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October 2014



DAVE Thompson and the team at Warrington Disability Partnership never cease to amaze me.

inspirational character with a positive "can do" attitude. Dave, Tom and others at the

bave, tom and others at the charity are inspirational for their "can do" attitude and set a fine example others should follow. Like many other organisations WDP faced funding cuts during the recession but instead of feeling sorry for themeology they cat up a trading

for themselves they set up a trading arm to the charity selling diability equipment which has become a great success, trading from three



out lets, as well as offering a repair service for disability equipment. I am proud and honoured to be

a trustee of Warrington Disability Partnership and would urge anyone who requires a little motivation in life to pop along to the head quarters in Beaufort Street and take a look at what can be done in life.

Finally congratulations to Warrington Borough Council on their decision to perform a u-turn and keep ther Sandy Lane recycling centre at Stockton Heath open - a victory for common sense and people power!

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Dave has again completed his "Going the extra mile Scuba Challenge" and together with other members of the team and their supporters, raised thousands of pounds which will go towards helping stage next year's Disability Awareness Day, another inspirational event which helps promote independent livina. event which helps promote independent living. Having watched Dave complete his dive on you-tube, I found myself almost breathless just watching his

final length!

The fact he did a mile under water, taking 2 hours 40 minutes, after earlier in the day doing a quarry dive, defies belief when you consider he only has the use of one arm

following a spinal injury in 1989. Dave was joined this year by former Solider Tom Coleridge, who suffered a spinal injury after being shot in Afghanistan - again another



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Inspirational Jess receives award from Dragon

WARRINGTON teenager Jessica Dixon is celebrating after receiving a prestigious award at the Peter Jones Enterprise Academy Graduation Ceremony hosted at Freemasons' Hall in London.

Jessica, aged 19 from Callands, was awarded the Inspirational Student 2014 Award by the Dragon's Den star Peter Jones, sponsored by

Canon, for her dedication to the course and her inspirational story. Despite a serious illness, Guillian Barrè Syndrome, one of the worst nerve damage cases the doctor had seen, causing her to miss three months at the start of the course, Jessica achieved a triple distinction star, the top grade, through her determination, dedication and positive mental attitude. Jessica's tellow students and lecturers at Warrington Collegiate, nominated her for the award recognising her her for the award, recognising her hard work and her cheerfulness, despite numerous setbacks.



arrington

On returning to the course, Jess took part in numerous fundraising activities including an 80 foot drop abseil from the college roof, which she completed amid thunderous applause, which raised over £300 for charity. This was a massive achievement, something Jess couldn't have imagined doing five months earlier when she was very ill, wheelchair bound and in hospital. Steve Lawrence, Jessica's Learning

Steve Lawrence, Jessica's Learning Mentor at Warrington Collegiate, said, "Jessica's energy and enthusiasm, drive and motivation to succeed make her a shrining example and role model to others." Jessica said: "I feel extremely

privileged to receive the award of Inspirational Student of the Year

Inspirational Student of the Year 2014. It is a huge honour of which I am very proud. My Journey at the PJEA, despite being a struggle, has taught me never to give up. "I owe a very big thank you to my mum and sister for helping me to stay strong and a big thank you to the staff at Warrington Collegiate; especially Steve Lawrence my Learning Mentor ar Warrington Collegiate; especially Steve Lawrence my Learning Mentor for supporting my decision to carry on my studies and for believing in me every step of the way. I now look forward to a bright future as I start my Business HND at the college".

Jessica's Mum, Lesley and older sister Amy, are full of praise for Jessica, saying, "After everything Jessica has been though over the last 10 months, from being 85%

M: 07436 071504

paralysed, to learning to walk, talk and hold a pen, we are extremely proud of her efforts. Against all odd's she achieved the distinction star she

worked so hard for." Entrepreneur and star of Dragons' Den Peter Jones CBE presented Jessica with her award in front of

hundreds of guests during the annual graduation ceremony. Alice Barnard, CEO of the Peter Jones Foundation said: "The Peter Jones Enterprise Academy graduation is always such a highlight for me and it is fantastic to celebrate the future generation of entrepreneurs as they embark on the next chapter of their lives - these are the one's to watch, the young people who will be changing the world!"

Jess's success is not stopping with just one award. She has been nominated by Warrington Collegiate for the National Association of Colleges (AOC) Student of the Year Award 2014.

Students can find out more about wide variety of Vocational Courses, Apprenticeships, Higher Education and Professional Qualifications on offer at Warrington Collegiate by visiting the Open Evening and skills show on Monday 20 October, 5-8pm or by visiting the website www.warrington.ac.uk





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Hello and welcome to my monthly column ... otes Hyppotes by Michael Mahoney

Anger - an Emotional Stress Response

To explore beliefs about anger, it is worth tracing it back to early childhood experiences of how we did or didn't express this emotion, and how it was handled by our caregivers, and society in general, which could have varied throughout the generations.

Whatever age you now are, you may remember the different pressures and expectations you felt as you were growing up, which resulted in reoccurring stress responses. Children in particular feel stressed in school and social environments, and it will depend on how secure they feel in their home environment as to how well they cope with stress. Children are like human sponges they take everything in through all their senses. From the age of 7 or 8 they then start to question things and are able to think for themselves more. However, if they have experienced any emotional and psychological harm, e.g. constant criticism, then the damage is already done, which will leave them with distorted thoughts, attitudes and beliefs which then influence behavior. The effects of this can go unnoticed until the child starts to rebel (expressing their anger inappropriately), or becomes increasingly withdrawn (turning the anger onto themselves). A child's behavior openly expresses their experience of the world and the emotional harm they feel. Negative ways of coping can then become reinforced and ingrained into adulthood.

