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Issue No. 138

April 2011

FREE EVERY MONTH

Mum's mountain mission

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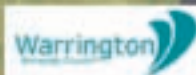
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Editor

Gary Skentelbery

Production

Paul Walker

Advertising

James Balme
Tony Record
Freephone
0800 955 5247

Editorial

01925 623631

Email

info@warrington-
worldwide.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
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**Have you got a story? Send your news items and pictures to
info@warrington-worldwide.co.uk or phone 01925 623631**

WARRINGTON Borough Council's announcement of 42 compulsory redundancies and 181 jobs losses in the coming year, in reality, is only the tip of the iceberg.

In anticipation of the required budget cut backs the council has been making posts redundant for some time now.

More worryingly they do not take into account possible job losses in the education sector, with some schools looking at cutting teaching and admin jobs.

We are re-assured by the controlling Lib-Dem/Conservation coalition that they have prepared carefully over the last four years and, as a result, Warrington is much better placed to deal with the national economic recession than many other councils.

While that may be the case, it will be of little comfort to those unfortunate to be losing their jobs, while many others feel they still face an uncertain future.

The job losses on top of those already gone or going at the North West Development Agency is bound to

have an impact on the local economy and I am sure there will be a lot more belt tightening over the coming 12 months.

But on a positive note Warrington is still considered a highly successful town with major private investors still wanting to invest in its continuing development.

We must hope that these private investors and developments like the £30m Orford Park sports village can help us ride the storm!

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Too many cooks spoiling your insurance claim?

Twenty years ago, when a policyholder had a fire, he/she rang their insurer, a loss adjuster came round to see them, ultimately told the insurer how much money to pay the policyholder and they sent out a cheque. Things have since changed, unfortunately for the worse.

Geoff Williams, Director at Cherry and Griffiths reports "I was recently asked to go to help a relative of a business associate, an elderly gentleman who had had a fire in his house.

There was severe fire damage, with the entire upstairs requiring refurbishment, including a new roof, and virtually everything downstairs being ruined by extinguishment water.

When I went into the house I noticed in my peripheral vision, on a sideboard, many pieces of yellow A4 size paper with very large numbers written on them in black marker pen. At the time I did not think of nor therefore realise the significance of these.

During discussion with our client I indicated that I would speak to one of the loss adjusters involved, at which point my client said that he had the adjuster's mobile telephone number available. He then brought out a folder with many of these pieces of paper in them, including one with the mobile number of the particular adjuster. At this point I realised that my client had difficulty

with his vision and that the papers which I had seen downstairs constituted his personal telephone directory.

The fire had occurred about a week earlier. In his folder he had the phone numbers for the buildings insurers, the contents insurers, the office of the adjusting firm acting on behalf of the building insurers, the office of the adjusting firm acting on behalf of the contents insurers, the actual adjuster initially sent round by the building insurers, the more senior adjuster now dealing with the matter on behalf of the building insurers, the adjuster dealing with the contents claim, the head office of the restoration contractors appointed by the contents insurers, the local franchisee from that organisation who would be coming to see him eventually, the accommodation

bureau appointed by the insurers to find alternative accommodation, and a local letting agent recommended by the accommodation bureau. The poor old gentleman was entirely confused by all these different people being involved.

Quite simply I told him to write my name and telephone number down, which he did in his usual manner, and then explained that he could forget all the other numbers in his folder, and that my number was the

only one which he would need from this point onwards."

This is what we do. We simplify everything as far as the policyholder is concerned. We create a situation whereby a client has only one point of contact as opposed to ten to fifteen in the case of a domestic claim, and perhaps up to four or five at the opposite end of the spectrum, concerning a large commercial loss. We deal with all these various parties. We deal with the confusion and the hassle.

If you decide immediately after your disaster to go it alone, good luck. When you reach a situation where you need us to untangle the knots, please ring us. It's never too late to ask for help.

Geoff Williams ACII FCILA FUED-ELAE - Director



Wolves set sights on title



WARRINGTON Wolves have set their sights on the Super League title thanks to back to back victories over St Helens and Leeds Rhinos.

Meanwhile they have teamed up with local optician Richard Shaw to ensure all players have the regular health care checks on their eyes which includes all the latest technology.

In return Richard Shaw Opticians is offering a special 15 per cent discount to all Warrington Wolves' season ticket holders.



Pictures show new Aussie signing Joel Mongahan in action for the Wolves (right) and having his eyes tested, while Richard Shaw is also pictured with Michael Monaghan and Matt King, who are both trying their hand at modelling!



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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

Irritable Bowel Syndrome woes

Have you ever had to lie about your IBS in order to save yourself embarrassment?

If you suffer with Irritable Bowel Syndrome, or IBS, you may have been in situations where you lied about your condition in order to save yourself embarrassment.

