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Issue No. 129

July 2010

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**Holly
wins
another
title**

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published monthly by
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Printed by TwentyFourSeven

IS Warrington town centre the place to build a new £6 million 'world class' youth centre during these tough economic times?

Members of the borough council's executive board think so - and believe the concept to be "exciting".

Fifty four per cent of young people consulted say their ideal youth provision would be located in the town centre and 76 per cent say they would use a town centre youth provision if one existed.

Many businesses and voluntary groups are also enthusiastic and want to be involved - apparently even to the extent of contributing to the running costs of up to £850,000-a-year.

But if 54 per cent of young people believe the town centre to be the ideal location, presumably up to 46 per cent think otherwise. And their reasons are understandable.

They are worried about alcohol, drugs and anti-social behaviour.

No doubt their parents - particularly those who live in the outer areas of the borough - would have similar concerns.

We are all in favour of Warrington having a world-class youth facility but we would have thought the town centre, with its unfortunate reputation, was the last place it should be located.

It will be two or three years before the "Youth Zone" is likely to be built. Not long, we fear, to change the

whole character of the town centre sufficiently to make it a suitable place for our young people up to 10pm.

We also mustn't forget that Warrington already has an excellent youth facility based at the internationally renowned Peace Centre, which is already home to Warrington Youth club and the Warrington Foundation4Peace charity, as well as the regional HQ for the NSPCC.

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Holly wins another title

WARRINGTON model Holly Ikin, 23 has won yet another title after being crowned Miss England Cheshire.

Holly from Culcheth won the title during the event at the Daneside Theatre, in Congleton and will now be in the finals of Miss England - which if she wins would mean a place in Miss World.

All of the contestants took part in a live catwalk show in front of the judges - which included the current Miss England and Mr England Andreas Katu.

They competed in evening wear, summer wear and the new sports wear round - which was introduced this year after current Miss England

Lance Corporal Katrina Hodge banned the swimwear competition.

Clothing for the show was provided by Debenhams of Chester and a team of make up artists from Bobbi Brown did the honours with the make up.

Holly's prizes included; a huge prize package from Debenhams of Chester, portfolio from Paul Fisher Photography, website from Camm 21 and a stay at the Vincent Hotel in Southport. Entertainment was provided on the evening by Funkstar Dance of Birkenhead and Vocalist Claire Pritchard.

Titles

The former Miss England finalist, who has won various titles in recent years, is thrilled with her latest crown. "I think I am still dazed from winning and it's still not quite sunk in.

I had a fantastic day and it was such a difficult competition - which is why I'm still in shock that I won! All of the girls were fantastic and we had a giggle all day.

"Winning means a lot to me as it means that I will be in the Miss England final.

"Bringing the Miss England crown home to Cheshire, and more specifically, Warrington, would be a dream.

"It's the 60th anniversary of Miss World this year; the winner of Miss England will go to compete in Miss World, which is being held in Vietnam - I would love to make it that far but think that's a long way off yet!

Meanwhile Holly, who says this will be her last shot at the Miss England title as she is "getting too old," has also agreed to be the new face of Warrington Town FC and will model the teams new kit when it is launched next month.



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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

Self preservation

Who is the most important person in your life at the moment is a question I often ask my patients.

When they start telling me I raise both hands and count the people they mention, encouraging them to name names, husband or wife, children each one adding to the raising number of digits, aunts, uncles, brothers, sisters, friends even the cat, dog and budgie sometimes, each one adding to the number of fingers I display to them as they speak.

My next question often however brings an important point to light.

Still holding my raised hands in front of them, with all fingers and both thumbs outstretched I ask "and where are you in this list"? And so often they have ignored themselves; their own needs put to one side. This is laudable, but often detrimental to them.

I then ask my client, what happens to them if something happens to you? This can be a sobering thought.

All too often we as individuals do not notice the importance of our lives in the lives of others, so often we say no to ourselves so we can say yes to others. Even when we know we are

saying yes and no in the wrong places!

As I said earlier this is laudable, but makes little sense. Of course we have to be flexible at times, we have to do things we don't want to do, I am not advocating complete selfishness, but we have to recognise we can say yes and no where we want them to fit, we should take time out for ourselves and say yes to ourselves, so we can feel better, contribute more in the longer term, be more relaxed and rested in mind, body and emotions.

During these difficult social and economic times, we need to look at every way we can to be at ease with ourselves, to regain, maintain or enhance our confidence and self esteem, to be more relaxed, to find ways of enhancing our relationships with others and finding ways to help us be who and what we are capable of being.

The airline industry presents us with a great example of self care.

Anyone who has taken some interest in the safety procedures demonstrated by the cabin crew pre take off, will be aware that adults are instructed in the case of any emergency where oxygen masks drop

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



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

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

down in front of passengers, it is important that adults put on their own oxygen masks before aiding their children with theirs. It makes perfect sense, you as the responsible adult can help your child much more effectively if you are not gasping for every breath; oxygen starved trying to help your child before you pass out, in which case your child will not stand much of a chance without you.

This much more dramatic example portrays the importance of looking after ourselves. We can all identify people who are doing a slow motion version of not putting their masks on, struggling to help others while slowly driving themselves to despair, distraction and destruction.

So we take responsibility for what we choose to do, and what we choose not to do.

I hope readers will consider looking after them selves, for simply it is not selfishness, it is self preservation.

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Stuart conquers Everest for third time

A FORMER Warrington man has become the first Briton to climb Mount Everest by the notorious North Ridge route THREE TIMES.

Former Penketh High School pupil Stuart Peacock led a team of five Britons and six Sherpas to the 8,848m summit, taking advantage of a "short weather window."

He is now back home in the Lake District where he now lives with his wife, Kelly, who formerly lived in Great Sankey.

He said: "It was a nice day. The weather was perfect and it was good to be back on top."

A number of other team members, including the 33-year-old former England rugby player Josh Lewsey, failed to reach the summit.

The team had to battle against winds of more than 50mph on the North Ridge to reach a height of 7,800m to be ready for the short weather window.

Rugby star Lewsey had to make an emergency descent from 8,700m because of damage to his breathing

apparatus meant it could not give him enough oxygen.

Stuart got an early taste for climbing when a member of the 28th Warrington Scouts, based at Latham Hall, Penketh and later when he climbed as part of his Duke of Edinburgh's Award programme at school.

Years later, when he lost his job as an electronic technician, he decided to sell his house to fund his first ascent of Everest in 2002 and then, after tackling some of the world's most challenging mountains he obtained a job as a mountain expedition leader.

By the time he climbed Everest a second time, in 2006, he had also climbed Kanchenjunga (8,586m) and Cho Oyu (8,188m).

He said: "I had always dreamed of getting a job in climbing. It's like a dream come true - getting paid for doing what I love most."

Stuart's Mum, Mrs Mavis Peacock, of Penketh, said: "I am so proud of him, but I always worry when he is climbing any mountain. I am not happy until he is back home."