The emotion of 'anger' is tied in to the flight, fight or freeze phenomenon, which is an outdated instinct first created when we were cave people. We had to either fight or escape to survive, or just freeze in the hope that we were not seen. Anger pumps the adrenalin around our body so that we can act, it is fear of the unknown that freezes us and stops the flow of adrenalin, causing the body to shut down.

Anger is empowering and healing, it brings balance and understanding of situations and ourselves, if we are able to accept the feelings and work through them. It is also important to find safe, appropriate ways to physically express our angry feelings. When anger is expressed, the adrenalin is allowed to flow through the body as intended. This free flow will then provide the power to act in more positive ways, by asserting authority, creatively and Michael Mahoney is a Clinical Hypnotherapist. He has research, and patient trials experience. He is a member of

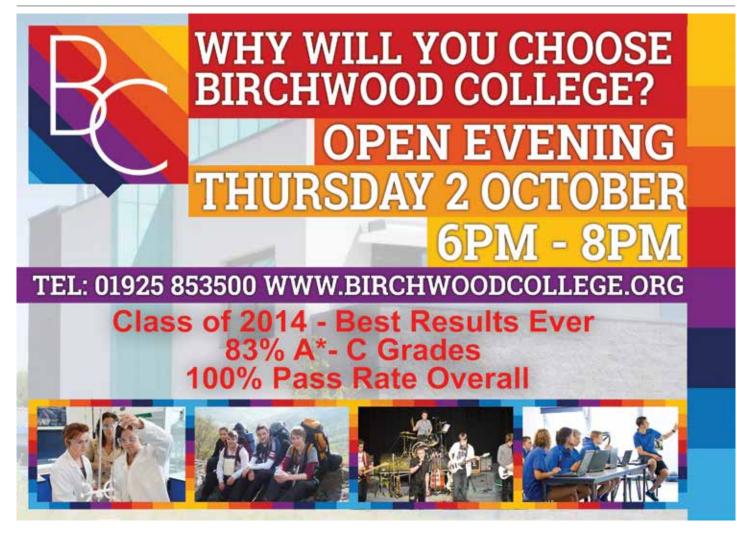


and partient mats experience. He is a member of the Hypnotherapy Association, an associate of the Primary Care Society for Gastroenterology, based at Woolston Surgery, Neighbourhood Hub, Warrington WA1 4PN.

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

safely expressing the feelings via a physical or mental activity. Some people do this by focusing on a project or hobby, attending the gym, finding other forms of creative expression i.e. art, interior design, cooking. It is also important to learn to be assertive rather than passive or aggressive, in order to express your thoughts and be respectful of your own needs. As energy becomes more positively focused, negative feelings are released, and thoughts become clearer, creating space for positive change.

positive change. Some people however, feel unable to change on their own, and require professional support. They may need to attend Counselling or Hypnotherapy to help them work through negative blocks, and learn new ways of managing stress. If you would like to discuss this further please contact us on: 01925 658322 to arrange an Initial Consultation.



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Funding boost for talented musician

TWO Warrington Foundations are supporting 17-year-old Benjamin Newlove from Old Hall who has been given a boarding scholarship to the prestigious Chetham's School of Music in Manchester.

Warrington and District arts Council has given him a grant of £200 and he has received £500 from the Jane and Stephen Murphy Foundation which supports talented

Foundation which supports rateried students in Warrington. Ben was formerly Head Boy at Great Sankey High and Organ Scholar at Grade 8 in Piano, Organ and Trumpet although he has been playing the organ for only two years.

He comes from a musical family:

his father Stephen and two sisters Rebekah and Rosie are proficient pianists and his uncle is organist at St Mark's in Sheffield.

Ben, who is also a footballer and cricketer, will study A levels and music at Chetham's for the next two years and hopes to go on to university to pursue a musical career. He said "I hope to be a credit to my family and everyone else who has helped me."



Ben with Margaret Tye, (2nd right) chairman of Wgton & District Arts Council, Cllrs Tony Higgins (right) and Celia Jordan from Warrington Arts Council and Terry Flaherty, chairman of the Jane and Stephen Murphy Foundation.

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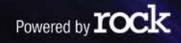
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Flurry of activity on major commercial property deals

AUGUST saw a flurry of major commercial property deals in Warrington.

These were multi million pound investments and plans for development made by private investors. Birchwood Park, for instance, was sold to a new investment consortium in a deal thought to be worth in excess of £100 million.

£100 million. Royal Mail's North West regional distribution centre at Winwick Quay was sold for £7.7 million to a Local Authority Property Fund. The Asics unit at Gemini was sold to new landlord/investor for £2.6 million and the list goes on, including a planning application

being submitted to build a new 680,000sq ft logistics and manufacturing unit at Omega for

an as yet unannounced occupier. This level of activity represents a very tangible endorsement in Warrington.

Clearly the investment market views Warrington as a very safe bet, particularly as we pull out of recession.

August, which traditionally is normally a quiet month, also saw two of Warrington Borough Council's major growth projects take a take a huge leap forward.

A formal planning application was submitted for the Bridge Street regeneration scheme, pushing the regeneration scheme, pushing the scheme a step closer to a planned start on site in January and work also physically started on the $\pounds190$ million Stadium Quarter regeneration scheme with the start on site of the $\pounds8.5$ million business incubator.

Incubator. The business incubator will open next summer, it is designed to provide a supported, easy start up base for new businesses. Demand for space is expected to be high so contact my team at Warrington & Co. if you want to register interest

register interest.



Warrington

The partnership for driving growth

Steve Park MD of Warrington & Co. 01925 442 243 www.warringtonandco.com

Work underway on new £8.5 million business incubator

CONSTRUCTION work on Warrington's £8.5 million new Business Incubator is now underway and the event was commemorated by a ground breaking ceremony undertaken by Dame Tessa Jowell, MP alongside Cllr Terry O'Neill, Leader of Warrington Borough Council and Alan McCarthy-Wyper, managing director of ISG's Construction business.

