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Editor's Comment



TRAFFIC problems in Warrington are bad enough - without the added issue of poor communications when road works are taking place across the town.

Every time there is an accident on any of the motorways surrounding the town, we experience gridlock - the very same motorways which make Warrington such a popular destination, become our worst nightmare - made even worse by road works taking place at opposite sides of the town.

I am sure most roadworks are programmed well in advance, so one wonders why they often seem to take place at the same time, clogging main arteries either side of town, most recently on Cromwell Avenue off Sankey Way and on Knutsford Road near the Black Bear Bridge.

Never in my wildest dreams would I expect to be stuck in a traffic jam at 6.45pm on a Friday evening heading out of town, but I was.

As a result of confusing road works signs and contractors closing the road half an hour ahead of schedule there was absolute chaos, with vehicles, including Network Warrington buses being forced to perform u-turns into on coming traffic, to head back down

Knutsford Road. It is a miracle there wasn't a serious accident.

Not only was the signage inadequate but there was no one around directing traffic.

It is not the first and I am sure it will not be the last time we have had problems on our highways - whoever can forget the Asda roundabout farce on Cromwell Avenue and then the lane markings on Bridgefoot outside The Academy!

Judging by the number of out bursts on social media regarding the traffic problems it is clearly not just me who is experiencing the problems.

Come on Warrington Borough Council - it has never been easier to engage with your public - use your media channels and social media networks properly - and remember a successful business does not operate 9am-5pm five days a week.

If road works and closures are going to happen out hours, keep the communications channels open out of hours!

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Caitlin bids to be Face of the World

SIXTEEN-year-old Caitlin Holmes is bidding to be the "Face of the World" after winning through to the finals taking place in Disneyland Paris on October 27.

The former Boteler High School pupil from Woolston, who is the current Teen Face of North West England, will be competing against girls from across the globe for the title.

During the competition she will have to take part in a national themed fancy dress party, produce a two minute film about herself which will be on YouTube, take part in a gala evening where she has to give a speech about herself, raise money for Headway Kent, customise an opening round dress and take part in an evening wear/ball gown catwalk. In the run up to the competition Caitlin has shown her support to the Warrington Lions, St Rocco's and the Woolston Show.

Caitlin has received lots of local support from Golden Square, Warrington Worldwide, Poppy photography, DMC Media and the Warrington Wolves and would like to say a huge thank you to them all. "I am really excited to be competing in the finals and will do my best to make Warrington proud," said Caitlin.

Meanwhile younger sister Demi, aged 8, who has been Caitlin's biggest supporter and always wished to be able to follow in her footsteps, is also celebrating

success after winning Miss Junior Crown and Glory North West.

Her dreams had come true on her 8th birthday when she found out that she would be representing Warrington in the Junior Crown and Glory competition.

Demi has never competed in a pageant before but has watched her sister many times.

During the north west heat of the competition which took place in Ellesmere Port, she also won side titles, "best in interview," "best in evening wear," "most elegant," and "best personality."

Demi has been busy raising money for the Dean Puppets Appeal.





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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

How important are our senses?

Autumn is now upon us, with the smell of decaying leaves, the feel of the damp, cool air on the skin, the sounds of birds and small mammals finding winter food in the undergrowth, the sight of the reds and browns in the trees. Some people may also be enjoying tasting harvested fruits, such as blackberries, or their home grown tomatoes and vegetables.

This is a time of year when we can fully experience the world with our senses if we are aware of these things around us. However, often people are too busy with their everyday lives to notice these things, and can become oblivious to the wonders of nature and the seasons, because of their stressful or busy lives.

As babies and young children we experienced life through our senses, which meant the right side of the brain was more active. As we developed physically, so did the two hemispheres of the brain, resulting in the left hemisphere function being activated, helping us to think rationally, and to analyze and process information. However, this

side of the brain can become much more active as we reach adulthood, and can result in overriding of the senses, and in particular damping down of emotional responses, which ultimately limits the full experience of living in this world.

So why does this happen? Many forms of study and occupations encourage analytical rather than intuitive thinking. Could that be a reason why so many children struggle in school? Perhaps, they are not able to learn as creatively as they need to, and therefore resist the mainstream curriculum.

Brain development is very complex, and is affected by many factors. If, in our early years, we learn by our senses, and are constantly inundated with sensory information, then this can have a positive or negative influence upon us. For instance, if a person lived within a very critical household; they had difficult experiences around mealtimes; their parents didn't have the money to take them far away from their immediate environment; and they were restricted in their play; then you can bet that their sensory learning was negatively affected. However, on the other end of the scale, if a person was brought

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, based at Woolston Surgery, Neighbourhood Hub, Warrington WA1 4PN.



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

up in a nurturing and supportive environment; they enjoyed family mealtimes; often had weekends and holidays away in the countryside or by the sea; and were encouraged to play creatively; then they would have had much more positive sensory experiences; which in adulthood would most likely have led them into a career path, a social life and relationships that utilized the senses as much or more than the rational part of the mind.

The good news is that things can change if you want them to. It is possible to work on enhancing the senses, so that you can learn new things and have more fulfilling life experiences and relationships. To find out more about different ways you can awaken your senses, whilst understanding why you may have learnt to ignore that creative part of yourself; please contact us to discuss this further during an Initial Consultation on: 01925 658322.

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Alex wants to prove mums can be beauty queens



A WARRINGTON mum who missed out on college because she needed major surgery on her spine is hoping to represent the town in next year's World Beauty Queen contest.

Alex Cooper, aged 21, from Orford has a two-year-old son, Kai – and wants to prove that mums can still be beauty queens.

But she needs to find a sponsor to help her along the way.

Blonde Alex has already applied to enter the competition and hopes she will be chosen to represent the Warrington area.

The former William Beamont High School pupil never went on to college because she suffered from scoliosis – an abnormal curvature of the spine – and needed surgery to correct it.

She said: "There was a twist and curve in my spine, so they took the top half of my spine out and replaced it with titanium rods and sheep bone marrow."

"Now I'm a member of the Warrington Starlights Dance and Cheerleading School where I also teach."

"I hope I can represent Warrington in the contest as I really want to prove that mums can be beauty queens."

Alex says if any firm or organisation will sponsor her she will be able to promote them by using their logo at any events she takes part in.

Any one interested in sponsoring Alex should email info@warrington-worldwide.co.uk



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Framework for growth - one year on!

IT is nearly twelve months since Warrington Borough Council approved Warrington Means Business which is the borough framework for growth.

This document contains Warrington's aspirations to grow the economy of the town over the next 15 years; it also serves as Warrington & Co.'s agenda for action.

So, one year on and it is great to report that considerable progress has been made. We have so far welcomed and announced investment projects totalling £490 million. Significantly £233million is either actually built or underway. I'm also pleased to report there is much more in the pipeline with exciting announcements pending for Omega, Southern Gateway,

with Wire Regeneration, and at the site which was the former Garnett Cabinet Works on Cairo Street (the one with the landmark tower).

It is great to see work underway in earnest at Stadium Quarter with ground works now on site. The planning application for Bridge Street is also now submitted. A planning decision will be made in December and, subject to approval, works will commence early in the New Year.

There are a number of main elements in the Bridge Street scheme. Overall the aspiration for the project is to create a vibrant

family friendly area that thrives during the day and into the evening. The key elements of the scheme are the new multiplex cinema, the new council office development and Warrington's new market hall.