One of my past IBS sufferers recalls the time she had an appointment at the hairdressers. She only went once a year, because her IBS was so severe, she could not bear the thought of being "tied" to the chair and perhaps having to rush out with sudden tummy urges and pain.

But the annual appointment day arrived, and right on cue, so did the IBS attack, keeping her in the bathroom for hours and making her late to the appointment.

Once there, she apologized at the front desk for being delayed and made an excuse that her babysitter was late, but then decided to tell the truth – just in case she had another attack.

She then explained that she was late because of irritable bowel syndrome. The response to this was kindness and understanding, but the frustration of having IBS almost every time she needs to leave the house was taking its toll.

If you have been diagnosed with IBS

and nothing has helped so far, this scenario may be quite familiar to you.

The fear of anticipating having IBS symptoms for many sufferers then actually brings on the IBS symptoms – this is then "memorized" by the brain in the gut, and the next time a similar situation comes about – having to leave the house, for example, the gut reacts with the "appropriate" learned body response attached to the situation – an IBS attack.

This is what happened to our sufferer when she knew she had a hair appointment: going out = getting symptoms – and once this happens over and over again, it becomes so ingrained as a brain-gut connection, it is difficult to actively get out of it.

IBS symptoms can also appear without any apparent reason. You may be reading or relaxing, and suddenly, you get an IBS attack – and even though there is a strong brain-gut connection, sometimes the appearance of your symptoms cannot be explained!

What can help? Gradually, physicians in practice are becoming aware that there have been over 25 years of clinical research studies showing that gut-specific clinical hypnotherapy can effectively address the brain-gut connection in IBS. The

Michael Mahoney is a Clinical Hypnotherapist. He has research, and patient trials experience.



He is a member of the Hypnotherapy Association, an associate of the Primary Care Society for Gastroenterology, he is a non NHS service provider and Private Health Service Provider

Tel: 01925-658322 email timelineservices@aol.com
www.michaelmahoneyhypnotherapist.com

NICE guidelines for IBS treatment include clinical hypnotherapy as a treatment option.

Since 1991, my original gut-specific clinical hypnotherapy protocol has helped IBS sufferers by actually allowing the body to create new neural pathways in the brain that will reduce or eliminate symptoms.

The IBS protocol used in my clinical setting is also incorporated in the IBS Audio Program 100®. If you can't come to see me in person, the IBS Audio Program 100® provides helpful recorded sessions on CDs or MP3 that can be listened to in the privacy of your own home for about a half-hour per day over a period of 100 days.

If you start this month – April, which is IBS awareness month – you could be feeling better by this summer! And like our friend who successfully used the IBS Audio Program 100®, you will have no more need to lie because you will no longer be embarrassed by IBS symptoms! You know where I am!

Pyramid & ParrHall

April

"What's On"

Fri 25 March
We'll Meet Again

Sat 26 March
Dave Spikey

Sat 2 April
Think Floyd

Sun 3 April
One Night of Elvis

Tue 5 April
Ed Byrne

Sat 9 April
Cinderella

Sat 9 April
Scott Capurro

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Warrington

New season is sure to put a Spring in your step!

It's almost time to put those clocks forward and celebrate the longer days and warmer weather with a blossoming line-up at Pyramid & Parr Hall. This Spring, our sell-out comedy and legendary music are just the entertainment tonic to keep you energised right through till Summer and our fabulous family shows will make the Easter break eggstra special!

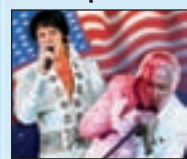
Last few tickets are now available for the hilarious Richard Herring (25 Mar) and Dave Spikey (26 Mar) so do call now to avoid disappointment and Jimmy Carr tickets are literally flying out the door after announcing this exclusive gig only last week!

Fri 25 March - We'll Meet Again

Wartime cavalcade celebration. Great fun with damp-eyed nostalgia that'll leave you with a warm glow. From Bing Crosby to Vera Lynn - an afternoon to treasure. (£12.50/£10.50)



Sun 3 April - One Night of Elvis



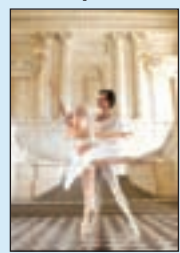
Don't miss this remarkable Elvis show with legendary tribute artist Lee 'Memphis' King and special Guest, 60's icon PJ Proby. (£20)

Tue 5 April - Ed Byrne

We are however delighted to report that there are still tickets available for star of Mock The Week and Have I Got News For You, Ed Byrne. (£20)

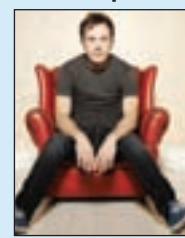


Sat 9 April - Cinderella



A specially commissioned score, created solely for Vienna Festival Ballet by Chris Nicholls, with music from some of Rossini's most famous operas, adds to the magical fantasy world of the ballet Cinderella. (£17.50/£14.50 Under 16s £10.50)

