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Editor

Gary Skentelbery

Production

Paul Walker

AdvertisingJames Balme
Tony Record
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01925 623631

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worldwide.co.uk**Websites**www.culchethlife.com
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Editor's Comment



A lot of Warrington Wolves fans may be feeling a little deflated after the end of season play off defeats.

But looking back over the season the club had a successful return trip to Wembley, becoming the first ever Warrington team to achieve back to back Challenge Cup triumphs – no mean feat when you think back to the previous cup winning teams consisting of Warrington legends like Brian Bevan and Harry Bath.

The team also rose from 9th to 3rd

in the league table, finishing on level points with runners up St Helens, again a fine achievement.

Yes it was disappointing to go out of the play offs at home to Huddersfield, a team they had previously beaten convincingly on three occasions during the season but it was a massive ask to expect the Wolves to carry off a league and cup double – but something they can hopefully aim for next year.

The transformation over the past

eighteen months has been nothing short of sensational and something we should be proud of as a town.

Meanwhile there is still plenty of sporting interest down the road at Warrington Town FC, who are also enjoying one of their most successful seasons for many a year. While it is too early to be dreaming of Wembley, they are certainly in with a shout of promotion!

College boost

WARRINGTON Collegiate's students and staff have been busy fundraising for its 2010 designated charity, Claire House Hospice raising a grand total of £8,600.

The Collegiate put its best foot forward in support of the Hospice, organising car boot and jewellery sales as well as a five-a-side football tournament and a charity dinner.

A marathon walk from Warrington to Liverpool also raised an amazing £2,000. The recent walk, spanning the 26 mile distance from Warrington Collegiate to Claire House, was completed by 23 adventurous students and staff from the joinery course. They also delivered a custom-made handcrafted bench designed and built by Warrington Collegiate construction students.

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Join the fight against breast cancer!

A WARRINGTON fundraiser is urging local people to "Join the fight for women's survival" and support a breast cancer awareness and fundraising campaign.

Louise Aubrey, Cancer Research UK's area volunteer manager for Warrington, and her fundraising colleagues launched the campaign. To promote it they wore pink camouflage outfits, teamed with the charity's unique pink and blue camouflage ribbons.

The camouflage ribbon is designed to promote the charity's campaign and the role the charity's scientists play "on the front line in the battle against breast cancer."

The disease affects more than 45,500 women each year in the UK, including more than 5,290 in the

North West. Last year the charity spent over £44 million on groundbreaking work in the UK.

Louise said: "We are shaping up to recruit mums, dads, families and friends throughout the region to help raise money. We want them to step forward and be counted as they 'Join the fight for women's survival.'"

"The message to everyone is clear: Cancer Research UK needs you! Supporters can request a fundraising pack crammed full of tips for organising an event to raise money for life saving research."

During the past few years more women than ever have been diagnosed with breast cancer - but thanks to earlier diagnosis and better treatment, more are also surviving.

Fundraising packs can be obtained by visiting www.jointhefight.org.uk or by telephoning 08701 60 20 40.

Picture shows Louise Aubrey (front) and her colleagues



Songwriter Chris moves to US

WARRINGTON singer-songwriter Chris Braide - who has written for a host of stars including Take That and Will Young - is setting up home in Los Angeles.

Chris, from Padgate, is a former Woolston High School pupil. He has achieved professional recognition throughout the industry. His first album, "Life in a Minor Key," was released in the USA and saw the video for the title track, "If I hadn't got you" shot in Times Square, New York.

He has written songs for artists such as Pixie Lott, Victoria Beckham, Cheryl Cole and Kylie Minogue.

Chris (pictured) received an Ivor Novello award in 2003 for the song "Anything is possible", which was a number one single for Will Young, and in 2005, was named in GQ magazine's top 40 most influential music men under the age of 40. He was recently interviewed by a top UK music industry magazine about his move to the USA. He said he hoped to "spread his wings" and work more with American artists.

Asked why he wanted to move he said: "I don't know, really - just a feeling of wanting to expand. I was signed as an artist at Atlantic in the late 90s, and I always had a great time there when I was on tour in those old artist days. His first break in America was being signed to East West Records, and later Atlantic records. He started touring there and then had a hit with Clay Aiken called "This Is The Night." From early 2000 his career started to take off in the USA.

Proud father Ken Braide said: "We are both happy for him and gutted because our two grandkids are going with them!"



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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

Changing times

The lazy days of summer are now mere memories, autumn is upon us, and I am reminded how time passes, and times change. Time continues to march on, as this year passes it is noticeable how many people have said to me, "isn't the year going quickly?" People young and old are saying it, so I am pleased it is not just me who thinks so.

As time passes, times change also. When I was a lad (a sure sign that I am getting older!) the summer months went on seemingly for a life time, days were hot and long, we were able to play in the fields and only went home when we were hungry, or soaking wet, having fallen off the rope swing over the brook. How life has changed in so many ways, not least the use of technology.

I now regularly hold video telephone calls over the internet, have friends and clients all over the globe. We now hardly blink at the wonderful opportunities present to us, which just a few short years ago would have been unheard of. The great software programmes and Apps for mobile devices, are making life easier for us or more intrusive depending upon your outlook. Technology moves on apace

and, seems intent on doing so, assuming the absence of a massive solar flare which could well take us all back to horse and cart days in the blink of an eye!

However, no matter how wonderfully technology develops, I am privileged to work with the best, most advanced computer systems in the world - which is our brain. It is the most amazing, powerful processing system in the world. When I work with people, I help them to release negatives, and learn or re-learn positive thought patterns. These in turn create positive physical responses. By re-programming our thoughts, feelings and emotions, we can function more fully, more appropriately, developing new ways of thinking and feeling, and therefore improving quality of life for my clients. From nail-biting through to trauma after abuse and many things in between have been worked with over my many years in practice. The power we hold in our heads is awesome. Many of us admire the technology that is around us, but so often fail to notice what we have possession of in our own skull. Negative thoughts, experiences and expectations can be made to fade away, confidence and self-esteem can

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
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be developed, aches and pains reduced or eliminated, Irritable Bowel Syndrome can so often be managed effectively, anxiety reduced and replaced by well-being, weight managed, phobias erased and so much more.

After you have read this article, take a few moments to consider the amazing person you are, reflect on your abilities and strengths, and realise everything you can do now, was once unfamiliar. Also it is likely that you had to make many mistakes and multiple attempts to master those things you now take for granted. And if your mind goes to things you wish you could do, or those things you wish you hadn't done, or a desire to be free of a worry, habit or fear, then just remember, you most probably have everything you need to achieve your goal, but perhaps are not using it in the right way. And if you need to learn something new, then you can do that too, if you want to!



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Bid to make town's roads safer

WARRINGTON'S award winning bus company has launched a new safety campaign aimed at making the town's roads safer.

Warrington Borough Transport has launched its "Making Warrington Move safely" campaign in association with Tail Guardian.

It is the first in a series of initiatives aimed at improving road safety across the borough and beyond and involves fitting the entire fleet of buses and ancillary vehicles with the special Tail Guardian warning device.

David Squire, Managing Director at WBT explained the brightly coloured vinyl sticker is fitted to the rear of the bus and attracts the attention of any driver following the bus, the closer you get to the bus, the message changes to read "pull back".

He said: "The device is designed to reduce the number of accidents where a vehicle runs into the rear of the one in front and is a trigger to keep further back. As a responsible bus company, we play our part in helping to keep the roads of Warrington safe, and we are delighted to be fitting this proven concept to our vehicles."

Inventor and owner of Tail Guardian, Kenny McMillan, added that the device uses a special printing technique designed to change the message when the following driver triggers the two-second rule recommended by the Highway Code as a safe distance to follow the vehicle in front.

Councillor Alan Litton, Lead Portfolio Member, added: "The Council is keen to work with its partners to ensure the safety of travellers in Warrington on their journeys. The council supports the Tail Guardian initiative by Warrington Borough Transport as it can make a significant contribution to improving road safety by educating drivers of a safe distance to travel behind other vehicles".

The Tail Guardian won the BRAKE Fleet Safety Product of the Year in 2009, and has been adopted by an increasing number of fleet operators, including Stagecoach Group's motorway coach fleet; Fife Police and the Bethell Group.