Warrington's market and its ongoing prosperity is of vital importance to the Bridge Street scheme and to Warrington. A bustling market is an exciting place to visit and shop, it is a great place for businesses to start up and thrive and it is a great attraction for the town. Warrington's market is award winning for good reason as it is a great place to shop. This scheme will protect the markets future and preserve its prosperity*.

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New fire station gets the go-ahead

WARRINGTON is to get a new community fire station – despite opposition from local councillors and a recommendation from planning officers that permission be refused.

Members of the borough council's development management committee went against the advice of the officers and approved the scheme on green belt land at the junction of Widnes Road and Marsh Lane, Cuddesley.

But the committee was split right down the middle and the scheme, submitted by Cheshire Fire and Rescue Service, was only approved on the casting vote of deputy chairman Cllr Jeff Richards.

Penketh Parish Council objected to the proposals – plus borough councillors David Keane, Linda

Dirir and Andy Heaver.

Plans for a similar new fire station had already been approved at Lymm.

Fire Service chiefs say Penketh is a relative "hot spot" for emergency calls and existing fire stations at Warrington and Widnes are unable to consistently and reliably meet a 10-minute response time in the Penketh area.

Officers claimed the development would cause demonstrable harm to the green belt and result in urbanisation of an area which had a rural setting.

The councillors who opposed the plan stressed they supported the provision of a fire station but questioned the location in the green belt.

Cllr Heaver suggested the Fiddlers Ferry Power Station

would be suitable location, already complete with the required infrastructure of traffic lights. He pointed out that although there would be only two bays for fire engines a third bay was proposed for an ambulance.

Consultation with local residents was inadequate and nothing more than a PR exercise.

Cllr Bob Barr proposed that the plan be approved. He said he understood the reasons for local councillors' opposition but felt there was an over-riding need for the fire station.

At present the site was little more than a dumping ground on the edge of the Fiddlers Ferry Golf Course. He believed the landscaping that accompanied the scheme would improve the appearance of the area.



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Nuclear jobs boost

FINAL approval by the European Union of a new £16 million nuclear power station at Hinkley Point, in Somerset, is good news for Warrington, according to MP David Mowat.

It is estimated that some 3,200 jobs in the borough are directly connected to the nuclear supply chain and Hinkley clearing its final hurdle is likely to mean the number will rise over the next few years, the Warrington South MP said.

French energy giant EDF will build the new plant but construction of its two reactors will create new manufacturing and engineering jobs throughout the supply chain.

Mr Mowat (pictured) said: "The announcement is welcome news for Warrington.

"We have a great many highly-skilled engineering and manufacturing companies in Warrington whose long term futures depend on Britain's nuclear industry.

"These two new reactors, on their own, will produce seven per cent of the UK's electricity – more than the combined maximum capacity of every onshore and offshore wind farm in the country.

"Replacing Britain's aging coal-fired power stations with a new



fleet of nuclear power stations is the best way to cut our carbon emissions while keeping energy bills lower for consumers.

It is almost 20 years since a nuclear energy plant was built in the UK and the two reactors planned for Hinkley, which will provide power for about 60 years, are a key part of the Government's drive to shift the UK away from fossil fuels towards low-carbon power.

The plant is expected to begin operating in 2023 and the government believes that with new nuclear power, including Hinkley, the average energy bill in 2030 will be £77 lower than it would have been without the new plants.

However, the project is not without controversy. Green critics believe the government should have offered subsidies to renewable energy sources, such as wind and solar energy. Austria, which strongly supports green energy, has threatened to take the European Commission to the European Court of Justice to protest against the decision.

Reproductive Health Group - free and discounted IVF cycles

THE Reproductive Health Group opened the UK's first integrated fertility hospital, the Centre for Reproductive Health, at Daresbury Park in April 2014. Feedback from patients and visitors has been highly positive.

Recognising that embarking on fertility treatment is an extremely important decision and that uncertainty about costs and the chances of success can cause concern, RHG have decided to take a unique approach to funding for IVF treatment which demonstrates their confidence in the exceptional quality of fertility care they deliver.

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Exciting new building project

WITHINGTON Girls' School is delighted to report that first foundations have been laid for the construction of a new Junior School building and a central social 'Hub' at the heart of the School.

With construction due for completion in summer 2015 - Withington's 125th anniversary year - the project will deliver a new suite of classrooms for younger pupils, enabling two-form rather than single-form entry in both Years 5 and 6, and enhance accommodation and facilities available for the whole School. The 'Hub' will be a light and airy roofed courtyard linking the Junior and Senior departments.

The project has been designed by Manchester and London-based architects Levitt Bernstein, who have created a master plan to meet Withington's long term

development strategy. Northwest Construction company, Seddon, who have carried out hundreds of school refurbishments in their 115 year history, has been appointed as lead contractor on the project.

Said Withington's Headmistress Mrs Sue Marks: "Withington has a heritage of vision stretching back to its foundation in 1890. The new Junior School and Hub will help to ensure that Withington remains at the forefront of girls' education nationally in the way our founders intended, offering exceptional opportunities for personal development - academic, cultural, sporting and social - and encouraging independence of mind and high aspirations".

Withington Junior girls look forward to moving into their new building'



Unrestrained learning says Deputy Head

HAVING spent a decade obediently preparing children for Key Stage 2 SATs, holding revision classes and doing countless past papers Ben Hanson was delighted when he arrived at the MGS Junior School as Deputy Head.

"This is what I hoped teaching would be like when, years earlier, I completed my application for teacher training," said Ben. "Not restricted by the National Curriculum and with no SATS or entrance exams to prepare boys for, memorable and challenging learning are part of the daily diet, from September to July. Unrestrained learning is how I describe it.

"Freedom from a one size fits all curriculum results in us having a priceless commodity- time. We are able to collapse our own curriculum for an afternoon a week and boys participate in an "Options" programme of challenging and unusual learning experiences - which the boys themselves have chosen to do: Orienteering, Ornithology, Woodwork, Mini-Robotics, Military Strategy, Fantasy Stock Markets, Forensics, Philosophy, the Great Outdoors, Debating, iPad Exploration, Photography, Cookery, to name but a few!

"The learning is boy-centred and Options is a highlight of the week. This freedom also enables staff to play to their own strengths. It allows staff to employ skills and passions that they have outside work. Enthusiasm is contagious. If a teacher has a passion for the great outdoors, he or she can create an Option by this name and their enthusiasm is translated into fun, memorable, challenging learning experiences.

Ben added: "The results are stunning: minds are stimulated; new skills are developed; beautiful, eye-catching sculptures are created; heinous crimes are solved; food is foraged; shelters are built; delicious quiches are consumed! The most important result of all, though, is that the boys' appetites for education and discovery are whetted."



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Senior School

For girls aged 11-18

Thursday 6th November

4.30pm to 6.30pm

Saturday 8th November

10.00am to 12noon

**NEW PURPOSE-BUILT,
EXPANDED JUNIOR
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SEPTEMBER 2015**

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girls in years 5 & 6

Junior School

For girls aged 7-11

Thursday 6th November

4.30pm to 6.30pm

Saturday 8th November

10am to 12noon

"Sports teach discipline and commitment, they challenge and build character for everything you do in life."

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For further information contact
Kath Heathcote 0161 224 7201
ext 234 or k.heathcote@mgs.org

MGS.org
[@MGSmagic](https://www.instagram.com/MGSmagic)





Tom teams up with Warrington Town

TOM Grainger School of Motoring has teamed up with Warrington Town's Youth Team, offering discounted lessons for members of the team.