Wed 20 April - Dan Clark



Dan Clark, star of BBC2's How Not To Live Your Life, brings his unique brand of live comedy on a national tour. Best known as lovable rogue Don Danbury from BBC 3, this is a rare chance to catch Dan performing live. (£15)

22 - 24 April - Peppa Pig

This BAFTA award-winning children's TV show is recreated live on stage featuring beautifully true-to-life



puppets for the perfect Easter treat. (£14.50/£12.50/£10.50/Family ticket £50)

This is just a taste of what's on in 2011 – see www.pyramidparrhall.com for even more fun and entertainment.

Book now on 01925 442345 or call into Box Office at Pyramid, Palmyra Square, Warrington. WA1 1BL

Ozzy continues to climb his mountain

WARRINGTON businessman Osman (Ozzy) Gulum's autobiography has now gone international and been translated into Turkish making him a media celebrity in his home country.

Ozzy recently returned to Turkey to promote his book which is helping inspire people to work hard on improving their lives.

Ozzy has certainly climbed many mountains on his lengthy journey from a small Turkish farming village to Warrington.

From humble beginnings to running the former Bella Roma restaurant and a chain of fish and chip shops his autobiography is inspirational for anyone who wants to improve their lifestyle.

His story makes compelling reading for those who know him and for those who don't it reveals how anyone with sheer guts and determination can make a better life for themselves.

After completing national service in Turkey, when he went AWOL following a beating by a senior officer after being unfairly picked on, Ozzy set out for the bright lights of the Turkish holiday industry, working his way up the ladder in a hotel from a general helper to head barman.

He then ventured into the business world setting up his own bar, leading to a run in with the local mafia!

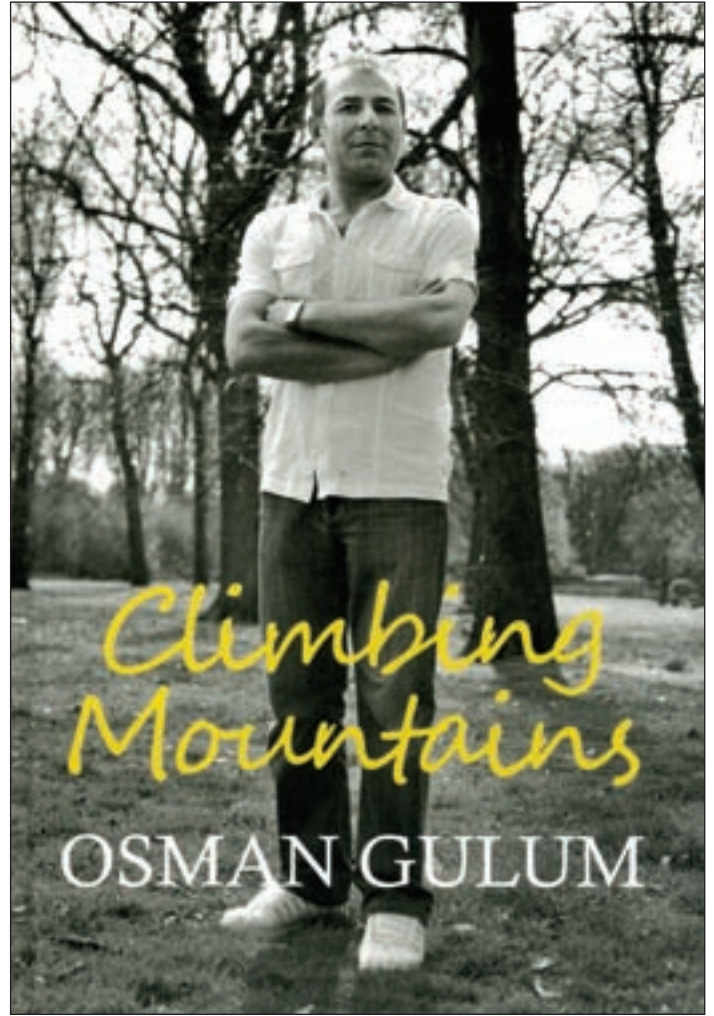
He met and married a girl from Warrington and although now divorced, made it is home town.

After setting up several chip shops and the Bella Roma Italian Restaurant he is always looking for his next mountain to climb and is currently working on an invention which he hopes to launch next year!

Copies of "Climbing Mountains" can be purchased from The Greenwood Fryery on Marsh House Lane at the special price of £12.95.



Pictures show the Greenwood fryery Fish and Chip Shop (left) and Ozzy on the cover of his autobiography.



