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# Warrington Worldwide

Issue No. 131    September 2010    FREE EVERY MONTH

## Putting the WOW

## in swimming

Page 3



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**Wembley wonders**  
See page 5

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## CONGRATULATIONS to Warrington Wolves on reaching their second successive Challenge Cup Wembley final following their impressive semi-final victory over Catalan Dragons.

It has provided yet another shot in the arm for the community during these tough economic times.

The change in the club's fortunes since the arrival of Head of Coaching Tony Smith have been nothing less than monumental and I am sure he is relishing the challenge of taking on his former club Leeds in the show piece final which is set to be the first sell out in 13 years.

After last season's success over his first club Huddersfield, Warrington have the taste for success while it has been more than a decade since Leeds' last Challenge Cup final.

But with both clubs capable of turning on the style - this clash is too close to call.

One thing I know for certain Wembley will not be a place for the faint hearted when probably the two best supported teams go head to head in what is set to be an electrifying final.

I know Tony will be the first person to congratulate the players for their performances on the field and take little credit for the success he was brought to the club but I have no

doubt his professionalism behind the scenes is now paying off on the field.

Keep up the good work and lets hope for another memorable home coming parade.

**Deadline for the October issue of Warrington Worldwide is September 14**

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# Putting the WOW in swimming – and winning!

**WARRINGTON Warriors is a swimming club going places. Founded in 1972, the club continues to build upon its successes turning children into competitive swimmers, winning regional, national and international medals.**

Warriors of Warrington Swimming Club works closely in partnership with the borough council, which provides coaching for its top squads via the town's swim development scheme, together with water space allocated at each of the borough's pools. This partnership has seen year on year success for both swimmers and the club. However last season proved to be the club's most successful yet under the guidance of head coach Darren Ashley.

Premier Division of the North West section of the National Swimming League. Warriors qualified for the first time in 14 years to compete in the national "B" Final, which took place in Sheffield in April last year, finishing in 6th place overall.

This year, Warriors qualified again and in April finished joint first.

During the year, the club has had four swimmers on the ASA English Talent programme; Andrew McLay and Rebecca Pye have been invited onto



Rebecca Pye swimming 100 backstroke.

the English Talent Programme Level 1 and Level 2 respectively and Aisha Thornton and Edward Shatlock onto the English Talent Open Water Programme.

Warriors continued their winning ways at the Cheshire County Championships in March, Rebecca Pye breaking Helen Slatter's 100m backstroke record which had stood for 14 years.

Helen trained with the Warriors in the 1990s and competed in three

Olympic games.

Warriors were awarded the Hugh Laughland Trophy and the Wallace Trophy, in a close run points finish with Stockport Metro Swimming Club.

The club already has 250 members, ages 6-18. Anyone who wants to get involved should call Darren Ashley on 07717 558369 or contact the Warriors Secretary via www.swimwarriors.org.uk



The Warriors' National Swimming League team.

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Hello and welcome to my monthly column . . .

# Hypnotes

by Michael Mahoney

## Communication

Does true communication exist? After many years in practice I have come to the conclusion that it doesn't. We see examples and experience it every day.

The conversation which turns into a row, because of a misunderstanding of a word, phrase or even the tone of voice used. The email which comes across cold, unfeeling or insensitive. Friendships near breaking point because of a misinterpretation of a written or verbal word or through the misinterpretation of an action or inaction. These are often misinterpreted due to failures in our own internal dialogue, the sleep deprived individual missing the nuances, frustration and agitation caused by tiredness. The stressed executive being assertive which comes over as aggression.

These and many more examples can be seen around us every day, and often experienced too.

For true communication to exist, every person would have to have had the same experiences, thoughts, upbringing, social background, beliefs and much more. Simply it does not exist; the best we can hope for is to convey our thoughts and feelings in an appropriate way to the individual to

whom we are (trying to) communicate. Without this understanding on both sides long term friendships can dissolve within moments, irreparably damaged, or at best strained for some considerable time.

Our own internal dialogue can be misinterpreted too; we can label an emotion as anger, when it is simply frustration for example. We can also set ourselves up for failure by interpreting past events and outcomes negatively. Our own internal dialogue is very important to us, and it can make us feel successful or feel like a failure, it can make us feel happy or sad, loved or unloved, valued or unvalued, positive or negative and many other emotions as well.

What we tell ourselves has a massive impact on our lives, what we choose to believe can propel us to success and victory, or disappointment and defeat. As individuals having the correct label on the right emotion helps us to function well, while failure to do so will limit us in all aspects of our lives.