Left to right: Chairman Les Hoyle, Managing Director David Squire, Alan Litton and Engineering Manager Damian Graham.



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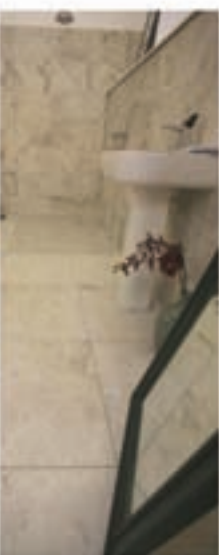

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Law firm continues to help vulnerable families

A WARRINGTON law firm is offering to continue helping vulnerable families, thanks to a new legal aid contract.

Following a rigorous re-tendering process, many law firms have lost their ability to provide family services under the legal aid scheme, leaving the future uncertain for hundreds of family solicitors and their clients. But after October, Forshaws Davies Ridgway (FDR) will be one of the few in the area to have retained the right to provide subsidised advice on divorce, separation, co-habitation or family finance.

Jennifer Roulston, a partner based at the firm's Stockton Heath office, is delighted she will be able

to continue to offer this essential service to families in crisis.

She said: "Many families rely on legal aid to fund essential legal work to manage the fall-out from separation and divorce, particularly where children are involved."

Lead family partner Audrey Venables added: "Some families also choose to cut costs by opting for the new collaborative law process, which allows couples to resolve their disputes outside the courtroom. It involves both sides meeting face to face, with their collaborative lawyers, to agree a way forward. In many cases the process can provide a much cheaper and more amicable resolution to their situation."



Award winning chef joins team

FAL'S Indian take away on Lovely Lane, Warrington has welcomed award winning Head Chef Kirti Rawat to the team, bringing a wealth of culinary experience.

Kirti is acknowledged as one of the finest Indian chefs working in the UK, with his exquisite cooking receiving tributes from many national and international food critics.

Gaining experience in 4 and 5 star restaurants in Mumbai and Aurangabad, Kirti moved to the renowned Omar Khayam in Singapore in 1983 where he perfected his skills in the Tandoori and Moghlai cooking skills.

The extent of his cooking reputation was confirmed in 1998 when he was asked to act as personal chef to the President of India, Krishna Narayan, on a tour of Germany.


Kirti arrived in England in 1999 and has been instrumental in raising standards everywhere he has worked.

He is pictured with restaurant owner Falguni Trivedi and her team on Lovely Lane.

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Accountants experience the benefits of BNI

THE Mayor of Warrington Councillor John Joyce was on hand to help local accountants WatkinsonBlack celebrate the opening of their new premises on Manchester Road when he saw first hand the benefits of the BNI network.

WatkinsonBlack employed 10 fellow BNI members to help them with their move from Orford Lane to their plush new premises opposite Warrington Cemetery.

The Mayor performed the official duty of "cutting the ribbon" to officially open the new premises.

Partners Dave Watkinson and Margaret Black paid tribute to their fellow BNI members who assisted with the office move and refurbishment.

"We have been members of BNI since its launch more than 10 years ago and as well as making good business contacts and generating new business leads we have also made good friends who we can trust and rely on."

A very big thank you to the following members of BNI Warrington:

- John Hull, Bober & Hull for construction of a new staircase and repair and renovation to building
- Tony Carter and Mike Brookes, Complete Electrical Services for electrical work undertaken

- Danny Beswick, Diamond Flooring – for new carpets throughout

- Laura Scott, Executive Group Holding – For cleaning of offices after build

- Paul Crudge, Pro-Networks – for the safe and seamless transition for the computer equipment and systems

- Kevin Murphy, Big Storage – for assistance with the moving and storage of all the office effects

- Dave Griffiths, Sharples – for safe installation of existing photocopiers

- Gary Skentelbery, Orbit Print – for printing of all new stationery and business cards

- Carey Randell/Andrew Wright, Utility Warehouse – facilitating new telephone, gas and electric meters

- Jeff Greenwood, Akme Security – For continuing keyholding services

Thank you also to other Warrington based Business's:

- Eddie Eves, Webb Security

Systems Ltd – Installation Alarm system

- Chris Hackney, Creative Signs – For construction and design of signage

- Charlie Parker, Capri Business Services – Transport, removal and re-situation of office furniture

- A special thank you also to "Mr David Hands" who gave up his time, used his own transport and manually helped tremendously with the initial movement of all office effects to storage.

If you would like to enjoy the benefits of BNI contact Ewan Sturman on 07834884237 or contact WatkinsonBlack who will provide a testimonial on 01925 413210.



If you would be interested in getting more business contact Ewan Sturman at ewan@networkingprofit.co.uk or on 07834 884 237



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Wolves get their kit off for charity

WARRINGTON Wolves players have got their kit off to help raise funds for a rare brain disorder which strikes down healthy little girls.

Golf Professional, Andy Stevenson from the Mersey Valley Golf Club, whose daughter Beth has Rett Syndrome, encouraged the golf loving rugby players to help raise funds for Rett Syndrome Research Trust UK to help find a cure for the disorder - by getting their kit off for a calendar.

Warrington Wolves players, Lee Briers, Jon Clarke, Ben Harrison, Michael Monaghan, Richie Myler, Gareth O'Brien, Ben Westwood and Paul Wood and former players Mark Hilton and Gary Hulse agreed to strip off to produce a naked golf calendar for 2011.

Money raised will help accelerate treatments and in time, a cure for people with Rett Syndrome.

Andy said: "I would like to thank everyone from the Wolves for supporting this cause. They have been fantastic.

"Beth has been our inspiration and hopefully all the money raised will help accelerate a cure for this debilitating condition."

Rett Syndrome is a debilitating disorder which most often strikes previously healthy little girls just after they have learned to walk and say a few words and begins to drag their development backwards.

They lose acquired skills, normal movement and speech. Girls are left unable to communicate or use their hands to hold, carry or manipulate objects.

Over time, girls who have learned

to walk often lose that ability as well. Loss of motor control sets in, essentially locking these girls into bodies that won't work, leaving them without the ability to make purposeful movements.

Complications are many, including: Disordered breathing, severe digestive problems, difficulty eating, chewing and swallowing, orthopaedic abnormalities such as scoliosis and fragile bones, disrupted sleep patterns, extreme anxiety, seizures, impaired cardiac and circulatory function, Parkinson-like tremors and sudden and unexplained death

Most girls with Rett Syndrome survive into adulthood, becoming increasingly more disabled over time. Invariably, they need one to one, 24 hour a day care for the rest of their lives. For families living with Rett



Syndrome, the prognosis has always been poor, until the reversal experiments of 2007 catapulted the disorder into new realms of possibility, positioning Rett Syndrome to become the world's first curable brain disorder.

Copies of the Calendar priced just £5 are available from Mersey Valley Golf Club, KW Golf on Bewsey Road and will also be on ebay.



October

"What's On"

Sun 3 October
Heidi Talbot

Fri 8 October
The Boy with Tape on His Face

Thurs 14 October
Attila The Stockbroker

Sat 16 October
The Rape of Lucrece

Mon 25 October
Seth Lakeman

Tues 26 October
Sean Lock

Wed 27 October
Colin Fry

Fri 29 October
Walter Trout

Sat 30 October
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Brand new season... ...Brand new Parr Hall

Get ready for a spectacular new season at Pyramid Parr Hall. October hails the launch of a newly refurbished Parr Hall - what a fabulous way to start a new season!

The awaited refurbishment of Parr Hall will soon be completed and you can look forward to more comfortable seating, a lighter more airy entrance and box office area, not to mention the extended bar, which will sit over two floors!

In the meantime, we've got a stack of events to whet your appetite for autumn. **Heidi Talbot with John McCusker & Boo Hewerdine** (Sun 3 Oct, 7.30pm, £14/£12, PY) - the eclectic Songstress, nominated Best Female Vocalist at the 2009 Irish Music Awards, brings her unique sound and style to Pyramid.

The Boy with Tape on His Face (Fri 8 Oct, 7.30pm, £10/£8, PY) - stand up with no talking. The Edinburgh hit show, which combines absurdity with genius - unmissable!