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Bid to unlock answer to multi-million pound problem

AN ingenious way to stop wheelie bins going missing – and save local authorities hundreds of thousands of pounds a year – has been devised.

The Oasis Bin-Loc is simple to install and operate, making the bin

impossible to remove, and has an attachment that prevents anyone accessing the contents.

Some local authorities are spending up to £0.25million a year replacing stolen or damaged wheelie bins and Merseyside Fire Brigade reckons the cost of putting

out wheelie bin blazes costs taxpayers around £1.3million a year.

The system comes in two forms: A simple bracket fixed to a wall and a free-standing node that locks bins together in a waste station for communal areas in social housing areas. The bins can be unlocked by a caretaker.

Recyclable and residual waste will be kept in separate stations, thus encouraging residents to recycle more.

Huge savings can be made by councils as the Bin-Loc:

- Eradicates wheelie bin theft.
- Controls the spread of waste from damaged or upturned bins.
- Prevents wheelie bin fires. Keeps wheelie bins in one secure location.
- Stops the risk of identity theft from wheelie bins.

The Oasis Bin-Loc, which has been invented and patented by social enterprise company Prescott Oasis, replaces old, heavy and cumbersome bin shuts.

Prescott Oasis, a social enterprise business that uses its profits to transform deprived communities through jobs, training and business

development, came across the idea after asking residents at a communal block where they had been doing landscape gardening if they could suggest improvements to the area where they live.

The residents complained about missing or vandalised wheelie bins and Oasis Project Director Colin Hill set about finding a solution. After extensive enquiries he discovered there was no product available and began the process of inventing the Bin-Loc.

Mr Hill said: "We believe our Bin-Loc system provides a cost-effective answer to wheelie bin theft, fires and identity theft, as well as providing a cost-saving and environmental solution to communal waste disposal."

The Bin-Locs are made in Prescott and Prescott Oasis hopes to set up a factory in the area to manufacture and tailor the product for individual local authorities.

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Protecting your valuable assets

THOSE organisations that seek to secure valuable assets and protect their resources in today's rapidly changing society understand the need to take appropriate measures to ensure that what they have achieved is not lost or destroyed.

They will not want to fail to ensure that the security provision they have invested in is adequate for purpose and most of all provides value for their investment.

I have found in my experience as a Security Consultant that these admirable objectives are not always entirely successful and sometimes much of an investment in

security defences does not provide the value for money that an organisation may hope to achieve.

So what's going wrong? The main reason is not seeking independent professional advice before spending your money.

How do you know that the advice you are obtaining is professional? Well first of all you should check out their qualifications to see if they are

members of a credible security consultant's organisation such as the Association of Security Consultants. (ASC) This can be checked on the ASC web site or contact the secretary l.doust@btinternet.com

Your security defences need to be integrated and working together to be the most effective. This does not necessarily mean higher cost; in fact often costs less in the long term.

Using front line people to best effect is another way of offsetting security costs. Multi skilling and role mergers can provide you with very effective outcomes. Think about it.

uniqwin



For more information contact Cliff Unwin M.D for Uniqwin Security on 01925 286100

New Systems Accountant appointed

NETWORKWarrington have welcomed Andy McDermott to the Company as Systems Accountant.

Andy lives in Warrington and joins the company from local newspaper publisher Newsquest where he was previously employed as Divisional Systems/Management accountant.

David Squire, Managing Director, "We are delighted to welcome Andy to our Company, he brings a wealth of financial expertise from the private sector and amongst his first tasks, will be to set up budgetary models for all Departments and the creation of Key Statistics databases detailing revenues and customer volumes by route".

This is part of an on-going focus to modernise the Company's internal systems, including the establishment of Key Performance Indicators.

Warrington's buses go smart!

FOLLOWING recent trials, the smart-card technology fitted to Network Warrington buses is now live. All Disabled and Older Person's passes have a smart chip built into them, so they can now read them automatically.

Network Warrington is the latest operator to join a Cheshire-wide scheme to read and process the pass data automatically, which also offers a multi-operator stored value card that is useful for customers

making journeys on different operators within the scheme.

When a customer boards a bus they simply put the pass on the "target" on the top of the ticket machine, which automatically checks ticket validity and dispenses a ticket.

Posters and other information will be appearing on buses and the company is engaging with local Older Persons groups to help distribute the information.

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There is now a new way of using your Concessionary Pass on the bus! Just follow these simple steps:

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Step 2: BEEP
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Students to coach soccer in US

THREE sixth formers from Warrington's Penketh College have landed a once in a lifetime opportunity to coach football in the United States of America later this year.

Year 13 students Chris Bingham, Callum Anderson and Louis Dougherty are working towards an NVQ in Football Coaching with the prestigious David Campbell Soccer School, run by the former Northern Ireland international and 1986 World Cup star.

