

lifestyle

Magazine

August / September 2014

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Welcome to lifestyle

THANK you for the fantastic feedback to our new Lifestyle magazine.

Featuring local, regional and national topics our aim is to deliver something of interest to suit all tastes, while providing cost-effective and affordable opportunities for businesses in the area to promote themselves.

We would love to hear from you if you have a story to tell or a business to promote and with display advertising starting from as little as £25 plus VAT per issue it is a cost-effective way of reaching thousands of readers. See our contact details below.

There is certainly plenty of investment taking place in and around the Warrington area, especially with the proposals to regenerate the town centre, which will see the re-development of the town's market which is set to move into the former Boots building on Bridge Street, retaining the existing frontage.

Meanwhile by the time you read this we could be saying goodbye to one of the areas iconic buildings – with the old Ritz and Mr Smith's nightclub set to be bulldozed in early August.

A campaign has been launched to try and save the building for community use but as the developers

don't require permission to demolish it I fear for its future. I am sure many readers have happy memories of the former cinema and nightclub but it looks set to be yet another landmark to disappear.

The borough council could have bought the building a couple of years ago but lost out to private developers – and in turn lost out on having a say on its future. Let us hope that if it goes the area of land doesn't remain derelict for too long – although in the short term I wouldn't be surprised if it didn't end up being a car park!

 @GarySkent

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Double apprenticeship triumph

A Warrington-based business services group has been recognised for its fast-growing apprenticeship scheme – just days after one of its trainees won a prestigious award.

Optionis is celebrating being named as a North West regional finalist in the National Apprenticeship Awards (newcomer SME employer category).

The success comes after Tom Mellor, a 22-year-old accounts assistant at Optionis company ClearSky Contractor Accounting, was named apprentice of the year at Warrington Collegiate's annual award ceremony.

Optionis group managing director Derek Kelly said: "As a group we're committed to hiring and nurturing young talent, so it's great to receive formal recognition of our apprenticeship scheme.

"To have two pieces of good news in the space of a few days is absolutely fantastic. In fact, we were all still busy congratulating Tom on his achievement when we heard about the employer awards!

"We have apprentices working right across the group, in various companies and departments, and I personally have been extremely impressed with their hard work and creativity.

"A key pillar of our apprenticeship scheme is to ensure that all trainees are treated exactly the same as other, more senior employees from day one. They are all given genuine responsibilities and opportunities to gain new skills.

"Optionis apprentices also have the chance to secure permanent roles with us upon completion of their training. I think it's these features that persuaded the judges to put us on the shortlist for the regional awards.

"Now we're all looking forward to the event in September. To make it through to the national finals would be out of this world!"

As well as ClearSky Contractor Accounting,



the Optionis group is home to outsourced employment specialist Parasol and SME support provider ClearSky Business.

In addition to its Warrington headquarters on Centre Park, Optionis has bases in Middleton in Greater Manchester, Dorset and London.

There are 34 apprentices working across the group, 28 of which are based in Warrington. As its apprenticeship scheme continues to flourish, Optionis is now hiring an additional 19 Warrington-based trainees.

Vacancies exist in several departments including marketing, payroll, credit control, expenses and customer service. Visit www.optionis.co.uk/our-people/careers or email recruitment@optionis.co.uk for more information.

The latest recruitment drive will take the total number of Optionis apprentices to 53.

Katheryn's novel is a real page turner

A WARRINGTON student who says she can't imagine a life without books has had her first novel published.

Katheryn Thompson, who has just completed five AS Levels at Priestley College, wrote "Brown Leather Shoes" when she was just 15.

Her 217-page thriller impressed several publishers but it was Book Guild Publishing that backed it and it is available via Amazon, Waterstones and the Guardian Bookshop.

"It's all very surreal at the moment," said Katheryn, who is now just 17.

"It didn't seem real, but each time I tell someone the reaction is incredible and it makes me realise what has actually happened."

The novel took Katheryn less than a year to write while she was studying for her GCSEs at Penketh High School.

It tells the story of Superintendent Andrew Arling who wakes in his living room to find he can move his head, but the rest of his body is fixed to the armchair. He is actually in a coma after being attacked and the twists and turns of the story play out in his mind as well as through the investigations of his daughter who is also trying to solve the crime.