Construction business. The Business Incubator is the first development to commence on Warrington Borough Council's ambitious £190 Stadium Quarter project . A second project, the £10 million University Technical College Warrington is due to start on site in the coming weeks. The two schemes are designed to be complementary and will sit adjacent to each other on and will sit adjacent to each other on Dallam Lane in the centre of the town.

The new Business Incubator will provide a contemporary, high-quality workplace specifically aimed at providing prestigious, accessible accommodation for startup businesses.

The five storey building will feature a café at ground floor level and offices and research and development facilities on the upper floors. Its contemporary look will be enhanced and accentuated by high quality stone and glass elevations and feature a double-height glazed

ISO

entrance lobby. Funding has come from a £1.7 million European Regional Development Fund grant and £6.7 million investment from Warrington Borough Council's capital

when the facility is operational in summer 2015, it will be capable of supporting up to 100 small businesses.

businesses. ISG was appointed to construct the building earlier this year. ISG has committed to, wherever possible, utilise the skills and expertise of the local supply chain to deliver the project. Construction management of the incubator is being led by Faithful and Gould who are part of the Atkins

group. Both contracts were awarded by competitive tender using the North

by competitive tender using the North West Construction Hub. Warrington & Co., Warrington's partnership for growth will project manage the development. The Stadium Quarter initiative was announced by Warrington Borough Council in March 2013. The scheme will connect the bus interchange with will connect the bus interchange with the Warrington Wolves' Halliwell The varring on voives Halliwell Jones Stadium and create a new, vibrant mixed-use development comprising educational, business, leisure and housing uses. A phased programme of development over the next decade will create up to 1,000 construction jobs and nearly 4000 new permanent

jobs when fully completed in 2024. Councillor Terry O'Neill, leader of Warrington Borough Council, said: "This is an historic day for Warrington. This start on site will not only provide a first class base in which new businesses can develop and grow, and Warrington is recognised as the number one location outside of London for Business start- up's, but it is also marks the start on site of it is also marks the start on site of Stadium Quarter.

Warrington's town renaissance is now underway. With a start on site of the £52 million Bridge Street regeneration project scheduled and on track for January this is a pivotal and exciting moment'



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Reproductive Health Group offer 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 earlier this year and 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 that 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. After undergoing a full set of diagnostic tests to identify the best course of treatment, patients can be offered one of two packages which include subsequent free or discounted cycles of IVF treatment should the first cycle not result in a pregnancy. RHG are the first clinic

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in the UK to offer such a scheme. More information on the scheme

and on the services, care and Support offered to anyone seeking IVF treatment will be available at RHG's free to attend IVF Information Evening, to be held on Wednesday October 1, 6pm – 8.30pm, at the Centre for Reproductive Health. To reserve your places please email Annette Eckersley at education@ reproductivehealthgroup.co.uk or book online at www.reproductive healthgroup.co.uk

People wanted for Police ethics committee

CHESHIRE Police are looking to appoint up to three additional people to join their Audit and Ethics Committee.

Committee. The committee provides independent assurance on the adequacy of risk management, financial controls, integrity and standards of service in Cheshire Constabulary and in the Office of the Police & Crime Commissioner. Police & Crime Commissioner for Cheshire, John Dwyer, and the Chief Constable Simon Byrne have recently widened the scope of the

recently widened the scope of the Audit Committee, which currently has four members, to cover police ethics and integrity.

The three new members must have a good understanding of the issues facing local Cheshire communities and the police and be able to scrutinise integrity and ethical matters.

John Dwyer (pictured right) said, "This is an exciting opportunity to become part of the wider policing family. I'm looking for individuals who have Cheshire's community's interests at heart, as this will enable them to scrutinise the force's integrity and ethics. I look forward to welcoming the new members to the committee.

the committee." Further details about the role, information pack and application form can be found at www. cheshire.pcc.gov.uk. If you wish to discuss the position informally contact Liz Lunn, Chief Finance Officer on 01606 364109.

The closing date for applications is 12noon on the 6 October 2014.



Reproductive Health Group

To find out about our unique approach to funding IVF, including FREE and DISCOUNTED cycles, call us on 01925 202180 or visit www.reproductivehealthgroup.co.uk

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WARRINGTON Borough Council

High Flier on top of the world after landing dream job

HIGH Flying Warrington student Andy Everest, is feeling on top the the world after landing his dream job.

Andy, aged 19, from Callands, Warrington, never wanted a comfortable office job, so was delighted when work experience at a local airport became a permanent position.

Studying Aviation at Warrington Collegiate and with a keen interest in airline operations, Andy is now a member of the ground crew at City Airport and Heliport, Manchester.

Diane Lewis, Lecturer in Aviation at Warrington Collegiate, adds, "I can't thank City Airport enough – their support for our work placement project has been tremendous. Work



experience is a valuable part of the courses and an ideal opportunity for students to further develop the extensive range of skills they develop on the Aviation course at Warrington Collegiate.

"I'm extremely pleased to be offered a job here," says Andy. "I've enjoyed a wide variety of opportunities from marshalling, refuelling helicopters to landing

A-Level star performers. She achieved an A* grade in Maths and As in Chemistry and

Among the vast majority of Withington girls heading to their first choice university, Sophie is going to Manchester University to study

Dentistry. Sophie, who has attended Withington since she was in Junior School, is an exceptionally talented pianist and violinist and was leader

Throughout her time at Withington, she travelled to and from school by a dedicated bus service which traverses Warrington, Grappenhall, Grappenhall Heys, Stockton Heath

Destinations for Withington girls

of the school orchestra.