They were selected by the organisation to live and work in America for three months over the summer period.

Head of Sixth Form Amy Turner said: "This is a fantastic opportunity for our students not only to develop their coaching skills, but also to

experience living with an American family and sharing their culture. I am immensely proud of them and am sure they will represent us well."

When in America the lucky students will have the opportunity to work with some of Major League Soccer's biggest clubs in Tampa, Cincinnati and Memphis.

David Campbell, whose soccer school has been running at Penketh for 12 months, said: "The NVQ programmes give students aged 16-19 the chance of training to become

full time professional football coaches or the ability to access other associated jobs within the football industry.

"With career prospects around the world, the scheme includes formal introductions to coaching jobs during the course and I'm delighted Penketh College students are being given a unique chance to enter this exciting industry - a career generally only accessed by former professional footballers."

Penketh College is the sixth form of Penketh High School.



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£10 million 'solar farm' plan

A £10 million 'solar farm' is on a list of high tech projects being considered by Warrington Borough Council.

No site has yet been identified and there would have to be consultation with nearby residents before the project could go ahead.

But the facility would save an estimated £375,000 annually and cut emissions of greenhouse gases by some 2,040 tonnes.

It would help the council achieve its aim of reducing the size of its carbon footprint by 40 per cent by 2015.

A schools solar project would cost another £4,000,000 to produce

annual savings of £145,728 and cut emissions by 793 tonnes. The council would have to borrow money to fund these major capital schemes.

Town Hall chiefs have approved a five year carbon management plan that would save the borough council £10 million and enable the target of a 40 per cent cut in emissions.

The programme gathers pace this year, building on two years in which Warrington - which realised the need to reduce emissions several years ago - cut its carbon footprint by a total of 1,398 tonnes and achieved annual savings totalling £243,190.

The aim in the coming year is to cut CO2 emissions by 4,828 tonnes and make annual savings of £945,879.

In 2012-13, the target would be to cut emissions by 7,804 tonnes and save £1,484,885 while the following year the target would be 10,370 tonnes and £1,903,248.

In 2014-15, the aim would be 11,250 tonnes and £2,044,169.

College team hits the numbers

A TEAM from Warrington's Priestley College triumphed in the regional heat of a national business game held by the Institute of Chartered Accountants in England and Wales (ICAEW).

The team beat off competition from 10 other local colleges to secure their place in the national final which takes place in Birmingham on June 30.

Liverpool College, who hosted the event, were named runner up at the event which was organised by the Liverpool Society of Chartered Accountants (LSCA).

Aimed at 16-18 year-olds, the Business Accounting and Skills Education (BASE) competition links schools, students and employers together in a bid to, not only increase awareness of the career, but to develop employability skills in the future workforce.

Assuming the role of chartered accountants, the students had just two hours to analyse, discuss and decide on the next steps of fictional organisations before presenting their ideas to a panel of business professionals.



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Youngsters give peace a chance

YOUNGSTERS from Warrington and Ireland took part in a special exchange programme based at Warrington Peace Centre to help spread the message of peace through their respective communities.

The third and final phase of the Tim Parry Leadership Development Programme took place at the Peace Centre involving a four day residential programme which saw a group of 20 young people from England, Northern Ireland and the Republic come together for the final leg of their learning programme.

The programme, funded by the DFA in the Republic of Ireland is the longest running programme of the Foundation and is targeted at working with young people to develop their skills and understanding in relation to conflict and the non-violent resolution of conflict.

Exploring themes and topics ranging from International conflicts and sectarianism and contemporary challenges such as racism and Islamophobia that exist in all communities- the programme works to increase young peoples' understanding of those issues that divide and threaten to divide our communities. Crucially, the young people also look at issues in their own communities and how their own individual actions can effect change.

The residential programmes are highly participatory with participants engaged in activities ranging from games to formal lectures/ speakers.

Programme Manager Kelly Simcock said: "The aim is to equip the young people with the skills and understanding to go back into their communities and effect positive change. Whether that be that they challenge discriminatory comments and prejudice; or that they take on a formal leadership role in their communities with their peers- it's all about doing things differently'.

During the final residential, the group were visited by Colin and Wendy Parry who reinforced the importance of trust and understanding in peace building. Colin encouraged the group to 'keep in touch' and remember the experiences that they had shared - and to use these in whatever way they can to contribute to the achievement of peaceful communities.

Programme worker Gemma Bennis said 'It was great to see how the young people developed over the course of the three residentials - by the end of the programme, you could see how much people's attitudes and mindsets had shifted and that the new skills that they had learnt were being put into practice'.

The 20 youngsters previously took part in leadership programmes in Northern and Southern Ireland.



