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New Media Centre Old Road, Warrington Cheshire WA4 1AT

Distribution

Village Life is distributed freely to selected homes throughout the area as well as being available to pick up from various outlets, some of which are listed below.

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Printed by TwentyFourSeven

Opinion

WHEN pay-and-display parking was introduced, its purpose was to enable a quick turnover of cars on car parks used by shoppers. In many cases, it was brought in at the request of shopkeepers concerned that their customers were being driven away by congested car

It worked - and still does. Few would deny that parking at Stockton Heath's Forge Car Park or Lymm's Pepper Street Car Park has become easier since free parking has been

restricted to two hours, after which the motorist must pay.

But now it seems Warrington Borough Council sees an opportunity to save money by reducing the free period from two hours to one. This they intend to do in the autumn subject to a public consultation exercise.

Their proposals have aroused anger among traders and those motorists who choose to shop in village centres rather than at the big supermarkets with their free car parks. One hour is not enough to complete a shopping trip and, perhaps, relax in one of the many cafes and restaurants which make places like Stockton Heath and Lymm attractive places to visit.

Faced with having to rush their visit they will go elsewhere and the village shopping centres, which already struggle, will wither and, perhaps, die. Certainly that is what shopkeepers think - and they probably know better than anyone else.

If the borough council wants to save money on its parking operations it should cut the size of the army of wardens who lurk on car parks, pouncing on motorists who genuinely forget to get a ticket from the machine and then have to pay a hefty "fine" for a stay of perhaps only a few

A smaller team of wardens, targeting the much bigger problem of on-street parking, would cost less and serve a greater purpose.

WHEN is it acceptable for volunteers to take over work more usually carried out by the local authority?

Certainly volunteers can, and do, often play a vital role in maintaining public amenities. Many of the parks and green spaces across Cheshire which recently were awarded Green Flag awards rely partly on the enthusiasm of volunteers.

But should Knutsford Town Council be considering setting up a team of volunteers to keep the town's main streets clean and tidy?

Apparently it works at Middlewich, where the local "Clean Team" has some 200 members and has gained national fame

for its efforts over the last eight years.

But the initiative there came from shopkeepers fed up with litter left in the streets.

Volunteering in beautiful areas like Tatton Park, or even Knutsford Moor - both places boasting a Green Flag - is one thing. But picking up litter in the street is another.

We would not dismiss the idea - but it would be good to see a lead being taken by the people who would benefit most: the shopkeepers.

CHESHIRE Police Authority chairman Margaret Ollerenshaw is concerned that most people don't know anything about the proposed changes to the way the police are run. So are we.

Apparently, of 200 people surveyed at the Cheshire Show, 78 per cent had never heard of Police and Crime Commissioners and had no knowledge of what their role would be. Even those that knew that a Police and Crime Commissioner is to take over the role of the Police Authority did not know when the change would take place.

Well, nominations do not close until October 19 and no doubt between now and then we will be blitzed with information - and therein lies another concern.

So far, the only nominations have come from political parties and, given the costs involved, it is quite likely that will remain the case.

Even if it doesn't, the likelihood is that most people who vote will do so on party lines, irrespective of the merits of the individual candidates.

If there is any organisation that should be kept separate from party politics it is the police. It isn't, of course, and never has been. But at least the existing Police Authority includes representatives of all the parties.

That cannot be the case when its powers and responsibilities are transferred to a single individual.
Incidentally, the ballot will be held on November 15 and

more information can be obtained from the Cheshire Police website, cheshirepa.police.uk

Disability Awareness Day comes of age

AS Warrington Disability Awareness Day came of age with its 21st anniversary at Walton Hall and Gardens, organisers were given a major boost as main sponsors, Your Housing, confirmed they would be backing next year's event.

The news came as a welcome boost co-ordinator event Thompson, MBE DL, who had feared at one stage that this year's event would have to be cancelled following heavy rain during the week.

Earlier in the year he had also feared for the very future of the whole event following the loss of funding from a variety of previous supporters.

Your Housing MD Brian Cronin announced at the event that the housing organisation, which recently re-located to Warrington, creating 300 jobs following the merger of Arena

Housing and the Harvest Group, would be backing next year's event.
A delighted Dave said: " The event

would not have been possible without

the support of Your Housing and I am delighted they have confirmed for next year - I just need to get the okay off my wife Pam now!"