And yet getting this internal dialogue right is not really that difficult, we have to simply learn new ways to think, feel and behave. The person who does not feel confident or relaxed

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

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simply has to learn to think differently. And it starts with learning that we have the power and authority in our lives. We are the controllers in our lives, not some remembered hurtful or limiting words from a dominant individual from our past, or present. When we learn we have the right to effective self communication, then we can start to live the life we truly want to live.

Communication with others however is different; it is usually more complex especially when emotion is involved. Some would argue there is little logic in emotion, once communication breaks down into emotional responses it makes sense to try and calm things down, identify the cause and to correct it the best we can.

We all own the power or authority in our lives to think and believe what we want to about ourselves, though sometimes we have to recognise that we have that authority to do so first.

I hope I have communicated well!



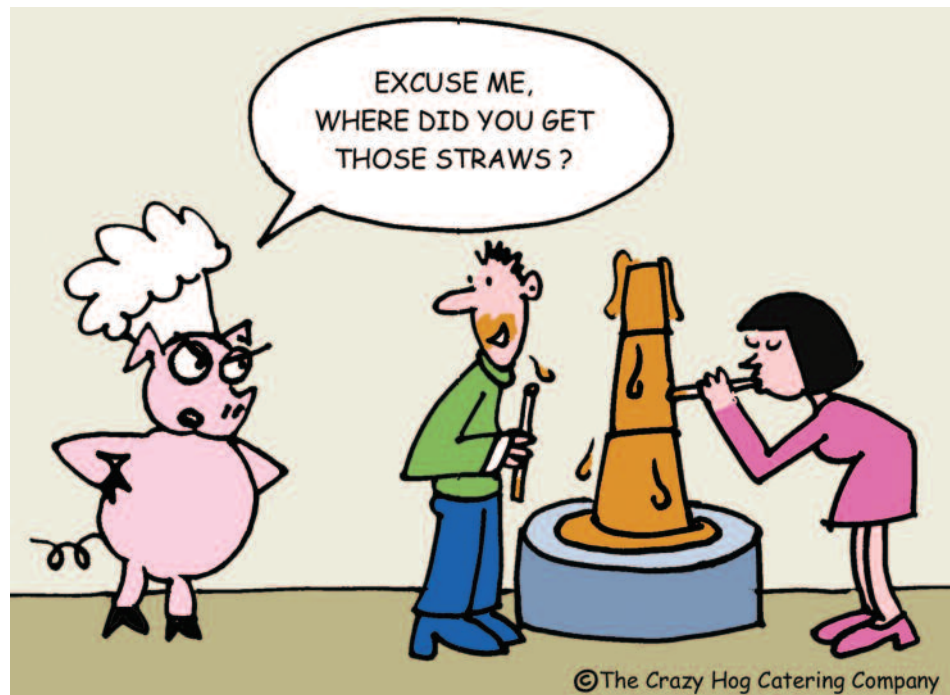
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# Wolves return ticket to Wembley

**WARRINGTON Wolves secured a return ticket to Wembley after slaying Catalan Dragons 54-12 in the Challenge Cup Semi-Final at Widnes.**

Cup fever is again gripping the town with more than 20,000 Warrington fans expected to make the journey down to London for the Final on Saturday August 28.

They routed Catalan Dragons 54-12 at the Stobart Stadium at Widnes, swiftly wiping out any fears that the French side could repeat their shock victory over Wolves at Perpignan last month.

Wolves dominated from the start. By half time they were leading 24-6 and there was no let up in the second half as they continued to pile on the pressure.

An estimated 10,000 Warrington fans were in the stadium, cheering on

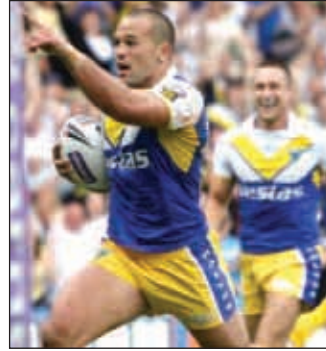
the rampant Wolves. The result was never in doubt and the only fear now must be that it was too easy and that Tony Smith's team will face a much sterner test when they meet Leeds in the final.

However, there will be few who were not pleased to hear of Leeds' victory over St Helens, for if any side seems to have a jinx over Warrington it is the Saints.

Louis Anderson's hat-trick was the outstanding feature of the game.

But there were tries also from Ben Harrison, Matt King, Chris Lee, Lee Briers, Richie Myler and Jon Clark.

Ben Westwood's seven goals, plus two more from Briers and Myler were the icing on the cake.