Biology.

and Lymm.

aircraft and really feel I'm gaining an insight into how the airline industry operates. City Airport has ambitions to extend its general aviation activities and I'm looking forward to being part of that expansion.

After gaining a good grounding in all areas of aviation Andy has ambitions to progress into pilot training or air traffic control. Students can find out more about

the extensive range of Vocational and ^{Apprenticeships} Courses

including Aviation at Warrington Collegiate by visiting their Open Evening and Skills Show on Monday, October 20, 5-8pm.

Students can also request information and a prospectus by calling Learner Services 01925 494494 or emailing learner. services@warrington.ac.uk

For more information on Warrington Collegiate please visit www.warrington.ac.uk

Sophie was a star pertormer LYMM student Sophie Foreman was among Withington Girls' School's

this year include Oxford (5) and Cambridge (3), as well as Imperial, LSE, UCL, KCL, Durham, Bristol, Warwick, Nottingham, Manchester and Leeds.

The girls' chosen degree courses

include medicine, dentistry, law, business management, modern foreign languages, computer science, mathematics, chemistry, economics, politics, psychology, history and geography.



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Means



Dylan Waters, Elliot McKenzie and Elliot Grey presented their idea for an app to leading experts in the Apps for Good competition.

Students visit Facebook - literally!

THREE students from Warrington were able to pitch an idea for a new app when they visited Facebook's London headquarters and met industry experts.

Elliot McKenzie, Dylan Waters and Elliot Grey, all studying at Priestley College, made it through to the finals

of the Apps for Good competition with their concept Sweg Messenger. During their time in London they were guided around Facebook's office and saw its staff sleeping pods,

office and saw its staff sleeping pods, sweet shop and talked to staff. They also visited the offices of Unruly, the leading global platform for social video marketing. The main purpose of their visit, though, was to present their idea for an app to the judges in a competition designed to celebrate the next generation of problem solvers and digital creators. They also pitched their idea for

digital creators. They also pitched their idea for more than an hour to countless industry figures, which was a highlight of the trip for former Lymm High School pupil Elliot Grey. He said: "We made the pitch to about 250 people from the industry so it was a pretty fantastic experience

experiénce.

Sat 15 Nov

"All these people seemed interested in our app and liked our presentation skills."

The Apps for Good judges were leading names from TalkTalk, Ogilvyone and another who had helped develop Spotify. Priestley ICT tutor Tom Heaton said: "You couldn't buy this exposure. The Apps for Good course has encouraged our students to explore technology as a tool for improving

enclotidged our students to explore technology as a tool for improving and benefitting society as a whole. "The course enables us to bring a creative learning programme to college that unlocks the confidence and talents of our students.

Although they didn't win the competition, the Priestley team received genuine interest from several app developers and some sound advice.

Sweg Messenger was shortlisted in the Connected Communities category and is designed to provide a unique and fun way to chat with friends.





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GOLDEN Gates Housing Trust (GGHT) has celebrated the start of its first housing development with 18 new affordable homes being built in Orford, Warrington.

The Trust has spent the past decade providing affordable social housing across Warrington. The development will see them working with Helena Partnerships and contractors Harbour Construction to build a mix of two and three bedroom homes, helping to meet the need for more affordable homes in Warrington.

to meet the need for more attorable homes in Warrington. The £1.5million build was funded by GGHT and the Homes & Communities Agency (HCA) and is part of the Trust's current plans to build 152 new properties in 5 years. Roy Smith, GGHT Chair said: "The development marks a new era for

Roy Smith, GGHT Chair said: "The development marks a new era for GGHT and being able to offer more affordable homes in Warrington is great news. With the project being managed by Helena, we have been able to use their experience in development and start the project much quicker. This has allowed us to take advantage of their status as a preferred development partner for Warrington Borough Council and use their Contractor Framework, which was already in place. We are looking forward to seeing these houses turning into homes."

houses turning into homes." The new homes will look to achieve Sustainable Code Level 3, which is a national standard for the sustainable design and construction of new homes, aiming to reduce carbon emissions and promote higher standards of sustainable design above the current minimum standards set out by the building regulations.

regulations. The build is expected to take until September 2015; the new homes will be GGHT properties and will be let via CHOOSEaHOME.

You can check updates of the project on Twitter using #GGHTNewBuild.







Dementia expertise

Belong sets the standard in dementia care

From building design to staff training, the village is geared up to meet the needs of people with dementia

Belong Warrington will extend the range of support available to people with dementia in Warrington, both on site and out in the community. Tracy Paine, Belong Operations Director, explains: "Our starting point in designing our villages is the needs of the person with dementia. Alzheimer's Society data suggests that one in six people over the age of 80 is living with dementia, and that the numbers will double over the next 40 years. That's why it's absolutely crucial that we provide appropriate support.

"Belong village households are very different from a traditional care home setting. Their open plan layouts maximise independence and create a very homely environment, based around the kitchen at its hub. Residents enjoy the appetising smells of meals being cooked and are able to join in meal preparation and clearing up activities if they wish. It gives people a real sense of ownership of their home and has been proven to make a real difference to enabling people to maintain daily living skills." Belong is a not-for-profit organisation and is recognised as a leader in dementia care. It is highly regarded for its award winning village model that combines specialist care with choice, independence and an active lifestyle.

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Nursing care

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Our Open Evenings are a great way to experience the opportunities afforded to students of Lymm High School.