Attila the Stockbroker - 30th Anniversary Tour (Thur 14 Oct, 7.30pm, £10/£8, PY) - poet and songwriter Attila the Stockbroker with his only North West tour date.

The Rape of Lucrece by William Shakespeare (Sat 16 Oct, 7.30pm, £12/£10, PY) - Olivier award nominee and RSC actor Gerard Logan with his astonishing solo performance of Shakespeare's brilliant, brutal, narrative poem.

Seth Lakeman (Mon 25 Oct, 7.30pm, £19.50, PH) - Mercury Music Prize nominee and twice BBC Folk Award winner Seth Lakeman hits Parr Hall.

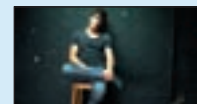
Sean Lock - Lockipedia (Tue 26 Oct, 8pm, £17.50 PH) - star of BBC2's 'QI' and team captain on Channel 4's '8 Out Of 10 Cats'.

Colin Fry - Free Spirit Show (Wed 27 Oct, 7.30pm, £18.50) - celebrated psychic medium Colin Fry returns after last year's sell-out show.

Walter Trout (Fri 29 Oct, 7.30pm, £17.50) - Blues guitar legend Walter Trout hot on the heels of his acclaimed album *The Outsider*.

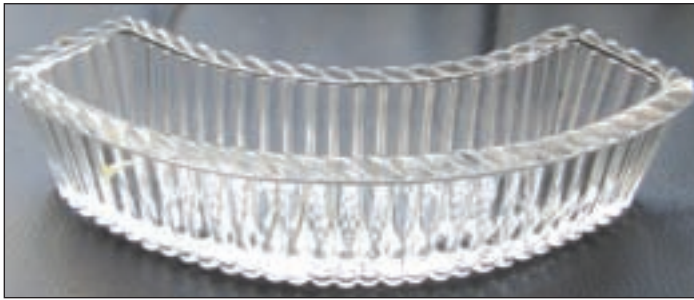
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Glass researcher seeks help

A COLLECTOR of pressed glass is seeking the help of Warrington people in researching the history of the Orford Lane Glass Works which is believed to have closed some time between 1895 and 1900.



Thomas Joyce, aged 50, from Dublin has set up his own website on pressed glass and has gathered a great deal of information about the Orford Lane works, which became the Alliance Box Company work in 1900.

But he has run into a brick wall over the exact date of the glass works closing.

Orford Lane Glass Works was founded by Thomas Glazebrook (1780-1829) who was an influential figure in the Lancashire Association of Flint Glass Manufacturers.

The works changed ownership several times over the years, first by Glazebrook going into partnership

with Thomas Robinson for the period 1829-1832.

Robinson continued on his own until 1855, although for a time he was in partnership with William Warburton.

In 1855, he went into partnership with Edward Bolton.

It was Robinson who introduced the pressed glass process - invented in the United States in 1825 - at Orford Lane and the company has great success with a pattern called the Empress Dish.

Edward Bolton became sole owner of the glassworks in 1869.

But for two years from 1875 Bolton, his son George and George Wood ran the company as a partnership. Then until 1885, Edward Bolton appears again to have been sole owner.

An engraving of the works in 1855 is said to have shown at least four furnaces working, which is an indication that it was a works of reasonable size.

From 1885 to 1892 the company was known as Edward Bolton and Sons.

There was a family connection in Australia and for a time glass made in Warrington was sold and exhibited "Down Under."

The history of the Orford Lane work becomes hazy after 1892. Edward Bolton died in 1899.

Mr Joyce started collecting pressed glass in 1999 but has only one example of a piece made at the Orford Lane works.

English pressed glass has become collectable since the last works in the country - Pyrex at Sunderland - closed in 2007.

Anyone who can help Mr Joyce can contact him at glass@inchicore-pressedglass-museum.org



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Spice girl curries favour

Michelle has lost an amazing 2st whilst indulging her families love of curry.

Following the birth of her 3 children and an accident at work which left her unable to exercise as much, Michelle piled on more than 2 1/2 stone. Feeling more depressed about the way she felt and looked, she decided it was about time something was done about it and after failing to lose much after trying to slim on her own she knew she needed help.

She didn't have to look far - just as far as the Slimming World website!!

She found her local group and hoping she didn't know anyone there, she set off for her first meeting at Whittle Hall. After sitting petrified for nearly 20 minutes in the car park she plucked up the courage to

walk into the meeting. Her consultant Jenny made her really welcome (and a very much needed cup of tea!!!) Later Michelle said "it was really hard to go through the doors but no one made any judgements or comments, everything is confidential and it was fab to get the support from people who had been going to slimming world for a while and had been getting fantastic slimming support every single week. Everyone was so warm and friendly sharing their secrets of success and telling me the great results of how much they had all lost."

Michelle and her family (including the Veggie teenager!) have had a fantastic

time eating a healthy variety of foods that can include treats such as a glass of wine or chocolate as long as they are counted in your daily treats but the best was making recipes from Slimming Worlds 'Curry Heaven' cook book both with or without meat. Her families favourites are dishes like shish kebabs (or cheeky kebabs as the 4 year old calls them!) perfect for the BBQ, tikka masala, korma, jalfrezi, rogan josh and after making the classic chicken curry Michelle's husband who has also lost weight without trying said "I can't believe this is diet food - it's fantastic!" and promptly had another portion.

Michelle loves the shapes she's now in and has truly loved the whole Slimming World experience. So much so, that she would love to help you do the same. She



is now opening a group of her own on at 7pm in Bank Quay Sports Club, 1 Green Lane, Warrington. "I have really enjoyed being a member of Slimming World and with Food Optimising I want to give others the chance to be as happy as me, even if they don't like curries!

If you'd love to join Michelle at her brand new group call her on 07929628569 to find out more.

Wagonwheels to cartwheels

When I was diagnosed with cancer a few years ago I was devastated my world had been turned upside down. Especially as I had just had my first child a healthy little boy. So when the doctors told me that I had a good survival chance if I agreed to be treated with Chemotherapy alongside the chemotherapy I would have to take a



large dose of steroids.

Thankfully my treatment had been successful and after 6 months of treatment I was given the all clear. I hadn't even noticed that I had gained two and a half stone my weight was the furthest thing on my mind but when I was beginning to feel better I was feeling self conscious, bloated and tired all the time. After a few years of trying to lose the weight without success or I would lose weight and then put it back on again then when I had another child I found it difficult to lose weight. Then I had a second blow my GP told me that I was type 2 diabetic which would mean taking medication for the rest of my life. To help my condition I would have to lose some weight and keep my diet under control. My GP was pleased when I suggested

that I would join Slimming World. I felt so worried, nervous and embarrassed turning up to slimming world for the first time on my own so I asked my mum to come with me.

I went along to local Slimming world at Birchwood high school on a Tuesday evening 5:30 pm. I don't know why I was so worried everyone was so friendly and supportive. My consultant Tracey made me feel so relaxed and enthusiastic about starting the plan she even gave me a booklet that gave me lots of advice about diabetes. Going to the weekly meetings was like a night out; everyone would encourage each other and share ideas and recipes. Following the food optimising book and following the extra easy plan meant that I could fit the plan around my family I used lots of recipes from the one pot recipe book which the whole family enjoyed. Are favourite recipes was beef

stroganoff, beef curry and chicken stir fry. I even managed to fit in my favourite treat Wagonwheels of course!