"I've always had a vivid imagination and a passion for reading and writing, so I often get ideas for stories," said Katheryn.

English teacher Hazel Norman recommended that Katheryn send her story to publishers and she did, receiving a positive response from several of them.

Now the book is available to buy as a paperback or e-book. For Katheryn, a steward at Penketh Methodist Church, it could be the start of an unexpected chapter in her life.

"I am already working on the sequel," she said. "I like the characters and an idea came to me straight away about what I would like to do with them."

Katheryn, is studying English Language, English



Literature, Law, History and Maths and is also working towards her Grade 6 flute and learning Latin.

Ann White, head of English at Priestley, said: "It is incredibly inspiring for the other students to hear about Katheryn's success.

"We hope she will be speaking to some of our first years about what she has achieved and how she went about having her novel published."

Katheryn added: "I would like to continue at Priestley next year, and then go on to university to read Classics and English.

"English literature is my passion, and I couldn't imagine a future that wasn't filled with books. I definitely hope to keep writing."

Famous explorer enjoys trip to Shelly's

Restaurant boss Michele Butterworth was pleasantly surprised when a "famous face" appeared in her premises - even though she didn't immediately recognise Sir Ranulph Fiennes.

The world famous explorer had just popped into Shelly's on Bold Street, Warrington, prior to a talk promoting his latest book at the town's Parr Hall.

Michele said: "I was busy cleaning up when a gentleman came in looking at all my yummy cakes and scones and wanted a latte, so I convinced him a scone warmed in the Aga was good.

"Talking to him I asked if he was passing through Warrington and he said he was giving a talk at the Parr Hall.

"I asked what he was talking about and he said 'Travel'.

"I went in the back and banged my head on the door Ehhh am I the thickest person in town?

"Realising it was Sir Ranulph Fiennes I came out and said sorry. He looks so much younger than his photos!"



He said he was glad that I didn't recognise him. He said "It's the name I want people to remember not my face!"

He then signed my visitors book and I rushed to the Parr Hall for my ticket!"

Michele added: "It would be fab if he left a recommendation on trip advisor as a person who really can be called a travel expert!"

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Police chief tries out green car concept



Cheshire's top cop Simon Byrne tested an electric BMW i3 on 30 June which if it passes the rigorous testing by the Force, could become part of the fleet.

Chief Constable Simon Byrne said: "The Force is often at the forefront of innovation. Adding electric cars to our fleet may provide more flexibility for use in routine enquiries as well as doing our bit to make the County 'greener'."

When charged fully the car can do between 80 to 90 miles and is remarkably quick off the mark. Fleet services and the driving school will be among the departments who will be scrutinising

the demonstrator car to work out whether it could be a contender for part of the fleet.

Head of fleet services John Heussi said: "For some years electric car production has been far below that of mainstream vehicles. Range availability and initial purchase costs have been prohibitive.

"The motor industry has now increased its focus on zero emission and low emission cars so it is time to look again as to whether we can benefit from the use of an electric car.

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'Cilla' to return to Coronation Street

Wendi Peters is a much loved TV and theatre actress, who became a household name after playing the infamous Cilla Battersby-Brown in ITV's Coronation Street. Wendi is reprising her role as Cilla and returning to the cobbles later this year.

Wendi has starred in numerous stage productions in London's West End and on tour, including performances in Grumpy Old Women Live 2 – Chin Up Britain, White Christmas, The Mystery of Edwin Drood, Rutherford and Son, The Game and Guys and Dolls. In 2009, Wendi was a finalist on BBC1's Celebrity Masterchef, followed by cookery demonstrations on programmes including Market Kitchen, Christmas Cooks, This Morning and with Gordon Ramsey on The F Word. Wendi has become a regular guest and presenter alongside celebrity bakers such as Mich Turner and Peter Sidwell at high profile baking trade events including the annual Cake and Bake Show.