Hat-trick hero Louis Anderson



Vinnie Anderson with Tony Smith

Pictures: Eddie Whitham



Chris Hicks and Jon Clarke celebrating victory Picture: Bob Brough

For all the latest news on the Wolves visit:  
[www.warrington-worldwide.co.uk](http://www.warrington-worldwide.co.uk)



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# Success story from a disaster

**IF it had not been for the disastrous foot and mouth outbreak of 2001, Warrington might never have had two of its most interesting shops.**



Boutique Hoco, in the Old Market Place, was the brainchild of Chris and Honor Orme – but they might never have thought of it but for the spread of foot and mouth.

And if they hadn't opened Boutique Hoco, they may not have opened Pandora in Golden Square either.

There may not appear to be much of a connection between foot and mouth disease and the jewellery, watches, bags, sunglasses and other fashion accessories that Chris and Honor sell.

But they started their business some 20 years ago, running stalls

at markets, moving on to country shows and events. They were doing well and hadn't thought of changing anything.

Then foot and mouth struck – and all the shows were cancelled. Overnight their market vanished.

They realised they had to change – and change fast.

The first step was an accessory stall in the mall at Golden Square.

Then, on a buying trip to New York, the couple discovered PANDORA jewellery and realised it would be a big hit.

The rest, as they say, is history.

From that stall in the mall, Boutique Hoco has grown to have a shop in the Old Market Place, stores in Angleysey, Stockport and Newcastle under Lyme and more to open soon. They have also opened a store dedicated solely to PANDORA in Golden Square to cater for the growing demand for the jewellery.

All this growth at a time of recession earned Chris and Honor the Retailer of the Year title in the Warrington Business Awards.

Chris said: "The award is not just for us - its for our staff. We couldn't have done it without them."

## Job club success

The Jobs Club set up by MP David Mowat and Warrington South Conservatives has celebrated its latest successes with 80 per cent of those taking part finding new work.

Of the 20 people who took part in the latest programme, the fourth of its kind, 13 have already found a job and a further three decided to start their own businesses - an outstanding 80 per cent success rate.

The club was set up in April to help people who had lost their jobs during the recession. Participants are taught valuable job search skills including CV preparation, interview techniques and networking skills to help them stand

out from the crowd. Many of the people who have benefitted from the club had found themselves unemployed for the first time in their lives and had never had to search for a job before. To date 80 people have taken part in the programme with 60 going on to find work.



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# How to get new business leads

**FOR many business people the biggest sin of all is not asking for referrals for new business leads.**

I asked a number of people "Do you ask for referrals" They all said that they did. Then I asked do you really ask for referrals and they actually said no they don't.

So do you really ask for referrals from your customers, friends, family sports team etc and the answer is probably no.

Quite often they don't even know that you are looking for more business and definitely don't look for referrals for you.

So why don't we ask. Either we have asked in the past and it didn't work or we are embarrassed about needing more business. It comes back to "business is great" if our network does not know we are looking for business they will not look out for it for us.

Some people seem to be embarrassed about needing more business. You have people who know like and trust you, who would be only too willing to help you if you asked.

Asking for referrals is a little bit like asking someone out for a date. Did the first person you asked out on a date say yes? Mine didn't. So I am now left with some choices.

I could ask them out again. I could assume that nobody will go out with me and never ask anyone again or I could go and ask someone else instead. Referrals are the same just because one person doesn't refer business to you go and

ask someone else. If you have an accountant in your network which doesn't refer business to you but could, just go and find another accountant!

If we do ask for referrals we often do it at the wrong time. This will all sound very obvious but people get it wrong. Utility companies ask a new customer to recommend them to a friend when they sign up a new contract. At this point the utility company has promised to save the customer money and provide a good service but has not yet delivered on that promise. So any referrals if they are lucky enough to get any will be very weak. It would not be until at least three months after they have been using the service and saving money that it would be worth asking for referrals. So the Utility Company should go back after three to six months saying "now that you are saving money with us and getting great service would there be anyone you could recommend us to?"

This is a far more effective way to improve customer relations and customer retention.

A travel agent I know rings her clients when they get back from their holidays to see if everything was as good as they expected and they had a good time and also asking for referrals. This is a far better approach than if they were to ask at the time of the holiday

booking.

So have a look at when is it that my client is most satisfied with the work that I have done for them. Is it at the point of the sale or after when results can be seen? For different professions it will be different but work out when the best time to ask for referrals for you are and then just do it. The worst thing that can happen is they say no.

To find out how to generate more business referrals check out The Networking for profit CD which can be ordered at [www.ianandewan.co.uk](http://www.ianandewan.co.uk)



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

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# Wildflowers attract a rare visitor

**A RARE visitor has been attracted by wildflower areas created along busy roads in Warrington - the brown hare.**

Over the last three years, the council has created colourful wildflower areas along roadsides in Birchwood, Winwick and Penketh and these have attracted bees, butterflies, ladybirds and other insects.