■ WDP Mascot Ollie the Owl and Town Crier Peter Powell at the launch

Glasshouses get £961,000 lottery grant

A £961,000 grant to restore historic glasshouses at Grappenhall Heys Walled Gardens has been awarded by the Heritage Lottery Fund (HLF).

It will support regeneration of the derelict Foster and Pearson glasshouses, currently considered an eyesore and dangerous.

A Heritage Impact Assessment, commissioned by Grappenhall and Thelwall Parish Council last year, concluded that the glasshouses, "as a complete range, were an unusual survival" and were "of significant historical and social interest."

The whole run of Victorian/Edwardian glasshouses will be recreated on the original footprint, reusing original brickwork, and the frame will be rebuilt in timber. As much as possible of the original ironwork will be preserved.

Work is expected to start later this year and will also include refurbishment of the back sheds. The finished buildings will include working glasshouses, a display glasshouse, potting sheds, educational space, heritage displays, a kitchen, a café area, outdoor seating and an indoor event space.

The garden was created around 1830 when Thomas Parr, a prominent banker, began construction of a country house estate.

Ownership of the gardens was

transferred to the parish council in 2005, together with an endowment fund to cover maintenance. An active friends group, with more than 220 members, supports the garden with fundraising and events.

Parish council clerk Janet Richards said: "The restoration of the glasshouses at Grappenhall Heys will provide a fabulous community facility for recreation, learning and participation for a broad range of groups within the local community.

"The regeneration will not only

restore their visual beauty, but will also preserve local heritage for future generations to enjoy and appreciate. We are absolutely thrilled to bits that our lottery bid has been successful, and look forward to seeing the glasshouses being brought back to life "



A reminder of the Queen's Jubilee

A NEW gazebo at Tatton Park has provided a permanent reminder of the Queen's Diamond Jubilee.

It has been built on the "footprint" of a gazebo included in the formal gardens designed by Lewis William Wyatt for Lady Charlotte, wife of William Tatton Egerton (1806-1883), the first Baron Egerton.

Archaeological work carried out by the National Trust revealed the base of the old gazebo and local firm Broadbent Design created a new one incorporating diamond motifs and topped with a crown.

Lady Charlotte's Garden was originally designed as a place for recreation and for entertaining guests.

The new gazebo complements the arbour and fountain aspects of this area of the formal gardens, all popular features of the 'gardenesque' style of garden commissioned by stately home

owners at the start of the 19th century.

Installation of the gazebo is part of an ongoing restoration project undertaken by Tatton to restore and re-instate a number of elements of the original gardens.

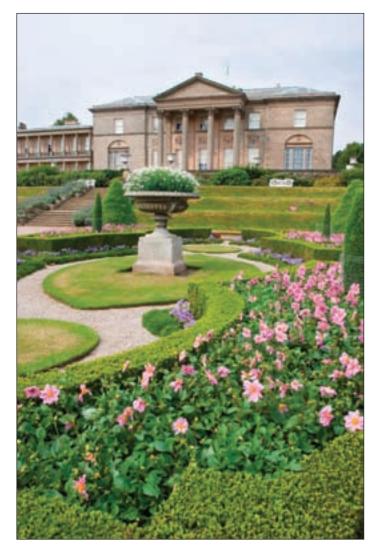
Other work includes replanting of borders and re-instating blue trellis work on the walls leading to the Conservatory which opened to the public earlier this year following extensive restoration work.

Head gardener Simon Tetlow said: "The gazebo is the perfect start to our plans for re-interpreting the area of the gardens known as the `pleasure grounds'."

"The Diamond Jubilee year provided the perfect catalyst and I'm delighted that in doing so, the gardens now contain Tatton's Jubilee memorial."

The gazebo has been wholly funded by the Tatton Park Charitable Trust.





Sorrento, on the Bay of Naples

Sorrento is famous for cobbled streets in the old town where you can find designer shops mingled with little boutique type shops and local souvenirs. Explore Corso Italia as this is where you will find the elegant stores and designer boutiques. Here also you can purchase lace, local pottery etc. Enjoy a coffee and people watch in the Piazzo Tasso Square-which comes alive at night with the lovely restaurants and bars.