The actress and Masterchef finalist has joined forces with a leading cake and bread mix manufacturer to further fuel the nation's love of home baking by creating a series of short 'how to' films on baking simple bread and cake recipes including: Chocolate Chip Muffins; a classic Madeira sandwich cake and a white Bloomer Loaf. In two shorter films Wendi provides tips on how to make indulgent Toffee Chocolate Chip Muffins and Mediterranean style Parmesan and Sundried Tomato rolls

Lifestyle will feature one of Wendi's exciting recipes in the next issue, due out in October

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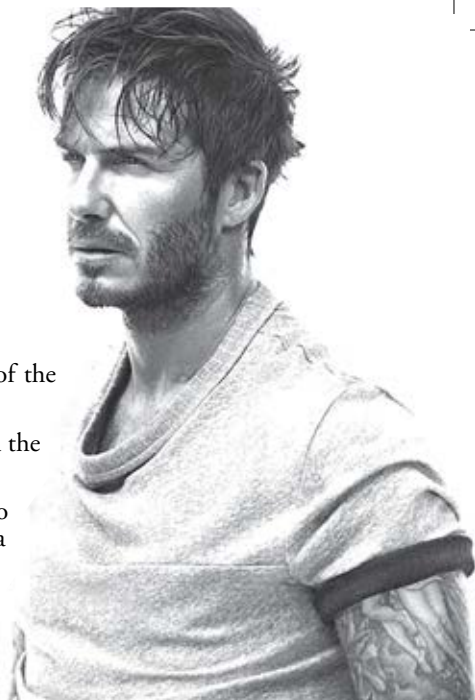
David Beckham . . . a brand that's in fashion

Love him or hate him, you can't keep David Beckham out of the headlines.

If he's not on the soccer field or in the Brazilian jungle, he's on the fashion pages.

This autumn he is introducing new styles and fresh trends to his David Beckham Bodywear range for H&M, again with a focus on comfort, fit and function.

He says: "These new pieces for my Bodywear range have a real energy about them. I genuinely enjoy the creative process with H&M and we have had fun this time playing with colour and texture. I hope people like them as much as I do."



New this autumn are checked woven pyjama pants in cotton poplin, in a fresh shade of blue. Other new styles include colour-blocked Henleys and Long Johns that contrast cotton with wool, as well as heavy knit cotton boot socks and cotton beanies.

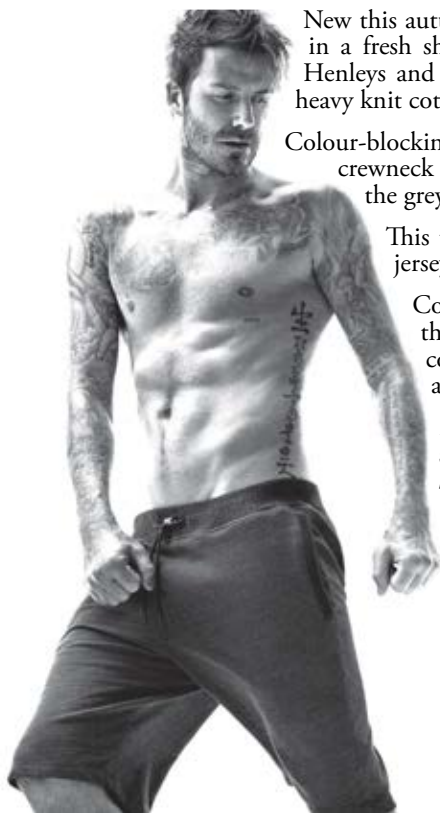
Colour-blocking and stripes are the main themes, especially on a crewneck sweatshirt, where a trim of vertical stripes contrasts with the grey colour-blocked body and sleeves.

This trim of vertical stripes is also found on pyjama t-shirts, jersey pyjama pants and shorts.

Cobalt blue is the key shade of the season, complimenting the classic shades of grey and black that run through the collection, as with the horizontal striped Henley's in blue and black or shades of grey.

David Beckham Bodywear has been an instant global success since its launch in February 2012.

The collection is centred on a core range of bodywear pieces designed for fit and functionality as well as great style.



Have you tried to diet in the past but still struggling to shift the pounds?

Are you ready to lose weight and keep it off in the long term?

