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magazine

August / September 2015

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Welcome to lifestyle



Getting active this summer could be seriously good for your wealth as well as your health if you are a community based organisation.

Active Cheshire has £70,000 available for organisations who work with people whose lives could be changed by being more active.

Their investment addresses young people, disability/inclusion groups, connecting schools and community groups, older people, under 5s, deprived wards in Warrington and Cheshire and work force development.

So what better time to look at ways of encouraging people to get more active this summer. You never know you could end up successfully gaining much needed funds for your organisation.

For more information on how to apply for the funding see page 18 - but hurry applications need to be made by August 18.



The aim is to get more people, especially youngsters, more active to help improve health and well being with the philosophy prevention is better than cure!

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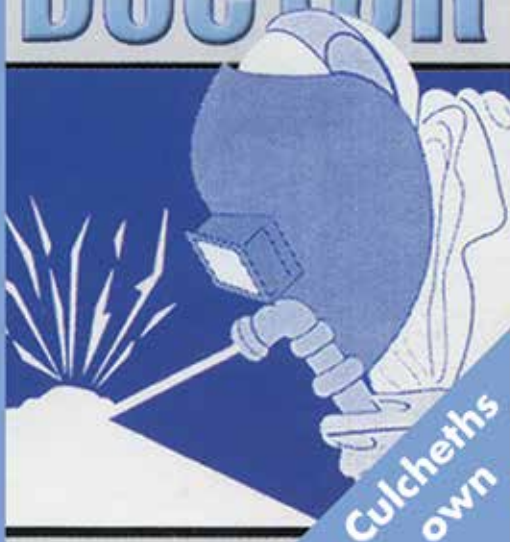
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Dream set to come true for singing sensation Sonya

Pictures and cover picture: *Paul Jackson*

A dream is set to come true for a mum of two who saw a song she wrote as a 15-year-old old schoolgirl go global!

Sonya Hurst, now aged 29, who has been singing and composing music since being a little girl, is set to perform in Nashville, the home of her first music love, country.

Following on from the success of the song "Emily" she wrote as a youngster her dream will now become reality.

A delighted Sonya from Warrington, said: "I have been invited to perform at the Josie show awards ceremony on September 27 in Nashville and I have also been nominated for three awards! - "Country (modern) songwriter of the year"... "Country (modern) Female artist of the year"...and also "Country (modern) song of the year- Emily."

Emily was also in the top 15 most requested songs on County line radio for more than six consecutive weeks!

Sonya added: "I can't believe the response I've had, its utterly overwhelming. I am so thankful for all the support I have from people out there.



"I currently have a Go fund me set up called "getsonya2nashville" and have received £300 in donations so far, from supporters who are wanting to help me achieve my dream of going to Nash.

"I am booked in to sing at some writers nights around Broadway and also hoping to become a Nashville recording artist!

"I've had some talks with a production company out there about recording one of my original tracks with them while I am over there.

"It's a once in a lifetime opportunity and I hope to get as much as I can done while I'm over for a week.

As well as country Sonya has a varied style including pop, jazz, rock and gospel.

With a range of experience in her teens including performing as a solo artist in pubs, clubs, holiday camps and events she also enjoyed performing in residential homes.

Sonya, who has two sons, left college in 2004 with a triple grade distinction in Music practice and went on to perform dinner music and some session singing/backing vocals in her spare time, while continuing to write songs and play piano. She is classically trained to grade 8 with the ABRSM.

She is funding her trip herself at a cost of £2,000 but is thankful of any donations to help her fulfil her dream.

For more information visit <https://www.facebook.com/Sonyahurstfanclub>

Cheshire breaks a tourism record



Tourism figures in Cheshire have hit a record high with visitor numbers reaching more than 45 million, an increase of 10 million people on 2009 and a 6.4 per cent increase on 2013 results.

The figures were announced by Marketing Cheshire at their Annual Visitor Economy Conference to an audience of the county's key tourism partners.

Visitor spend is also up with tourism expenditure across Cheshire increasing by 9.5 per cent to £2.5 billion in last year.

Tourism spend in Cheshire has grown significantly from £1.6 billion in 2009 to £2.5 billion last year - a 51 per cent increase.

Katrina Michel, chief executive, Marketing Cheshire said: "We don't stand still in Cheshire and these record figures are testament to the hard work and commitment shown by our hotels, restaurants and attractions.

"Cheshire's star continues to rise whether it's through prime time television coverage with shows such as Homefires, Ordinary Lies and Our Zoo or stand-out experiences such as Bolesworth International, Cholmondeley Pageant of Power and this summer's Rise Above Sportive with Mark Cavendish with visitors flocking here to stay longer and spend more money."



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Huge increase in visits to canals and rivers

VISITS to waterways in the UK have seen a staggering 30 per cent rise since 2010, with Canal & River Trust estimating that there were 360 million visits to canals and rivers last year alone.

The millions of people who regularly visit canals and rivers are more satisfied with their lives and less anxious, government statistics have found.