Local ecologist and wildlife expert Jeff Clarke was looking for ladybirds among the wildflowers along Widnes Road near his home at Penketh, however, when he spotted the hare.

He said: "I have lived here for six years and never seen one on the previously short mown roundabout



before and I'm always on the lookout for wildlife.

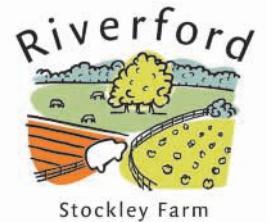
"There is no question the hare would not have been here if it wasn't for the tall flowers to hide in."

*The wildflower bed at Widnes Road, Penketh.*

Sarah Bennett, Cheshire region biodiversity manager, said: "Hares have suffered a dramatic decline in numbers since the turn of the 20th century and are now classified as a UK Biodiversity Action Plan species.

"Thanks to local conservation effort it is great news that we are starting to see more of them within the region."

Since 2007 the borough council, in conjunction with seven local parish councils, have created almost five hectares of wildflower areas alongside the town's roads. More than 300 school children have also been involved in sowing seeds.



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# Spectacular new season at Pyramid and Parr Hall

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

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

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

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

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

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

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

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

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

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

**With even more events and activities on our website, make sure you visit [www.pyramidparrhall.com](http://www.pyramidparrhall.com) and call 01925 442345 for tickets and information.**



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Sept/Oct

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Sun 3 October  
**Heidi Talbot**

Fri 8 October  
**The Boy with Tape on His Face**

Thurs 14 October  
**Attila The Stockbroker**

Mon 25 October  
**Seth Lakeman**

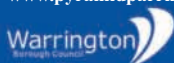
Tues 26 October  
**Sean Lock**

Wed 27 October  
**Colin Fry**

Fri 29 October  
**Walter Trout**

Sat 30 October  
**Fireman Sam**

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## OPEN EVENING

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## Chapel will open to public



THE oldest chapel in Warrington is opening its doors to the public as part of National Heritage Day.

On Saturday September 11 Cairo Street Unitarian Chapel will be open from 10am to 4pm.

Founded in 1662, it is the oldest chapel in Warrington and has links with many well-known people and the Warrington Academy. Writer Anna Barbauld was a member and John Howard, the prison reformer, worshipped in the chapel.

Joseph Priestley - the discoverer of oxygen - was both married and ordained a minister in the chapel and Frederick Monks, who gave the Golden Gates to Warrington, is buried in the burial ground.

Also buried there is the young son of Elizabeth Gaskell the novelist and her husband William, a Latchford boy, who became one of the foremost Unitarian Ministers of his day and a noted educationalist and social reformer.

On Sunday September 19 at 3pm the chapel is holding its Annual Academy Service, when there will be talk on the life of William Gaskell.

## Artists team up again

ARTISTS Jim Heath and Happy G, who exhibited successfully at Warrington's Pyramid Arts Centre earlier this year, have come together again with an exciting exhibition of traditional photography and contemporary abstract painting.

"Coffee Time in Window Dreams" is open now and throughout the summer season between 9am and 5pm, Monday to Saturday, at interior design and curtain shop Window Dreams, in Egypt Street, Warrington.

Shop proprietor Christina met the pair while visiting their Pyramid exhibition. All passionate about the arts, they hit it off immediately and Christina offered space in her shop for an exhibition.

When Christina showed Happy the "haunted basement" beneath the shop he promptly fell in love with the eerie space and she agreed to let him use it as a studio.

A special promotion night is taking place on Thursday, August 26, from 6pm to 8pm when callers can chat to the artists and Christina about their ideas and work.



## Fire station team triumph

BLUE Watch at Warrington Fire Station triumphed in the Cheshire Fire and Rescue Service Extrication and Trauma Challenge staged in Warrington.

An estimated 1,000 people turned out to watch the challenge take place at Warrington Fire Station.

They saw teams from across Cheshire, along with visiting teams from Greater Manchester, County Durham, Derbyshire and West Midlands compete in extrication and trauma competitions.

They were put through their paces with a simulation of a road traffic collision, with just 20 minutes to medically stabilise and extricate a live casualty.

Blue Watch from Warrington were judged winners by assessors from the United Kingdom Rescue Organisation (UKRO).

They will now go on to represent Cheshire at the national championships in Hampshire in October, with the chance of going on to represent the UK in the world championships in New

Zealand next year.

The Blue Watch extrication team consisted of crew manager Damian Wight and firefighters Lee Howells, Micky Hitchen, Stuart Robinson and Jonathan Hill.