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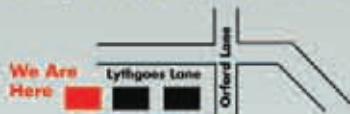
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Business fair puts market on the map



A BUSINESS Enterprise Fair at Warrington market attracted interest from across the region.

Market managers from eight neighbouring markets came to have a look at the event with the idea of running a similar event in their markets.

They travelled from Leicester, Wrexham, Preston, Wigan, Stockport, Oswestry, Ellesmere Port & Neston and Congleton.

The event, launched by Warrington's Mayor John Joyce marked the start of European SME (small and medium sized enterprises) week designed to promote entrepreneurs and help small businesses overcome the problems and challenges they experience on the road to success.

Various support agencies who exhibited at the event reported receiving lots of new enquires.

Market manager Stephen Pickering said: "I was surprised by the number of people who came from outside Warrington. The postcodes on our free prize draw indicated Liverpool, Chester, Manchester, Wirral and further afield. It proved to be a great success."

Pictured at the launch are (back to front) organiser Stephen Pickering, Julian Lewis - President of National Market Traders Federation Cllr Bob Barr and Ray Rigby - Chair of Warrington Market Traders Association with front Mayor - Cllr John Joyce, Mayoress - Elizabeth Joyce and Hazel Naseem - Warrington Market Traders Association.

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BNI's philosophy is 'Givers Gain' and their members know just how effective 'farming' is compared to 'hunting' when wanting to develop long-term relationships.

Have you ever met someone with whom you've developed an instant rapport? We all have. We see eye to eye with them, talk their language and have a good feeling about them. But how often does this happen?

There are techniques that allow people to develop rapport quickly and effectively by 'mirroring and matching' and using similar language structures but to get to know and trust someone we must share information.

Personal information can help us bond with each other through our common interests and backgrounds. Our achievements will help us gain credibility and our ambitions and goals will help others grasp what it is we desire in both our private and business lives.

The ability to share information for some people doesn't come easily but neither does extracting information. In order to help people we need to know what questions to ask and then how to listen. In fact not just listen but how to hear!

Just as important as asking great

questions is to have the answers to those questions that an effective networker will ask.

Who are your existing clients, what is target market, who can you work with and why would someone want to meet you?

What events do you attend and what events should you be attending? Do you have a really good referral strategy?

BNI not only has a very structured approach to their meetings that has been developed to maximise the business that is passed between its members but the training that it provides help business people become more effective when meeting new contacts throughout their daily lives.

Word of mouth marketing is an extremely cost effective way to generate new business. Make sure when you network you're making the most of the opportunities you create.

There are THREE BNI Chapters in the Warrington area, based at the Paddington House Hotel, Woolston, The Lymm Hotel, Lymm and the

Viking Chapter based at the Lord Daresbury.

The Paddington House Chapter has been established more than 10 years generating tens of thousands of pounds of new business for its members.

BNI is the largest organisation of its kind and has a strict policy of just one profession per chapter ensuring there are no conflicts. If you are looking to generate more business and to lock out your competition contact your nearest chapter via Ewan Sturman (see right).



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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New Mayor is a Saint!

WARRINGTON'S new Mayor John Joyce will have divided loyalties representing the town when his civic duties take him to the Halliwell Jones on match days – because he is a lifelong St Helens fan!

But Burtonwood based father of four John, who went to school with Rugby League legend Alex Murphy, is no stranger to divided loyalties as he met his wife Betty at Wilderspool while watching a Warrington v St Helens match supporting opposing sides - and they married a year later! "Being Warrington's first citizen is



a very proud moment and I am looking forward to my duties," said 70-year-old John, who worked at Ford's Halewood plant as an auditor until his retirement.

"My mixed marriage is still working

40 years on so I will have no problems representing Warrington and supporting St Helens on the rugby field.

"But Betty does love rubbing it in every time St Helens lose!"

But John has the last laugh as his sons are all Saints fans!

He says one of his proudest moments during his time on the council was leading it into Unitary Status in 1997 as Labour leader of the council.

Meanwhile he has chosen Warrington Grassroots as his Mayoral charity to help those volunteering in the community.

He was proposed for Mayor by his long time fellow Burtonwood councillor and current leader of the Labour group, Terry O'Neill and seconded by deputy group leader Mike Hannon, who said: "If St Helens win any major trophies this year you can't have any civic receptions at the town hall!"

Lib Dem councillor Ted Finnegan, who has represented Latchford West since 2000 and been a parish councillor for 20 years, was elected as Deputy Mayor.



Ailsa comes home at last

WARRINGTON-born jazz singer Ailsa has made her home town debut - more than 20 years after launching her professional career.

She appeared at a "jazz gourmet" evening at Shelly's restaurant, Bold Street - singing a wide range of music from the Great American songbook through to Amy Winehouse.

Ailsa is back living in Warrington for the first time in 20 years and during her time away has established an enviable reputation in Japan, Singapore, Taiwan, the United States and Europe.

Before that she sang regularly in London after completing her studies at

drama school - but the nearest she ever got to Warrington was Manchester.

She said: "I am a trained actress as well as a singer so my original aim was a career in theatre.

"But things worked out differently and I ended up singing in clubs and concert halls and the work kept me abroad for almost 20 years.

"It was a bit strange performing in my home town - particularly as I am not well known here. But I was grateful for the chance of singing at a small, intimate restaurant where there was a really good atmosphere.

"I am really looking forward to further gigs in my home town."

'Big Lunch'

THE Mayor of Warrington, John Joyce, is set to play a key role in uniting communities by hosting his very own "Big Lunch" as part of a campaign to draw local people closer.

Plans are underway for the day at Walton Hall Gardens from 12-4pm on Sunday July 18, with similar events happening throughout the county and beyond.

The aim is to bring communities together to appreciate locally grown or produced food or drink. More details of The Big Lunch can be found at www.thebiglunch.com



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Rocket is related to horseradish and cress, which is no surprise given its peppery taste. The flavour gets stronger as the leaves grow bigger; wild organic leaves have an even stronger flavour than regular rocket. If you find rocket too intense alone in a salad, mix up the leaves with some less full-on flavoured salad leaves. A little goes a long way.

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- salt and black pepper

Add all ingredients to olive oil and season

Gently rub into Chicken, and leave in fridge covered with cling film overnight

Cook on hot barbeque for about 4-5 minutes on each side or until cooked but not burnt

Warrington slimmers success in weight loss challenge!

A group of slimmers from Warrington are holding a party to celebrate losing an incredible 29st 10lbs as part of a community weight loss challenge.

The slimmers, who attend the Birchwood Slimming World group, joined the club's 12-week Let's Beat It Together weight loss challenge in February and they're not just stones lighter, they're healthier and happier too.

Slimming World launched the Let's Beat It Together challenge in Warrington after their UK Body Mass Index (BMI) map showed that obesity is on the rise, with more and more people in our region now overweight. The campaign aimed to get people thinking about their weight and health and that of their families and loved ones. It also aimed to show that losing as little as 5-10% body weight in 12 weeks can have huge benefits on health and wellbeing.