Take a flight from your regional airports and a transfer from Naples to Sorrento which will take about 1 hour. There are hotels in the centre of Sorrento for those people who wish to walk out at night to local restaurants and bars. Alternatively Sant' Agnello is 15 minute walk into the centre and is a peaceful location surrounded by small selection of bar and restaurants with lemon and orange grove setting.

Places to visit whilst staying in Sorrento would include Pompeii, Vesuvius, Capri which includes a trip up to Anacapri, Herculaneum, Ischia etc It is possible to have a full day excursion to Rome where you would have time to explore and have lunch before returning to Sorrento in the evening. There is also an opportunity to experience a full day excursion down the Amalfi coast passing through many of the pretty pastel painted towns before arriving into Amalfi town.

A visit to Sorrento is not complete without sampling the local Limoncello lemon liqueur! There are local foods to try ie mozzarella di bufala served with proscuitto or tomatoes, gnocchi alla Sorrentina tiny potato dumplings in a creamy tomato sauce. Along the Amalfi coast, the fresh fish selection is worth a choice whilst in one of the restaurants having an evening meal.

We can help with your choice of hotel and flights and include transfers from the airport in Naples. Call in for a quote or call on 01925 269400, on enquiries@stockton heathtravel.com

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The volcano mums!

SIX Cheshire mums are to climb three active volcanoes to raise funds for a children's

Nicola Taylor-Jones from Lymm, Dawn Cantarelli, from Culcheth and Caroline Evers, Lisa Donovan, Simone Breedon and Dawn Gross, all from the Altrincham area plan to scale a total of 28,165ft when they trek the volcanic mountains of Etna, Vesuvius and Stromboli.

Only a few weeks ago, Etna was spewing hot lava - but that has not deterred the brave mums in their determination to raise money for the Children's Adventure Farm Trust (CAFŤ) at Millington near Lymm.

They aim to raise at least £10,000 for the charity which offers free respite care and special holidays for sick and disabled children.

Mother of two Caroline Evers said: "We can't

wait to take on the slopes of smouldering Mount Etna and the other two Italian volcanoes in October. All six of us are really

"We have 14 kids between us all and we feel very lucky to have happy and healthy children. We chose to help CAFT because we know that parenting can be a challenge at the best of times, but it is even more difficult if you have a seriously ill child or a youngster with physical

disabilities.

"The Children's Adventure Farm Trust gives them a magical experience - a holiday they will treasure forever, with all the facilities they need to have fun with their families."

The mums will attempt to climb the

volcanoes between October 11-17.

Villages say 'no' to parking proposals

THREE parish councils have given the thumbs down to controversial proposals to drastically reduce the amount of "free" time on village car parks.

Stockton Heath, Appleton and Lymm parish councils have all lodged objections to the proposals put forward by Warrington Borough Council.

Car parks affected are The Forge, at Stockton Heath and Pepper Street, Davies

Way and Henry Street at Lymm.

Most contentious proposal is to cut the current two-hour free period at The Forge and Pepper Street pay-and-display car parks to one hour. A 50p charge would be introduced for the second hour.

Davies Way and Henry Street are currently free but would become pay-anddisplay - also with a one hour free period.

Stockton Heath council supports a "no return" restriction to stop motorists

abusing the system by replacing tickets every two hours.

But they object to the reduced free parking period, pointing out that village shops have to compete with nearby supermarkets offering free parking. They warn the changes will result in increased on-street parking which already

causes problems in residential areas.

The council would support modest increases in charges in parking for three hours or longer rather than a reduction in the free parking period.

Similar objections have come from Appleton Parish Council, who point out the changes will hit shoppers and, as a result, retailers.

Lymm council also wants to keep the two-hour free period and is also opposed to ending free parking at Davies Way.

Shopkeepers and residents are also organising protests against the proposed changes which would be introduced in the autumn.

Anger over 'lurking' parking wardens

ANGRY councillors have hit out at parking wardens who lurk around pay-and-display car parks waiting for motorists to forget to get a free ticket covering a two hour stay.