In the trauma challenge, Blue Watch again triumphed with firefighters Adam McConkey and Lee Howells judged the best team and firefighters John Turner and Jonathan Hill second place team.

Alongside the challenge the Fire Station hosted a family fun day of activities for all the family from driving simulators, Formula One Car, Formula One Car Simulator, go karts, car seat advice, Institute of Advanced Drivers Association, Rapid Response Road Unit, magician, competitions and prizes, etc.

The Trauma Challenge has been running for several years and Warrington Blue Watch trauma team consisting of firefighters Adam McConkey and Lee Howells were national champions in 2008 and went on to represent the UK in the World Championships in Germany in 2009 where they finished 6th.

# Students' mercy mission

**STUDENTS and staff from Warrington's Priestley College have returned from an exhausting aid mission to Mozambique during which they spent two weeks building houses in impoverished communities.**



The small team joined forces with the Habitat for Humanity charity and local tradesmen to build three brick houses to provide permanent shelter for some very special people.

The team was based near Chimoi in the north of the country, located between Beira and Zimbabwe.

One family the group built for included a mother caring for five children in surroundings ravaged by years of civil war and in an area where the AIDS epidemic is also rife.

As well as building the houses, the Priestley group interacted with local villagers and visited an orphanage to give small gifts and toys to the children.

While the students had the opportunity to enjoy some of the normal tourist activities, most of their time was spent working on the houses.

At the end of the fortnight, the houses were handed over to their new owners in a moving and emotional ceremony, which will be a lasting lifetime memory for all those who took part.

Vicky Rutter, 18, who is studying History, Psychology and World



Development said: "I really enjoyed interacting with the children and seeing the finished buildings at the end was especially rewarding.

"Some of the things I saw were remarkable including a boy of six looking after his four month old

brother.

"The visit has given me some real life experience and opened my eyes to other cultures while at the same time making me very grateful for everything I have back home."

## Rotary says 'focus on the crocus'

WARRINGTON Rotary Club is aiming to plant 5,000 bulbs in the town on October 2 to help earn a place in the Guinness Book of Records.

It will be joining with other Rotary clubs, the Eden Project in Cornwall and the International Flower Bulb Centre in Holland to try and set a new Guinness World Record for bulb planting.

The project is called Focus on the Crocus.

Rotary are contacting schools, community groups, Groundwork, the National Trust and other bodies to encourage them to take part in planting

as many bulbs as possible in one hour.

It is intended the bulbs should be planted in groups of 1,000.

It is hoped they will be in full flower to celebrate "Rotary Day - Thanks for Life" on February 23 next year.

"Thanks for Life" is a project involving the clubs and members of Rotary International to highlight the humanitarian work of Rotarians with a number one aim of helping to eradicate

polio throughout the world.

Warrington Rotary Club is looking for suggestions for locations where it can plant the bulbs in the town. The club is inviting schools and community groups to offer their suggestions.

A spokesman said: "The resulting blaze of colour next spring will be a reminder of the essential need to continue the fight to eradicate polio from our world."

Suggestions should be emailed to warrington.rotary@ntlworld.com

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# Summertime slimming made extra easy!

**Tina Evans is looking stunning after she lost 3st 7lbs after years of struggling with her weight just in time to be a gorgeous bridesmaid.**

Tina attends the Slimming World Group at Tetleys club, in Orford where she's discovered the knowledge keep the weight off for life.

Consultant Sarah says, "Tina is a great inspiration. She looks lovely and is a real asset to our Slimming World

group, always on hand to offer advice and tips for her fellow members. Not only does she look stunning, she's also improved her health and she's bursting with energy"

"The members here are so supportive of each other, there is no judgement or criticism, just motivation and reassurance. Eating and drinking are sensual parts of enjoying life and Slimming World allows you to feel that you can still enjoy food and never have to feel guilty."

### Tina's top tips for successful slimming

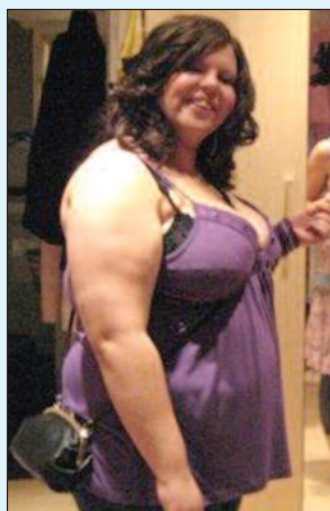
- The most difficult start to anyone's weight loss journey is turning the negative experience of standing on those scales into a positive experience. The support of my Slimming World Consultant Sarah and the group were crucial to getting through the most

difficult times, especially when I had a weight gain.

