a selection of the emails and letters we received.

### Oughtrington Lane parking

Jeanne Artingstall

I agree there are parking problems in the centre of the village but other areas also have problems.

As a regular churchgoer to St Peter's Church in Oughtrington Lane, I must point out that problems are now being caused for the church by the fact that double yellow lines have been painted, reaching from opposite the school entrance, past the church and for some distance down the hill, although there are single ines outside the church allowing for the parking of about six cars. This means that on Sunday mornings, most churchgoers have to park their cars

down the hill, some considerable distance from the church which is especially difficult for the old and the disabled. This problem could easily be solved by

replacing the double yellow lines with single, as churchgoers would then be permitted to park nearer to the church on Sundays. Also, for big events such as Christmas Eve, the church has always had an agreement with the school that churchgoers may use the school car park, but this has now been lost as barriers are now closed so that all cars must be parked on the road, causing congestion.

I would point out that there is a strip of land opposite the church which belongs to the council (not the school), so that a simple answer to the problem of congestion would be to remove this overgrown piece of land in order to widen the road at this point.

### Yellow lines

G Precious

I AM writing to express my feelings re the double yellow lines outside St Peter's Church, Oughtrington, Lymm.

reier's Church, Oughtrington, Lymm. At first I have to admit that I was surprised to find these lines painted. Now as we've had Christmas, which is a very busy time for the church, my surprise has turned to disgust as I witnessed the difficulties of the elderly and those with families struggle to find parking to get to our Christingle and our midnight services. I am told that some had to give up their plan and go home. Then I thought of those waiting to have their wedding at St Peter's or have a funeral there. Would it be possible to park please," no it wouldn't." Surely the placing of these lines could be rethought for everyone's benefit.

### Obituary

### Irene Atkinson

Irene Atkinson Nee Williams, aged 82, of Wayside Close, Lymm died at Old Vicarage Nursing Home, Grappenhall on January 22. The funeral took place at Walton

Lea Crematorium

She has one surviving relative, Gill and her hobbies included playing



Scrabble in a national tournament

and Bridge locally. She was a member of the WI and Lymm Book Group and worked as a specialist reaching teacher as well as being an avid supporter of several charities.



### Parking driving me mad

Rachel Spencer

I LIVE on Pepper Street, the row opposite the scout hut and can never park

I've written to every single parish councillor, David Mowat MP, who to be fair did respond and has done what he can, and Steven Broomhead, who didn't bother to respond and also to the people who deal with permits at the council.

Again, no response. Now that all the car parks are paid for, everyone who works in the village parks on Pepper Street and Grove Rise and residents often can't find anywhere

to park. I've had to pay and display in the car park and this is utterly ridiculous. I don't see why people can't pay £2 to park all day and something needs to be done. But I have hit a wall with getting anything from the council other than one letter suggesting I dig up my garden and make a space there. But I have checked with the police and as it's such a narrow street, I wouldn't be given planning permission.

### Parking in Lymm

Michelle Wakefield

I have just been reading about the parking problems in Lymm village. We have recently moved out of the village for this very reason.

We lived on the Dingle and had no parking with the property so we had always parked on either Henry Street or Davies Way. For us to pay parking six days a week was an additional cost we were not prepared to pay. I have myself seen people parking up and then getting into one car and driving off, but what is totally unfair is the backlash for the residents. We were promised

permits which never materialised in the end, so sadly we had to move through the utter greed of the borough council.

## **Deadline for the April** issue of Lymm Life is March 5



# Father and son team help launch 'mini' Hollywood blockbuster



A FATHER and son team from Lymm were featured on BBC's The One Show to introduce the latest Hollywood blockbuster featuring Bruce Willis.

Producers of the show used four films of projects completed by fathers and their sons to introduce Bruce's latest movie "A Good Day to Die Hard.

And one of the films featured Andrew Mills, of Cedarfield Road, Lymm and his son Luke, 15, a pupil of Lymm High School, who have completed an exciting project to return a Mini restore a Mini.

Andrew contacted the show and the following day a film crew came down to see their work.

He said: "They filmed us for about 30 minutes...and the finished clip was just 30 seconds on the show. It was good to see it though and we were pleased with the result."

Andrew, who is an engineer on the railways, bought the 1988 Mini on eBay for £600 with the intention of restoring it as his son's first car. Luke, who wants to go into engineering design, helped his dad with the work.

The car was delivered in September 2011 and the team set to work.

Andrew said: "We did quite a bit of the work ourselves. There was no interior and the electronics were in a state. Restoring it was a good learning curve for us both."

The pair spent an average one and a half days a week on the project. They got others to do the bodywork and painting, and both are pleased with the finished car, which is bright red with a white roof.