Members of Stockton Heath Parish Council have asked local borough councillors to raise the issue at the Town Hall.

Cllr Tudor Pole said he had watched the wardens waiting at The Forge car park, watching for drivers to make a "little slip." In one incident, a woman driver was having difficulty parking

because of a lorry off-loading goods. Another motorists got out of his car to assist her - and when he went back to his vehicle found he had been booked.

He appealed against the penalty but his appeal was rejected out-of-hand.

Cllr Pole said: "Here we had someone we should be applauding for his gentlemanly conduct getting a penalty ticket and having to pay a fine,

"I think we should be asking how many appeals have been turned down, how many have been accepted and how many are referred to the Traffic Commissioners.

"We should be investigating this as incidents like this do not encourage people to shop in Stockton Heath.

Residents lose village green battle

BATTLING residents have lost a fight to save a greenfield site from the developer. Residents of Stockton Heath have failed in a bid to protect Cartwright's Field, off Chester Road, by having it designated as a village green.

An independent barrister, who held an inquiry into the residents' bid in April has ruled that they have failed to establish the field had been in continuous use by the public for 20 years

and the borough council's traffic committee has accepted his ruling. Phil McConnell, who led the residents' campaign, said: "We are disappointed because we

believe there was a large tranche of evidence that was not considered by the inspector. "He said we had not shown that the field was in substantial use by the public between

1989 and 1993." The battle for Cartwright's Field began when Warrington Borough Council granted Warrington

Housing Association planning consent for 40 affordable homes on the site several years ago.

Mr McConnell's group put in a bid to have the field designated as a village green and the planning application was suspended, pending the outcome of their bid. Since then, the original planning consent has run out.

The housing association will now have to make a new application to the planning committee and Mr McConnell said residents would now be trying to encourage the association to put forward more sympathetic proposals.

"We want them to be more sympathetic to the environment and to the people who will eventually live in the houses.

"There should be more green space left, so the residents' children will have somewhere to

Dealing with underperforming staff

We were asked to help a client recently with a department that was consistently failing to hit targets. In addition there was an atmosphere amongst the staff that the company always ignored their interests, also staff turnover was so high that out of a total of 80 staff 53 had less than one year's service (during a recession!).

Management constantly tried to improve working conditions by arguing for pay rises and taking a relaxed attitude to timekeeping and absence, their argument was that staff turnover was their main problem and the last thing they

should do was antagonise current staff.

What they missed was that the very things they did to avoid losing staff had the opposite effect. Hard working staff were demotivated by the fact that they were constantly having to cover for absent colleagues and the constant requests for pay rises during a recession for underperforming staff were doomed to failure, thus demotivating the staff even

The first changes we introduced were an enforced dress

code and attendance rules. This went to the point of dismissing staff who could not or would not get to work on time properly dressed (the department had a lot of under 25s working there). At the same time the best performing staff were given recognition by buying them ticket for sporting events or dinner for two at a local restaurant. We also informed the staff that if the department moved into profit, there would be pay rises.

These simple innovations had the combined effect of showing everyone that their job was important to the company and that if they did well they would be rewarded both individually and collectively.

Unsurprisingly staff turnover dropped dramatically and attendance improved to such an extent that everyone was less stressed, and in April this year the department was profitable so staff were given their first pay rise in three years.

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Celebrating 10 years of success



ADELE Carr Financial Recruitment is celebrating 10 years of providing local independent financial recruitment consultancy to accountancy practices.

accounting and finance before qualifying as a chartered accountant at PKF in

Liverpool.

"I was proud to become a chartered accountant but realised after several years

"I was proud to become a chartered accountant but realised after several years of auditing it was not the career for me".

She applied for a job in industry but on meeting the recruitment consultant she realised she preferred his job instead of the one he was advertising. "It struck me then that I was really a sales person who enjoyed match making and could use my experience to place candidates in finance."

After a successful corporate career in which she ran the Manchester office of Hays Accountancy Personnel she started a family. "It was not possible to work the same hours and be a full time mum, something had to give". After a spell at another small recruitment business she decided to go it alone.