- When you decide that you're going to lose weight, write a list of the pros and cons and be sure to make a list of the foods that you can't live without and build them in to your plan
- Forgive yourself and give yourself permission to enjoy yourself. If I'd thought everything was forbidden I'd have gone off the rails.
- Slimming World Magazine gave me the support and inspiration I needed. I read it for recipe and food ideas and the fantastic success stories.
- We're all emotional eaters, especially women. When I feel pressured or stressed, I know I'm going to eat a lot so I make sure I have plenty of healthy things to hand like fat-free yogurts, fruit, chicken. Foods that I know will make me feel full so I won't reach for the chocolates or crisps. Anyone who would like to



find out more about healthy living for families this summer can contact Sarah on 07983528867 or come along to the Slimming World group at Tetleys Club on Tuesday at 5.30 & 7pm.



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## MONDAY

**Birchwood**  
Birchwood Evangelical Church  
Dewhurst Road  
Tel: 07886 337749  
Monday's at 7pm  
Your consultant's name is Linda  
NEW VENUE FROM 6TH SEPT  
BIRCHWOOD TENNIS CENTRE

**Grappenhall**  
Grappenhall ExServicemens Club  
Chester Road, Grappenhall  
Tel: 07545 25535  
Monday's at 7pm  
Your consultants name is Karen

**Stockton Heath**  
Stockton Heath Primary School  
West Avenue, Stockton Heath  
Tel: 01925 417450  
Monday's at 6pm  
Your consultants name is Debbie

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

## TUESDAY

**NEW CONSULTANT Warrington**  
Starts Tuesday 20th September  
Bank Quay Sports Club, Green Street  
Tel: 07929 628569  
Tuesday's at 7pm  
Your consultants name is Michelle

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

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

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

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

**Stockton Heath**  
St Thomas' Church Hall, Ellesmere Road  
Stockton Heath  
Tel: 07960 961518  
Tuesday's at 1.15pm  
Your consultants name is Kerrie  
NEW VENUE & TIME FROM 7TH SEPT  
Stockton Heath Methodist Church  
Walton Road, Stockton Heath  
Tuesday's at 9.30am

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

## WEDNESDAY

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

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

**Winwick**  
Winwick Leisure Centre  
Myddleton Lane  
Tel: 01925 573547

Wednesdays at 6:30pm  
Your consultants name is Janet

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

**Appleton Thorn**  
County Primary School, Arley Road  
Tel: 07948375250  
Wednesdays at 6.30pm  
Your consultants name is Sara  
NEW VENUE & TIME FROM 8TH SEPT  
Broomfield's Junior School  
Bridge Lane, Appleton  
Wednesdays 7pm

## THURSDAY

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

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

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

**Culcheth**  
Culcheth Sports & Social Club  
Charnock Road, Culcheth  
Tel: 01925 573547  
Thursdays at 6:30pm  
Your consultants name is Janet  
NEW CONSULTANT FROM 16TH SEPT  
JACKIE 01925 837465

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

## SATURDAY

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

## Community shares its memories



RESIDENTS of a Warrington care home and the local community enjoyed a day of sharing memories.

Staff and residents at CLS care home Westy Hall, Latchford, hosted the Memory Fair in support of The Alzheimer's Society.

Guests and residents shared photographs and memories of growing up, living and working in Latchford, while enjoying tea and special "nostalgia cakes."

They enjoyed hearing the area's war stories and viewed historic

photographs shown by Mike Kenwright, a member of Latchford History Society.

Residents and guests also made their own displays, writing down their fond memories of Latchford from years gone by, and pinning them onto special "memory walls," along with personal photographs from the past, for everybody to enjoy.

Proceeds from the day will go to The Alzheimer's Society and a comfort fund for residents.

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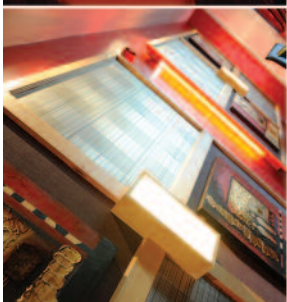
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#### I have got nothing to leave

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#### 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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**Warriors are now recruiting new members aged 6 and upwards. If you've got a child who loves swimming we'd love to meet him or her.**

Every child needs a sport and swimming is the perfect combination of exercise and enjoyment. By joining Warriors your youngsters will become fitter, learn all four strokes, and pick up skills such as tumble turns and diving off blocks.