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Whilst the windows and conservatories still provide a strong core of activity for Your Choice, the desire to provide more advanced solutions for homeowners led Eric to set up other avenues to service their customer base. Utilizing a strong background in construction, Your Choice has been able to attract some talented building tradesmen. If you're thinking about extending your home, Your Choice can handle every single aspect of the project and will produce the very best results from your initial brief. For single or two-storey extensions, garage conversions, property refurbishments, for domestic or commercial properties, you can rely on Your Choice as your project partner.

partner. Alongside the building sector, Your Choice has a specialist roofing group. This was set up to cater for homeowners having difficulties with old, leaky flat roots on extensions, garages, dormers, porches, bays and balconies. The solution of choice is Sarnafil. Your Choice can restore any flat roof area to a condition that in most cases will be superior to the original installation. The unique Sarnafil membranes are fused together in situ to give a durable and watertight finish. What's more, with a range of finishes to choose from, the overall effect will be highly pleasing to the eye, and can last for forty years or more! Whilst building Your Choice,

Whilst building Your Choice, Eric has always kept an eye on developing technologies within the broad remit of domestic home improvements. One such area which caught his attention about a decade ago was the emergence of solar energy as a viable source of domestic power. After two years of market and technical investigation, the sister company Solar Choice emerged. This company is extensively involved in providing solar energy systems for both domestic clients and commercial organisations. If you want to save money on your energy bills and potentially earn many thousands of pounds from government instigated initiative payments, then solar panels are an absolute must. Not all houses are suitable. Firstly there needs to be a south facing roof. Then there needs to be sufficient room on the roof to fix the correct amount of panels for the system. Aside from this, the benefits, environmental and financial, are available to all.

The growing experience of Solar Choice in this expanding market led to an extraordinary project - the largest commercial roof-based solar electricity generating system in the UK! Yearsley, a major UK player in the distribution of chilled foods, enlisted Solar Choice to complete a massive project to convert their warehouses to utilize thousands of square metres of roof space for solar panels. With several massive warehouse roofs already converted, not to mention 1500 domestic installations, Solar Choice has clearly demonstrated its expertise for all those seeking out the best company for their own installation. Could you be next?

installation. Could you be next? Innovation continues with the introduction of a radical new way to get the best out of your existing conservatory. If you have ever complained about your conservatory being suffocatingly hot or bonechillingly cold, Your Choice can convert the roof from a poorly insulated shell to give a level of insulation which will make your conservatory a really comfortable and enticing place to be all year round. There are three alternatives. Firstly, the stunning 4Seasons roof, which has a tiled exterior to tie in with your home's main roof. It completely transforms the appearance of your conservatory and, of course, instantly provides drastically improved thermal insulation, leading to a far better living experience. Then there's the Thermotec roof, which consists of colour-co-ordinated, aluminiumfaced insulated panels, custom made to fit your conservatory. The most economical solution is to have Ecotherm panels, which still provide excellent levels of comfort and protection from heat loss when it's cold and from heat build-up when the sun's out. If you've ever complained that your conservatory is either too hot or too cold for comfort, talk to Your Choice about a proper solution!

All Your Choice and Solar Choice home improvement solutions can be seen and discussed at the new showroom, which is open seven days a week.

All set for Oktoberfest 18

WARRINGTON Rotary Club's charity fundraising Oktoberfest 18, is all set to take place from October 2 for three days at the Parr Hall, Palmyra Square, Warrington.

Over 70 cask ales plus ciders and bottled beers from both the UK and world wide will be on sale to raise much needed funds for a number of charities. There will also be live music at each session.

will also be live music at each session. To date over £220,000 has been raised for both local and international charities from previous Oktoberfests. Warrington Rotary President, Eric Russell commented, "This year should be

Warrington Rotary President, Eric Russell commented, "This year should be another bumper year for our charities with interest being shown by people from all over the northwest and further afield."



Another surgery goes 'Doctor First'

ANOTHER Warrington GP surgery is switching to a controversial new appointment system which claims to give patients sameday access to a doctor.

At least three surgeries will have changed to the "Doctor First" system when the Guardian Medical Centre switches on September 22. Practices which have already made the change are Springfields, in town centre Legh Street and Stockton Heath. Warrington Clinical

Commissioning Group (CCG),



The Guardian medical centre team.



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which is funding practices which want to make the change, says the majority of patients welcome the change.

But Warrington-Worldwide has received a number of complaints people in the Stockton Heath area – mainly about the time it takes a doctor to call back after they have made their initial call and spoken to a receptionist at the surgery.

a receptionist at the surgery. The aim of "Doctor First" is that patients will be able to speak to a doctor on the day they call and that the majority who need an appointment will get it the same day.

day. Dr Margaret Kerr said: "We're making the change to improve access for our patients. We think it will allow more people to have contact with a GP."

When people phone, they will be asked for a brief description of the issue by a receptionist.

A doctor then calls the patient back the same morning or afternoon for a telephone assessment.

If the doctor thinks the patient needs to come into the surgery, or the patient would still like to come in, the doctor makes a face-to-face appointment, usually for the same day.

day. The system may save a journey for many patients – for example those needing general advice, sick notes, or prescriptions.

If people need tests or investigation, the doctor may be able organise them on the telephone, saving a separate journey.

Dr Lorna McCune said: "There is increasing demand for appointments and we think this will make us as available as possible for our patients."

Chairman of Warrington CCG Dr Andy Davies, a GP at Greenbank Surgery, said: "The majority of patients say they are happier with the new system.

"It is important to realise that changing over can sometimes cause short term problems with access.

"But the practices prepare well in advance to provide some additional capacity during that time."

MP urges Government to get tough on F.A WARRINGTON South MP David \$80 million per annum, which

WARRINGTON South MP David Mowat has urged the Government to put more pressure on the Football Association to give a greater share of its revenues to non-league football clubs such as Warrington Town FC to help the grassroots development of the game.

During a Commons debate to mark Non-League Football day, Mr Mowat called on the Government to to take action.

To to take action. Currently the FA's revenue (which mostly comes from the England Football Team) is split 50:50 between "grassroots football" and the "professional game" – or in other words league football clubs.