Picture: Amy Skentelbery

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Mum's mountain mission in memory of Tim

WENDY Parry, the mother of 12-year-old IRA bomb victim Tim Parry, is embarking on the biggest challenge of her life by climbing Mount Kilimanjaro to mark the 18th anniversary of the Warrington bombing and the year of her son's 30th birthday.

Wendy, co-founder of The Tim Parry Johnathan Ball Foundation for Peace, along with her husband Colin, will be joined by their daughter Abbi

as part of a team of four to tackle Kilimanjaro, which at 5,895 metres [19341 ft.] is Africa's highest mountain.



Other members of the team are Kelly Simcock, a Foundation Programme Manager and Alan McKie, one of the charity's many supporters.

This fund raising event aims to raise £20,000 for the charity based at Warrington Peace Centre.

Commenting on the venture Wendy said: "On March 20th 1993, family life for the Parry's changed forever.

"We had to adjust to life without Tim. Creating the Foundation and building the Peace Centre as a living tribute to both Tim and Johnathan became our focus, and helping other people who had suffered from personal, community or national conflict became our future. It is 18 years since the bombings, and this fund raising climb up Kilimanjaro marks that anniversary. But it also celebrates the lives of Tim and Johnathan, and serves to highlight the continuing need for support for victims of conflict both in the UK and throughout the world."

Wendy added: "This year would have been Tim's 30th birthday. There are certain milestones in everybody's life, whether it's celebrating important birthdays, getting married or the excitement of starting a family.

Tim missed out on all these events through no fault of his own so Abbi and I will be doing this for him and Johnathan, who became part of our extended family in 1993".

Kelly added: "One of our flagship programmes is the Leadership Development programme which has



transformed the lives of so many. The money we raise will go towards providing young people with alternatives to violence and helping them to make a difference in their communities...I can't wait for the challenge of Kilimanjaro and help to raise those vital funds to give more young people the chance to make a difference in their communities".

The Tim Parry Johnathan Ball Foundation for Peace was set up by Colin and Wendy Parry following the death of their 12-year-old son Tim and 3-year-old Johnathan Ball after the IRA bombed Warrington in 1993. Wilf and Marie, Johnathan's parents, gave their full support to the organisation.

The Peace Centre (Warrington) is a unique LIVING legacy and memorial to Tim and Johnathan. It was built with local, national and international support.

To make a donation visit <http://uk.virginmoneygiving.com/team/walk4peace>

Eric the Viking's beard raises £900

FREEMASON Eric Main's sister didn't recognise him.

His wife saw him as she had never seen him before - even after 42 years of marriage.

All Eric had done was shave off his beard - to raise money in memory of Private Tom Sephton, of the 1st Battalion Mercian Regiment, who tragically died from injuries sustained in Afghanistan.

He raised £900 - and the money goes straight to the families of the regiment's casualties.

Eric, of Penketh, Warrington, lived only a few doors away from Tom and had known him since he was a small boy and christened him "Eric the Viking" because of his splendid beard.

So when Eric decided to do something in his memory he couldn't think of anything better than to shave off the beard he had always refused to part with.

He raised £900 and presented a cheque to Sgt Alan Boyle, senior welfare NCO with 1 Mercian.

Alan, also a Warringtonian, said: "I would like to thank Eric and all the people who sponsored his beard shave. It was a wonderful effort and the money will go directly to the

people who need it - the families of casualties."

Eric is a member of St Oswald Lodge No 5170 and would like to all friends, neighbours and Freemasons who contributed.

As for "Eric the Viking" - his beard has gone for good.

His wife, Lynda, had never seen him without it and thinks he now looks younger!



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Motoring

Electric car scores well on safety

THE first ever crash test on an electric car carried out by Euro NCAP - the European New Car Assessment Programme - has allayed safety fears about the new vehicles.

A Mitsubishi iMiEV supermini was awarded an overall score of four out of a possible five stars.

As a result, crash test experts believe five star protection is attainable for future electric cars.

Edmund King, the AA's president, welcomed the test result.

He said: "This iMiEV sets a benchmark in safety that other electric vehicles will have to achieve. From the point of view of future buyers, the success of this crash test will dispel much of the worry about what happens when an electric car is involved in a significant crash."

The same 4-star rating applies to the Citroen C-Zero and the Peugeot iOn, both of which are structurally identical to the Mitsubishi iMiEV and have the same interior fittings and levels of safety equipment.

Crash testers' chief worry was how well the car's batteries stood up to the impact and the effectiveness of cut-off switches in insulating the high-voltage battery. Euro NCAP observed that no electrical or fire hazards were detected during the testing of the iMiEV.

Euro NCAP has recently crash tested four other new cars and awarded stars as follows: Dacia Duster (small off-road 4x4) 3 stars; Mitsubishi ASX (small family) 5 stars; Nissan Juke (supermini) 5 stars; Hyundai ix20 (small MPV) 5 stars.