My GP is delighted that I have now lost two and a half stone and kept my diabetes under control in fact she said "my sugar and cholesterol levels are perfect." I am now a target member which means I can attend Slimming World free of charge and my mum reached her target weight too. It's fantastic that you choose your own target weight whatever you feel comfortable at no one dictates to you. I feel on top of the world with my weight loss after joining Slimming world I have gained so much confidence and feel so energetic I literally want to cartwheel all the time. I want to shout from the roof tops about Slimming World and help others to lose weight like I have that I am now a Slimming World consultant at Culcheth Sports and social club on a Thursday night at 6:30pm

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Cathy from Liverpool
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Chester Road, Grappenhall
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Monday's at 7pm
Your consultants name is Karen

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Stockton Heath Primary School
West Avenue, Stockton Heath
Tel: 01925 417450
Monday's at 7pm
Your consultants name is Debbie

Great Sankey
Whittle Hall Community Centre
Lonsdale Close off Kingsdale Road
Tel: 01925 790998
Mondays at 12.30pm & 7pm
Your consultants name is Jenny

TUESDAY

Warrington
Bank Quay Sports Club, Green Street
Tel: 07929 628569
Tuesday's at 7pm
Your consultants name is Michelle

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Orford
Carlsberg Tetley Social Club
Long Lane, Warrington
Tel: 01925 821562
Tuesday's at 5.30pm & 7pm
Your consultants name is Sarah

Fearnhead
St Bridget's Church
St Bridget's Close, Fearnhead
Tel: 01925 821562
Tuesday's at 10am
Your consultants name is Sarah

Grappenhall
Bradshaw Lane Primary School
Bradshaw Lane, Grappenhall
Tel: 07960 961518
Tuesday's at 5.30pm & 7.30pm
Your consultants name is Kerrie

Birchwood
Birchwood Community High School
Community Entrance, Brock Road
Tel: 01925 486570 / 07506 711393
Tuesday's at 5.30pm
Your consultants name is Tracey

Stockton Heath
Stockton Heath Methodist Church
Wilton Road, Stockton Heath
Tel: 07960 961518
Tuesday's at 9.30am
Your consultants name is Kerrie

Penketh
St Joseph's Social Club
Meeting Lane, Penketh
Tel: 01925 712094
Tuesday's at 10am, 5.30pm & 7pm
Your consultants name is Serena

WEDNESDAY

Warrington
The Halliwell Jones Stadium
Winwick Road
Tel: 0151 422 8377
Wednesdays at 5.15pm & 7pm
Your consultants name is Debbie

Woolston
The Royal British Legion
Manchester Road, Woolston
Tel: 07867763366
Wednesdays at 10am & 5.30pm
Your consultants name is Jacqui

Winwick
Winwick Leisure Centre
Myddleton Lane
Tel: 01925 573547
Wednesdays at 6:30pm
Your consultants name is Janet

Hood Manor
St James Church, Cannons Road
Tel: 0151 423 4238
Wednesdays at 10am, 5.30pm & 7pm
Your consultants name is Julie

Appleton
Broomfield's Junior School
Bridge Lane, Appleton
Tel: 07948375250
Wednesdays at 7pm
Your consultants name is Sara

THURSDAY

Padgate
Padgate C of E Primary School
Station Road
Tel: 01925 712094
Thursdays at 5:30pm and 7pm
Your consultants name is Serena

Latchford
The Grange Sports and Social Club
Grange Avenue
Tel: 07921 905389
Thursdays at 6:30pm
Your consultants name is Jennie

Callands
Woodleigh Day Centre, Callands Road
Tel: 0151 4228377
Thursdays at 5:30pm
Your consultants name is Debbie

Culcheth
Culcheth Sports & Social Club
Charnock Road, Culcheth
Tel: 01925 837465
Thursdays at 6:30pm
Your consultants name is Jackie

Widnes
Moorfield Sports & Social Club
Moorfield Road
Tel: 0151 423 4238
Thursdays at 7pm
Your consultants name is Julie

SATURDAY

Latchford
The Grange Sports & Social Club
Grange Avenue
Tel: 07921 905389
Saturdays at 10am
Your consultants name is Jennie

Firefighters compete in world challenge

A TEAM of firefighters from Warrington took part in a three-day challenge event at the World Extrication and Trauma Challenge Championships in Cork, Southern Ireland.

The men from Blue Watch, Warrington, came a creditable fifth in the trauma challenge.

Firefighter Adam McConkey and Firefighter Lee Howells are the current Cheshire Champions and were invited to compete following their success at last year's World Championships in Germany.

Top national rescue teams compete each year in the event which is

designed to challenge emergency services and raise awareness of the problem of road death and injury. More than 50 teams from throughout the world take part.

In the trauma challenge the medical and life saving skills of firefighters are tested as they take part in simulated incidents using live casualties.

Firefighter McConkey said "We are pleased with our result and feel it puts us in a strong position for the National Championships held in October where we are looking to regain our title after missing last years National Event due to service commitments."



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Natalie Rutter is a Solicitor within our Warrington Property Team.

Natalie has been working in residential conveyancing since 2000. She has experience of remortgages, shared ownership, shared equity properties, apartments and residential conveyancing.

Natalie enjoys keeping fit and is a CAMRA member and knows a good beer when she drinks one! Natalie lives locally with her 2 cocker spaniels.

Carla Savory is a Conveyancer within our Warrington Property Team.

Carla has been working in residential conveyancing since 1991. She has experience of dealing with domestic conveyancing including freehold and leasehold transactions for both registered and unregistered titles.

In the course of her work, Carla participates in various business group meetings in the area representing the firm. Carla is from Warrington and lives locally. In her spare time, she enjoys reading, cooking, entertaining and looking after her household incorporating 2 daughters and 1 husband.

Stacey Boland is a graduate Legal Executive within our Warrington Property Team.

Stacey joined Widdows Mason in 2002. She has experience of dealing with remortgages and residential conveyancing.

Stacey enjoys socialising with family and friends along with. Stacey's spare time is taken up with planning her wedding in Florida.

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and purchases of houses and flats along with re-mortgages, transfers of equity and shared equity properties

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- Offer advice in plain English throughout the transaction
- Minimise the stress involved in your transaction and aim to keep you fully updated along the way



Direct lines for the team:

Natalie: 0845 8721535 Carla: 0845 8721607 Stacey: 0845 8721541



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The Tim Parry Johnathan Ball Foundation for Peace

Newsletter Autumn 2010



International Programme

Pages 4 & 5



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Message from our Chief Executive

Welcome to the second edition of Peace Talks 2010. In this issue you can read about the international aspects of our work as well as some of the programmes we have run closer to home.

In July we hosted two international groups, one with an organisation called 'Combatants for Peace', which is an organisation that consists of former members of the Israeli army and Palestinian armed groups who have all

decided to renounce their weapons. The group use theatre to spread their message of peace, employing a technique known as 'forum theatre' that was first developed by the Brazilian theatre director Augusto Boal as part of the approach he named 'Theatre of the Oppressed'. The group re-enact actual scenes from their own lives. During their time at the Centre the group facilitated a workshop, in which some of our Survivors for Peace participants took part, followed by an open evening where they showcased their performance.

In the last week of July the Foundation ran an International Youth Programme which brought together young people from Israel, Palestine, the Basque region of Spain, South Africa, Ireland and England. The theme was 'living in divided communities' and enabled participants to examine and approach conflict in alternative ways rather than use violence. Guest speakers, including Professor Paul Rogers from Bradford University, Moazzam Begg, Camilla Carr and Jonathan James, enriched the week long residential programme with their experiences. You can read more about this on page 4 and 5.

Closer to home, we have successfully completed the delivery of our 'Full On' programme which is aimed at young people aged 14-16 who are at risk of disengaging from social and educational opportunities. The Foundation over-achieved its outcomes

for this programme and you can read more about this on page six.

We also highlight the open evening held by our REACH participants to showcase their achievements and to recruit young people for next year's programme. The group worked really hard to put the open evening together and it was a great success. Read more about this on page 3.

I couldn't end my introduction without referring to the change in Government that has taken place since the publication of our last newsletter. The Coalition is making many changes within the public sector with new legislation being proposed almost daily. How this will affect the Foundation, our work and our funding is yet to become fully clear, but some effects are already being felt with one of our current funding streams being cut entirely. We await with interest the development of the 'Big Society' concept and our role within that. In the meantime, I thank all of our current sponsors and volunteers for their continued efforts and support.

You can keep up to date with news and events by visiting our website www.foundation4peace.org.

Clare White

Chief Executive

Annual Peace Lecture 2010



The Foundation held its annual Peace Lecture in March and were delighted that Jack Straw, then Justice Minister in the previous government, accepted our invitation to be guest speaker.

Having previously been Leader of the House of Commons, Secretary of State for the Foreign and Commonwealth Office and Home Secretary, Jack Straw has significant experience of conflict at domestic and international level.

"His speech gave an interesting insight into the issues facing politicians when making decisions on conflict and peace building at both national and international level."