The firm expanded from its Warrington base across the north west into a multi million pound operation, opening up four offices, moving into industry and commerce offering temporary in addition to permanent recruitment placing well over 1,000 financial candidates into several hundred businesses.

The business has won awards for being Start Up of the Year and Best Place to Work. Sponsored the Warrington Wolves rugby league team and raised thousands for charity.

Adele now has four children and it has been an important core value of the business for its team to enjoy a work life balance and give back to the community. The firm started its ten year anniversary celebrations with a seminar for clients with motivational triathlete Dave Clamp when special guests included Warrington Wolves' winger Chris Riley and the Deputy Mayor of Warrington Peter Carey. A raffle helped raise money for St Jospeh's Family Centre

Help save hedgehog from extinction

A charity fighting to save the hedgehog from extinction is in desperate need of funding.

Warrington Hedgehog Rescue, founded by Virginia Jones, believes the small, secretive animal could be extinct in the UK by 2025.

There was a decline of more than 20 per cent between 2001 and 2004.

Virginia said: "It is not an under-estimation to say that we have little over a decade to save

But local residents now have an opportunity to help Virginia and the local hedgehog population - by having their ovens cleaned.

ovens cleaned.

Warrington-based oven valeting business Ovenu will be donating five per cent of their fee to the charity during August.

Virginia said: "The charity is totally self-funded, so fundraising efforts such as Ovenu's are crucial to our survival.

"The work we are doing to save the species on the frontline is so valuable to their survival. If we can raise awareness of things that people can do, such as being more vigilant when they are using lawn mowers or strimmers in their gardens, avoiding laying slug pellets and ensuring that garden fences have spaces for our native mammals to pass under safely, then they will be helping to save the hedgehog."

hedgehog."

Ovenu boss Paul Clark, 49, said: "I am delighted to be helping in some small way to make a big difference to the future of one of our most endangered native mammals. Aside from the money that will be generated, which is vital to the work Virginia and her team are doing, I hope that many more people will now be alerted to the plight of the hedgehog.

"The rescue centre is also appealing for urgent donations of cat and dog food, as this forms the staple diet of the rescued hedgehogs."

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 tank equipment, which uses safe, non-caustic products to clean the oven parts. The whole process takes around three to four hours and leaves the oven, hob and exterior in immaculate condition.

For more information about Ovenu, or to make a booking with Paul, call: 01925 453377 or visit: www.ovenuwarrington.net

To donate cat or dog food, call Virginia Jones on 01925 837527 or for more information visit the British Hedgehog Preservation Society at www.britishhedgehogs.org.uk



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Village Walk blessed with sunshine

THE annual Stockton Heath Walking Day was blessed with glorious sunshine as seven local churches took to the streets for the annual Walk of Witness.

While hundreds took part in the procession from Alexandra Park through the streets of Stockton Heath, thousands more lined the route cheering on family and friends. The event had an Olympic feel as youngsters from local churches showed off their sporting skills at the front of parade.







For more pictures visit www.village-life.co.uk

Grappenhall Walking Day

DESPITE the threat of showers large crowds were attracted to Grappenhall village for the annual walking day.

Sarah Whiteley (pictured right) was crowned Rose Queen on the school field at St Wilfrid's Parish Church, taking over from retiring queen Lucy Glover.

Her attendants were Madelyn Ashton, Hope Burton Baddeley, Alexandra Byrne,



August 2012 Motoring

A new breed of car

IT'S the car with coupe looks, SUV style, MPV practicality and hatchback costs - and the Hyundai ix35 has attracted thousands of new buyers to the brand.

The ix35 has built on Hyundai's impressive SUV heritage, which has seen the company continually feature in the top five brands for such vehicles across Europe.

It's an entirely new breed of car, with an appeal reaching far beyond the conventional SUV sector.

The ix35 takes up the same amount of space on the road as a C-Segment hatchback and has prices to match. But despite the compact size, the ix35 can rival an MPV for practicality.

Boot space is impressive and there are plenty of family-friendly features to keep parents and children happy and comfortable.

Efficient

With a compelling line-up of powerful and efficient petrol and diesel engines, plus fuel saving technology such as Intelligent Stop & Go (ISG), the ix35 offers incredibly efficient fuel economy and low tailpipe emissions figures.