Tracey, Slimming World Consultant for the Birchwood group, has been delighted with the results: "Let's Beat It Together has had a huge impact on our group and on Warrington as a whole. "We encouraged people in the local

community to lose weight by making small changes to the way they shop, cook and eat and by becoming more active.

"The response has been brilliant. We welcomed a total of 32 new members during the 12-week campaign.

"As a group we've lost a record breaking total of 29st 10lbs - well worth celebrating, which is just what we plan to do!

"By meeting the challenge, our members have reduced their risk of heart disease, diabetes and stroke, become more mobile and they feel so much better. It's been hugely rewarding to be able to show people that losing weight doesn't have to mean going hungry."

"At first our new members couldn't believe they'd lose weight while still enjoying normal food like lean meat and fish, pasta and potatoes, plenty of fruit and veg, and without ever having to go hungry!" says Tracey. "But now they're seeing the results for themselves.



And they're delighted they don't have to give up chocolate or alcohol either!"

One person who is glad to have been part of Let's Beat It Together In Warrington is member Karin who has lost 1st 7lbs in 12 weeks thanks to the campaign.

"I've only been coming to the group for a short time but it's made a huge difference to the way I feel," she says. "The weight has come off easily and I feel great as a result. And it's not just me who is seeing the benefits either. My whole family has been eating more healthily - lots more fruit and veg, less fatty foods, less expensive convenience foods, and getting more active. I've made some great friends at Slimming World and I can't wait to celebrate with them - we've all done so well!"

Tracey says group support is at the heart of Slimming World's service and is key to the success of its members: "We have a lovely, warm and friendly group," she explains. "Everyone is so supportive and, because we've all

experienced problems with our own weight, members are full of ideas to help support to make changes when they need that extra bit of inspiration and motivation. There really is something for everyone.

"To kick off the campaign we held a big 'lets beat it together' walk for everyone who wanted to take part, we had consultants, group members friends, family and dogs!!!"

We welcome anyone in Warrington who's keen to lose weight to come along and find out what Slimming World is all about. It could be the start of a healthier, happier future for them too!"

The Birchwood group runs every Tuesday at 5:30pm at Birchwood Community High School. For more information on the group contact Tracey on 01925 486570/ 07506711393

To find your nearest Slimming World group visit www.slimmingworld.com or call 0844 897 8000.



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Monday at 7:00pm
Your consultants name is Karen

TUESDAY

Orford

Carlsberg Tetley Club, Long Lane
Tel: 01925 821562
Tuesday's at 5:30pm & 7:00pm
Your consultants name is Sarah

Fearnhead

St Bridgets Church, St Bridgets Close
Tel: 01925 821562
Tuesdays at 10am
Your consultants name is Sarah

Grappenhall

Bradshaw Primary School
Bradshaw Lane
Tel: 07960961518
Tuesdays at 5.30pm & 7.30pm
Your consultants name is Kerrie

Birchwood

Birchwood Community High School
Community Entrance, Brock Road
Tel: 07506711393
Tuesdays at 5.30pm
Your consultants name is Tracey

Stockton Heath

St Thomas' Church Hall
Ellesmere Road
Tel: 07960961518
Tuesdays at 1.15pm
Your consultants name is Kerrie

Lymm

Lymm Youth and Community Centre
Bridgewater Street
Tel: 07875391833
Tuesdays at 10.30am & 5.15pm
Your consultants name is Debbie

Penketh

St Joseph's Social Club
Meeting Lane
Tel: 01925 712094 / 07801540735
Tuesdays at 10am, 5.30pm & 7pm
Your consultants name is Serena

WEDNESDAY

Warrington

The Halliwell Jones Stadium
Winwick Road
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Your consultants name is Debbie

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The Mission, Warren Lane
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Wednesdays at 5.30pm
Your consultants name is Jacqui

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

Appleton Thorn

County Primary School, Arley Road
Tel: 07948375260
Wednesdays at 6.30pm
Your consultants name is Sara

Winwick

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

THURSDAY

Latchford

The Grange Sports and Social Club
Grange Avenue
Tel: 01925 572926
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

Padgate

Padgate C of E Primary School
Station Road
Tel: 01925 712094 / 07801540735
Thursdays at 5:30pm and 7:00pm
Your consultants name is Serena

SATURDAY

Latchford

The Grange Sports & Social Club
Grange Avenue
Tel: 01925 572926
Saturdays at 10am
Your consultants name is Jennie



Marathon effort will be bigger

NEARLY 2000 runners have already registered for the second New Balance English Half Marathon in Warrington on October 3 - which aims to be even bigger and better than last year.

The aim is to build on the event each year with the goal of attracting 10,000 runners for 2012 to coincide with the Olympics and the opening of the £30m Orford Park Project.

While the route will remain in the south of the borough this year it is likely to be moved to Orford Park for 2012. Last year, the event attracted over 2,300 runners and the aim is to get 4,000 people into their running shoes this year.

Sponsors New Balance, Warrington Council and the North West Development Agency are again backing the venture which provides an economic boom for the town.

Race director Mike James said at a special launch at the town hall: "Last year was an astounding success and exceeded our expectations. The feedback we received from runners was the best we've had for any event we've organised."

As the only remaining global sportswear brand to still manufacture running shoes in the UK, New Balance was keen to maintain its support and links with the English Half Marathon with its European HQ also based in Warrington.

New Balance UK and Ireland country manager, Mark Ward commented: "We are thrilled to see the New Balance English Half

Marathon return to Warrington even bigger and better. It is wonderful to have this emerging road race on our doorstep and we couldn't be happier in supporting its growth.

"Our factory in Flimby, Cumbria, produces in excess of 1.2 million pairs of trainers a year, employing over 200 people with the shoes being exported to over 50 countries around the world. We are proud, as an elite running specialist, to be dedicated to domestic manufacture and supporting the local economy. Being a part of the English Half Marathon makes perfect sense to us."

Council leader Ian Marks, who ran part of the route in a relay team with chief executive Diana Terris and other council members last year, said: "We are delighted to welcome back this major event which brings many people to our town and helps raise funds for good causes. It also helps improve health and well being and helps people achieve their potential."

Various local charities are entering teams into the event including St Rocco's Hospice and the Warrington Wolves Foundation.

To register for the event visit www.english-half.co.uk or call the 24 hour hotline on 0870 124 1242.

Picture shows the launch event at the Town Hall

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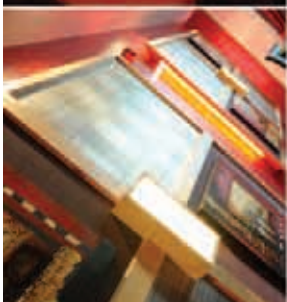
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TV comedy based on real-life drama

A NEW television comedy-drama is to hit television screens later this year - filmed in Warrington and based on a real-life drama that has already been played out in the town.