Mr Mowat was one of a group of local businessmen who saved Warrington Town from bankruptcy in 2007 and he remains a director at the club.

He said: "The Football Association has a surplus of about £80 million per annum, which basically comes from the England team. That money is given 50% to the grass roots and 50% to the professional game. There is absolutely no reason why it should not all go to the grass roots.

"Front Benchers on both sides of the House should be applying pressure on this. It would result in an additional £40 million filtering down to community based grassroots clubs like Warrington Town FC."

Warrington Town helped produce England World Club winner Roger Hunt, who was talent spotted playing at Cantilever Park by Liverpool going on to become a goal scoring legend for club and country, lifting the ultimate prize in 1966.

Roger still visits the club occasionally.



Mr Mowat with fellow director and former Chairman Gary Skentelbery.



retiring president Alan Ainsworth congratulating Eric on his appointment

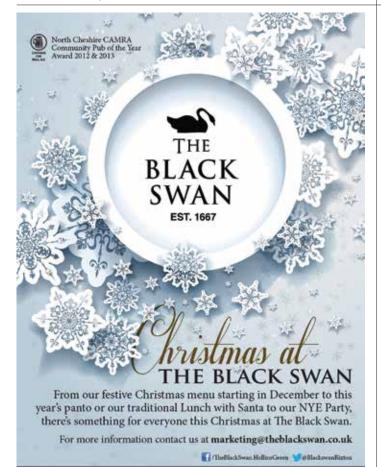
Rotary Club elects new President

WARRINGTON Rotary Club has elected its new President, Eric Russell.

Eric, 55, lives in Rixton and is Trading Manager at St Rocco's Hospice. He also manages St Rocco's lottery and is responsible for their charity shops and on line trading.

Following his election, Eric said: "Warrington Rotary Club plays an important part in supporting the town's charity sector and as President of the club I am grateful for the opportunity to support it in this role. Many of our activities support those in need and I intend to extend this programme wherever possible for the benefit of the local community."

Rotary International in Great Britain and Ireland has more than 55,000 members in 1,855 clubs.



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satisfying end to a day that began with 10 qualified divers including Dave Thompson making two early-

morning 18m dives at Čapernwray

Quarry in Lancashire. On their arrival back in Warrington they were then joined by a mix of first-timers under full supervision and

audified divers to round the day off with a 64-length swimming pool dive at Woolston. Friends, family members and colleagues of the divers were poolside to cheer them

Scuba challenge creates splash for cash!

WARRINGTON Disability Partnership's 'Going The Extra Mile Scuba Challenge' at Woolston Leisure Centre provied a huge success raisng thousands of pounds for the charity.

The annual event organised by WDP and principally sponsored by Your Housing Group raised in excess of £3,500 thanks to the efforts of a combination of novice and qualified divers.

These vital funds will help finance next year's Disability Awareness Day - which will be held on Sunday, July 12 at Walton Hall Gardens - and ensure we can keep Gardens - and ensure we can keep promoting mobility, independent living and services to disabled people, their families and carers," said WDP founder and Chair Dave Thompson MBE DL who first launched the Scuba Challenge four

"I'd like to thank Terry Wood and his team from Cheshire Scuba Academy for once again supporting the event and providing supporting the event and providing dive instructors and equipment; Your Housing Group for kindly supporting all travel costs; LiveWire (Leisure) for donating the use of the pool; Capernwray Dive Centre for tree use of the site and facilities; Disability Trading Company for use of their vans and drivers and to all our WDP staff and volunteers who worked so hard to ensure the day worked so hard to ensure the day ran smoothly." In 1989 Dave sustained a spinal

cord injury whilst playing American football. He has since been a full-time wheelchair user with limited use in his left arm and none in his right arm or legs. Despite this he completed his PADI Open Water and Advanced Open Water qualifications six years ago and has since recorded 115 dives in the UK and abroad.

Dave said one of the highlights of the challenge was seeing grandchildren Jamie, aged 12 and Ellie, aged nine, joining in with the Try Dives.

Dave completed this year's challenge in a gruelling two hours and 40 minutes. He was joined by a number of friends including dive buddy Dave Williams and WDP's Disability Information Officer Tom Coleridge. Tom is a 22-year-old exserviceman and a full-time wheelchair user since sustaining a spinal cord injury after being shot in Afghanistan in 2010. Tom's injury left him paralysed from the waist down.

This year marked Tom's debut and he completed the challenge

THE search is on once again to find digital champions across Warrington.

A campaign has been launched by Warrington Borough Council, Golden Gates Housing Trust (GGHT) and Warrington Voluntary Action to find a team of digital champions who can share their passion, skills and knowledge with people who need it.

The campaign has been developed in support of the Go ON initiative, which seeks to address the lack of digital skills across the UK

At the moment, there are around 19,000 adults in Warrington who in an impressive two hours and 15 minutes.

He said: "I smashed it in only my fifth time in the water! This is the furthest diving distance I've ever completed and I'd really like to thank the instructors for getting me through it. This has been a massive personal achievement and while my arms are really tired, it's given me the confidence to go for my open water qualification. Bring on

the Scuba Challenge 2015!" Other members of Dave's team included John Munslow, Dave Included John Munslow, Dave Molyneux, Simon Barber (CEO of 5 Boroughs Partnership NHS Foundation Trust) and his son Thomas, Dave, Jack and Amy Sloan, Tony Land, Mike Cleave, John Turner, Derek Howden and Jamie Danmand (who travelled

John Turner, Derek Howden and Jamie Denmand (who travelled from Lincoln to join in the day). Attending the challenge was one of the first official engagements for 'Miss Warrington Lion' Abi Fitzpatrick, aged 21, from Whittle Hall. Together with the Lions' Harry and Sue Crank, Abi raised £500 for WDP and attempted a Try Dive for WDP and attempted a Try Dive. Sue and I are novices and the challenge was a good opportunity to try something new while raising

much-needed funds for WDP," said Abi, who is also the UK's number one Under-23s 400m hurdler. "We're really proud of PADI-badge holder and MBE recipient Harry, who completed the full 64 lengths."