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

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

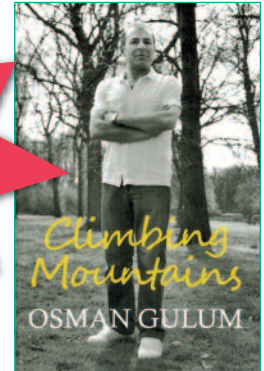
**If you think your child would love the thrill of swimming or simply want to know more, please call Warriors Head Coach Darren Ashley on 07717 558369 or contact the Warriors Secretary via [www.swimwarriors.org.uk](http://www.swimwarriors.org.uk)**

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Monday - Saturday: 11:30am - 2:00pm / 4:30pm - 11:00pm

Sunday: 5:00pm - 10:30pm

**ORDERS OVER  
£15 GET A FREE  
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• **CALL AND COLLECT IN 15 MINUTES**

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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

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# Town retain Peace Cup

**THE annual Peace Cup game between Warrington Town FC and Northern Ireland based Crewe United proved an enjoyable event for all concerned - even if the match at Cantilever Park ended in a 9-0 victory for Warrington.**

It was more about relationships between the English and the Irish so the result mattered little and as Town won last year's clash in Ireland 7-2 the margin of victory was not unexpected, with the visitors also missing a number of key players due to a "stag weekend" back in Ireland.

The Irish party, which included the Mayor of Lisburn, Coun Paul Porter, and his Mayoress, were met by Warrington Town officials Jon Barton, Geoff Bell, Stuart Humphreys and James Standing at Liverpool Airport and then escorted to the team hotel at Birchwood.

Also in the party were members of Lisburn Council's leisure services committee, including councillors David Archer, Thomas Beckett and Jim Rose and Crewe United chairman Tom McKenna and other club directors.

After settling in, the party visited the Peace Centre in Great Sankey as guests of Colin and Wendy Parry, to learn more of the history of the annual competition and to remember the Warrington bombing and those it affected and to see how the pioneering centre still promotes peace and reconciliation across the world.

This was followed by a civic reception at Warrington Town Hall where the party were greeting by the Mayor and Mayoress, Coun and Mrs John Joyce and Warrington Town chief executive Gary Skentelbery.

After the game at Cantilever Park, the party were taken to the Halliwell Jones Stadium as guests of the Warrington Wolves with the Irish team giving vocal support to the Wolves in the "derby" game against St Helens.

An Irish night followed at Cantilever Park in the social club before an exchange of gifts.

The Peace Cup was sponsored by Culcheth based accountants Styles and Co.



Mayor Paul Porter and his family are pictured at the Wolves with club mascot Wolfie and Town Chief Executive Gary Skentelbery.



Colin Parry (right) and Les Styles from Styles & Co. with special guest ex Man United and Wales star Mickey Thomas presenting the Peace Cup to Warrington Town skipper Mike Tomlinson.

## Images of a changing town

IMAGES of Warrington reflecting changes from its traditional Lancashire roots to 21st century developments are featured in a new book.

"Warrington Through Time" by Janice Hayes, contains 180 photographs of Warrington over the years.

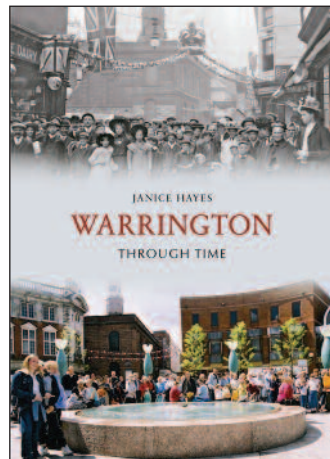
Janice, manager at Warrington Museum and a native of the town, illustrates the factors which have shaped its distinct character.

Her book covers developments such as the increase in number of vehicles on the road, and how once green fields have been transformed into industrial estates, housing or ring roads.

She said: "Many people think Warrington is a new town when in fact it has a rich and interesting history going back many, many years."

"We are lucky that local photographers have left us a fascinating archive of how Warrington has changed over the last century and a half and even in our lifetimes."

The book, published by Aberley



and priced £14.99, is available from W H Smiths, Waterstones, and Martin's Newsagents in the town centre, and Forget Me Not Toys and Bookshop in Culcheth.

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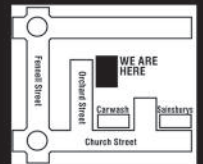
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# Financially yours

By David Watkinson

## Allowable expenses against income from employment

We thought we would revisit the topic of expenses that are allowable against income from employment. The tax office tend to vigorously resist any claim as to be deductible the expense must be "wholly, exclusively and necessarily" incurred "in the course of performing the duties". This sets the hurdle very high as it precludes any element of choice.

For instance, a large number of people have a home office, and may think that they should be able to claim any costs incurred in running that home office against their income. However, before allowing such a claim the tax office would expect to see not only that the employee did actually perform a substantial amount of duties at home but also that the home office had facilities available to the employee that were not available elsewhere, and thirdly that there was no element of choice in where he could work.