Under the heading "Using Power Properly", Mr Straw spoke about his experience of the rule of law, both in high level international negotiations and as Foreign Secretary, in establishing a legal

framework in communities that support people who wish to go about their lives peacefully. Chairman of the Foundation, Colin Parry, said: "His speech gave an interesting insight into the issues facing politicians when making decisions on conflict and peace building at both national and international level. The evening was very interesting and we appreciated Jack Straw's honesty when answering questions".



The REACH Programme

REACH is a programme run in partnership with the Warrington Wolves Foundation and together we are working with young people throughout Warrington who are at risk of exclusion from education, employment or training. The first group of participants began working with the two Foundations in February and is now half way through the programme.

The project equips participants with a range of skills and knowledge to help them take positive steps towards improving their current situation and enhance their future prospects. Participants work towards an Open College Network Certificate and study areas such as conflict resolution; prejudice and discrimination; self

awareness and identity; understanding young people, law and order; teamwork and communication skills; sport, art and media.

In September we begin working with our second group of young people as current participants move into the second phase of the project which will see them develop and participate in a number of community projects: some young people have already begun to offer valuable contributions through hosting guests at our recent open evening, producing art works for display at the Halliwell Jones Stadium, volunteering at the Wolves primary tag rugby tournament, representing the project at the Youth Carnival and assisting with summer activity camps and events.

"I really enjoyed volunteering at the Youth Carnival and it was really good explaining and showing people what we have all accomplished on the REACH project."

REACH participant,
Hannah Rustage



REACH Open Evening

Reach project staff and participants hosted an open evening at the Halliwell Jones Stadium to highlight the achievements of the young people and provide further insight into the project. The evening was well attended by a wide selection of people varying from participants and their parents to local community organisations, Foundation trustees and local councillors. A film about the project was specially produced for the event and participants hosted interactive activities including problem solving activities, challenges and guided tours. All the young people involved in the event did an excellent job of promoting their project and impressed visitors with their knowledge, commitment and progression.



Youth Carnival

On Sunday 18th July the Foundation was involved in the Warrington Youth Carnival at Queens Garden. This event was designed to celebrate and showcase the positive activities and achievements of young people across the town and the Foundation was pleased to acknowledge the achievements and successes of the young people engaged in our programmes.

Participants from the REACH project volunteered their time to promote their learning, experiences and successes and worked to actively engage other young people in problem solving tasks and challenges to demonstrate simple conflict resolution skills.

REACH participant, Hannah Rustage, said, "I really enjoyed volunteering at the Youth Carnival and it was really good explaining and showing people what we have all accomplished on the REACH project. I'm glad I volunteered because it was a very good experience."





The International Programme - Exploring Pathways to Peace

A programme that began as a seed in the mind of the Parry's over 10 years ago, was finally realised as the International Youth Programme – 'Exploring Pathways to Peace. From 26th – 31st August, 24 participants and 7 leaders from across the world, joined together at the Peace Centre in Warrington to embark upon this intense and dynamic journey of learning. Participants from England, Ireland, South Africa, the Basque region of Spain, Palestine and Israel met and took part in activities ranging from formal lectures to interactive team games.

The programme was designed to take things up a notch for these participants. There was a strong focus on recruiting people who already had a commitment to peace building and who were interested in, or already working to, influence change in their respective communities. The programme was designed to enable participants to increase their own awareness and understanding, as well as providing tools, models and theories to assist them in analysing and transforming their own situations of conflict. Whilst the ingredients of the programme were carefully planned – content was often changed and altered to adapt to the needs of the group,

something which is key to any successful programme.

Programme Manager Kelly Simcock said: 'The programme was a huge success. This is the first time that we brought young adults from so many different countries together at one time to explore peace building. There was of course conflict and opposition between participants at times – you don't invite people from some of the most volatile regions of the world and not expect there to be some conflict. This was anticipated, managed and useful in

terms of developing a shared understanding and empathy of peoples' positions and situations'.

*Everything was useful and relevant, because everything we did and were exposed to had valuable, important and inspirational lessons.
Tumi, South Africa*





Mohammed Saed aged 20 yrs from Palestine

In July 2010, I had the opportunity to represent Palestine and the Palestinian people and share the Palestinian experience, within the world of education, culture and traditions of the ongoing conflict between the Palestinian people and Israeli people through an International Youth Programme- "Exploring Pathways to Peace."

Before I arrived, I had no real knowledge of England, Ireland, South Africa and the Basque Region; but my opinion of the Israeli group was shaped by my past and present experience. I was expecting the Israeli participants to be exactly like those I had already been in contact with (check points, IDF) in my daily life.

Amongst the sessions were speakers and lectures. The lecturers were politicians, prisoners kidnapped in Chechnya, a soldier who was involved in Iraq, the mayor of Warrington, and Moazzam Begg who was held in Guantanamo Bay for three years. Every speaker said his/her point of view and how to live in peace. It was amazing to get an insight into their experience, especially the Palestinian group because we are still in conflict and should listen to them if we are to find a solution.

I listened to Moazzam Begg because his story was similar of the conflict in Palestine. His message was that we need to forgive in order to move on and that progress cannot take place if resentment always stays within you. I really appreciated his words. He couldn't move on until he learned to forgive through non-violent actions. He finished his

speech by saying, "Never let your oppressor be your teacher."

Throughout the week, many activities were arranged; all of them having meaning as well as being fun. I really enjoyed them.

Another activity was our visit to the Picasso-Peace Freedom Exhibition in Liverpool. Picasso's history and works are amazing. Peace Freedom reveals Picasso as a politically, socially engaged artist, actively involved in politics and the peace movement during the Cold War. His paintings reflected the conflict; they have deep meaning as symbols e.g. "Dove of peace," which is a symbol of hope in the Cold War period; so Picasso was fighting for peace through his paintings.

In conclusion, I really got a lot from this programme; it was an informative week. Now, I know about traditions and the culture of each country. Hearing about the conflicts of others and sharing opinions and ideas with others, makes you aware of what is happening around you. I think what happened in the programme, whether it was a game, discussion or lecture, gave me a chance to participate in paving the peace road and planting the seed of hope again for my family, colleagues, friends and Jewish neighbours. It's difficult, but we must forgive to make our dreams become true. Something else that I took from the week is that human needs and rights should be an entitlement of every single human being. This needs to happen in a way that everyone can benefit - without the dehumanization of anyone. We all have a

role to play in making this happen.

Now, is the time to work for peace, and spread the message in every country - it will take a long time, but we should never give up!

Participants Quotes

The environment was fun, safe, exciting, controversial and overall - life inspiring!!
Stephen, British

What I will remember most is the unity and spirit that reigned amongst all of us.
Neo, South Africa

What I will remember most - is that this is the first time and place that I have ever spoken to an Israeli settler.
Tahreer, Palestine

I have never learnt so much in one week in all my life. Thank you again for all you have done and I hope to repay you by being an active voice in my own community, county and country.'
Niamh, Ireland



Full On

The Foundation has come to the end of its Learning and Skills Council contract to deliver the Full On programme across Warrington and Wigan. Between January 2009 and August 2010, we have run 18 courses and worked with 152 young people who were at risk of disengaging from education.

The *Full On* programme is a series of Conflict Resolution and Citizenship courses aimed at young people in Key Stage 4 to enable them to develop the skills and understanding necessary to become more effective citizens, with the ability to approach conflict in a non-violent manner. This programme works with disaffected young people at risk of permanent disengagement from education and social exclusion to tackle areas of conflict in their lives, remove barriers to learning, and promote social and practical skills. The *Full On* courses offer intensive, individual support to 'hard to reach' groups and aim to maintain the engagement of young people by facilitating their access to learning, personal development, achievement and progression, and by assisting their transition to further education or training.

During this contract the Foundation has exceeded all targets and has made a long lasting contribution to the positive personal development of many of our learners.

The project also enabled participants to gain self confidence and improve their ability to achieve previously unachievable targets in behaviour, attitude and engagement in education. This has resulted in 87% of learners being retained in education after the completion of their programme.

Programme Achievements

Target

Actual

Programme Achievements	Target	Actual
No of learners starting a programme	127	152
No of learners retained on a programme	108	141
No of learners achieving accreditation	92	124
No of learners retained in education	81	122

Next Steps

The Foundation currently has requests for Full On programmes from 17 schools and agencies across the North West of England. Further funding is required for us to be able to meet this demand.