Three-in-one car unveiled

VOLVO have unveiled the V60 plug-in hybrid - which they claim features the best properties of three different car types in one, single attractive sports wagon.

Three buttons on the centre console give the driver access to either an electric car with a range of up to 50km, a high-efficiency hybrid with carbon dioxide emissions averaging just 49g/km or a muscular, fun-to-drive car with acceleration from 0-100km in just 6.9 seconds.

AS fuel costs soar, millions of motorists are driving more slowly on motorways to try and save money.

Some 59 per cent of all drivers say they are reducing speeds to cut fuel consumption - and among women drivers, the figure rises to 65 per cent.

Drivers are now paying more than £10 more per tank of diesel than a year ago, and more than £8.40

more per tank of petrol, according to one survey.

Sticking to the speed limit, especially on motorways is one of the most effective ways to cut fuel costs. Cruising at 80mph is not only illegal, but it uses up to 25 per cent more fuel than driving at 70mph.

Experts say that sticking to the 70mph limit on motorways can save

£500 a year on fuel.

Will motorists who say they will drive slower actually do so? The evidence suggests they are doing. Speeds on local motorways appear to have dropped in the last 12 months - although of course there are still plenty of those drivers who appear to think the speed limits only apply to other people!

Save money by driving slower

Pupils in Olympic Time Capsule project

PUPILS from five Warrington primary schools are to take part in a range of activities to involve children in the Orford Park Project - a key Olympic legacy scheme.

They will undertake a range of writing, problem solving, design and sporting activities and the best work will be placed in time capsules to be buried by each of the schools.

The event, held at William Beamont High School on behalf of the Orford Park Project Team, local primary schools and Orford Park contractors Galliford Try will mark the 500 day countdown to the London 2012 Olympic Games on Tuesday.

Schools taking part are Beamont Primary, Meadowside Primary and Nursery, St Margaret's CE Primary, St Ann's CE Primary and St Andrew's CE Primary.

Each of the tasks tackled by the youngsters will be based around the three Olympic values of friendship, respect and excellence and the four Paralympic values of determination, courage, equality and inspiration.

Prizes will be presented by the Mayor, Cllr John Joyce.



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Craig's crisis leads to marathon bid



A "Mid-life crisis" on reaching 40 prompted a Warrington businessman to change his lifestyle and train for the London Marathon.

Owner of Carpets Direct in Orchard Street, Craig Bennett felt unhealthy and weighed 18 stone four pounds. Since starting training and healthy eating 12 weeks ago, he has lost two and half stone.

Craig is married to Suzanne and has two children Jessica, 13, and Thomas, four, plus a baby on the way in June. He said he wanted to feel healthy for his family and to be able to play games with his kids.

He puts his weight loss down to running, going to the gym and eating healthy food - cutting out crisps and biscuits.

"I feel a hell of a lot better now," he

said.

"Once I decided to get 'in the zone' and go for fitness it was ok. I am not expecting to complete the marathon in record time - I just want to finish the course."

As part of his training he recently completed a 10k run in Preston, and was pleased with his result.

He is seeking sponsorship for the run, on Sunday April 17, and hopes to raise £1,500 for Phabkids, a charity that helps disabled children and their families. Anyone interested in sponsoring should call into the shop (behind Sainsburys) or ring 01925 419423.

£2,500 tonic for women's aid

DOCTOR Kevin Jones had the right tonic to make everyone feel happy when he was the guest speaker at Warrington Masonic Group's Gentlemen's Evening.

Dr Jones had the audience in fits of laughter and the men were only too happy to part with their money to support an important women's charity.

The Gentlemen's Evening at the Masonic Hall, Winmarleigh Street, aimed to raise as much as possible for Warrington Women's Aid. It is expected that more than £2,500 will have been raised on the night.

WVVA is a local charity that helps women who are in abusive and/or violent relationships. The refuge provides a short to medium term sanctuary for victims and their children who are also often subjected to the same abusive behaviour.

After an excellent meal the sell-out audience was entertained by Dr Jones who qualified at Liverpool University and has since worked at Papworth Hospital, Cambridge and St Bartholomew's in London. He is currently the chest consultant at Bury General Hospital.

Dr Jones regaled the diners with extremely amusing stories based on his medical experiences and had his audience in fits of laughter.

A very successful auction was conducted by Peter Whalley who was assisted by other Warrington Freemasons and this was followed by entertainment from comedian Don Thomas who also had the audience in stitches.



Comedian Don Thomas (second from the left) and Dr Kevin Jones (second from the right) with (left to right): Peter Whalley, Warrington Group chairman Ian Boswell and vice-chairman Chris Eyres.