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LiveWire Lighter

LiveWire Lighter is a new weight management programme in Warrington which helps you to lose weight in the long term. It ISN'T A DIET and NO FOOD IS BANNED (sigh of relief); instead it focuses on healthy eating and portion control which can be maintainable as part of a healthy lifestyle. This means that you are in control of what you eat; enabling you to plan meals that the whole family will enjoy. You will even be able to enjoy yourself when eating out or at special occasions.

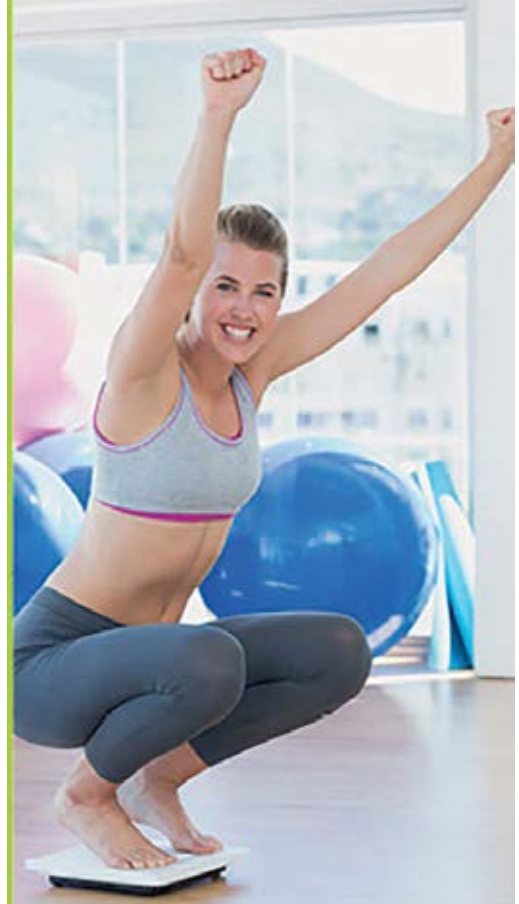
The group sessions will provide you with the knowledge to help you to make realistic changes to your eating and exercise behaviours, as well as learning to be more mindful about your lifestyle choices. You will also receive valuable tips from the team and the other group members.

Healthy eating doesn't have to be boring and to lose weight successfully; you need to enjoy your food. LiveWire Lighter will provide you with online resources and a recipe book full of fun, tasty, easy to make recipes.

By improving your eating habits, increasing your exercise and weight loss, you will reduce your risk of developing certain diseases including heart disease, stroke and type two diabetes. You will also reduce the likelihood of developing osteoarthritis, back pain and mental health conditions including anxiety and depression. Furthermore, you will have more energy and be able to fit into those clothes you haven't worn for months and feel great!

The programme will help you to feel more confident about how to lose weight, empower you to make the changes and put you in control of how you want to look and feel. The long term support that you will receive in the group and online will allow you to achieve your personal weight loss goals and maintain them for life.

For further information pop into your local LiveWire site or visit: www.livewirewarrington.co.uk/livewirelighter



Celebrate the summer with LiveWire



whether the weather is sunny or rainy LiveWire's range of summer activities will keep the whole family entertained. From learn to swim crash courses and tennis camps to arts and craft activities and reading challenges, LiveWire have a host of events to suit one and all.

LiveWire's summer reading challenge this year is Mythical Maze and challenges children aged four to eleven to find their way around a labyrinth that introduces them to fantastical creatures from

the world of legend and mythology, collecting stickers of each character along the way.

Celebrate the end of the summer holidays in style with LiveWire's Summer Cycle Celebration on Saturday 30th August at Orford Jubilee Park. The day will run from 1am – 3pm and involve a one mile cycle route around the park alongside family activities, training sessions and demonstrations, in partnership with Bikeright.

This is just a taster of what's on across LiveWire's sites throughout July and August. Make sure you visit www.livewirewarrington.co.uk/events for even more fun



Do you want to enjoy better health?

Then you need a happy and active social life

There is a growing acceptance in the medical community that people who lead happy and active social lives enjoy better health than those who do not. The importance of strong social networks, access to friends, family and support, and an active social life should not be underestimated.