Tom is pictured with members of the youth team. Left to right Matt Hadley, Joe Hughes, Will Armstrong and instructor Paul Carr.

Talent show winners

KENISA Pratt and Beau Dermott were the winners of this year's Warrington's Got Talent competition in front of a packed house at the Parr Hall.

The contest, now in its fifth year, was organised by Golden Gates Housing Trust (GGHT) with support from LiveWire Warrington, the Wolves Foundation and University Academy.

The grand final, compered by local radio presenter Pete Pinnington, was the culmination of a year long search for Warrington's best young entertainers. With 16 finalists taking the stage competition was fierce.

The competition was split into two age categories with 10 year old singer Beau winning in the 5-11 years olds age group and 17 year old singer Kenisa from Longford taking the crown for the 12-19 year olds.

The Deputy Mayor and Mayoress were on hand to present the winners and runners up with their prize money and trophies. GGHT will also be working closely with the winners to provide them with opportunities to further develop their talents.

Speaking at the event, GGHT Chair, Roy Smith said: "It's wonderful to see all these talented young people performing here tonight. They are all a credit to themselves, their families and Warrington."

Organisers are already working on next year's competition and anyone wishing to take part is asked to monitor www.gght.org.uk/wgt for more details or check Warrington's Got Talent on Facebook: www.facebook.com/GGHTWGTalent and on Twitter @WGTalent.



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Employer Incentive Scheme

Positive Change...



Golden Gates Housing Trust

WARRINGTON Borough Council



GGHT's Employment Initiatives Team

Are you a small/medium sized employer in Warrington?

Golden Gates Housing Trust (GGHT) and Warrington Borough Council (WBC) have recently joined forces to offer an Employer Incentive Scheme.

The scheme supports local employers to employ local people by offering a wage subsidy of between £3,000 and £5,000 to provide apprenticeships and jobs with training.

For more information please contact Clare Sing by emailing clare.sing@gght.org.uk or by calling our Employment Team on 01925 45 2464

"I would encourage other small and medium sized businesses to get involved. There are flexible incentives available from GGHT to help you employ local people who need that initial opportunity to get into a job."

Birchwood Gas Services

f /gghtpositivechange

t @GGjobs_GGHTTrust

www.gght.org.uk/positivechange



Registered Charity No. 511592

ST. ROCCO'S HOSPICE

news

Celebrate the life of a loved one!

The St. Rocco's Light up a Life Appeal brings together family and friends to remember the lives of loved ones by dedicating a light on the hospice Christmas tree. Every donation helps raise much needed funds to care for patients and their families at the hospice this Christmas.

Light Up Life

Hospice Matron Alison White writes:
"Anniversaries and special occasions like Christmas are always emotional times, especially for those who've lost someone they love. Our 'Light up a Life' Appeal gives people the chance

to remember their loved ones by dedicating a light in their honour. It's an extraordinary sight when the lights are switched on to know how many people are remembered with such love and affection.

**Dedicate a light on the Hospice Christmas Tree
and raise funds for St. Roccas**

**To dedicate a light, please see the enclosed form
or log onto our website www.stroccos.org.uk**

Forthcoming Events 2014

October

26th Children's Sponsored Lantern Walk - 6pm Orford Park, Warrington children £5 adults go FREE.

November

13th Ladies Lunch - Statham Lodge Hotel, Lymm. Tickets £36. With a drinks reception, 3 course lunch, stalls and guest speaker Diana Moran.

15th - 16th Art in the Park, Oulton Park, Cheshire - weekend of exhibitions and activities showcasing more than 40 professional artists from across the county.

23rd Bag Pack Morrisions.

December

6th Bag pack Sainsbury's Culcheth.

7th Light up a Life, 4pm Sunday Service at St Rocco's & Thursday 11th at St Elphins Parish Church.

13th Bag Pack Asda Birchwood

14th Strictly St. Rocco's Mere Golf and Country Club £50 per ticket

21st Bag Pack Tesco Warrington

23rd Bag Pack Marks and Spencer's Gemini Warrington

January 2015

10th & 11th St. Rocco's Christmas Tree Collection.

For more information on any of the above events, please call the Fundraising Team on 01925 575780

JOIN US AT THE LIGHT UP A LIFE SERVICES

**In the grounds of St Rocco's on Sunday 7th December 2014
at 4pm and St. Elphin's Parish Church, Warrington on
Thursday 11th December at 7pm.**

Follow us on





A day in the life...

Louise McCahery, Physiotherapist at St. Rocco's Hospice

Louise started working at St. Rocco's Hospice in April 2007 and has never looked back! Here she tells us more about how she became involved in palliative care...

"I was first made aware of St. Rocco's Hospice when a neighbour of mine was diagnosed with Motor Neurone Disease. As he became unwell I started helping him out at home. My neighbour started attending the day therapy centre at St. Rocco's and was later admitted to the in-patients unit. I came to St. Rocco's to visit him one day and immediately recognised the valuable work they did."

It was some years later that Louise came to work for St. Rocco's. "I think I feel drawn to palliative care because I know I can make a difference to the lives of those we care for. Working as a physiotherapist in this way is all about maximising a person's potential, no matter what stage of an illness they are at."

"Often people assume that physiotherapists only work with things such as sports injuries and are sometimes surprised that I work in a hospice! Providing physiotherapy to patients with life-limiting illnesses is a big part of the holistic care we give."

"A typical day for me starts with the morning handover which is very important. This is an opportunity to discuss patient developments and identify priorities for the day. Although we do this, my priorities are always changing to meet the needs of our patients! One of the most important aspects of my job is being prepared for the unexpected. We need to be very flexible in order to meet the changing needs of patients and therefore adapt to new treatment needs. As well as this, I work to facilitate fall prevention across the hospice, and develop discharge planning to help patients at home."

"The key aim of my role is to address and relieve the various symptoms experienced by our patients. This includes fatigue and breathlessness management, and improving people's mobility and function. We facilitate rehabilitation through exercise and advice, acupuncture, Tai Chi group exercises and developing independence. We also offer one to one exercise programmes when our patients are keen to get stronger following treatment."

"One of my most memorable moments working for St. Rocco's is of patient who expressed a special wish whilst



attending the day therapy centre. He was fanatical about Manchester United and wanted to visit the grounds. His mobility was compromised by his condition so with the help of his family, a colleague and a volunteer we booked a tour, got a minibus and took him over to Manchester! We toured the grounds and I remember him spending hours admiring the trophies which his beloved team had won. He later sent me a DVD with a collection of photos from the day. It was such a happy experience for everyone and uplifting to know that his illness had not compromised his happiness."

"We always go the extra mile and that's what we enjoy doing. Everyone has the same aim at St. Rocco's – to improve quality of life. I feel like one cog in a big wheel which is working together for the same goal!"



Celebrating the Important Role of Carers!

Hospice Care Week celebrates the role of hospices all over the UK and raises awareness of the services hospices provide.



This year, St. Rocco's has decided to focus on a very important aspect of palliative care which isn't always visible within the hospice; the important role of Carers.

Alison White, Matron at St. Rocco's, explains.

"The hospice movement has a holistic approach to palliative care, which means that we try to address every aspect of a person's illness - from physical symptoms to advice and support for family, friends and carers.

"Carers do so much - a lot more than we realise. We at St. Rocco's want to acknowledge the amazing work that carers do every day in looking after loved ones with life limiting illnesses.