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Financially yours

By David Watkinson

Good record keeping

Keeping adequate business records has always been important. Not only do good records help you to manage your business and provide you with the information to help it grow, but they will also help your accountants to provide you with a cost-effective service.

Good record keeping will become even more important later this year. The tax office have announced a program of visiting small businesses to ensure that their records are sufficiently accurate to enable the business to accurately complete their tax return. We are told that they will visit up to 50,000 businesses each year for a period of 4 years. Typically, penalties will be charged if inadequate records are found during the visit.

Each visit is estimated to last for half a day, and the tax office estimates that this will cost the business about £50. However, business organisations estimate that the true cost to a business of each visit will be in excess of £500 in lost production and professional representation. And then, of course, there will be the penalties!

Generously, the tax office has

produced a new leaflet on how to keep records, and this is published on HMRC's website. This states quite categorically that putting together your records once a year is not satisfactory. They must be kept throughout the year on a regular basis. However, the leaflet does not state the precise nature of records to be kept.

As a firm, we look at the individual requirements of each client. For some clients, a manual cashbook will be sufficient, with entries being supported by invoices and other evidence. Other clients may need or prefer to keep their records on a spreadsheet, and this can be very inexpensively done using the free "Open Office" program as well as in "Google Docs". Finally, there are the clients who wish to use a full accounting software package, such as Sage, Quickbooks, or one of the on-line programs such as the easy-to-use "Kashflow" package which we are pleased to endorse and which has been received enthusiastically by many of our clients.

If you visit our website then you will find links both to the "Open Office" download program and to the



David Watkinson and Margaret Black

"Kashflow" program. If you think that you may wish to use an accountancy software package then we are pleased to offer a 60 day trial of "Kashflow" which is completely free of any obligation or cost. You are not asked for any credit card or bank details, and there is no need to cancel. If you decide not to proceed then you simply do nothing and your trial will expire.

WatkinsonBlack are pleased to advise on these matters at their offices in Manchester Road. Accordingly, please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.

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Charity group on the move

ONE of Warrington's best known charity groups is poised to move home after 60 years - and change its name.

The Warrington and Widnes Blind Society, which operates from the Rex Furness Centre in Museum Street plans to move to the former Fairfield Primary School, in Fairfield Street - now operating as a community hub.

It will also change its name to The VIP Centre - for Visually Impaired People.

Chairman John Taylor said: "We feel the word 'blind' is less appropriate now. "We have more than 1,000 members and the majority of them are visually impaired rather than blind."

The move, which has been discussed for some years, is because the Museum Street premises are no longer considered suitable. There are problems with disabled access and some of the rooms are cramped.

It is hoped the VIP Centre will be up-and-running before the end of the year.

Mr Taylor, a former Mayor and Honorary Alderman, said the organisation would continue to operate three days a week, providing breakfast, social activities, armchair exercises, hot meals and entertainment. They hoped to occupy three former classrooms at the old school.

Some adaptations in the building will be necessary and the society has applied for grant aid.

"We will be joining a larger community and we think that will be good for our members," said Mr Taylor.

The society also organises home visits, trips out, holidays, etc and is currently negotiating to establish links with a society for the visually impaired in Warrington's twin town, Hilden, in Germany.

Oxbridge beckons for college trio

THREE students from Warrington's Priestley College have been awarded Oxbridge places from September.

Jake Whittaker, Matthew Bird and Gavan Murphy have all been involved in an extensive application process, supported all the way by a thorough system at Priestley that encourages such choices.

If they go onto obtain their predicted grades, Jake will read History and Matt will study the prestigious Philosophy, Politics and Economics programme at Oxford.

Meanwhile Gavan who actually left Priestley last year with an A*, two A grades and a B has a confirmed place to study Anthropology and Archaeology at Cambridge, after completing a year out.

Jake said: "I'm thrilled about the opportunity and I was encouraged to apply while at Priestley. The grades I need are the ones I'm predicted so it all looks positive."

Matt said: "I didn't expect to get into Oxford, and only thought it was an option after I went on a college trip but I decided to give it a shot and got the offer."

Senior Tutor, Mel Jackson, said: "Priestley has an extensive support programme in place to help those with Oxbridge aspirations. We are delighted that Jake, Matt and Gavan have been made offers and look forward to continuing to help them ahead of the transition."

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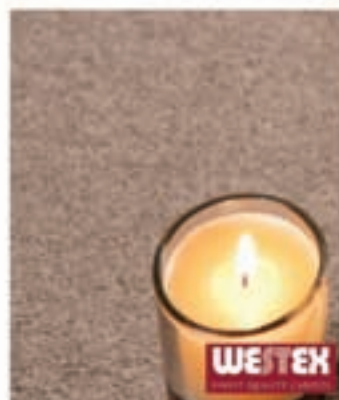
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