"Candy Cabs" is a three-part series to be shown on BBC One revolving around the lives and loves of a group of women who launch an all-female cab company.

Much of the filming will be in Warrington where the real-life Pink Ladies cab company was launched by two local women.

The former Lymm Post Office, in Bridgewater Street, Lymm, painted a garish shade of pink, has taken on the role of the taxi firm's head office.

Candy Cabs has a high profile

cast, led by East Enders actress Jo Joyner and comedy star Lisa Millett.

It tells the story of an unlikely pair of northern women who embark on a business adventure to start a cab company run by women, for women.

The plot is based on the story of Pink Ladies, the all-female cab company started in Warrington by Tina Dutton and Andrea Winders and originally promoted by former pop singer Kerry Katona.

They lost a lengthy legal battle with Warrington Borough Council over licensing issues and have only been able to stay operating by registering as a social enterprise and operating as a not-for-profit, members only community transport service.

Andrea Winders said: "The TV people first came to see us with a view to doing a documentary. But when they heard our story they decided it would make a better comedy drama.

"It should be hilarious - but probably not as funny as some of the things that have really happened to us."



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Lack of funding for the arts



SERIOUS concerns at the lack of funding for the arts were voiced at the annual meeting of Warrington Arts Council.

Chairman Margaret Tye spoke of "the acute shortage of funding for most artistic needs."

There was particular concern for the future of the 12-year-old, bi-annual Warrington Young Musicians competition which this year proved to be the most successful ever but which was now threatened because of a lack of money.

Secretary Peter Wilson said he was hopeful it would not be the last competition as there had been a few 'encouraging noises' which might help raise the £7,000 needed to stage another in 2012.

On a more positive note, the chairman spoke of the success of the Saturday lunchtime recitals at Holy Trinity Church and the Stockton Heath Festival.

Two pictures exhibited at an exhibition at The Studio, in Wilderspool Causeway had been purchased and given to the town.

It was hoped that they, and other pictures purchased over the years by the Arts Council, could be put on show as a single exhibition at Warrington Museum and Art Gallery.

The meeting ended with a 40-minute piano recital by talented brothers Jackie and Geordie Campbell, (picture above).

Jackie, aged nine, studies at Chetham's School of Music in Manchester and George, aged seven, is to start there in September.

Hospital's £267,000 new eye unit

EYE patients across Warrington have received a huge boost with the opening of a new £267,000 ophthalmic day case unit at Warrington Hospital.

The unit has moved in to new modern, spacious and comfortable accommodation, which will allow more patients to be treated. The purpose built premises can now take up to 28 patients a day depending on the procedures being performed.

The Ophthalmic Day Case Unit is a specialist unit that deals specifically with patients who require eye surgery and investigations into eye disorders

on a day case basis.

Some of the procedures that take place on a daily basis are cataracts, specialised treatments for glaucoma, squint surgery, eyelid disorders including tumour removal, lacrimal (tear drainage surgery), and orbital surgery.

Ophthalmic Consultant Mark Halliwell said: "The new unit is commitment with both the hospital and Ophthalmology department's desire to develop a range of high quality services and provide an optimal patient experience. This unit will help us to achieve these aims."

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All set for Disability Awareness Day

THE largest disability event in Europe was described as "Inspirational and motivating" by Jonathan Shaw, former Minister for Disabled People when he visited the team at last year's Northwest Disability Awareness Day (DAD).

The event was the finale of a week consisting of 12 complementary events that attracted thousands of visitors including the Minister who praised the work of the team of volunteers who ensure the smooth running of the event. He added: "DAD typifies the strength, tenacity and flexibility of the voluntary sector". He also paid further praise to the joint work between the voluntary, statutory and private sectors in supporting the event as sponsors and exhibitors.

This year's event is the 19th annual show and will be held on Sunday July 11 at Walton Hall Gardens (Off A56) Warrington. DAD is Europe's largest voluntary led pan disability exhibition supported by a wide range of Arts, Sports, children's and family entertainments. Attracting nearly 300 exhibitors (including two from Spain and Cyprus) the event attracts over 100 voluntary sector groups covering physical, sensory and learning disabilities, mental health and carers, young and not so young, the event has something for every one of the expected 25,000 visitors from across the UK.

Inclusive Arts is just one of the highlights of the event with disabled artists from across the UK including Spaceships Are Cool who last year performed at Glastonbury. An on-

site cinema will host the "Slice of Life" film festival which will highlight short films made by or starring disabled people or written on a disability theme. One of the twelve marquees will be dedicated to Alternative Therapies and Artwork produced by disabled artists.

This year's Sports Zone will include archery, rifle shooting, climbing wall, basket ball and new for 2010 ScubAbility with the opportunity to try out the sport in the on site 100sq metre temporary swimming pool. Children and families won't be stuck for things to do with a main entertainments arena and funfair.

DAD is one of the largest community events in the North West involving over 150 volunteer stewards and assistants from Lions and Rotary Clubs, Sea Cadets, Thorn Cross Young Offenders Institute and dozens of family and friends.

It's not surprising that the event received Royal recognition when the organising team, Warrington Disability Partnership, were presented with a Queens Award for Voluntary Services.

With a free accessible Park & Ride service and free bus from Warrington Bus Interchange, British Sign Language Interpreters, a scooter and wheelchair loans

service, trained assistants, the event is built on promoting inclusion.

The Northwest Regional Development Agency (NWRDA) has once again signed up as this year's principal sponsor; together with a wide range of national, regional and local organisations also supporting the event.

Over the years the Northwest Disability Awareness Day has helped inspire individuals and groups across the UK and Europe to set up similar information events including a DAD Gibraltar.

DAD is organised by Warrington Disability Partnership, a local not for profit social enterprise and registered charity. The team spend over a year planning each event and a week preparing and dismantling the site. Many of the volunteers take their annual leave to be there.

The event was started back in

1992 by Dave Thompson and a very small team of volunteers. Dave recalls that at 8am on the morning of the first event his twelve year old son Gavin helped mark out the exhibitor spaces with a tape measure, a tin of white emulsion paint and a two inch paint brush. Dave is still the event co-ordinator but the team of volunteers known as DAD's Army has grown, son Gavin is now the Assistant Head Steward.

The strap line for this year's event is "promoting independence throughout life and work". Organiser Dave said: "Overall it's about what disabled people can do, not what they can't."

For more details visit www.disabilityawarenessday.org.uk or call the DAD Office on 01925 240064. For Dave Thompson: Telephone 01925 664064 or email dave.thompson@5bp.nhs.uk



Disability Awareness Day 2010

Promoting Independence Throughout Life & Work

Walton Hall Gardens, Warrington (off A56)
Sunday 11th July

- Over 250 exhibitors, equipment suppliers, transport, holidays, leisure, employment, support groups and services
- "The Slice of Life Film Festival"
- Sports Zone
- Family Entertainment
- Arts Marquee

DAD is supported by a week of complementary events

All facilities accessible, BSL interpreters, wheelchair loans and enablers, free accessible park and ride scheme.

for further details telephone:

01925 240064 or visit:

www.disabilityawarenessday.org.uk

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www.carerswarrington.co.uk

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The week leading up to Disability
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A WEEK TO

Saturday, July 3 - 11.30am - 4.30pm
LAUNCH OF DAD 2010

Golden Square, Warrington town centre. An Arts Showcase will be held in the Old Market Place, featuring disabled artists and friends of DAD, including Autistic Superstars and Andrew Coleman.