'Social prescribing' is about linking people up to beneficial activities in the community and connecting people to non-medical sources of support. There is increasing evidence to support the use of social interventions for people to improve their health and wellbeing.

A successful pilot project has recently run at Westy Community Centre, supported by the Wellbeing Mentors from Warrington Borough Council's Central Neighbourhood team, in partnership with the Council's Public Health Division.

Attracting 10 people, the project comprised a mixture of practical sessions during which everyone learned new cooking skills, tried out new recipes, and took part in some light exercise – walking, yoga and athlefit. Each week the group not only gave members the opportunity to work together and try something new but, most importantly, allowed them to meet new friends, share and reduce their isolation.

Donna Hynes, Wellbeing Mentor who helped run the group, said: "To be able to see the confidence of people increase from week 1, where everyone was a stranger, to the final week, where real strong friendships had been formed, was amazing. People have learnt new skills but most importantly have made some new connections; have taken steps to start looking after themselves, they feel better about themselves and they want to do more of this type of thing and share it with others."

The group has been such a success that the members are now planning a new calendar of activities and want to include others living locally to share in their positive experience.

With continuing help and support of the



Wellbeing Service, Central Neighbourhood team and Public Health, more of these groups will be popping up across Warrington.

If you would like more information about them, or are interested in joining in, please contact Central Neighbourhood team on 01925 231720.

Central Area Local Fund

Grants for Community Projects from £50 to £5000



Do you have a community project in need of funding?

Warrington Borough Council's Central Area Local fund can offer grants from £50 to £5000 to help your project.

What type of projects can be funded?

Funding is available for all sorts of community projects which can contribute towards the central area plan. For example:

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- A job club
- * A luncheon club
- * A community event such as a fun day
- * Youth activities

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Now summer is here – Which convertible to

I am slightly biased and have such amazing deals with Mercedes that I personally come down in favour of the E Class Cabriolet! But BMW certainly is an eye catcher too!

Both cars get 17-inch alloys, electric (and heated) leather seats, climate control, auto wipers, cruise control, DAB, Bluetooth and a USB socket. The Mercedes even gets sat-nav as standard, which costs £890 on the BMW.

What are they like to drive?

Both engines are punchy enough for keeping pace with fast-moving traffic. The Mercedes' diesel engine pulls from slightly lower revs (around 1400rpm), but the BMW isn't far behind, and its extra 14bhp means it can ultimately accelerate more briskly.

The BMW's engine is noisier and can be heard more clearly than the Mercedes' when worked hard, with slightly more vibration through the pedals.

The 4 Series in our picture has a six-speed manual gearbox, but the optional eight-speed Sport automatic 'box is the better choice, and is more accomplished than the E-Class' auto 'box. The BMW's auto is smoother choosing the right gear more often, and responding faster when using the steering-mounted paddles.

It handles more sweetly, too, turning into corners more sharply and controlling its body movement better through tight twists and turns although the Merc still gives you plenty of confidence as you turn in.

The E-Class has adaptive suspension as standard, this is a £750 optional extra on the BMW.

The Mercedes' suspension is softer than the BMW's, so is more forgiving over big bumps and smooths out most minor scars but the BMW feels more robust than the Mercedes when going over bumps in the road.

Roof down and the Mercedes remains the more refined car. Front passengers are better sheltered from wind, and the E-Class' standard Aircap system deflects wind over rear passengers.

Achieving the same calm in the BMW requires spending an extra £265 on a large wind deflector, which sits across the rear cabin, effectively turning it into a two-seater.

What are they like inside?

Even tall drivers will find it easy to get comfortable in either car, because there's a wide range of adjustment in driver's seats and the steering wheels. They'll have no issues with headroom either.

The E-Class' front seats are more supportive than the BMW's in standard form.

Getting into the back is easy enough in both cars, but there isn't much legroom. The BMW is marginally better and it has slightly more shoulder and headroom.

The boot in either car will swallow a set of golf clubs or a small buggy – when the roof is up. However, folding down the Mercedes' fabric roof reduces boot space only slightly, whereas the BMW loses much more space because its metal hood concertinas into the boot.