"I have learnt how to cope with difficult situations. I am a lot less aggressive."

"I can now speak to teachers about things I've done without shouting, I'm more respectful."

Peer Mentoring & Community Work Placement



As part of the REACH programme, the Foundation is exploring various ways in which the young people can receive mentoring from people and organisations across Warrington. The aim of mentoring is to raise the aspirations of young people in order for them to achieve their potential and through this, raise their levels of engagement and employability.

Various mentoring options are being provided to ensure that all young people will be involved in positive activities and will develop positive working relationships in an environment which suits their individual needs.

The Foundation has linked into the Warrington Wide Mentoring Programme to develop a formal 'External Mentoring Programme' in which volunteers will

facilitate fortnightly one-to-one mentoring sessions with some of the REACH students. This form of mentoring will encourage students to set targets for personal development and achievement and will provide motivation and support for them to attain these targets.

Throughout this process, positive relationships will be developed based upon trust, honesty and mutual respect. The mentors will receive full training and will be supported throughout their involvement in the project.

In addition, community work placements and volunteering opportunities will be provided to enable the REACH students to gain valuable work experience, develop relevant workplace skills, and allow them to 'give back' to the community. Throughout the community work placements the students will receive informal mentoring and guidance from staff within the workplace to raise aspirations for their future careers. Work placements will initially take the form of one afternoon per week over a number of weeks to be decided in consultation with individual employers.

If you are interested in supporting these community work placements and feel that you could provide a work placement or volunteering opportunity to the REACH students please contact the REACH Programme Team on 01925581235.

Peace Reigns for the Day at Priesthorpe

Students enjoyed an alternative to the school curriculum for the day as young leaders trained by Foundation took over! The programme saw young people ages 11- 17 teach their peers from years 7-9 in lessons exploring conflict through role play and discussions around prejudice and discrimination. Students and staff heard from speakers including Andy Sykes – former BNP member and an Asylum Seeker from Leeds who talked of her experiences as a newly arrived person in the community.

Other organisations from across West Leeds attended the event to introduce their services to staff and students. The 'community fair' aspect of the day saw organisations ranging from Farsely Youth Development Project to local Police. Faith organisations and the Foundation's very own Wendy Parry attended to raise awareness about how organisations work in their community. Programme Manager Kelly Simcock said: "It was brilliant to see the hard work of the young people and committed members of staff come together. The event was intended to give a flavour of how far the students have come – but also, for them to engage with their peers about some of the thorny issues that have so far divided groups on the playground. They managed to raise these issues in a safe and constructive environment and

managed them very effectively!"

The day was a huge success with additional events taking place ranging from Bollywood dancing to alternative food at lunch times! The menu included dishes from around the world and saw a real meeting of Eastern and Western cultures on one plate!

Speaking of the event, a senior teacher commented: "...I just wanted to say how fantastic the Peace Day was yesterday. I have to say watching those [2 young leaders] experience the day and take part, led by two incredibly capable members of their own form was an exhausting but inspirational experience. They got SO much from it all....I have, as some of you know, taught at Priesthorpe a very long time, and this was one of the most positive and uplifting days I can remember."



Israeli and Palestinian ex-combatants visit the Foundation to promote non-violence

From 21st to 25th July, the Foundation was delighted to welcome to the Peace Centre 16 members of Combatants for Peace (CFP) - a bi-national group of Israelis and Palestinians who have put down their weapons to engage in dialogue and work towards a peaceful shared future. This unique group uses theatre as a tool for dialogue, reconciliation and transformation. The group, comprising of former members of the Israeli Army and Palestinian armed groups, visited the Foundation as part of their UK tour, hosted by Encounters, to promote a message of non-violence as a means of helping to end the Middle East conflict. By co-operating across borders, CFP are challenging the cycle of demonisation which serves to perpetuate the conflict.



meet with the CFP group and to hear their remarkable stories. Participants explored the complexities of the Middle East conflict, and looked at the roles of the oppressed and the oppressor within us all. They were also able to learn some non-violent creative methods for resolving conflict.

Jo Dover, Survivors for Peace Programme Manager, said: "We were delighted to work with Combatants for Peace. Supporting them provided the chance to experience hearing about other conflicts and gain an insight into their world. We were pleased to welcome people affected by conflict across the world who are working towards peaceful reconciliation."

As part of their visit, the group led a theatre based workshop for participants from the Foundation's Survivors for Peace Programme and some members of the general public. This was an opportunity for people to



"It was so interesting to see so many people affected by different conflicts working together in one room."
Participant's comment

"It was a memorable event and I'm sure that the Universe shifted (if only a little)"
Participant's comment



Quote from NourAldin Shedada, member of Combatants for Peace:
"Since we arrived at the Peace Centre I felt I was part of this place and how much I'm proud of my presence as it gave me the impetus to work for peace. I had great days at the Centre and I wish that I can return to work there with children of Warrington and children of Palestine. I hope that they will be twinned with a group of children of Palestine to learn the benefits of peace. Thank you so much for hosting us!"

'It was my first experience of meeting Israelis and Palestinians together. I found it powerful and exciting. It gives me hope that there are good people
Participant's comment

Exploring the War on Terror

In May, the Survivors for Peace programme held a day event to look at the global context of the 'War on Terror'. Building on the success and interest in similar events exploring the conflict in and about Northern Ireland, this day event was a chance for people to explore what we understand about the conflict and to gain a greater insight into the issues and who is involved. Professor Oliver Ramsbotham from the Centre for Conflict Resolution at the University of Bradford presented an impressive overview of what is a very complex and deep-rooted conflict. His insight helped participants to start to unravel the layers and think about the history behind the conflict and to look at the actors and issues involved.

The programme also heard from three people who had been impacted by the 'War on Terror'. They each spoke about their experiences and reflected on what they

believed the conflict is about. The speakers included 7/7 Survivor Susan Verghese and Muhammed Ali Ghorri, a former Trustee of the Foundation, who talked about the impact for him as a British Muslim. The final speaker was Warrant Officer Lutha Magloire, who talked about his experiences serving in Iraq and as an Army Community Liaison Officer in the North West of England.

Programme Worker Rosie Aubrey said: "This was a really important opportunity for people to look into the complexities and the impact of the global 'War on Terror, not only on those directly involved and affected but also how the ripple effect impacts on individuals and communities everywhere."

David's Peace Walk

Office Filing specialists Railex (Filing) Ltd have been supporting the Foundation with free filing and storage for many years. On a visit to the Peace Centre earlier in the year, their representative, David Mellalieu volunteered to run the Warrington Half Marathon to help boost our funds.

Unfortunately, a clash of interests meant that David had to withdraw his offer but, not wanting to let us down, he thought of alternative way of raising money.

On the 24th September, David is going to walk from his home in Ainsdale to Warrington where he will offer his personal apologies for not participating in the half marathon.

Railex MD, Debbie Jones



said "Railex doesn't believe in letting our customers down let alone someone as valued as the Foundation and we are very pleased to be making a contribution".

David would welcome further contributions and can be contacted at dmellalieu@railex.co.uk

Peace Tree Blossoms!

As reported in our last issue, to mark the 10th Anniversary of the Peace Centre we started a Peace Pledge Tree project. Well, the tree has now been made by our Handyman Mark Mason based on a design competition run with young people who use the Centre.

The tree now stands proudly in the Games Room for all to see. We want to say a big 'thank you' to all of you who have made 'leaf' peace pledges—the Peace Tree is really beginning to blossom as you can see in the pictures. We have set up a Foundation Facebook page and photos of the tree, and each leaf submitted is put on it regularly, so you can view all of the pledges made, and even tag your own leaf if you've made a pledge!



Search for the 'Tim Parry Johnathan Ball Foundation for Peace' on Facebook and 'Like' our page and you will be able to see every time leaves are added and also keep up to date on our work.