Contact: Maria or Tom on 01925 240064.

Tuesday, July 6 - 9.30am - 12.30pm
POSITIVE ACTION AWARENESS EVENT FOR SCHOOLS

Walton hall in Warrington.

Contact Derek Jones on 01925 240064

1pm - 4pm
LEARNING DISABILITY AND EMPLOYMENT

Walton Hall. Employers from the Warrington area are invited to meet with local support agencies to discuss solutions for the recruitment and retention of people who have a learning disability.

Contact Derek Jones on 01925 240064

6.15pm - 9pm
FESTIVAL OF LIFE

The Arts Marquee and Walton Hall. Learning Disability Services and Liverpool Diocesan Board for Social Care present an interactive evening of craft, song, chill-out and football workshop, culminating in a time of Christian Worship.

Contact Rev Pam Lovett on 01925 664000

Wednesday, July 7 - 10am - 2.30pm
STORYTELLING DAY

Adults with learning disabilities in Warrington and Halton can share their stories of how 'person-centred planning' has impacted on their lives. (A joint event between Mencap Person Centred Planning Team and Warrington and Halton Speak Out.)

Contact Kate Williams on 01925 575764

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Tel: 01925 635012



www.warringtoncommunitycare.co.uk

Mental Health Awareness Day

'Picnic in the Park'

with Richmond Fellowship

Thursday 8th July 2010 at Walton Gardens 10am-4pm (covered marquees)

Graffiti wall, Workshops, Therapies, Food & Mood
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For more info contact Karen Henry

Tel: 01925 571998

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REMEMBER!

**1pm-4pm
CARER'S PARTY IN THE PARK**

Arts Marquee Walton Hall Gardens. Organised by staff from the Princess Royal Trust, Warrington Carers Centre. Advance booking required.

Contact Jenny Readman on 01925 644212

**7.00pm-9.30pm
THE SECRET GARDEN by Heartbreak Theatre Company**

The Arts Marquee. BSL interpreter signed production.
Tickets can be obtained from Box Office 01925 442345

**Thursday, July 8 - 10am-4pm
MENTAL HEALTH AND WELLBEING WORKSHOP**

The Arts Marquee and Marquee 4, Walton Hall Gardens. The team from the nationally acclaimed Richmond Fellowship offer a range of workshops and activities.

Contact Chris Greer on 01606 863861

**6.30pm-8.30pm
PARTY IN THE PARK**

The Arts Marquee and Marquee 3, Walton Hall Gardens. The teams from Planet Blue disabled youth club will host a range of inclusive activities for disabled children and young disabled adults.

Contact Rachael Worrall on 01925 240064

**Friday, July 9 - Noon-3pm
'IN TOUCH' SEXUAL HEALTH PROJECT**

'In Touch' Sexual Health Project is a national project from Leonard Cheshire Disability (funded by GlaxoSmithKline and working in partnership with a range of organisations including WDP). An opportunity to find out about this groundbreaking project aimed at teenagers.

Contact Rachael Worrall on 01925 240064

**7.30pm-11.30pm
MEGA QUIZ NIGHT AND BARBECUE IN THE PARK & DISCO**

The Arts Marquee, Walton Hall Gardens. Teams of up to eight people, hundreds of pounds worth of prizes, food, licensed bar and a charity auction.

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Includes top nosh barbecue.
Book your tickets, 01925 240064

**Saturday, July 10: 10am-4pm
WHEELCHAIR SKILLS WORKSHOP FOR
DISABLED CHILDREN AND YOUNG DISABLED PEOPLE**

For more details contact Dave Connor 01925 240064

DAD

**Sunday, July 11
10am-5pm**

Walton Hall Gardens. Don't miss it



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Lymm village is jew

The picturesque village of Lymm is often described as the jewel in Warrington's crown.

Dating back to medieval times with its historic Lymm Cross, it is a traditional village centre with a unique community spirit and a wide variety of local businesses for the discerning shopper.

Lymm village centre has seen quite a few changes over the years the most recent

being the introduction of FREE parking for up to two hours on the village centre car park in Pepper Street - but make sure you don't forget your ticket.

The new pay and display parking introduced last year has helped free up valuable parking spaces, providing a boom for businesses in the village centre.

Its picturesque lower dam and flower displays in the village centre make Lymm the ideal place to visit.

There's a butchers, bakers and candle stick sellers - not something many village centres can boast.

Also a convenience store, Post Office, several pubs and a wide variety of restaurants catering for every taste.

Other attractions include Slitten Gorge, the heritage trail, the Bridgewater Canal and



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Over the last 12 years, Carl Warburton has made the Barn Owl pub at Agden Wharf, Warrington Lane, Lymm, famous for its cask ales and value-for-money meals.

There can be few pubs boasting such views across the Bridgewater Canal and miles of open countryside - and few with customers calling by foot, by car and by boat!

On warm summer days there is no better place to sit and dine al fresco or enjoy a quiet drink taking in the peaceful, waterway scene with its colourful boats and fascinating wildlife.

Carl has recently refurbished his cosy pub, retaining its unique atmosphere which reflects the 250-year history of Britain's first wholly man-made canal.

The Barn Owl

Agden Warf, Warrington Lane, Lymm WA13 0SW

Tel: 01925 752 020

www.thebarnowlinn.co.uk



vel in crown

of course the Green Flag rated Lymm Dam.

With the annual May Queen Festival and Dickensian Festival at Christmas, Lymm also boasts a unique arts festival which runs from June 24 to July 4, providing a wide variety of events suiting all tastes.

For more details visit <http://www.lymmfestival.org.uk>

Lymm village centre really does have something for everyone.



Arches

No visit to Lymm would be complete without a call at Arches, in Eagle Brow - and now is the time to go to take advantage of the special summer sale.

The emphasis at Arches is on affordable, quality style in footwear, bags, accessories, fashion - and good, old-fashioned friendly service.

Footwear brands includes Tamaris, Lotus, Caprice, Marco, Tozzi and Padders with children's shoes by Lelli Kelly and bags by Fiorelli and Fossil.

There's always something new to look forward to. Coming soon: wedding shoes.

Arches
18 Eagle Brow, Lymm
Tel: 01925 751 977
www.archeshoesbags.co.uk



Noel Ogden Mowers

Noel Ogden Mowers is a small, friendly, long established, family run business, down by the canal at Agden near Lymm.