A dynamic chassis, with advanced multi-link rear suspension and a



choice of two or four-wheel-drive drivetrains adds even further versatility and driver appeal, while advanced safety systems - including standard ESP (Electronic Stability Programme) on all models - make it the perfect choice of car for family

Priced from only £17,295 on-the-

road, the ix35 range has equipment levels that no rival can even dream of matching.

Unlimited-mileage warranty

It comes with five years of unlimited-mileage warranty, five years of roadside assistance, and five years

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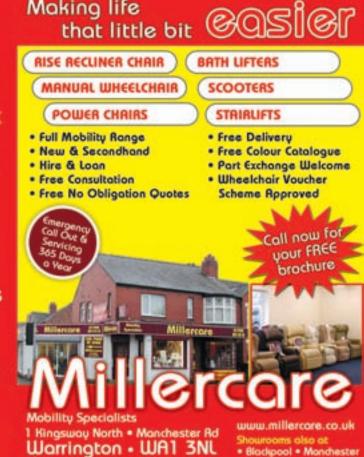
of vehicle health checks. A 10-year anti-perforation corrosion warranty is also provided, meaning that what appears attractive in the showroom will remain just as appealing for years to come.

The ix35 and the rest of the Hyundai range can be seen at Ryders of Warrington, in Athlone Road.

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Warrington Healthcare Open Day Thursday 20th September 2012 11am-3pm To be held at: Ryefields Village, Arena Gardens Warrington WA2 7GB All Parking to be at Rylands Recreation



Club (Call for details)

FREE OPEN DAY



Money Column

Company start up costs - Are they Tax deductible?

What can you do to avoid losing out on any tax allowances on the start up costs of a Limited Company? Limited Company tax rules dictate that for an expense to qualify for tax relief it must be "wholly and exclusively for the purpose of the trade". Before the company can trade, however, set up costs will be incurred and these costs will fail the "for the purpose of trade". will fail the "for the purpose of trade" test. The good news is that the tax rules have identified this problem and provides a safety clause.

The rules do state that any expense met by a company during the seven years before it starts to trade can be treated as though they were incurred on the first than the seven years. the first day of trading. This solves the timing problem and provided the expenses meet the "wholly and exclusively" rule, the tax man will agree to a tax deduction for such pre-trading expenses. Catalin setup costs canad Certain set-up costs cannot expenses. be claimed for even when they do meet all the Taxman's conditions. The most common exclusion is capital expenses, e.g. company formation costs such as Companies House fees and interest paid on loans; although in some situations a deduction for the latter is permitted.

A tax deduction for pre-trading costs can only be claimed by the company can only be claimed by the company that incurred them, e.g where an existing company spends money developing a new trade, on say research, but another company is formed to run it. In this situation the expenses will not qualify for tax relief in the old company as they don't relate to its trade. The new company cannot claim a deduction because it did not exist when the expenses were paid, and so, like the original company, the "for the purpose of trade" condition has failed.

If you are a director/shareholder of a company, but want to create a new business to operate separately, form a new company as soon as you realise that you are going to incur costs. Your original company can lend the new one money which can then carry out the development and claim the cost of this

under the pre-trading expenses rule.

Where you personally pay set-up costs rather than meet them from the funds of the existing company, you can take a similar approach, i.e. form a company and lend it money to pay for development costs. Forming the development costs. Forming the company is a priority because where



David Watkinson and Margaret Black

you pay expenses before this, strictly neither you nor it can claim a tax deduction, but there is a way to work

Where you personally incur costs prior to a company being formed, reclaim these as a business expense once it is set up. This shifts the timing of the expense so that the company can claim a tax deduction for it under the pre-trading rule.

Telephone 01925 413210 or eon margaret@warrington accountants.co.uk

The Money Column provided by WatkinsonBlack Chartered Accountants, 1st Floor, 264 Manchester Road, Warrington, WA1

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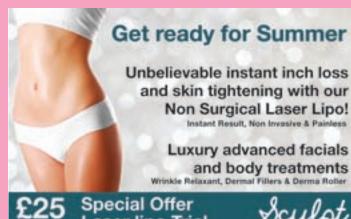






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Hello and welcome to my monthly column...

iChangeForLife

by John McKenzie

Dealing with Anxiety

ALL of us are worried from time to time - perhaps before an interview, a change in our job, being asked to make a speech, or even attending a social occasion. Worries and nerves around these sort of events are natural and healthy, as they help us to think through what might happen and prepare ourselves.