In order to celebrate the work of carers and thank them for what they do, St. Rocco's is organising a Fish & Chips Supper at the Hospice. "The supper is designed to give carers a chance to relax and spend time with their loved ones in a calm environment with tasty food. Carers can unwind and leave the cooking to us! Patients can come along too and both can just enjoy time together without being in a 'patient & carer' role".

As Alison says, "We, as an organisation, want to understand the challenges carers face and how we can better support them through these. As we think about the future and expanding St Rocco's services within the local community, carers will become an important part of the care we give".



Fish & Chips Supper

will be held on Friday
10th October from
5.30pm – 7.30pm.

The Supper is open to patients and their carers. A meal is provided free of charge.

The Fish and Chip Supper is kindly supported by Lloyds TSB. To find out more about hospice care week or the supper, visit the St Rocco's website or call 01925 575780.



Ladies Autumn Lunch

**Thursday, 13th November 2014
at Statham Lodge, Lymm**



With guest speaker
Diana Moran,
otherwise known as
the Green Goddess!

- Drinks reception
- 3 course lunch
- Tickets - £36 each

St. Rocco's Ladies Lunch will be held once again at Statham Lodge in Lymm and includes a range of fantastic stalls to browse. Guest Speaker – Diana Moran has had a hugely successful career in television and broadcasting. Initially making her name as the Green Goddess on BBC's 'Breakfast Time', Diana is a familiar face in the world of health and fitness.

2014 Events

Bupa Great Manchester 10K

The Great Manchester 10K Run saw thirty seven Rocco's Runners complete the course in spring temperatures reaching 23 degrees! Collectively they **raised over £8,000** for St. Rocco's. One runner, Claire Cahill - who ran with five friends in memory of her dad to raise funds for St Rocco's, **tells her story:** *"From the moment Dad arrived at the hospice, the staff & volunteers were amazing. Words cannot describe the difference they made to my dad's life in his final few weeks. It feels so good to be able to give something back to the hospice in the hope that the money we raise will help many other patients at such a distressing & dark time".*



Ride London

On Sunday 10th August, Sally Wright and Peter Weatherhead took part in Ride London 100. This annual cycle ride follows the renowned route from London to Surrey - made famous during the 2012 Olympics. This year, 20,000 cyclists battled heavy rain and strong winds which forced organisers to cut the route to 86 miles! Both St Rocco's riders completed the route in great times and have **raised over £3,000** for St. Rocco's!

Land's End to John O'Groats

On 28th June, 4 keen motorcyclists set off on a 10 day UK tour. Gary Mercer, Jerry Appleton, Tommy Aston and John Davie, travelled from Lands' End to John O'Groats. The team **raised £2,263 and covered 2,255 miles**, stopping at landmarks and popular biker spots along the way including Stonehenge, the Angel of the North and even the David Coalthard Museum!

The team would like to thank sponsors Golden Gates Housing, Lymm Engine Components, Hammer & Tongs, J&S Accessories of Northwich and Sainsbury's.



Starlight Walk 2014

On 20th June 2014, around 1400 ladies joined together for a real night to remember- all in aid of St Rocco's! The annual Starlight Ladies Walk takes ladies through the streets of Warrington on a six or thirteen mile walk and this year over **£138,000** was pledged on the night!

Starlight Walk 2015 will be on Friday 19th June 2015!

Registration will open at the end of October. For more info contact the Starlight Team on 01925 575780



For more information or to purchase tickets for any
Tel: 01925 575780 E-mail: fundraising@str

Mountains of Support



This year, 2 supporters are tackling some of the world's most impressive mountains in aid of St. Rocco's. In August, Martin Egan climbed Mount Fuji – Japan's highest mountain at 12,388 ft! Karl Williamson is taking on Mount Kilimanjaro in October – Africa's highest mountain – a whopping 19,341ft! Between them, Martin and Karl have raised over **£5000** for St Rocco's.

Lantern Walk 26th October 2014

The first St. Rocco's Children's Sponsored Lantern Walk is a great way for children of all ages to enjoy twilight family fun, whilst raising money for St Rocco's. Children will be given a lantern to light the way around the 1 mile route at Orford Park with fun attractions, food and drinks, and even popular children's characters at the end. £5 per child 0-16 years- Adults go FREE!



Strictly St. Rocco's

14th December 2014 at Mere Golf Resort & Spa, Knutsford.

10 amateur dancers take to the floor with their professionals, performing classic dances for an evening of sparkling entertainment! For more info & tickets, contact Lauren on 01925 575780 - laurentilston@stroccos.org.uk

In association with
Cadmans Dance
Centre
sponsored
by JLL



JONES LANG
LASALLE

Christmas Tree Recycling with St. Rocco's! 10th & 11th January 2015

Want to buy a real Christmas tree this year but don't want the hassle of disposal? Leave it to St. Rocco's! With the help of Warrington Borough Council and operated solely by volunteers, the Christmas Tree Collection service will take place on 10th & 11th January 2015. Book online or by phone - there is no minimum charge. Just be as generous as you can.



Corporate Spotlight...

Each issue we will focus on one of the companies who have been working with us all year - this time its... Carlsberg.

A team from the Carlsberg Stonecross Depot have dedicated 2014 to raising money for St. Rocco's. On 29th March, the team held an event called 'Carlsberg Rocks', which saw local acts take to the stage at Ryland's Memorial Hall. Acts included James Stelfox, Seamus McLoughlin and 'Starsailor' - fronted by the Kingsway's Wez Dolphin & Escape Committee Lead singer / guitarist Pete Frampton as well as DJ Phil Hilton. Following the success of Carlsberg Rocks which raised £3,810, the team held a celebrity football match on 10th May. The Carlsberg team - with the help of Aston Villa goal keeper Nigel Spink - went head-to-head against the Soap Stars. Players included many famous faces; Ralph Little (The Royal Family), Adam Thomas (Emmerdale), Chris Bisson (Emmerdale / Coronation St / Shameless) and Chris Fountain (Hollyoaks / Coronation St). Final score: Carlsberg 1 : 3 Soap All-Stars – a fantastic match which raised £2,000! Next came the Stonecross fishing weekend at Spring Lea Fishery in Shropshire. Thirteen of the team were taken by local pub landlord of the Horse Shoe in Pontesbury for a small fishing presentation. 1st place went to Chris Hill, 2nd place Joe Fagan and 3rd place Keith Atkinson. Biggest Fish prize went to Tony Fagan. A great time was had by all and a raffle and darts with the locals on the night raised a further £200.



As Craig Kinsey of Carlsberg comments: "The team are a credit to Carlsberg & to the Stonecross branch. Most of all, they have helped to raise thousands for patients at St Rocco's!"

**For more information about any of our events, please contact the Fundraising Team.
stroccos.org.uk Web: www.stroccos.org.uk**



Community Fundraising

with Malcolm Kindon

Christmas 2014

Christmas Cards & Calendars. 'Hidden Gems of Warrington' is the theme this year, with familiar and not so familiar views of our town. Thank you to the Warrington & District Camera Club for once again supplying the stunning photographs. St Rocco's Christmas cards and calendars will be available by post, in our shops and from the hospice from early October.

Christmas Raffle 2014

With some fantastic prizes - tickets available now. If you are able to help us by selling the odd book or two, it would be greatly appreciated.