Alex Saunders, Andy Buck, Caroline Egerton, David Taylor, Deborah Clarke, Eraina Leatham, Fiona Reese, Helen Capel Smith, Jackie Mason, Jaypee Wentzel, Jo Farnham, Jon Gardiner, Jonathan Astley, Kerry-Anne Lloyd, Lee McKenna, Mark Willis, Martin Ryan, Nick Conway, Paul Thomas, Peter Conway, Rachael Simmonds, Stuart Arrowsmith, Stuart Henshaw, Stuart Holgate, Tina Read.

CPM charity cycle ride raises £1076 for the Foundation

Employees from CPM UK tested their fitness to the limit completing a mammoth 340-mile cycle ride, starting from Thame, Oxfordshire on Sunday 27 June and finishing at the CPM Dublin Office the following Friday, 2 July.

The Spirit of CPM 2010 Big Bike Challenge, was organised in aid of charities nominated by the company's staff, followed a route from Thame, to Pembroke via Cheltenham, Crickhowell and Carmarthen; and pick up from Rosslare - continuing through County Wicklow before ending up at the company's Irish head office in Dublin.

Client Service Director, Nick Conway, said: It was a truly memorable experience; we cycled through three countries, pedalled 340 miles, climbed over 18,000 feet of hills and reached our destination with 21 cyclists all still fighting fit. It's been a great way to raise money for some really superb charities and cement some friendships along the way".

In support of the initiative CPM received a fantastic range of sponsorship from a number of its clients, suppliers and local companies.



**Thame to Dublin
340 miles
27th - 2nd July 2010**

Annual Charity Golf Day

In June, the Foundation held its annual Golf Day at Warrington Golf Club and the venue proved to be a 'big hit' with the golfers. The course was in fantastic condition, the food was excellent, the weather couldn't have been better, and thanks to everyone who took part in the day, £4,186 was raised.

The winning teams were: 1st place Nat West Bank (top), 2nd place TailorMade Group (centre) and in 3rd place Measurement Hire Ltd (bottom). The winners of 'Nearest to the Pin' were Peter Taylor and Gary Johnstone.

Wendy Parry who organised the event said: "We had a fantastic day, the sun was shining, which always helps, and the staff at Warrington Golf Club made sure the event ran as smoothly as possible. After the evening meal, Malcolm Lord entertained the players - which was a great way to end the day".

The Foundation would like to thank Bank Quay House for sponsoring the team prizes, Brian Bennett for sponsoring the champagne hampers for 'Nearest to the Pin', and all the Golfers who made the day such a great success.

Our Charity Golf Tournament for 2011 will be on Wednesday 8th June. If you would like to take part or sponsor this event please contact Wendy on 01925 581234.



Foundation team climbing Mount Kilimanjaro for Peace

In March 2011, Wendy and Abbi Parry (Tim's sister), Kelly Simcock, Jo Dover and Carol Nuttall will be scaling Africa's highest mountain to raise thousands of pounds for the Foundation. The trek will take 10 days and they will be climbing 5,893 metres (19,334 ft) to the summit of Mount Kilimanjaro all in the name of Peace.

Wendy said: "I know we are all mad, but it is for charity and every penny raised will go to the Foundation. This year would have been Tim's 30th birthday and next March will mark the 18th anniversary of the bombing.

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 also became part of our extended family in 1993".



To sponsor Wendy and her colleagues, log on to <http://uk.virginmoneygiving.com/team/walk4peace>

The Foundation would like to thank The Village Hotels for their help with training for this event

Warrington First Business Club Quiz Night



In May, Warrington First Business Club organised their first charity event and local businesses put their general knowledge to the test. In aid of the Foundation, guests were treated to a two course meal and quiz for just £10 per person and helped to raise £1400 in the process.

The Foundation would like to thank Forshaw Ridgway Davies Solicitors for sponsoring this event and Andrew Aldridge, Danny Hudson, and Jo Styles for organising an enjoyable evening for everyone.



Winning team: Watsons Solicitors.

Priestley College Fashion Show

The Foundation would like to thank Priestley College and the Students from their Art & Design Department for choosing the Foundation to benefit from their annual Fashion Show.

The evening, which raised £393, was attended by family, friends and invited guests and gave the students the opportunity to showcase their designs created during the year.

Thank you



'Toto' joins the Foundation at Warrington's Half Marathon



On Sunday October 3rd, Rachael Owen and her Pedigree Miniature Schnauzer 'Dangerous Dave' will be taking part in the New Balance Half Marathon on our behalf of the Foundation.

Earlier this year Dave embraced the world of TV when he entered into a competition to be 'Toto' in Andrew Lloyd Webber's new production of the Wizard of Oz. After meeting the 'Dorothys' and displaying some excellent acting and behavioural skills Dave was delighted to be named the Winner of the Children's Vote, going on to win the overall competition where the prize is a chance to appear in a special one-off Gala Performance early next year.

Dave has his own Facebook page and website in progress www.dangerousdave.org.uk, where he is gathering quite a following. There are plans also to launch a range of children's books featuring Dave and his antics.

The Foundation would like to thank the following people for their help and support:

Warrington First Networking Club
Andrew Aldridge
Danny Hudson
Brian Bennett
Bank Quay House
Martin Johnson & Peter Broome
Warrington Golf Club
Drive Time - American Golf
Participants of our Annual Golf day
Forshaw Davies Ridgway Solicitors
Priestley College Fashion/design -
Department and Students
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Shelley Hanvey
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James Mashhour
Caroline Fleming
M&S Money - Victoria Rd Project
Jane McDonald

You can keep up to date with news and events by visiting our website view www.foundation4peace.org

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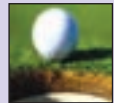
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FAX: 01925 581233
CHARITY No: 1048990

Events for 2010



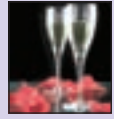
Warrington Half Marathon

Sunday 3rd October. Charity places still available



Tailormade Group Ltd Charity Golf Day

Tuesday 5th October
Dunham Forest Golf Club. £250 per team of 4.
Contact Wendy on 01925 581234 or Peter on 01925 210387



Valentines Ball / Black Tie

Saturday 12th February 2011
£50 per person 4 course meal, live entertainment, casino & disco.



Mount Kilimanjaro Trek

March 17th - 27th 2011
Places still available.

For more information please contact Wendy on 01925 581234 or 01925 581231.

Ladies Evening Tuesday 19th October
The Peace Centre, Gt Sankey, Warrington, WA5 1HQ

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Pictures by Eddie Whitham

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- Centre for Independent Living, Orford Day Centre, Festival Avenue

www.disabilitypartnership.org.uk

Everyone at WDP would like to thank the Warrington residents for there continued support.



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They can take part in individual or team events and they'll be part of a group of people who are driven to succeed. As we always say at Warriors of Warrington... **We put the WOW into winning!**

We already have over 250 youngsters in the club, with ages ranging from 6 to 18 years. With over 30 years experience of swimming and winning, we know how to get the best out of every child.

If you think your child would love the thrill of swimming or simply want to know more, please call Warriors Head Coach Darren Ashley on 07717 558369 or contact the Warriors Secretary via www.swimwarriors.org.uk

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	Small	Large		Small	Large	100% Burgers with Salad & Relish Cooked in Charcoal Grill	
Chips	£1.30	£1.70	Doner Kebab	£3.70	£4.80	1/4lb Beefburger	£2.30
Fish		£3	Doner meat in a hot pitta bread with salad and any sauce of your choice (chilli hot/mild, mayo, tomato sauce or relish)			1/4lb Cheeseburger	£2.50
Sausage	60p	80p	Doner Barm		£3.40	1/2lb Beefburger	£3.30
Peas	60p	80p	Doner meat in a barm cake with salad and any sauce			1/2lb Cheeseburger	£3.40
Gravy	60p	80p	Doner Meat & Chips	£3.70	£4.40	1/4lb Burger & Cheese & Bacon	£2.80
Curry	60p	80p	Doner meat & chips in a tray with salad and any sauce			1/2lb Burger & Cheese & Bacon	£3.80
Beans	60p	80p	Lamb Kebab	£3.90	£5.30	Vegetarian Burger	£2.20
Barm Cake		40p	Cubes of fresh lamb meat cooked on the charcoal grill in a pitta bread with salad and any sauce			Hawaiian Burger	£2.50
Chip Barm		£1.70	Chicken Kebab	£3.80	£5.10	Chicken Burger	£2.40
Chip Cone		70p	Marinated fresh chicken cubes with fresh salad				
Fish Cake		90p	Shish Kofte Kebab	£3.80	£5.10		
Scallops (Each)		30p	Fresh minced lamb mixed with garlic, white pepper, chilli powder and parsley				
Spring Rolls		£1.30	Mixed Kebab		£6.40		
Battered Burger		£1.10	One skewer of Shish Kofte, one skewer of Lamb and Doner Meat				
Pineapple Fritter		90p	Special Grill		£6.90		
Spam Fritter		£1.20	One skewer of Chicken Kebab				
Scampi & Chips & Salad		£3.80	one skewer of Lamb Kebab				
Chicken Breast		£2.60	one skewer of Shish Kebab				
Chicken Nuggets & Chips & Salad (6 For)		£2.70	all served on a tray				
Chicken Wings & Chips & Salad (5 For)		£2.60					
Steak and Kidney Pie		£1.40					
Steak and Kidney Pudding		£1.50					
Cheese & Onion Pie		£1.40					
Meat & Potato Pie		£1.40					
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Onion Rings (10 For)		£1					