Andrew said the pair each contributed half towards the costs. Luke used his savings and some of the money he earned working in the kitchen at local restaurant.

They have taken the car out to several events including a Wirral to Llandudno run organised by Wirral Mini Owners Club.

Andrew said: "There were about 95 Minis on the run... and many people stopped to admire our car. We were thrilled that our hard work had paid off."



## CLASSIFIED

## BATHROOMS



LYMM KITCHEN & BATHROOM PROFES-SIONAL INSTALLATION. Ceramic wall & floor tiling. For free estimates and advice contact Rob Evans on 01925 753752 business or 07763 770408 mobile. Est 2002. Local references provided (1949)

### **BUILDING SERVICES**

BRICKLAYER AVAILABLE for garden walls, pointing etc. Tel: 01925 755441 Mobile: 07966 491624 491624 (arity DM BUILDING. All types of building and property maintenance work undertaken. Extensions, patios, tiling and plastering. For a free quotation call Derek on 07912 033601

### **BURGLAR ALARMS**

ABM SECURITY SYSTEMS LTD. Your local NSI, NACOSS Gold Approved Installer. Bespoke intruder alarm designs to high specification. Insurance approved, police recognised, quality assured. 01925 411209. mail@abmsecurity.co.uk

Lymm Life also offers a cost effective local leaflet delivery service at competitive prices. We can also design and print leaflets with our inhouse design team.

> Call us now on 0800 955 5247

## Call 0800 955 5247 to advertise

### **BUSINESS OPPORTUNITIES**

ENTHUSIASTIC MOTIVATED PEOPLE wanted to earn an extra income working from home or as an add on to an existing business. Visit www.earnings4me.com for details or call Andy or Tina 01925 268787.

### **CARPETS, CURTAINS & INTERIORS**

CURTAINS, CARPETS, VINYLS, blinds, wall paper, top brands including Harlequin, Jane Churchill and Casadeco. Made to measure by friendly knowledgeable staff. Free carpet upilft and removal with any new carpet purchase. Xross Interiors, The Cross, Lymm Tel 01925 758298 or email xrossinteriors@live.co.uk

CUSTOM-MADE curtains and loose covers. All accessories supplied and fitted. Made-to-measure blinds. Our fabric or yours. Tel: Orchard Soft Furnishings 01925 756388. (7274)



### CARPET CLEANING

A1 STAINBUSTERS: Fully guaranteed carpet and upholstery deep dry cleaning. Clean & dry in only ONE hour. Quotes for both commercial and domestic. Contact the Local expert John Latham on 01925 205210 or 07765 314080 SIMPLY THE BEST CARPET CLEAN YOU WILL EVER have. Cleaners UK Ltd. Est 23 yrs. Have your carpets & sofas beautifully deep cleaned leaving them fresh smelling & colour restored. Latest & best methods. Drykteam. Professional, reliable & affordable. For more info call Neil Riley on 01925 2649899 07831 336060 www.cleaners-uk.net

### **CLEANING SERVICES**



SIMPLY THE BEST CARPET CLEAR YOU WILL EVER have. Cleaners UK Ltd. EX2 yrs. Have your carpets & sofas beautifully deep cleaned leaving them fresh smelling & colour restored. Latest & best methods. Dry/steam. Professional, reliable & affordable. For more info call Neil Riley on 01925 264989/ 07831 336060 www.cleaners-uk.net

### **DELIVERY SERVICES**

FURNITURE FERRY LIGHT REMOVALS. Collections arranged from Ikea, Costco and other stores, garden centres, auctions etc. You choose, you buy, I deliver – SIMPLE. Reliable, inexpensive service. Tel: Matt 07970 178 333 or 01942 732768. www.furnitureferry.co.uk

### **ELECTRICAL CONTRACTORS**

EVERGREEN ELECTRICAL CONTRACTING. NICEIC CLEAR CONTRACTING, NICEIC approved contractor. For lights and sockets to rewires, fuse-box upgrades. Qualified electrician. All work is to the latest IEE wiring regulations. No job too small. Most major credit and debit cards accepted. Tel: David on 01925 724219 / 07971 407022. (2113)

TRUST PROPERTY ELECTRICAL SERVICES. NICEIC Part P Approved Contractor. All Electrical work undertaken. Inspection & Testing & PAT Testing. All work certified & guaranteed. Call Tim on 07754409906 or 01925 601055 (gama)

### **EQUESTRIAN**

LYMM RIDING SCHOOL. Learn to ride with Friendly atmosphere, group lessons or private. Horses/ponies well schooled. Lessons from £10, pony days and parties for all needs available, please ring for more details. Training for exams. **Rebecca Bennett** RegAL 01925 750435. Mob 07778 866006.