Both get ski hatches as standard, making loading long items easier. For an extra £170, the BMW is



E220 CDI CABRIOLET V SE AUTO

tempts you? *by* Claire Davies
of Greenapple Leasing

also available with split-folding rear seats, which aren't available on the E-Class.

Both dashboards look smart enough, although the 4 Series feels slightly classier and its infotainment system is more intuitive with user-friendly menus.

The Mercedes has a larger standard colour screen, but its three-layer menu system is trickier to navigate.

What will they cost you?

To Lease -

6 + 23 BCH Deal at 10k a year

Mercedes E220 CDi Cabriolet SE Auto
£340.54 + VAT per month

BMW 420d Convertible SE Sport Auto
£529.02 + VAT per month

In fairness, at Green Apple, we are Mercedes specialists so our Mercedes prices are the best in the UK.

The 4 Series has the cheaper list price, but go in search of discounts and you'll spend less on the Mercedes; a price cut of more than £5000 means it will cost you £1700 less to buy.

The E-Class is also predicted to hold on to more of its value for longer, so even though it's a bit more expensive to insure and service, it'll still work out around £1800 cheaper over the first three years.

The opposite is true if you're a company car driver, though; the E-Class sits in the same tax band as the 4 Series, but its higher list price means 40% rate taxpayers will have to pay £150 more each year in company car tax.

Contact Green Apple Leasing for prices at www.greenappleleasing.co.uk (ask for Claire)



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This month's Victory Speciality is another twist on a classic:

Coconut Mojito

A regular Mojito is probably the most popular cocktail on the planet at the moment, but it's nice to stay ahead of the curve with a little originality. Almost every bartender on the planet will have their own method for a Mojito, but in our view simplicity and quality are the key elements, ours goes like this:

Start with 5 fresh mint leaves — clap them in your palms to bruise the leaves — this releases the mint oils.

Add 25ml of Coconut Rum to the glass,

Crush 4 lime wedges into the glass and drop them in.

Pack the glass with smashed ice, then stir it all up to draw the Malibu, mint and limes through the ice.

Top it with a dash of lemonade and garnish with another wedge of lime and a sprig of mint.

Our Coconut Mojitos are perfect for a sun-drenched evening on the terrace, whether you're dining or just after something tropical to wind down with.

We've also just launched our summer wine list, which now features wine by the glass from £2.95 and £12.50 by the bottle. It's revitalised our wine offering and provides massive value for our guests, whether you fancy white, red or rose!

We also have 2 brand new food deals: £3 burgers every Friday from 5-9.30 and an amazing value lunch menu including a soft drink for only £5.95.

There really is something for everyone in The Victory Pub & Kitchen this summer —I look forward to seeing you!

Jack Hughes
Victory Pub & Kitchen Manager
De Vere Village Urban Resort - Warrington
Centre Park
Warrington
WA1 1QA





Keep on the straight and narrow!

This deliciously light pasta salad is the ideal way to shed weight after overindulging, without compromising on taste. Made with tagliatelle, it's satisfying enough to ensure dieters won't fall off the wagon, whilst providing almost all of the five-a-day in one sitting!

Chicken and Vegetable Tagliatelle Pasta Salad

Serves 4

Level of difficulty: Medium

Preparation time: 60 minutes

Ingredients

2 tbsp + 1 tsp olive oil
 300g tagliatelle pasta
 2 skinless chicken breasts, cut into thin strips
 1 cucumber, cut into thin slices
 Half a head of lettuce, shredded
 1 red pepper
 1 green pepper
 1 yellow pepper
 2 tomatoes cut into thin slices
 1 tbsp sherry vinegar
 Salt and freshly ground black pepper to taste
 2 tsp runny honey
 15g pistachio nuts, roughly chopped

Preparation

1. Heat 1 tsp olive oil and fry the chicken for 5 minutes or until cooked through.
2. Slice the peppers in half and place under a medium hot grill for 10-15 minutes or until the skin is black. Cover with a clean wet tea towel and allow them to cool. Peel off the skin, remove the seeds and slice the flesh finely.
3. Cook the pasta in a large pan of salted boiling water until 'al dente'.
4. With the lettuce as the base of the dish, add the cucumber, chicken strips, tomato and pepper.
5. For the vinaigrette mix the honey, vinegar, salt, pepper and 2 tbsp of olive oil and then dress the salad.