Rice Menu	
Boiled Rice	£1.80
Rice & Curry	£2.30
Rice & Chips & Curry	£2.80

Drinks	
Cans	60p
Bottles	(1.5ltr) £1.90

Kids Menu	
All in a box with a drink and a toy JUST £2.20	
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Richy takes it easy to avoid call up!

WARRINGTON Town FC director Richy Sutton embarked on a 10 mile cross country challenge with a difference 'For those seeking an even tougher race' and ended up taking it easy to avoid a possible call up!

Richy, 42, teamed up with The Parachute Regiment for their challenge 'P' Company Cross Country Route to help raise funds for Help for Heroes, the parachute regiment and Warrington Town FC Academy. The completed the course carrying a bergen (rucksack) weighing 35lb (excluding food water) and wearing military style boots in an impressive 2 hrs 6 mins, just 16 minutes behind the regiment time, beating hundreds of squaddies who were taking part.

Richy, who was running with friends, joked: "I eased up towards the end in case I got a call up for Afghanistan!"



Richy added: "All monies raised will be split between Help for Heroes, the parachute regiment charity and Warrington Town FC Academy."

Inspired by his exploits he is staying in training to take part in a triathlon next!

Cash help for community hospital

WARRINGTON Freemasons have now donated more than £2,000 to Newton Community Hospital.

The latest donation to be presented was for £550 which had been raised by a St George's Day event in Warrington Masonic Hall.

The cheque was presented by Ian Boswell, Chairman of the Warrington Group of Masonic Lodges, to hospital matron Sue Winstanley and Florence Fairhurst who is assistant treasurer of Newton Community Hospital Welfare Association.

There is a strong link between Warrington Group Freemasons and the hospital as Norman Pritchard, Bob Williams and Arthur Hamblett are all members of the welfare association.

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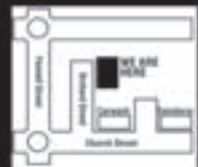
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or email:
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Financially yours

By David Watkinson

Self Assessment Tax Return deadline... count down 31st January 2011

As we approach the Inland Revenue countdown for the submission of the 2009 – 2010 Self Assessment Tax returns we make no apology for reminding our readers of the following.

There are a number of reasons why tax payers are requested to complete and submit a self assessment tax return. One of the main reasons is that of a receipt of income which has not been taxed at source, some examples of this type of income are shown below and if your source of income fall into any of the categories they you will have to submit a 2009-2010 Self Assessment Tax Return.

- you have started a self employed business any time between 6th April 2009 and 5th April 2010, whether as a sole trader or as a partnership.
- you have continued with an existing self employed business that has an accounting year end between 6th April 2009 and 5th April 2010,

whether as a sole trader or as a partnership

- you have received rental income between 6th April 2009 and 5th April 2010
 - you have become a director/shareholder in a company and you are in the 40% tax paying band
 - You have sold any assets in the year between 6th April 2009 – 5th April 2010 i.e., the proceeds from such transactions are liable to capital gains tax. The most common assets falling into this category are houses which have been rented out and the sale of shares.
- These are just a few of the reasons why tax payers should report on a tax return. If you are unsure of your own circumstances then you may wish to take further advice.

If you do have your own self employed business you will most likely



David Watkinson and Margaret Black

be aware that tax is payable on the profits of the business. Profits are arrived at by taking the sales turnover less the expenses of the business.

If you have rental income then you can offset any expenditure relating to the property against the rent received, the net proceeds is the amount which is taxable.

The Inland Revenue offer to assist tax players with the completion of their tax returns, however, please note they may not advise of all the allowable expenses which can be offset against the income from whichever source it has been received. WatkinsonBlack are pleased to advise on these matters.

Watkinson Black

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US indie rockers pay homage to Ian Brown

AMERICAN indie rockers Sky Parade are set to make their first ever appearance in Warrington in tribute to inspirational Stone Roses front man Ian Brown who has been long associated with the town.

The Los Angeles based band will be performing two shows at The Lounge on Springfield Street on Friday and Saturday October 15 and 16 as their Warrington based promoters Schmoozit, aim to keep music alive in the town following the recent demise of WA1.

Over the past five years Sky Parade have covered a lot of ground. Headed by vocalist and guitarist Tommy Dietrick (ex Brian Jonestown Massacre / Smallstone), they have released 3 albums and 3 EPs and shared stages with the likes of BRMC, The Dandy Warhols, Frank Black, The Black Angels & James to name a few.

In 2009, Tommy and the band's drummer Joel Patterson recorded and performed alongside Robby Krieger of legendary band, The Doors, in a side project titled, Treehouse.

Sky Parade's latest LP release, Intoxicated (2010), is being hailed as the bands best effort to date. The album's 1st single was produced by Courtney Taylor of The Dandy Warhols and features the Dandy Warhols' own Zia McCabe on keyboards.

The album also features guest

appearances by Smashing Pumpkins guitarist, Jeff Schroeder, and Dizzy Reed of Guns and Roses. In August, Intoxicated debuted Top 10 on the Independent Specialty Charts (FMQB/KKBB) in both the album and singles categories.

The band continue to build on its worldwide cult following and are returning to the UK and Europe this Autumn following a number of gigs back home.

Tommy and Joel are joined by Bobby Bones, bass, guitar, vocals and Scott Moran, lead guitars.

The Lounge will be the smallest venue they play on their UK tour with a capacity of just 150. Tickets are priced just £6.50 in advance or £7 on the door so to be sure of a ticket contact The Lounge on (01925) 639777.

Both shows will be supported by The Koolaid Electric Company and White Noise Sound. Local support comes from The Stocks and Foreign Lawns at 7.30pm.

For more information on Sky Parade visit www.myspace.com/skyparade or www.skyparade.net



Padgate reunion planned

TWO friends who used to attend Friday night dances at Padgate, Warrington in the Fifties and Sixties are planning a reunion.

They are asking anyone who attended the dances at Padgate School Hall to get in touch with them.

When they have some idea of the numbers involved they will fix a date and venue.

They are Sheila Teasdale (nee Rigby) and Joyce Rutter (nee Boardman) The two pensioners have many happy memories of the dances.

Sheila said: "We want to organise a rock 'n' roll night reunion.

"People used to come to the dances from all over Warrington, not just Padgate. They were really great nights."

Anyone who wants to contact them can ring Sheila on 0151 423 3321 (email Sheila.teasdale1@ntlworld.com) or Joyce on 01925 289232 (email joycerutter@yahoo.co.uk)




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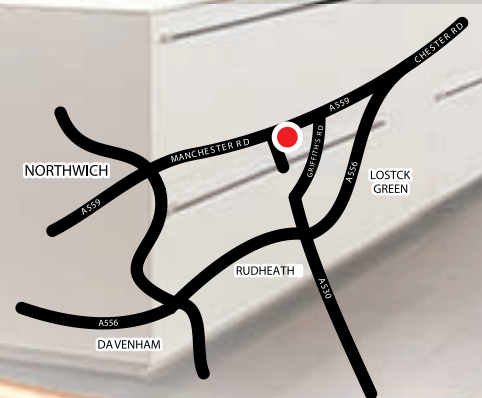


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