Christmas in Schools



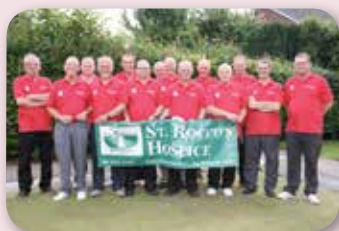
We will be offering our ever popular Christmas beanies to all the schools and also hoping that schools will take part in our annual Reindeer Run. Last year, in total the event raised an amazing **£5500**. Please help make this an even bigger success this year

Bag Packs / Collection Days

We have a number of bucket collections and bag packs at various supermarkets throughout Warrington during the Christmas period they are - **Nov 23rd at Morrisons, Dec 6th at Sainsburys Culcheth, Dec 13th at ASDA Birchwood, Dec 21st at Tesco Superstore, Dec 23rd at M & S Gemini and a bucket collection at ASDA Westbrook on Dec 20th.** If you have a couple of hours free on any of these dates, please contact the Fundraising Team.

Coffee Mornings

In August, Colin & Myrna held their annual Afternoon Tea in Grappenhall. Although the weather was 'mixed', it raised an incredible **£1400.00**. Thank you to them and all the wonderful helpers and supporters who make this such a great event. **Dates for your diaries are Oct 24th Coffee Morning at Glazebury Methodist Church and Oct 30th Chat & Char at Woolston Mission.**



Crown Green Bowling

This year's match between Warrington Catholic Bowling League (pictured) and Warrington North Cheshire Bowls League was again held in support of St. Rocco's.

This extremely well organised and supported match, for the **Mike Dolan Memorial Trophy**, was held at St. Oswald's on July 5th and raised **£1085.84**. Many of these bowlers will also be playing in the annual **Mike Roach Memorial Bowls competition** at the Royal British Legion at Woolston, the final is on Sept 14th at 12.00.

We also have the **Mavis Horton Memorial Bowls** taking place at Monks' Sports Club in Woolston - heats on Wednesday 17th September, Thursday 18th September and the final on the Saturday 20th September (evenings).

Community Events Galore!

- 'Proms in the Park'. This very popular annual event was again organised by 75 Engr Regiment in Bank Park.
- Lymm Open Gardens. Beautiful gardens very kindly opened to the public, once again supporting St Rocco's. A total of **£4863.06** was raised, a tremendous result!



- In July, Dolly Daniels organised a Tea Dance at Ryland's Recreation Club.

- St. Gregory's School provided music and cakes for our in patients and also painted hearts in our gardens!



- A WW1 commemorative tea party was held recently at our Longford Street Shop, enjoyed by customers and Volunteers.

As I move on from Hospice fundraising, I would like to say a huge thank you for all the support from our community for this great charity. Keep up the good work!

Malcolm

If you would like more information on how you can help in the Community, please contact the Fundraising Office at St. Rocco's on 01925 579230 or email fundraising@stroccos.org.uk



Corporate Challenge 2015

with Helen Latham

**NEW
FOR
2015**



The Corporate Challenge is back! St. Rocco's is searching for thirty local companies to take £30 and turn it into as much as possible for the Hospice!

The Challenge will launch in January 2015. In addition to a jam packed schedule of fun filled events, the St. Rocco's Corporate Challenge will feature:

- **Your company logo on our brand new website!**
- **Lots of volunteering opportunities for your team's Community Days.**
- **A fun filled quiz night to encourage a little friendly rivalry as well as giving challengers the chance to network with each other.**
- **New and exciting challenges for the more energetic members of your team!**

The Hospice Fundraising team will be on hand throughout the year to assist with your efforts, providing support and guidance to help you reach your target.

Funds from the Corporate Challenge will go towards developing new hospice services in the community. These services will take the loving care for which St. Rocco's is renowned out to the people of Warrington, giving patients access to hospice care in their own homes.

To join the challenge email helenlatham@stroccos.org.uk

dragon *boats*

Despite previous forecasts of thunderstorms, the rain held and the sun shone on the St Rocco's Dragon Boat event at Warrington Rowing Club on 3rd August 2014. As usual, there was plenty of friendly competition and the result was one of the closest yet! Twenty-one teams participated in three heats of 250 metres with the fastest four teams in the final. Defending champions The Mighty Ducks were once again victorious, crossing the finish line in 01.25.12, closely followed by first time entrants; The Water Boatmen (Walker Begley) with a time of 01.29.26 and the Carlsberg Dragons exactly half a second later at 01.29.59!



Congratulations to all who took part! Check St. Rocco's Facebook and Twitter pages for news on the final sponsorship raised and for dates for 2015!

FIREWALK 2014

This scorching challenge takes place on Thursday 9th October at the Park Royal Hotel in Stretton. Participants will receive full training before walking over 20ft of hot coals! At the time of walking, the coals will have a core temperature of 800 degrees! Doing a Firewalk is one of the most incredible ways for to fundraise! Not letting your fears inhibit your

actions can potentially be life changing!

Registration for this event is only £20 with a minimum sponsorship of £100.



For more information contact Helen Latham on 01925 575780

St. Rocco's Shops

St. Rocco's Shops achieve award 2 years running!

St Rocco's Hospice has eight charity shops around Warrington; with a huge collection of fantastic products, from clothes and shoes to books, toys and homeware.

For the second year running, St Rocco's Shops won a national award from The Charity Retail Association in the category of charities with 6-10 shops. The award – for the 'Most Profitable Retail Operation' – was given at the awards ceremony at the association dinner in July.

Eric Russell, Trading Manager adds...

"We're amazed that we've won this award twice in a row with charities from all over the UK hoping to win! We could not have achieved this without wonderful supporters making donations of goods and the fantastic customers who shop in our stores. And of course, this award wouldn't have been possible without the magnificent 300+ volunteers who go above and beyond to make the shops succeed."



St. Rocco's 2015 30th Anniversary challenge

321 Cycle Challenge

3 CITIES, 2 WHEELS, 1 CAUSE!

To celebrate our 30th anniversary, St. Rocco's will be holding their biggest ever cycle challenge! The 321 challenge will take riders from London to Amsterdam and will finish in Brussels, covering around 280 miles. The ride will take place from 1st – 6th September 2015 giving plenty of time to train! **If you are interested and want to know more, please email fundraising@stroccos.org.uk.**



Thank You...



A team from New Balance raised **£3,000** through their 'Sunlight Walk' on the 3rd August!



McDonalds' support has been on-going this year with numerous store bucket collections and staff volunteering opportunities! They've raised over **£5,800** so far this year!



Thank you to Gascoigne Halman who have raised over **£600** through various events including a bake sale and a duck race! Your support is really appreciated!



A team of staff from the Bodyshop came to help us relax by giving free complimentary therapies to patients, volunteers and staff in June. Everyone loved it!



Penketh High School released the 'Happy' video in May and helped to raise over **£600** for St. Rocco's! Well done Penketh High!



Ombudsman Services organised a charity football tournament between themselves, O2, HSBC and Nvtron on 19th July. They raised **£1,041**, doubled by Ombudsman to **£2,082**. Well done and Thankyou!



We are opening a new salon!

Stuart Callaghan is very pleased to announce the opening of a second Callaghans Hairdressing Salon in Warrington. The salon will be situated on Marsh house Lane in Padgate on the first floor and will be opening early November.

Gareth Dawson will be Salon Manager and joining him will be Senior Stylist Genna Beckett, with Stylists Mikala Sutcliffe and Samantha Lally. The team are very excited to work together and look forward to welcoming clients old and new to the salon.