New translation of an epic love story

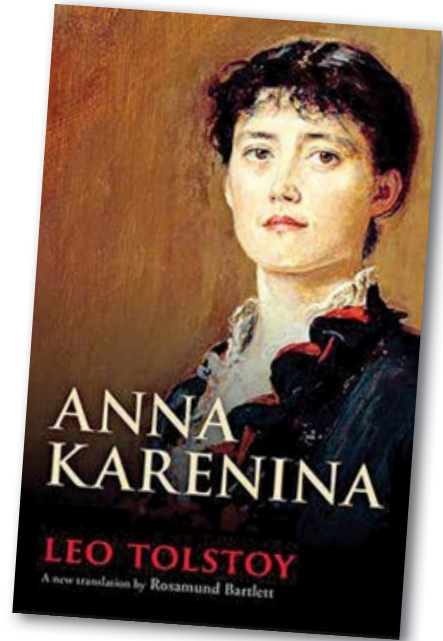
A riveting new translation of Tolstoy's "Ann Kerenina" claims to give the famous love story an immediacy, majesty and clarity that no other translation of the novel has ever achieved.

The translation by Rosamund Bartlett, with an introductory essay, explanatory notes and bibliography, will be the go-to English version of "The Russian masterpiece", it is claimed.

One of the greatest novels ever written, "Anna Karenina" combines penetrating psychological insight with an encyclopedic depiction of Russian life in the 1870s. It creates an intricate labyrinth of connections that is profoundly satisfying, and deeply moving.

Bartlett has previously written an acclaimed biography of Tolstoy and her intimate knowledge of his life, the contexts in which he wrote, and insight into his literary artistry and achievements, all contribute to the work.

The book is published by The Oxford University Press on August 28 at £18.99.







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Global threat of antibiotic resistance

The Prime Minister David Cameron has called for global action to tackle the growing threat of resistance to antibiotics.

Growing numbers of bacterial and viral infections are resistant to antimicrobial drugs, but no new classes of antibiotics have come on the market for more than 25 years.

Around 25,000 people already die each year from infections resistant to antibiotic drugs in Europe alone and the lack of new drugs which are capable of fighting bacteria has been described by the World Health Organization as one of the most significant global risks facing modern medicine.

The Prime Minister wants Britain to lead the way, using its international leadership and world-class pharmaceutical sector - which employs thousands of highly-skilled experts and is a key part of the country's economy - to battle against antimicrobial resistant infections and bring new drugs to the world market.

Mr Cameron has commissioned a wide reaching independent review, led by the internationally renowned economist Jim O'Neill and co-funded and hosted by the world's second largest medical research foundation, the Wellcome Trust, to explore the economic issues surrounding antimicrobial resistance.

The review will set out a plan for encouraging and accelerating the discovery and development of new generations of antibiotics.

Jim O'Neill will work independently of government, and will have full freedom to approach the issues and the evidence as he sees fit. He will work with international experts covering all aspects of the AMR pipeline and associated economic issues to identify a range of proposals that can form the basis of a new, strengthened global effort.

The full scale of the economic burden of drug resistant infections - and the cost of a failure to take concerted action to address it - is not yet fully understood.

The announcement of the review comes after antimicrobial resistance was chosen by the public as the winner of the £10m Longitude Prize, with



a focus on creating a cheap, accurate and easy-to-use test for bacterial infections that will allow doctors and nurses to better target antibiotics and prevent over-use.

Dr Dan Bunstone, Warrington CCG lead clinical lead for long term conditions, said: "We're supporting the call for action on this urgent problem.

"People will again start dying from routine infections if this is not addressed.

"For example, the reason MRSA has become such a concern in hospitals is that it developed antibiotic resistant strains.

"Warrington's GPs are advised not to prescribe antibiotics unless needed - and we want patients to understand the reasons why.

"Antibiotics won't help with colds and the flu, but taking them unnecessarily will add to the global problem - and increase your personal risk that antibiotics won't work for you anymore.



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