Peter Carey - former Mayor of Warrington - was also in attendance to count lengths and offer words of encouragement to all those taking part. They were awarded with commemorative T-shirts and certificates of achievement from Kathy Cowell OBE DL, Chair of Your Housing Group.



Dave Thompson completes his scuba challenge



Volunteers needed to teach digital skills

don't have access to the internet or the basic skills they need to make the most of its benefits. To become one of Warrington's Digital Champions, all you need to

do is volunteer five hours (or more) of your time to help a local resident complete a simple online toolkit that will teach them how to do the basics online, like using email or Facebook.

Working on your own or with another Digital Champion, you'll help them work through the toolkit in a local community venue. It will be the Champion's job to be there to answer any questions they may have and share their basic

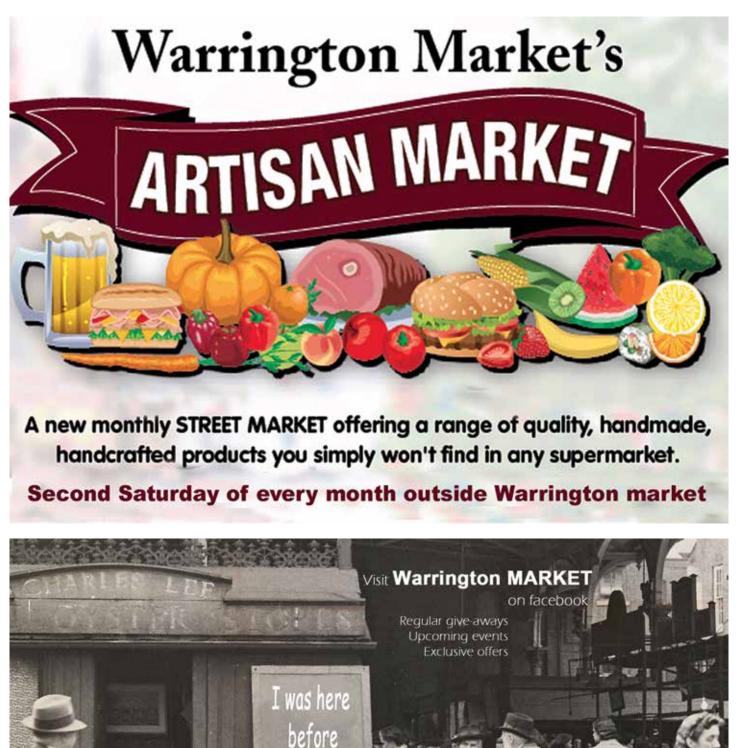
knowledge and skills, as well as their enthusiasm.

The council's executive board member for personnel and communications, Cllr Hitesh Patel, said: "Digital Champions won't need to be IT experts. They'll need basic online skills and good communication skills, a passion for helping others to get online, and the patience to answer questions. And they'll need to be able to commit to volunteering for a minimum of five hours between October and December 2014.

"Volunteering can be arranged around work, education or other commitments and full training and

support will be provided as a Digital Champion. Digital Champions will acquire new skills, become a certified Go ON UK Digital Champion which will enhance CV's, meet new people and best of all make a real difference to somebody's life."

Prospective digital champions are being asked to express an interest by contacting Warrington Voluntary Action on 01925 246880 or by logging on to http://www.warringtonva.org. uk/volunteering/volunteer-digitalchampion.



Charlie Lee, an oyster seller on Warrington market in the 1940's posted messages every day to customers on a blackboard. Markets have always been a place to interact and meet other people.... Just like facebook!!

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Bike hop World Record broken in Warrington

A healthy lifestyle event in Warrington witnessed a world record being broken - for the most "hops" on a bike. During the event at LiveWire's Orford Jubilee Park, stunt cyclist Ben Slinger, part of Warrington based Chershire Cycles MTB Trial team smashed the existing World record of 309 hops with an amazing 458 hops of local control of the provided hops, all caught on film and is now awaiting verification by Guinness World Records. Ben aged 20, was the Junior 20" and 26" World Champion in 2005 involving two competitions

2005, involving two competitions on two different sized bikes in the same day!

The previous record was set on May 3 this year by Orban Barra Gabor in Romania

Mike Carlin from CheshireCycles. co.uk Said: "The verification process involved us having three people separately counting, two independent witnesses plus we had two separate film crew's and a photographer documenting the whole thing. This has or is in the process of being submitted to Guinness."

To see video coverage of the world record breaking event visit www.brassmonkeyfilms.co.uk/ monkey-films.html

year of international sporting events including; The Commonwealth Games, Tour De France and Tour of Britain.

The day was attended by approximately 400 participants, who had the opportunity to join in lots of activities available for children, adults and professional cyclists.

LiveWire's Active Warrington team, Women's British Cycling Organisation Breeze, Sport Organisation Cheshire and the council's Travel Warrington department worked together to bring an assortment of activities together such as; stunt shows including the world record attempt, cycle rides, Aerobiking sessions, bike stalls, cycle safety advice, bike maintenance tips plus much more. Adult cyclists were also given a free bikers breakfast and children a healthy snack pack for taking part in activities and mini competitions. Special guest included Warrington's very own anti-hate and disability campaigner and former Paralmpian fencer Adrian Derbyshire, who has been cycling around the country raising awareness.