Gareth has been with Callaghans for over two years now and has been a valued member of the team. Gareth has 13 years experience in hairdressing and has a Loreal colour diploma and has won several colour competitions over the years. He is looking forward to this new and exciting challenge and helping to grow the Callaghans Hairdressing business.

Genna Beckett has been with Callaghans for 10 years, previously at Andrew Collinge hairdressers in Liverpool. She has been hairdressing for over 15 years. Genna brings a wealth of knowledge in colouring and cutting techniques and is also looking forward to joining the new team in the new salon.

Mikala Sutcliffe has been with the Callaghans team for 6 months now and is highly skilled in cutting and colouring. Mikala is looking forward to joining the new salon and building her clientele welcoming old and new clients.

Samantha Lally will join the Callaghans team as a new stylist, she is a talented hairdresser and highly skilled in cutting, colouring and extensions.

Callaghans Hairdressing has gone from strength to strength over the past two years, opening an Academy upstairs in Sankey Street. We are excited about our new venture and we are sure it will be a great success.

As a result of our recent success and expansion, Callaghans are now looking to recruit new experienced stylists to our team. If you think that could be you, please send your cv and covering letter to callaghanshairdressing@hotmail.co.uk

We will be offering new and old clients a great introductory offer for their first appointment at the new salon of

FREE Colour with a paid Cut & Blow throughout November!



Tel: 01925 575785 | 63 Sankey Street, Warrington WA1 1SL

www.callaghanshairdressing.co.uk

Walking in a *Winter
Wonderland*

LiveWire

Christmas Fayre

Saturday 22nd November
**Free
admission**

LiveWire

Christmas Party Nights

**Friday 12th & Saturday
13th December**

7pm £25.95 per head

LiveWire

*Children's Fun Day
Christmas*

Sunday 14th December

Adults £10.95
Children £7.95 • Infants £2.95
Arrive 12.30pm for lunch at 1pm

**For further information or to book
visit: www.livewirewarrington.co.uk/Christmas
or call 01925 624997**

Make this Christmas one to remember

livewirewarrington.co.uk

'Live well with LiveWire'

'Transport arteries are dangerously clogged'

TRANSPORT is Warrington's lifeblood – but its arteries are getting dangerously clogged.

This was the message sent out by Warrington South Labour Parliamentary candidate Nick Bent when he spoke at the Labour Party Conference in Manchester.

In a speech to thousands of delegates that was carried live on the BBC, Mr Bent focused on the transport issues close to the hearts of residents, such as the new road tolls on the Mersey bridges at Runcorn, the congestion caused by the swing bridges on the Manchester Ship Canal and the need for a new "Warrington West" railway station at Chapelford.

He also took the opportunity to quote his political hero, John Smith, from the conference podium.

In his last public speech as leader of the Labour Party before his tragic death in 1994, John Smith spoke about what motivated him to get elected and to secure the return of a Labour Government: "The chance to serve, that is all we ask."

The transport debate at the conference was introduced by Mary Creagh MP, shadow transport secretary.

Mr Bent thanked her for agreeing to visit Warrington to discuss with



Nick Bent speaking at the Labour conference.

him and Warrington Borough Council how a Labour Government could provide solutions for the town's transport challenges.

The visit is expected to take place in November.

Santa & his Reindeer

Saturday 22nd & Sunday 23rd November
Fun starts from 11am both days

Face Painting * Childrens Entertainment * Special Offers * Rio Grande Miniature Railway and of course.... FATHER CHRISTMAS

High Legh Garden Centre
High Legh • Knutsford • 01925 756991

Smiles GARDEN CENTRES

Now open

Belong Warrington: magnificent care in a magnificent setting

Day care with a difference | **Nursing care**

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Dementia expertise | **Award winning care**

Belong Warrington is a brand new village complex in the heart of the community and provides:

- Specialist dementia and nursing care
- Innovative household model
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- Belong at Home service providing practical and emotional support to you in your own home
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- Respite stays welcome

Call **01925 321 400** to book a personal tour or to find out more visit www.belong.org.uk

BELONG WARRINGTON | Loushers Lane, Warrington WA4 6RX

Belong
Your life, your pace, your way.

Belong villages are located in: Atherton, Crewe, Macclesfield, Warrington and Wigan.

United Utilities call off Canada Geese cull!

WARRINGTON based United Utilities have called off an inhumane cull of Canada Geese at their Lingley Mere HQ after a local bird lover teamed up with animal rights group Animal Aid.

When bird lover David Kennedy discovered that Canada geese were being shot on a lake at Lingley Mere he felt he had to speak out.

David, who lives about 10 miles from the lake, knew that a proposed cull of geese at Lake Windermere had been halted when the local authority was persuaded to put into place non-lethal control plans, and he contacted United Utilities to urge them to do the same.

First, he wrote to the company asking them to investigate humane solutions. Then he launched a petition on www.thepetitionsite.com, which was signed by more than 55,000 people.

Finally, he contacted Animal Aid - the national organisation that spearheaded the campaign to save the Windermere geese. Animal Aid liaised with United Utilities, and suggested humane, non-lethal tactics and products, and offered contact details for a number of other geese deterrence specialists.

United Utilities listened, and took swift and positive action, announcing a raft of non-lethal measures to deter geese from the area.

The company will begin by fencing off the lake to create a physical barrier and erecting signs to warn employees not to feed

the geese. Without access to the water and feed put down by well-meaning employees, many of the geese are likely to leave voluntarily. But United Utilities has other measures up its sleeve. In an email to David, its Head of Sustainability, Chris Matthews, wrote: "We are also considering a trial of a specific chemical on a small area of grass which makes the grass taste bad to the geese and will send them in search of other food sources. This is neither harmful to geese or humans."

Should these measures not work, Mr Matthews continued: "We have a second wave of measures lined up - these include electronic bird calling, installation of boons on the water, dog-walking, decoys and kites. We will review the effectiveness of the first measures and will decide then whether to begin implementing a second wave."

David said: "Progress is often made when two sides are open minded enough to listen to each others arguments - and that's exactly what United Utilities has done on this issue. Culling is only ever a short-term, temporary fix, never a permanent answer to a problem. With a little time and effort, long-term solutions can be found. This has been the approach at Windermere and now Lingley Mere, and this shows that the rule holds true: where there's a will there's a way."

"With the help of Animal Aid

it's now looking good for United Utilities' public image, and most importantly of all - it's good news for the Canada geese."

Animal Aid's Head of Campaigns, Kate Fowler, is thrilled with the outcome: "I'd like to publicly commend United Utilities for its progressive and compassionate approach to this issue. Where others have sometimes turned a

deaf ear, this company has sought out information, listened to experts and acted quickly to devise and implement a humane policy with regards to the geese at Lingley Mere. We will remain on hand to help where required but in the meantime we extend our grateful thanks to Mr Matthews and his team."



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Coffee morning doubly sweet for charity

WARRINGTON based FDR Law's fund raising events are doubly sweet for Macmillan Cancer Support.

Staff and clients tucked into coffee and cakes in support of the charity's biggest coffee morning, raising a grand total of £150.

Meanwhile from Monday November 3, FDR Law's will and probate specialists will be donating their professional services for free with another of the firm's highly popular charity Will-making Weeks.

Clients will be invited to make a will in return for a small donation to Macmillan.

Suggested contribution is £75 for a single will and £125 for a joint will. The firm's three offices in Warrington, Stockton Heath and Frodsham will be taking part. To make an appointment or for more information please call 01925 230000 or email wills@fdrllaw.co.uk.