### **EQUESTRIAN SUPPLIES** & ANIMAL FEEDS

STABLES SADDLERY. Est 1964. Good stock of all equestrian supplies and animal feeds. Also storage available for trailers, caravans and household goods etc. Tel: Barbara Williams on Lymm 752762.

### FIRES & FIRE SURROUNDS



### FRENCH POLISHER

RAFAEL MELONI. FRENCH POLISHER, 25 Years experience Domestic, contract, antiques. Furniture, staircases, doors. Sand and re-finish wooden floors. Call 01925 266943 or mob 07811629738. www.raf-frenchpolisher.co.uk

### GARDENING SERVICES





### CLASSIFIED

### **GARDENING SERVICES**



See website for examples Tel: 01925 754583 Mobi 07515 90773

LAWN DRAINAGE AND SOIL AERATION. No trenches, no drainpipes, no digging, no repairs, no hassle. If this interests you Contact Bob Harper 01925 266852 or 07952 608701. @www

M J NEEDHAM LANDSCAPES Award winning with over 15 years experience. All aspects of landscaping, specialist in bespoke construction. Qualified design service available. Contact 01925 764 397 or 07888 730 383

SIMPLY GARDENS CONSULTANCY offers maintenance and design advice; maintenance schedules; planting plans; expert plant selection; onsite training. Regular or occasional maintenance can be arranged. Call Graham on 01925 766873, mob 07765 611016 or email gard.cott@ btinternet.com mr/m

### GATES Village Gates will age gate s.co.uk For free gootes and odvice call 01925 766629 Office Workshow and Schewarden at 10 Character & Cashed

### HANDYMAN

### Handyman Services Home, Office & Garden

Internal and External Painting • UPVC Window and Door Repair and Replacement Mechanism/Lock Changes • Soffits and Fascias Gutter Cleaning, Repair and Replacement Flagging • Fencing • Patios • Jet Washing All Garden Work • All DIY

ALSO Start and End of Tenancy Cleaning Service NOW available Call today for a FREE quote

Tel Neil: 01925 757905 (Lymm Based) Mob: 07813 201850 handymanserviceslymm@hotmail.co.uk

### HAIR & BEAUTY

MOBILE BEAUTY THERAPIST PHOEBE ELIZABETH, Facials, Manicures, Pedicures, Aromatherapy Massages, Waxing, Pamper Parties, all in the comfort of your home Tei 07932 990 031, visit www.Phoebe Elizabeth.co.uk warm PROFESSIONAL MOBILE hairstylist, creative cutting, colour/colour correction, including foiled highlights. Tel: Lorraine 01925 755441 / Mob 0786 7910805. warm

### HOME SERVICES

ATLAS ENVIRONMENTAL SOLUTIONS



### HYPNOTHERAPY

MICHAEL MAHONEY clinical hypnotherapist for IBS, Stress, Anxiety and many other problems. Medical Research project experience, BUPA Service Provider. For FREE information sheet please email TimelineServices@aol.com or ring 01925-658322 www.healthyaudio.com

### **KITCHENS**

LYMM KITCHEN & BATHROOM PROFESSIONAL INSTALLATION. Ceramic wall & floor tiling. For free estimates and advice contact Rob Evans on 01925 753752 business or 07763 770408 mobile. Est 2002. Local references provided (7219)

QUALITY KITCHENS SUPPLIED AND FITTED by local experienced fitters. No job too small. If you have bought a kitchen we can fit it - or we can supply and fit full kitchen units including joinery work, plastering, electrics etc. All work is guaranteed. **B&L** Kitchen Installations. **M** 07935 267200 or 01925 451883 after 6pm.(#9)

### LIMO HIRE

WHAT EVER YOUR OCCASION IS WE HAVE limos available from 8 to 16 seats in various colours. If your at the planning stages for a Wedding, Hen party, Birthday or School Prom remember to include a limo for your special occasion. Visit www.limosnorthwest.co.uk or Call 0800 505 3214

### **O**PTICIANS

ADCOTT OPTICIANS. State of the Art opticians in the heart of Lymm Village. Comprehensive sight tests and a wide choice of spectacles tailored to you, whatever your budget. 01925 757075 (1997)

### PAINTING & DECORATING

ANTHONY MASON PAINTER AND DECORATOR Over 25 years experience. Neat, clean, reliable service. All aspects including papering, paint finishes, colour advice and furniture painting. Tel. Tony Mason: 07962532811. @mm BENJAMINS PAINTERS AND DECORATORS. 20 years professional experience in commercial and domestic decorating, wallpapering, coving, interior and exterior work. Telephone 07837 452514 or 01925 755198. @mm