The event was also highlighted that you are never too old to hop back in the saddle, whether you're a beginner or haven't been on a push bike for a while there are plenty of benefits of taking up cycling in your daily routine or as a hobby. The Active Warrington team were on hand to show event goers local cycling routes, exploration

local cycling routes, exploration pathways and orienteering opportunities throughout the town. Lou Shannon, Inclusion and Engagement Officer at LiveWire said: "The day was really successful, we've seen a mixture of people who have come along to take part including; professional cyclists, families and people who haven't been on a bike in many haven't been on a bike in many years.

The event also showcased what Warrington has to offer to cyclists and that hopping on your bike is a great way for people to get active and healthy for free!"

LiveWire organises regular

around Warrington, you would like more information on where these take place visit: www.livewirewarrington.co.uk/ activezone

For more information on what's happening contact Lou Shannon on: 01925 624996 or Ishannon@ livewirewarrington.org



Cricket legends match raised £5,000



MORE than £5,000 was raised

MORE than £5,000 was raised for Age UK by a "legends" cricket match featuring former England stars at Grappenhall Cricket Club. Darren Gough, Derek Randall, Dean Headley, Alex Tudor, Steve Harmison and Grappenhall-born Nail Egistrather ware grappent Neil Fairbrother were among the exEngland players to take part in the game between a Professional Cricket Association Masters XI and an Age UK XI.

packed Broad Lane ground Α A packed broad Lane ground saw the Masters XI triumph – but more importantly helped raise vital funds for the charity which will be used to help older people in need. After the match there was a gala dinner with a silent auction of protion momorphila including a

sporting memorabilia, including a bat signed by the current England team.

Age UK spokesman Hugh Forde said: "We knew it was going to be

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exciting watching our team battling it out against some of England's finest cricketers.

"We were disappointed to be

beaten, but pleased that so many people turned out to enjoy the day and helped raise so much money."

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<u>Einancially yours</u> By David Watkinson

Delay for the introduction of automatic penalties

anson

It seems to be the habit of the It seems to be the habit of the tax office currently to change policy at short notice. Back in February, they delayed the introduction of automatic penalties under the RTI system of reporting transactions under of reporting transactions under PAYE.

PATE. Originally due to be introduced in April 2014, they announced that they would delay their introduction until October. Now, HMRC has announced that the introduction of penalties, for employers with less than 50 employees, will be further delayed for another 5 months until March 2015 2015

Obviously, as a firm we welcome this additional penalty "holiday". However, we do question why HMRC have had this sudden change of heart. have had this sudden change of heart. It is certainly not out of consideration for their "customers" with whom they have adopted an increasingly adversarial stance over the past 10 years. Therefore, it must be for their own convenience. Perhaps the reason lies in the statement by HMRC's director-general for personal tax, Ruth

Owen, that the extra time will allow HMRC to update its systems and enhance its guidance and customer support. In other words, they are not ready to apply the system accurately, unlike the majority of taxpayers. In the same statement Ms Owen states that "Our most recent figures show that over 95% of PAYE schemes making payments to individuals are successfully reporting in real time, and 70% say that it is easy to do".

and 70% say that it is easy to do. Why is this important? HMRC gave notice of its intention to introduce RTI nearly five years ago. Since then, employers as well as their advisors and software suppliers have spent an enormous amount of time manuer and effect in acting of time, money and effort in getting ready for the new system. This is in spite of the fact that RTI is, in almost everyone's opinion except HMRC, over complex and a distraction from the main task of business of creating additional employment and wealth for the economy. Over complex and a distraction; and yet it seems that the only people not ready to operate it are the people responsible for its



introduction!.

This failure of HMRC to apply the new system in a timely and accurate manner, and the resulting uncertainty and confusion that it has caused, shows the contempt with which they treat their "customers".

WatkinsonBlack are pleased to advise on these as well as other matters, including providing a very cost-effective payroll bureau service which will ensure that you meet all of your requirements under RTI. 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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Hill's hat-trick of awards



Chris Hill being presented with his Players Player of the Year award by Bennie Westwood

WARRINGTON Wolves' Prop Chris Hill carried off a hat-trick of awards at the club's annual awards dinner as he was voted Player of the Year, Players' Player of the Year and Vice

President's Player of the Year. Head of Coaching Tony Smith praised Hill's fantastic work ethic and said that although there were a number of outstanding performers in the squad, Hill consistently topped the points performances each work, even with limited time on the field.

even with limited time on the field. It was an evening of mixed emotions as the club bid a fond farewell to Michael Monaghan, Trent Waterhouse and Warrington born Chris Riley, who received a standing ovation from the packed audience in recognition of his loyal service. It was all too much for the winger who fought back the tears after being presented with a montage of his

presented with a montage of his career highlights at his home town club.

Meanwhile Chris Bridge received Meanwhile Chris Bridge received the Keith Naylor Community Award while Declan Patton was voted the Under 19s Player of the Year and Players Player of the Year. Michael Monaghan received the Supporters Club Player of the Year award

award

Phone reminders for hospital appointments

PATIENTS are to receive phone calls to remind them of hospital appointments in a bid to reduce the number of "did not attends". More than 9% of all hospital outpatient appointments are missed, costing Warrington and Halton Hospitals thousands of pounds per day.A few days before an appointment, patients will receive a call from the hospital trust which will confirm their appointment details. They will be asked to confirm their date of birth on the phone call to date of birth on the phone call to maintain patient confidentiality. You can then press the appropriate button on your telephone to confirm, cancel or rearrange your appointment. If they no longer need your appointment you can easily cancel or rearrange it during the call.

Reminders are made using automated telephone calls and calls made by call centre staff. The system is very easy to use from the patient's side when they receive a call and is completely free to them.

It's a service that's already in place in around 50 NHS trusts across the country. The hospital already uses text reminder services and provides an online form on its website to help patients reschedule their appointment if they cannot make it.

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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. - 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