When these thoughts and worries take over, and prevent us from going to interviews, work, or seeing friends, or when they are triggered by everyday events then they have obviously stopped being healthy. This is the position that Elizabeth* found herself

Talking to her she said that she had "always been a worrier, ever since a little girl" but that lately she was finding it unbearable, and had realised how much it was affecting her life. Her son had moved away to find work, and Elizabeth was worried about what might happen to him in a new city on his own, and what might happen to her if she fell now that her son was no longer around. She was even worried that her constant fretting was going to stop her son enjoying himself.

Deep down Elizabeth knew that

most of her worrying had no real basis. Her son was enjoying his job and making friends, and she was healthy and had actually never fallen over and needed her son's help. What she had done though was to take her worrying and apply it to her changed circumstances, and then let her imagination take over. In this way she had not only slowly imagined worse and worse things, but also reacted to them emotionally. No wonder she said that the way were not with with was "worn-out worrying".

Elizabeth was very surprised then when I her that I wanted her to continue worrying for me. However I gave her a number of rules about her worrying. She was only allowed to worry twice a day, for forty minutes each time, and if worries came to her outside of those times she had to not pursue them until her next forty minutes. She also had to write her worries down and then put them away in a bag or box. Finally I taught her how to worry in a way that didn't make things worse, by asking herself the same set of questions every time she worried.

At first Elizabeth was sceptical about whether it would work, and

John McKenzie is a qualified clinical hypnotherapist, and a member of the Association for Professional



Hypnosis and Psychotherapy. He has consulting rooms across Cheshire and the Wirral and can offer appointments outside normal working hours.

Telephone him on 07713 564245, e-mail him on info@ichangeforlife.co.uk or visit www.ichangeforlife.co.uk

some of her first worries were about this and about whether she was worrying properly. Soon though she noticed that she was worried that she couldn't fill the forty minutes and realised that not only did she have less worries, but that she wasn't anxious about things outside of the sessions.

Having seen how she could successfully control her worries Elizabeth was very positive and was able to work with me on improving her self-confidence. She now describes her life as "having turned a corner" and tells all of her friends that if she can change after fifty years of being a worrier "then anyone can"!

If, like Elizabeth, anxiety or worry is affecting your life call me today on 077 135 64245 to ask how I can help you get your life back.

*Elizabeth's name and identifying details have been altered and she is happy to share her story.



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your time comes to retire?

If you answered yes to any of the above questions.

It's time to act...

What's On

in the Villages

August 12 LYMM RUSHBEARING CEREMONY The Cross and St Mary's Church, 4pm

for Cancer Research UK at Arley Hall

Every Monday THE EVERGREENS Senior Citizen's Club Bellhouse Community Centre, Grappenhall. Details: 01925 261381

ST MARY MAGDALENE MONDAY CLUB St Mary Magdalene Church, Appleton 1.30pm COUNTRY DANCING CLUB

St Thomas' Primary School, Parkgate Road, Stockton Heath. 8-10pm. Details: 01925 262356

BRIDGE CLUB Grappenhall Village Sports Club Stockton Lane. 7.30pm. Details 01928 712233

The Quays Community Centre, Thelwall New Road, Thelwall. 8pm. Details: 01925 264099

Every second Monday
PARK (APPLETON) WI
Appleton Parish Hall, Dudlow Green Road.
7.30pm

Second and fourth Monday

WARRINGTON ART GROUP
Bellhouse Community Centre, Bellhouse Lane,
Grappenhall. 7-9pm.

Every third Monday NATIONAL VEGETABLE SOCIETY Cheshire District meeting Grappenhall Ex-Servicemen's Club, Chester Road, Grappenhall. 8pm. Details: 01925 265773.