Macmillan fundraising manager Grace Higgins said: "We are so grateful to FDR Law for raising money for us through their Will Week. The money raised through donations in lieu of a Will makes a huge difference to Warrington people affected by cancer."

"Soon we hope to unveil new cancer services in Warrington including a brand new Information and Support Service. A visit to a cancer information and support centre provides people affected by cancer with the chance to ask questions and talk through their concerns with specialist staff and trained volunteers."

The centres hold booklets and leaflets about cancer and information on financial support. Many centres have benefits advisers available to help and some offer complementary therapies too.

The money that is raised from FDR Law will be used to ensure Macmillan continue to offer these services."



Pictured right Warrington Worldwide editor Gary Skentelbery and Macmillan fund raising manager Grace Higgins (left) tuck into cup cakes supplied by FDR Law wills and probate partner Emma Stride.

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Prom Dress specialists look to their Third Anniversary!

THE Dress Studio in Culcheth, Warrington, is set to celebrate its third anniversary and has been so successful it is now providing outfits to the stars - and even their mums!

They dressed several of the Hollyoaks stars for the National TV Awards as they went on to win the award for Best Soap and they also dressed Anne, mother of One Direction's Harry Styles (pictured below), when she attended the Brit Awards with him.

Owner Holly Ikin said: "The time has absolutely flown by, we cannot believe that it is now nearly three years since we opened our doors. It has been so exciting to see how the store has grown and we can't wait to see what the future has in store for us!"

Since The Dress Studio first opened its doors back in January 2012, the designer dress studio located in Culcheth has grown from strength to strength. Last summer, the store underwent a significant

extension - expanding to having nine changing rooms and even more stock.

Holly explained: "Choosing the right styles and dresses is really important to me. I travel to America for the launch of the collections so, I know that we are getting the very best dresses from each designer.

"Whilst I was there this summer, I spoke with Sherri Hill and Abraham Maslavi of Jovani (the two leading prom & evening wear designers in the world), and it was great to tell them about our store in the UK. We are a very unique shop in England and Sherri Hill & Jovani love that; we have hundreds of dresses under one roof and that is quite rare over here.

"We are also thrilled to be prom specialists. It really is overwhelming how much prom has grown in the UK in the last 10 years. We now have our new collections for the 2015 proms and have been serving prom girls for next year since June! It is easier for them (and their families) to get the dress earlier, it saves hours of looking at photos online and once they have chosen the dress, they can focus all of their attention on to their GCSE studies.

Holly added: "After being open nearly three years, it is really lovely to see that people are recognising that we do have much more than just prom dresses. We have dressed many recently for balls, charity events and cruises, it has been great to expand our clientele.

"We dressed several of the Hollyoaks stars for the National TV Awards and they went on to win the

award for Best Soap, so we were thrilled for them! We also dressed Anne, mother of Harry Styles, when she attended the Brit Awards with him. It is amazing to be serving customers from Warrington and then also have such big names joining us too!"

The Dress Studio sells dresses for every occasion, including; parties, balls, proms and pageants! The studio hand picks their dresses from American and UK designers including; Sherri Hill, Jovani,

Forever Unique, MacDuggal and many more!

The Dress Studio is open five days a week, Tuesday to Saturday, 9.30-5.30, and no appointments are necessary! All customers are welcomed by friendly staff who go above and beyond to help find the perfect dress.

With hundreds of stunning dresses to fit every size, style and occasion, The Dress Studio is the perfect place to find the perfect dress!



Holly (right) with Sherri Hill and Abraham from Jovani.

Peel Hall under threat again warns MP

WARRINGTON North MP Helen Jones has discovered that Satnam Developments Ltd. is still pressing ahead with proposals to build on agricultural land at Peel Hall, despite a planning application being thrown out on appeal last year.

Information obtained by the MP following a FOI request to the council shows that Satnam intend to engage in a formal pre-application consultation this autumn with a view to submitting a planning application for residential development on the whole site before Christmas.

Ms Jones said: "As everyone suspected, having lost their appeal to the Planning Inspector, Satnam are going to come back with another application.

"It seems from the notes of the meeting which I have received that the plan will be for 1,400 houses with access off Blackbrook Avenue, Birch Avenue, Elm Road and 1 or 2 points on Poplars Avenue. It is not clear what will happen on Mill Lane.

"It is clear that Satnam are trying to wear us down by continually

putting in planning applications, despite the last one being rejected and the council making it clear that we have enough housing land allocated.

"I am sure that residents will, once again, make their views clear and will rally to defend the last green space in this part of Warrington."

In March last year Satnam said they were "disappointed" by Warrington Borough Council's decision to turn down their application to build 150 homes at Peel Hall.

Up to 300 residents, opposed to the controversial plan packed into the Parr Hall for the meeting of the council's development management committee.

There were cheers as the committee voted unanimously to oppose the scheme.

The developers claimed the proposals represented major investment in the local area providing high-quality homes.

The plans offered a mix of housing types, including new family homes, and affordable properties

to suit local needs such as first time buyers or key workers.

The company also offered to provide a boost to sports facilities offering more than £1 million invested in the playing fields at Windermere Avenue, which would

help Winwick Athletic Football Club provide new and improved facilities.

The plan was eventually thrown out by a Government appointed inspector last July.



Protestors at the Parr Hall hearing last year.



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Financially yours

By David Watkinson

The need for Wills and Lasting Power of Attourney

Too many people fail to consider properly what happens to their property when they die, and do not make a will. They either do not care, or wrongly assume that their surviving spouse will inherit everything automatically? Well, they should certainly care; most people have worked for nearly 50 years to get to where they are. If they think their spouse will get everything then that has not been the case in the past and, for many people, it continues to be a mistake to think so.

How your estate is distributed if you die without making a will is set out in law. The rules have changed for deaths after 1st October 2014, but continue to depend on whether you have any "issue", ie children, grandchildren or remoter descendants..

Without any issue, your spouse will now receive the first £450,000 (previously £250,000) of the

estate plus half of the balance, the remaining half going to parents and/or siblings. If there are issue, then the spouse will receive the first £250,000 of the estate plus half of the excess (previously only a life interest in this), with the issue receiving the other half.

The changes are beneficial in several ways. Firstly, it avoids a trust being set up unless that is the wish of the deceased. Also, it increases the amount received by the surviving spouse. However, if you want your money to go exactly where you want it to then a will is still essential.

Whilst looking at the bleaker side of life, another example of head burying is that of "Lasting Powers of Attorney" (LPA)! Whilst a will is only relevant upon death, LPAs can be relevant to anyone at any age. Consider what would happen if you were involved in a road accident which left you mentally incapable of dealing with your own affairs. Unless you have prepared an LPA which can be successfully registered, then you will pass the management of your assets to the Family Court, and this is not



only inconvenient but also expensive.

Two separate LPAs are required for each individual, one of which deals with health and welfare and the other with financial matters. Each needs to be registered before they take effect, and a fee is payable at this point. Whilst they must be prepared whilst the individual is of sound mind they do not need to be registered until they are needed. However, that does run the risk of them being rejected for what may be a very simple and innocuous omission or error, and if the person is no longer of sound mind then a revised LPA cannot be prepared.

Whilst primarily a legal matter WatkinsonBlack are pleased to advise on the financial aspects of these as well as other matters. If you want to arrange a no-obligation initial meeting on any taxation or accounting matter then please contact us. Please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.