Along with great advice and free parking, they offer all makes of petrol, electric and cordless lawn mowers, hedge cutters, grass trimmers and trimmers, lawn-edger's, blowers and vacs, parts and spares and all sorts of other interesting garden machinery all at very competitive prices.



Noel Ogden Mowers
Warrington Lane, Agden, Lymm WA13 0SW
Tel: 01925 756 544
noelogdenmowers@aol.com www.noelodermowers.co.uk

PUURE Bride & Lingerie

Businesswoman Angie Naylor is celebrating the launch of her new 'PUURE' shop premises in Lymm.

Angie has moved her successful bridal and lingerie business from Liverpool to Lymm based on Eagle Brow.

The new shop is split into two sections, bridal to the right and lingerie to the left.



The bridal dresses vary from £300 to £3500. Bridal designers include Kate Sherford, Demetrios, Alfred Sung, Sacha James and Venus.

There are private bridal changing rooms for the bride and her family/friends to choose the perfect gown in luxury.

On the opposite side of the shop is a lingerie boutique with all the major brands such as Fantasie, Freya through to exclusive brands Prima Donna, Marie Jo and Empreinte. The shop has luxurious fitting rooms especially designed for the fitting of bras.

"Bra fitting is my passion, I have been a bra fitter for twenty years. We cater for the whole community, larger and smaller cup ladies with our sizes ranging from AAA to K cups, 28 to 52 back. We also stock a large selection of mastectomy bras," added Angie.

PUURE Bride and Lingerie
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www.puurebride.co.uk
www.puure.com

THE VENUE

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Thirlmere Lodge, Rectory Lane, Lymm
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or 07748 527 601
www.thevenue.lymm.co.uk

Lymm, that beautiful picturesque Cheshire village is becoming the new 'place to be' with ever more to offer both the locals and the visitor. Restaurants of all types, traditional pubs, cafes and of course, The Venue, a modern bar with a musical theme. Great beers, including Black Sheep bitter and Peroni on draught together with an extensive wine list make it the ideal destination for people looking for a quality night out. The Open Mic Night (Chilled out Tuesday) continues to attract an incredibly talented group of musicians and it really is a night not to be missed. It is a hidden gem of an evening which is being discovered by more and more people. Live music continues on a Thursday night and we have other 'surprise evenings' - maybe a magician, a jazz event or a Saturday music special. We can guarantee that it is the best free entertainment in the North West. The bar has a modern feel to it, great musical art on the walls and a great range of beers and wines. Quieter during the week, it is ideal for a good 'catch-up' with your best mate or for a romantic candle-lit evening. The week really gets going from Thursday onwards with a late bar till 12 and frequent live music evenings.

"The bar has a modern feel to it, great musical art on the walls and a great range of beers and wines"

Happy Hour Mon-Fri 5pm-7pm
Monday Madness
Discounted drinks all night!
Open Mic Night - Tuesdays
Anyone welcome to get up and play or just sit back, watch and enjoy
Ladies Night - Wednesdays
2 for 1 cocktails, there's no excuse for staying in!
Live Music Night - Thursday
Different bands playing a variety of music to suit all tastes
Welcome To The Weekend - Fridays
Start the weekend off early with happy hour 5pm - 7pm
Saturday Nights
Resident pianist 7pm - 9pm

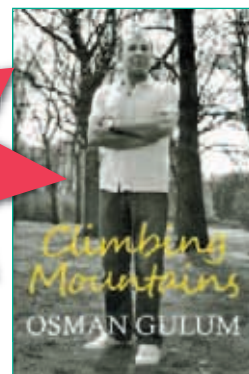
The Venue is a beautiful place to hold a private function and is available 10 till 6 every day and all day Sunday at very reasonable rates. Catering to suit all tastes can be provided along with champagne receptions, cocktails and music to suit the occasion.

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Menu		
	Small	Large
Chips	£1.30	£1.70
Fish		£3
Sausage	60p	80p
Peas	60p	80p
Gravy	60p	80p
Curry	60p	80p
Beans	60p	80p
Barm Cake		40p
Chip Barm		£1.70
Chip Cone		70p
Fish Cake		90p
Scallops (Each)		30p
Spring Rolls		£1.30
Battered Burger		£1.10
Pineapple Fritter		90p
Spam Fritter		£1.20
Scampi & Chips & Salad		£3.80
Chicken Breast		£2.60
Chicken Nuggets & Chips & Salad (6 For)		£2.70
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
Meat & Potato Pastie		£1.40
Onion Rings (10 For)		£1

Kebab Menu		
	Small	Large
Doner Kebab	£3.70	£4.80
Doner meat in a hot pitta bread with salad and any sauce of your choice (chilli hot/mild, mayo, tomato sauce or relish)		
Doner Barm		£3.40
Doner meat in a barm cake with salad and any sauce		
Doner Meat & Chips	£3.70	£4.40
Doner meat & chips in a tray with salad and any sauce		
Lamb Kebab	£3.90	£5.30
Cubes of fresh lamb meat cooked on the charcoal grill in a pitta bread with salad and any sauce		
Chicken Kebab	£3.80	£5.10
Marinated fresh chicken cubes with fresh salad		
Shish Kofte Kebab	£3.80	£5.10
Fresh minced lamb mixed with garlic, white pepper, chilli powder and parsley		
Mixed Kebab		£6.40
One skewer of Shish Kofte, one skewer of Lamb and Doner Meat		
Special Grill		£6.90
One skewer of Chicken Kebab one skewer of Lamb Kebab one skewer of Shish Kebab all served on a tray		

Burger Menu	
100% Burgers with Salad & Relish Cooked in Charcoal Grill	
1/4lb Beefburger	£2.30
1/4lb Cheeseburger	£2.50
1/2lb Beefburger	£3.30
1/2lb Cheeseburger	£3.40
1/4lb Burger & Cheese & Bacon	£2.80
1/2lb Burger & Cheese & Bacon	£3.80
Vegetarian Burger	£2.20
Hawaiian Burger	£2.50
Chicken Burger	£2.40

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	
• Sausage & Chips	
• Chicken Nuggets & Chips	
• Burger & Chips	
• Fishcake & Chips	

Tel: 01925 243421

76 Marsh House Lane, Warrington, WA1 3QU

Gilbody still in the ring!

TWENTY five years after being crowned British Bantamweight Champion Warrington boxer Ray Gilbody is still in the ring, coaching local youngsters.

Despite retiring from the game after failing to claim the European title Ray never lost his passion for the sport.

But now reflecting back on his glittering boxing career he would never have turned professional if he could have his time over again.

"Representing your country at the Olympics and Commonwealth Games is the ultimate honour," said Ray.

Once I turned professional I gave up that chance. My biggest thrill was rubbing shoulders with the likes of Seb Coe and Steve Ovett at the Olympic Games."

Now aged 50, he is still fit and recently completed the Manchester 10k in an impressive 58 minutes, raising funds for the David Lewis Epilepsy Centre in Knutsford, where he works as a painter and decorator.

After retiring from the sport he settled down and married his sweetheart Sally Ann, helping raise two sons, Ryan 18 and Liam 16.