The main expense that is claimable is that of travel expenses incurred when the employee is away from his main place of employment. The cost of normal commuting is not deductible, nor is the cost of going

from one employment to another. However, the employee can claim 40p for every mile that he actually travels when attending at a temporary workplace, plus 5p per mile for any passengers carried on those journeys. Similarly, he can claim the cost of any public transport used in getting to or from that temporary workplace, and also the costs of subsistence whilst there.

The rules in deciding whether a workplace is temporary or permanent are fairly complex, as are the rules in determining how many miles can be claimed for each journey. Basically, a workplace is temporary provided that it neither lasts nor is expected to last more than 24 months, and also that its attendance at that workplace does not extend to the whole of the period of that particular employment.

This is one of the main advantages for some people to operate through a limited company even if they are "caught" by the IR35 regulations. If a temporary employment contract is obtained that will only last (say) 12 months then if the employee works directly for the employer any travelling



David Watkinson and Margaret Black

expenses incurred in getting to the employers premises will be disallowed as the are the place of employment for the whole of the period of employment. However, if the employee forms a limited company and provides the services through that company then the travelling expenses become deductible provided only that further contracts are obtained through that limited company.

The second main allowable expense is subscriptions paid to professional and other bodies which are approved for this purpose by the tax office.

*WatkinsonBlack are pleased to advise on these matters at their new offices in Manchester Road. Accordingly, please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.*

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# Lowton High School

## Adult Education Programme 2010 - 2011



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- ★ Holistic Therapies
- ★ Stress Management
- ★ Salsa, Latin and Ballroom Dancing
- ★ Embroidery
- ★ Cake Decoration
- ★ Spanish (Beginners)
- ★ Conversational Spanish
- ★ Watercolour Painting
- ★ Floristry

- ★ Scrap Booking
- ★ Tai Chi
- ★ Tiling (Beginners)
- ★ Plastering (Beginners & Improvers)
- ★ Plumbing (Beginners & Improvers)
- ★ Bricklaying (Beginners)
- ★ Painting & Drawing

### Tuesdays

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- ★ Personal Development
- ★ Papercraft Club
- ★ Children's Emergency First Aid
- ★ Counselling Skills (Day)
- ★ Beginners guide to ebay
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### Wednesdays

- ★ Move on English
- ★ French (Beginners)
- ★ Chinese Culture
- ★ Starting your own Business
- ★ Counselling Skills (Evening)

- ★ Beer Appreciation
- ★ German (Beginners/Improvers)
- ★ Acrylic Nails
- ★ Garden Design
- ★ Computers (Beginners)

### Thursdays

- ★ Office Administration

### Saturdays

- ★ Safeguarding and Child Protection

### Enrolment for all courses starting before Christmas 2010

Adults wishing to enrol on a course starting before Christmas 2010 are invited to attend the appropriate enrolment evening. The School's enrolment programme will begin on Monday 6th September 2010.

Courses starting on a <b>Monday</b> on or after <b>20th September</b> and the <b>Beginners/Improvers German and French Beginners</b>	<b>Monday 6th September</b> between 5 – 7pm
Courses starting on a <b>Tuesday</b> on or after <b>28th September</b>	<b>Tuesday 7th September</b> between 5 – 7pm
Courses starting on a <b>Wednesday</b> on or after <b>29th September</b>	<b>Wednesday 8th September</b> between 5 – 7pm
Courses starting on a <b>Thursday</b> on or after <b>30th September</b>	<b>Wednesday 8th September</b> between 5 – 7pm

### Enrolment for courses starting after Christmas 2010

Adults wishing to enrol on a course starting January 2011 are invited to attend the enrolment evening on Monday January 10th 2011 between 5-7pm. For a full list of courses starting in January 2011 please contact the school for a prospectus or look at the website listed below.

Tel: **01942 767040** (selecting option 4) • Email: **stephen@lowtonhs.wigan.sch.uk**

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At Handelsbanken relationship banking still lives up to its name. With all key decisions made locally by us at the branch we are able to offer a highly personal banking service that is designed to meet your individual requirements.

We provide all the main services that high street banks provide, from day-to-day transactional banking, to the more sophisticated needs of the modern business. Our Individual Banking service is designed for high net worth customers who need a bespoke

offering with easy access to their manager. Putting the needs of the customer ahead of all else lies at the heart of everything we do. We tailor our current accounts, mortgages and loans to your individual requirements.

**Chris Clarke**  
**Karen McComb**

**Corporate Account Manager - Tel: 01925 575706**  
**Individual Banking Manager - Tel: 01925 575708**

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