Every fourth Monday

MARLFIELD WI Independent Methodist Chapel, Knutsford Road, Grappenhall. 7.30pm

Every Tuesday COFFEE MORNING

St Cross Church, Appleton Thorn. All welcome. 10am-12 noon

PHOTOGRAPHIC SOCIETY Quays Community Centre, Thelwall New Road, Thelwall. 7.30pm. Contact: 01925 757582.

COFFEE MORNING Appleton Independent Methodist Church Appleton Parish Hall, 10am-12 noon

Second and Fourth Tuesday of each month STOCKTON HEATH & DISTRICT LIONS Ram's Head, Grappenhall.

Every Wednesday
APPLETON HALL BADMINTON CLUB Starting September at Hall Drive, Appleton. 7.30-10pm. Details: 01925 262356

Every first Wednesday Walton WI St John's Church Community Hall. 7.30pm

First and third Wednesday each month NATIONAL ASSOCIATION OF WOMEN'S CLUBS Sandy Lane Centre, Stockton Heath. 8pm. Details: 01925 268311

STOCKTON HEATH PROBUS CLUB Warrington Sports Club, Walton Lea Road, Higher Walton. Details: 01925 268540

Every third Wednesday HIGHER WALTON WI, St John's Community Hall, 7.45pm. Details 01925 262001.

Every fourth Wednesday ALZHEIMER'S SOCIETY Support Group, Brampton Lodge Day Centre, Bridge Lane, Appleton. 6.30-8.30pm

Every Thursday THE SILVER QUAYS Senior Citizen's Club The Quays Community Centre, Thelwall New Road, Thelwall. Details: 01925 753474.

BRIDGE CLUB Grappenhall Village Sports Club Stockton Lane. 7.30pm. Details 01928

Every second Thursday STRETTON WI

Appleton Parish Hall, Dudlow Green Road. 2.30pm.

Every third Thursday NORTH EAST CHESHIRE FLOWER CLUB Appleton Parish Hall, Dudlow Green Road. 2pm Details: 01925 740419

GRAPPENHALL WI Grappenhall Community Centre, Bellhouse Lane 2.15pm

Every Friday
APPLETOTS TODDLER GROUP
Appleton Parish Hall, Dudlow Green Road.
9.45-11.30am. Details: 01925 268153.

To list your event call Village Life on 01925 623632





Italian holidays just got easier!

HOLIDAYING in Italy just got easier for a group of people from Grappenhall.

A three-month beginners' course in Italian has given them the basic phrases likely to be encountered as a

Tutor Francis Egerton lived in Italy for five years, travelling the length and breadth of the country.

His course at Grappenhall Community Centre placed his students in role play situation such as in the bar, in the restaurant, asking directions, buying tickets, booking a

using our eco

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As a result, the beginners soon gained confidence in their ability to converse in Italian.

As most of the students holiday regularly in Italy, a more advanced course is planned for next year. But another beginners' course will start on Tuesday, September 4.

you free to enjoy

your valuable

leisure time.

Wind turbine wins approval

AN engineer has won a lengthy planning battle to get permission to erect a wind turbine on his land at Appleton.

Dr Michael Madden can now go ahead with his plan for the 10m high turbine at Oaklegh Lodge, in Barleycastle Lane.

Neighbours and Appleton Parish Council opposed his scheme and members of the borough council's planning committee were divided on the

They voted 3-3 - and chairman Cllr Tony McCarthy used his casting vote to

approve the scheme.

Dr Madden had previously been refused permission to erect a 16.5m turbine on his land after Manchester Airport objected on the grounds that radar operators could be confused by reflections on radar screens which could be mistaken for aircraft.

The airport has now withdrawn its opposition.

Officers recommended the scheme be approved, bearing in mind the strong presumption in favour of encouraging renewable energy resources.

The committee was told the nearest dwellings were 300 metres away while the neighbours who objected were more than 430 metres away.

Dr Madden estimated that at full speed, the turbine would result in a noise level of 65dBA - similar to existing background noise levels resulting from the M56 which was about 150m away.

One neighbour supported the scheme on the grounds "green energy" should be encouraged.

Advertiser's announcement

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e-mail him at david.mowat.mp@parliament.uk or telephone 01925 231267.

David Mowat

Member of Parliament for Warrington South www.davidmowat.org

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