But he never lost the love of boxing and now helps coach youngsters at the Hook and Jab club on Bridgefoot, three evenings a week.

Gilbody was crowned British champion three times, once at flyweight and twice at bantam weight. He represented Great Britain as a bantamweight at the 1980 Moscow Olympic Games. He was eliminated in the second round by Daniel Zaragoza of Mexico, losing on points. He was also the 1979 ABA Flyweight champion, and ABA Bantamweight champion in 1980 and 1982.

He won a bronze medal at the Commonwealth Games in Brisbane in 1982.

After turning professional he was crowned British Bantamweight Champion on June 13 1985 when he defeated John Feeney at Borough Hall, Hartlepool, County Durham.

He successfully defended the title the following November beating John



Farrell at York Hall, Bethnal Green, London.

The following year he just missed out on the European title losing on points in controversial circumstances to Italian Ciro De Leva at Cosenza, Calabria, Italy.

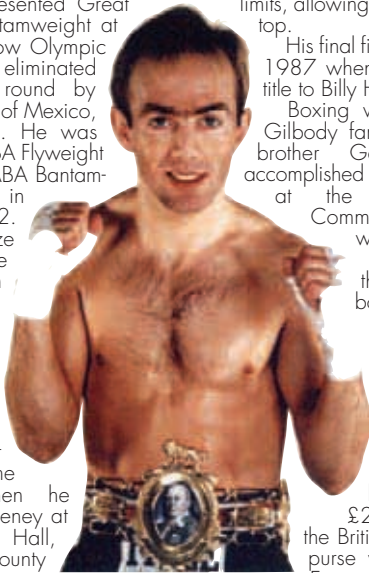
Replays of the fight clearly showed several rounds exceeded their time limits, allowing the Italian to get on top.

His final fight was in February 1987 when he lost his British title to Billy Hardy.

Boxing was clearly in the Gilbody family with his elder brother George also an accomplished amateur, competing at the Olympics and Commonwealth Games while their father was a member of the British army boxing team.

"I was never hungry enough or aggressive enough as a professional fighter," added Ray.

He never made a fortune from boxing, winning £2.5k when he lifted the British title. His biggest purse was £12k for the European title but in reality he ended up with a lot less after paying all his overheads.



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Getting tough with town centre crime

TOWN Hall licensing chiefs at Warrington have been asked to approve a three-month consultation on tough new measures designed to reduce crime, disorder and public nuisance in the troubled town centre.

The proposed 'cumulative impact policy' would cover parts of the town centre and also Stockton Heath, where the number and type of pubs, bars and clubs are causing problems of nuisance and disorder.

The effect of adopting a cumulative impact policy (CIP) would be to create a presumption that applications for new licences or variations to existing licences would normally be refused unless it can be shown that the operator of the premises involved will not add to the cumulative impact already being experienced.

Police have submitted a request to the borough council to establish a CIP to restrict the growth of licensed premises in the town centre and at Stockton Heath.

Soccer camp success

A SPECIAL soccer skills camp held at Warrington Town FC proved to be a huge success and now plans are in the pipeline for more events.

Organised in conjunction with Active Soccer, the soccer skills camps are backed by soccer star Robbie Savage and England women's international Sue Smith.

Welsh international Savage, (pictured right) who currently skips Derby County and Sue are both ambassadors for the soccer franchise, which will now be running more fun football camps during the school summer holidays.

He is also looking at launching special Saturday morning soccer camps throughout the year.

Coach Simon Dow, who is running Warrington Active Soccer said: "We had a fantastic response to our first soccer skills camps at Warrington Town and unfortunately it proved so popular we had to turn some youngsters away."

"But we will be back with more camps in the summer holidays and hopefully at weekends. I would personally like to thank head grounds man John Barton for all his help."

After the camps John presented the youngsters with special Warrington Town FC Diamond Jubilee banners as a memento of the occasion.

For more details on future soccer camps email warrington@active.soccer.co.uk or call 0844 8223932.



Simon and John with the youngsters.



The church with no name

IT is the first Roman Catholic church to be built in Warrington for, probably, 50 years. It is a striking building off Knutsford Road, it is open and attracting large, enthusiastic congregations - but as yet it has no name.

Parish Priest Father Peter Montgomery refers to it as "The new Catholic Church in Latchford" and that is likely to be what it is called until September.

Then it will become the Blessed John Henry Newman Church when the Pope beatifies Cardinal John Henry Newman, who gives his name to the nearby Cardinal Newman High School.

In fact, the "new Catholic Church in Latchford" replaces two historic Catholic churches - Our Lady of the Assumption and St Augustine's which themselves

merged some years ago.

It is a bright, modern church combined with a community centre but retaining much of the character of a traditional church. It has close links to Our Lady's and St Augustine's primary schools and the high school.

The future of the now closed Our Lady's church in St Mary's Street is not clear.

It is a Grade 2 Listed building which means it is likely to be retained and a new use found for it.

WARRINGTON TOWN FOOTBALL CLUB

Early bird season ticket offer



SEASON tickets for the 2010/11 season are now on sale with a special early bird offer. Tickets are priced at just £100 for adults and £80 for concessions if purchased before the end of June - a saving of almost 30% on gate prices. This offers excellent value for money at less than £5 per game next season. To help generate additional funding season tickets will not include cup games next season - but still offer excellent value for money.



After the end of June tickets will be priced £120 and £100. To encourage young supporters there will still be FREE admission for children aged under 12.

Under 16's will also still be able to gain free admission if they are students at Warrington Collegiate or Warrington Borough Transport saver Card holders.

There will be a new admission price next year of £2 for Under 16's who can get a season ticket for £20. Chief Executive Gary Skerrett said: "We have just experienced our best league finish for 16 years and we want to push on and be going for promotion next season."

"To do this we need to increase our income and hopefully some good cup runs next season will help us continue to move the club in the right direction. "I would like to take this opportunity of thanking every single supporter for their fantastic support throughout the season."

"A special thank you to the young members of our Barry Army who have helped improve the match day atmosphere both home and away. I know your vocal support is greatly appreciated by Joey and the players and everyone connected with the club - Keep up the good work!"

To obtain a season ticket simply send a cheque for the relevant amount made payable to Warrington Town FC c/o of New Media Centre, Old Road, Warrington, WA4 1AT to take advantage of the early bird offer



Latchford litter pickers



MEMBERS of the congregation of Latchford Baptist Church on Loushers Lane and the 2nd Warrington West Scout Group who meet opposite the church, teamed up for a litter pick around the Loushers Lane area.

Rev. Lee Gilbert who organised the event, with the help of Warrington Borough Council, said: "It was a great opportunity to show the local community that both the scouts and the church care for local residents and their environment."

After the litter pick had finished, both groups had some fish and chips from the Cantilever chippy and ensured that all of the chip wrappers were placed in the bin!