#### PAYROLL

WHY TRY TO BE A PAYE EXPERT? Watkinson Black can provide a cost effective payroll service, releasing you to concentrate on your business. For further details please phone: 01925 413210 or e-mail: info@warringtonaccountants.co.uk

### PEST CONTROL

PESTAWAY SOLUTIONS. All pest problems dealt with. Local lad. Competitive prices. All work guaranteed, 25 years experience. Call now on 07823 338682 or 01925 755702 (2013)

### PLASTERING

B.E.A. PLASTERING OF LYMM All aspects of Plastering. Bathroom Refits. Garage Conversions. Artex covered. Good local rates. References available. Call David anytime on 01925 753966 or 07786 245068

LYMM PLASTERING & TILING

### Time served Tradesman



Brian Gaffney Tel: 07967 087034 (anytime)

## Call 0800 955 5247 to advertise

#### PLUMBING

CL PLUMBING AND GAS SERVICES LOCAL honest plumber covering all aspects of plumbing and gas works. Boilers and central heating installed and repaired. Bathroom suites supplied and fitted. Cookers and fires fitted. Landlord gas safety checks. All plumbing emergencies - 24 hour call out. No job too small, OAP Discount rates. Tel Craig 01925 819692 07851 405466 www.warringtonplumbingservices.co.uk

Gas Safe Registered Engineer
AndyGas of Lymm, specialist in: Boiler upgrades, servicing, repairs to all domestic heating and gas appliances. For a professional service call Andy
07753 838129 or 01925 753712

### **PRINTER CONSUMABLES**



8 Lundon Road, Stockton Heath,

01925 600633 Cartridge Islan

www.cartridoelsland.co.uk

### **RE-UPHOLSTERY**

TRADITIONAL and modern re-upholstery. Dining chairs, headboards, 3-piece suites etc. Customer's own fabric welcome. Tel: Orchard Soft Furnishings 756388.

### **SITUATIONS VACANT**

# **SALES PERSON**

Lymm Life and its sister publications are looking for a self motivated person with good people skills who can work on their own and as part of a team.

The successful applicant would be able to work from home but would also be expected to spend a certain amount of time in the office

Hours are by agreement. The package offers expenses and uncapped commission

If you feel you have the necessary qualities please email your CV to info@warringtonworldwide.co.uk

### TAXI / PRIVATE HIRE SERVICE

Frazer's of Lymm Private Hire Service • Good local rates Reliable friendly service • up to five seater Airport • Station Schools • Business or pleasure for OAPs Contact Nigel on 01925 754426 or Mob 07812 674822 (7214)

#### TUITION

CHESHIRE TUTORIALS offers tuition. Primary to 'A' level. Tutors especially primary maths, science and English welcome. Tel: 01925 758296. @mm DYSLEXIA SPECIALIST TEACHER. Calm, friendly, patient approach with a qualified, experienced teacher. Approved Teacher Status from the British Dyslexia Association. Free initial consultation and recommendations. Contact: Glynis Allen. AMBDA. Cert. Ed. Post-Graduate Diploma SpLD (Dyslexia). Tel: 01925 756141 or 07808 934222



### TIME TO SUCCEED!

Free assessment, fun learning with fantastic improvement.

Call Wendy 07863 888 599 www.justenglishlymm.co.uk

### **TV - SATELLITE**

AERIALS 2000 of Lymm. No job too small. All work guaranteed. Aerials and satellites supplied and fitted. Sky subscriptions available. OAP reductions. Sky Digital / On Digital. 7 days a week. Tel: 01925 753427. Mobile: 07712 632315. rg129

### VACUUM CLEANER REPAIRS

VAC SHACK, Vacuum Cleaner service and repairbags and filters. Collect and deliver in Lymm and surrounding area. No fix, no fee. Call Ged 07884382830

### WINDOWS & GLAZING

NEIL COPELAND WINDOWS & Conservatories Ltd. Specialist in uPVC double glazing windows, doors, porches, conservatories, also fascias and guttering. ENSA registered. All work guaranteed. Tel: 01925 756138 / 07961 361550. DOUBLE GLAZING. For all your glazing requirements units including failed and misted units, broken windows, mirror fixing. UPVC doors and window frames. Kite marked to B/S. Time served glazier with over 30 years experience. SP GLAZING. For a friendly no obligation quote tel Sam Pendlebury on 01942 671859. Mob 07919 660296. (2017)





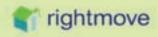


# Spring Move?

# Buying?... Selling?... Letting?... ...Talk to the professionals at **Banner**

# 01925 753636 www.bannerandco.com

Please note that if you have already instructed another agent, we would advise you to check any agreement you may have to ensure you are not liable for more than one commission by instructing us as your agent



X

×