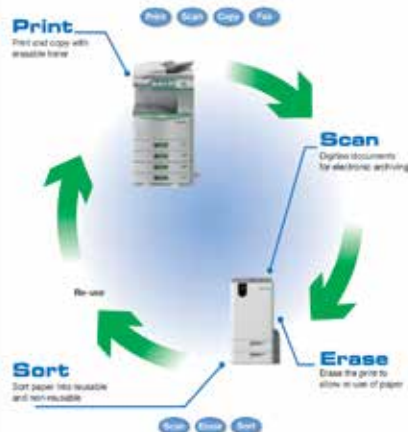
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Ground work starts at Rylands FC

WORK has begun on developments at Rylands FC on Gorse Lane to help improve grassroots football in the town.

A five-step plan backed by sponsor Paul Stretford, who is Wayne Rooney's agent, includes the installation of new pitch side barriers to surround the pitch, new dugouts, modern style 'box nets', the creation of a pitch side changing and shower facility, and building a covered terracing for spectators.

At current standard, Rylands Recreation Club would not be able to meet the grading requirements to play any higher than their current standard of the Cheshire League.

Should progress be made on the pitch, floodlights will also be added to the ground.

Paul Stretford, Managing Director of Triple S Sports & Entertainment Group, and former Rylands player said: "As a local company that operates at the very highest level of sport, we

feel that it is important as part of our corporate social responsibility programme to put something back in to local and grassroots projects.

Rylands FC is one of such projects that we have supported through sponsorship and more recently, fundraising to help much needed ground improvements."

The club are aiming to progress

to the North West Counties League and beyond, with the hope that the ground improvements will offer a greater match day experience for players, officials, club representatives and spectators.



Euro success for Great Sankey karate club

A KARATE club based at Great Sankey Leisure Centre is celebrating after success in European competition.

Seishin-do Shukokai Karate, run by Steve Nelson, picked up medals at the WUKF (World Union of Karate-do Federations) European Championships in Sheffield in 2013 and followed that up with further success in Verona in the

summer.

Joanne Phelan was champion in the Junior Ladies Kata in Sheffield, and followed that up by narrowly missing out on a bronze medal in her first competition as a senior in Verona.

Annabel Mooney picked up a silver medal in the 10-12 girls kata at both events, while Rebecca Dawson finished fifth in the Junior

Ladies Kata in Sheffield.

The club will be hoping for further success when four girls compete in the WUKF Children's World Championships in Poland

on October 15-20.

They train on Thursdays and Sundays at Great Sankey Leisure Centre. For more information, visit www.sskarate.com



(left to right): Girls with trophies: Joanne Phelan, Jennie Trow, Annabel Mooney, Rebecca Dawson, Jasmine Cross

Local Man of Steel strengthens Wolves board

WARRINGTON Wolves have announced that Mike Lomax, managing director of Total Steelwork and Fabrication Ltd - a very successful local steelwork company - has joined the club's board as a director.

Professor Steven Broomhead, chairman of the club, said: "We are delighted that Mike, with his successful business experience, has joined the club board. He shares the local passion for this club and has already been deeply involved in rugby development in the town. It's important we continue to

strengthen our skills both on and off the pitch and Mike's appointment will add great value to this club."

Mike added: "As a lifelong supporter of Warrington Wolves, I was thrilled and honoured to be asked to join the board at Warrington. I have always been a passionate supporter of the club and hope I can bring that passion to my role as a board member."

Mike's particular role on the board will be to focus on commercial and club sponsorship development.



School wins 'international' award

A WARRINGTON primary school has been awarded the British Council's prestigious International School Award in recognition of its work to bring the world into the classroom.

Oakwood Avenue Primary's international work includes partnerships with schools in Xi'an, China and Tshepisa, South Africa which improve the children's global awareness, a Chinese language assistant teaching curriculum based work on other countries and cultures and much more.

The International School Award is a badge of honour for schools that do outstanding work in international education through links with partner schools overseas.

Head teacher Gary Cunningham said: "After promoting international links for five years and giving the children of Oakwood Avenue exciting, new learning opportunities, I am delighted that this has been recognised by the awarding of the International Schools Award."

John Rolfe, from the British Council, said: "The school's fantastic international work has rightfully earned it this prestigious award. The International School Award is a great chance for schools to demonstrate the important work they're doing to bring the world into their classrooms."

"Adding an international dimension to children's education ensures that they are truly global citizens and helps prepare them for successful future careers in an increasingly global economy."

More than 500 schools received the award last year, including a wide range of schools from a variety of different backgrounds and areas across the UK.

The award is now available worldwide in countries such as India, Sri Lanka, Egypt, Lebanon, Cyprus, Pakistan and Nigeria as part of the British Council's Connecting Classrooms programme.

Around 5,000 International School Awards have been presented to successful schools in the UK since the scheme began in 1999.



Paul bids for fourth title in a row

Report and pictures by
Eddie Whitham

WITH one race meeting to go Paul Platt from Warrington has a 10 point lead in the British Super Kart Championship and if all goes well at the Cadwell Park meeting later this month then he will take the BSA 250 Championship for the 4th time in four years!

But it has been a hard season for Paul in his PVP/Gas Gas Kart and not without it's share of scares.

In the last meeting he raced at Cadwell Park he was lucky to finish the race. During the race on lap two Paul was coming up to overtake another competitor when a piece of debris on the track was thrown up into his face hitting and damaging his helmet. Paul had to do another seven laps with his head turned to one side to stop the visor from being ripped off - and still went on to win.

Meanwhile the BARC Race meeting at Oulton Park gave Paul a chance to get some valuable practice in for the final race a Cadwell Park in Lincolnshire on Oct 25 and to get his new suspension system sorted out.

The race result would not count towards championship points but was valuable track time. Practice started on a very wet Oulton Park track. In practice Paul showed that he and the kart were on top form.

The track had dried out for the actual race and Paul put up the fastest time for the race, breaking the lap record with a time for the Oulton Park International Circuit of 1:39.813 at an average speed of 97.09 mph on the first lap of the 8 lap race. He also came first in the 250cc class.

"It would be great to win the Championship for the fourth time in a row but there are some very good drivers out there who will also want to win but I will be giving my all at Cadwell" said Paul.

Integral part of Paul's racing career has been father Alan from Burtonwood, who will miss the final race as he will be on holiday.

"Both me and Paul's mum will be waiting for a phone call with fingers crossed" said Alan.



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Stockists of: SHERRI HILL, JOVANI, MAC DUGGAL, FOREVER UNIQUE & MORE!

CHRISTMAS PARTY DRESSES & EVENING GOWNS NOW INSTOCK!



Opening Hours

Tues: 9.30am - 5.30pm
 Wed: 9.30am - 5.30pm
 Thurs: 9.30am - 5.30pm
 Fri: 9.30am - 5.30pm
 Sat: 9.30am - 5.30pm
*Open Sundays from
 January 11th 2015*

*£20 OFF WHEN YOU SPEND £200 OR
 MORE ON FULL PRICE DRESSES.
 EXCLUDES ALL ACCESSORIES.
 VALID UNTIL 31ST DECEMBER 2014.

- NINE changing rooms!
 This means no queuing to try your favourite dresses.

- FREE parking!

- Our **PROM PROMISE** ...
 We will not sell the same dress to the same school!

- ALL budgets covered! Prom styles start from £45!!

- Located next to Black Sheep Wools, Culcheth

The Warehouse Studios, Glaziers Lane, Culcheth, Warrington, WA3 4AQ
TEL: 01925 766258 WWW.DRESS-STUDIO.CO.UK