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I have got nothing to leave

You may be surprised as to how much you are actually worth. But in reality the amount is not important what is more important is you leaving your property to who you think deserves it. Do you really want it to be left to the Government to decide who should get your hard earned money and possessions? By making a Will it is your choice.

Are you unmarried but living with your partner?

Did you know that if your Partner dies you would not automatically be entitled to a penny of their estate? You would need to make an application to court for a share of their estate. How would you pay the bills in the meantime? This can easily be resolved by you and your Partner making a Will to make necessary provision for each other if the worst should happen.

Is this your second marriage but you both have children from your first?

Are your children adequately provided for if you should die first? If the house is held as joint tenants then this will automatically go to your spouse. If you have not made a Will then the remainder of your estate will go as to the first £250,000 to your Spouse and half of the residue to your children. On the death of your spouse (if they have not made a Will) then all of their estate will go to their own children leaving your own children without their inheritance. If this is not what you want then you should make a Will now making provision for them.

Are you a single parent or in a relationship and have children?

Did you know that you should make a Will appointing Guardians for your children should you die when they are young? If you don't it will be left for the courts to decide who should look after them. Do you want to leave it to chance? You can make a simple Will appointing who YOU want to look after your children when you are no longer here.

Worried about care home fees?

Did you know a carefully drafted Will which includes a trust can reduce the amount claimed by the Local Authority if the surviving partner has to move into a care home?

For advice on making a will please call **01925 632267** to make an appointment at your nearest office



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Financially yours

By David Watkinson

Running a successful business

SETTING up a business in a competitive market is not an easy task.

It can be achieved. You may start with just a bright idea and good old fashioned enthusiasm which doesn't waiver when the going gets tough. Building a reliable business involves the need for skill and flexibility.

The secret is to find new and innovative ways to attract your customers, keep yourself open to learn new skills during the growth and development of your business. You will find yourself dealing with various needs from your customers and possibly employees, remember a business is more successful if you retain the personal touch.

If you do have employees remember your inspiration will influence optimum output. By keeping your employees happy you will ensure better sales, which in turn increases the profit margin.

You need to keep your customers happy too, if you ignore the needs of your customers you will lose them to your nearest competitor. It will take months

maybe even years to build up a good trusting relationship to retain your customers and only one bad experience to lose them. Learn from your competitors strengths and take advantage of their weaknesses. Whatever the product or service you provide to your customers a loyalty scheme e.g. discounts, may help retain them.

The continuation of a successful business depends on customer satisfaction. A satisfied customer will refer fellow business associates, friends and family for some or all of the products you offer, where a dissatisfied customer is more likely to mar your reputation in the market place. It is recommended that you focus on your goals, endeavour to strengthen your weaknesses, set targets and strive to achieve them making sure meanwhile that you also keep your eye on your finances.

No one person can be first-rate at everything, so where your skills do not match the necessary conditions do not hesitate to enlist person(s) who do. The growth of your business may be held



David Watkinson and Margaret Black

back if you do not. Best policy is to be totally honest with your customers and your employees at all times and always deliver your service as promptly as possible.

It is a temptation to put your business life first, ignoring health and leisure. You should give your mind and your body the rest it needs, these factors will determine how well you manage your business. The most important element of running your business successfully is not to lose belief in yourself. You will go through peaks and troughs and it is when you are at a low point you will question yourself. Remember, believe in yourself, as determination and hard work never goes unrewarded.

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Tough test for Town

WARRINGTON Town have organised a pre-season "international" friendly away at newly promoted Colwyn Bay the week before the new season kicks off.

Bay won promotion to the Unibond Premier in the play-offs and will be the perfect test for Joey Dunn's men who secured a memorable 2-3 victory over their North Wales rivals last season, with the game taking place on Saturday August 14, just seven days from the big kick off.

Pre-season training starts on July 1 with a number of high profile games lined up before the start of the season, which will also see Warrington defending the Peace Cup against Crewe United from Belfast, Northern Ireland, on Saturday July 31, kick off 3pm.

Prior to that Town will entertain AFC Liverpool on Saturday, July 17, kick off 3pm followed by a local derby against Moore United away at the Tetley Walker club ground on Long Lane on July 22.

Other confirmed friendlies for Joey Dunn's men are at home to F.A Cup Giant killers Northwich Victoria on Tuesday, August 3 followed by Marine on Tuesday August 10, kick off 7.45pm.

Meanwhile work is going on behind the scenes to provide Warrington's Cantilever Park with a new Vice Presidents' /sponsors lounge, a new snack bar/kitchen facility and a new all weather community sports pitch.

Head groundsman Jon Barton has been busy working with members of the "barmy army" giving the ground a splash of colour, including a new look blue and yellow home dressing room.

Supporters have until the end of June to purchase their early bird season tickets, priced at £100 for adults, £80 for concessions and £20 for juniors.

For more details email info@warrington-worldwide.co.uk

Admission will remain free for all under 12s.

Wolves' new watering hole



WARRINGTON Wolves have shown their green credentials after unveiling a unique water borehole which has been five years in the making costing £36,000.

The club now has its own water supply which can be accessed throughout the year to water the pitch.

This facility is particularly ideal during the summer months to help keep the pitch in the best condition.

A borehole is an environmentally friendly means of accessing naturally filtered water. Warrington Business Venture provided a grant towards the cost of the water borehole project.

Sandra Brusby OBE, Managing Director of Business Venture said: "It was a great pleasure to be able to provide this grant and to see such an innovative project come to fruition. Business Venture prides itself on helping businesses be more efficient, effective and environmentally-friendly and I know this water borehole will certainly save the Wolves money. Hopefully it will contribute to the team's continuing success on the pitch as well!"

Warrington Wolves Chief Executive Andy Gatliffe said: "Yet again Warrington Wolves seeks to 'lead the way', not only from an environmental point of view, but also from a business operational cost benefit. The club's water borehole fits in very well with The Halliwell Jones Stadium being a 'template stadium' having sport, health, education all working in partnership for the borough-wide community."

He added: "The stadium site previously housed a brewery and in days gone by water was in fact sourced from underground for the brewing of the beer. The club now housing a 100 metre deep water borehole can provide constant water for the pitch, which in the summer months will be really beneficial to the playing surface."

"We, the club, are really grateful for the support from Warrington Business Venture, whom without their support the water borehole would not have been undertaken."

Lance signs up with fans



TOP mountain biker Lance McDermott dropped in at a Warrington cycle shop to sign autographs and chat with fans.

Lance met more than 400 people at the recently refurbished MJ Cycles at Latchford

MJ Cycles owner Mike Carlin said: "The day was a huge success and we saw just over 400 people in only a few hours. I was very pleased with the day as a whole."

"Now we can only hope for good weather so we can all get out on our bikes." Lance was the 2008 Nissan Qashqai Urban Challenge winner and Crankworx best trick winner and is regarded as one of the best "dirt jump" riders in the world.

MJ Cycles has been trading since December 2006 when Mike Carlin, then aged just 21 set up the shop.

Since then he has grown his staff from one - himself - to six.

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