The government body, Natural England, recorded 2.93 billion visits to natural environments including parks, canals and countryside last year - the most in the last five years. When asked about their life satisfaction and anxiety levels, those people who spent more time visiting outdoor spaces showed markedly more positive ratings. Participants were asked to mark their life satisfaction on a scale of 1-10. Those who visited the outdoors several times a week were on average 7 per cent more satisfied, 6 per cent happier and 7 per cent less anxious than those who visited less often.

Emma Aitken, national campaigns manager at Canal & River Trust said: "People in urban areas often don't find enough time to get outdoors, so it's great to see more people are taking advantage of our canals, which are only a stone's throw from many of our major cities. In fact, half of the country's population lives within five miles of one of our waterways. We want to make sure there's always a place on your doorstep where you can escape the pressures of everyday life, stretch your legs and simply feel closer to nature."

In reaction to this boost in visitors, the Trust began documenting the experiences of those who visit, work and live by canals and rivers to find out what they enjoy about the historic waterways of England and Wales.

The Trust's Humans of the Waterways blog features photographs and personal stories from people from all over the country. One contributor, Sarah visiting the canal in Clarence Mill, Cheshire, explained why the waterways are so special to her

She said: "Most days I'm sat behind a desk crunching numbers as an accountant, so I love being outdoors. Along the canals I can see wildlife and beautiful scenery, all the things I can't see from my office window."

Ingrid Riches, digital marketing manager at the Trust commented on the importance of the Humans of the Waterways project. She said: "The canals and rivers of England and Wales are not only of great historical importance, but also provide a fantastic haven for people to relax and enjoy nature. We've met jugglers, buskers, filmmakers, army veterans as well as boaters and anglers to name but a few, and we hope that the Humans of the Waterways blog will become a great archive for everyone to access, showcasing these fantastic stories."





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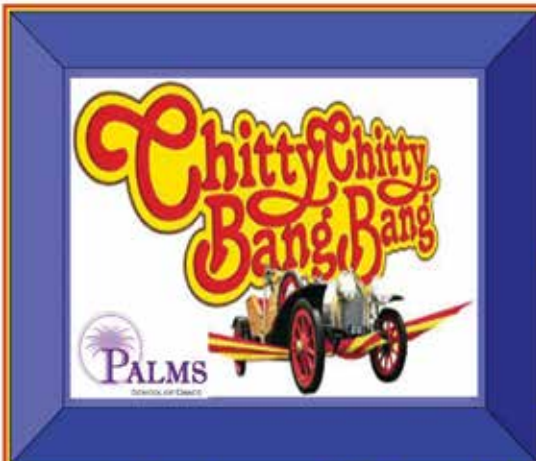
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Something stirs, down in the woods

If you go down to the woods today . . .

. . . you may see some pre-school children having lots of fun, using their imaginations, building dens and fairy houses, going on scavenger hunts, looking at mini-beasts and learning all about themselves and the world they live in.

There is a new pre-school opening this September in Grappenhall, but this is no ordinary pre-

school. It is a fully outdoor pre-school called Nest in the Woods, which is based on the philosophy of the Forest School approach.

Nest in the Woods is the culmination of three years hard work by childcare professional Sally Cliffe and teacher Mark Redford.

Mark said, "We first started with Learning In the Woods forest school, where we work in conjunction with local schools to offer forest school learning as either part of the curriculum or as an after school activity. With our years of early years' experience, it was only a matter of time before we wanted to combine our skills and passion for the outdoors to bring our forest school learning approach to 2-5 year olds.

"Our philosophy is based on the Forest School approach, which puts the child at the centre. Children develop their independence and resilience, communication skills, their imagination and thinking, teamwork, and of course have loads of fun in the process."

Sally said, "Forest school is a place where children can participate in projects to develop their confidence and natural ability to discover the world for themselves, with the support of caring adults. Forest School takes place all year round and in all types of weather, the rainy, muddy days are some of the best! We provide children with the right equipment when they are registered with us to ensure they are warm and dry in all weathers.

"Forest school encourages imagination, thinking



and fun, we create dens and miniature worlds, organise scavenger hunts, track animals and get creative with art. The outdoors is the absolute best place for children to be. They are natural explorers and little scientists finding out about the world for themselves with the support of passionate, experienced and qualified staff that work with each individual child and track the children's learning and development within the Early Years Foundation Stage framework. Children connect with and understand nature, themselves and each other in a deep and meaningful way because the outdoors is such a rich and stimulating environment. They experience the changes of the seasons and learn about nature first hand, as well as how to look after themselves and each other.

"We've had our registration inspection and Ofsted have described Forest School as "thrilling and inspirational".

Nest in the Woods will be offering Free Early Years Entitlement of 15 hours for 2, 3 and 4 year old children. They can also accept payment via tax-free childcare vouchers.

For more about about Nest in the Woods, Learning in the Woods for schools or the holiday club Den in the Woods, visit the websites at www.nestinthewoods.co.uk and www.learninginthewoods.co.uk

Paul Reiffer – *Shooting the night sky*

Night/Astro/Star/Star-trail Photography — what-ever you want to call it, this is a genre which has become increasingly popular over the past couple of years (partly connected with the increase in sensitivity of reasonably-priced camera sensors over the same period). The irony being, it's also one of the easiest forms of photography that yields some of the most impressive results if you get it right.

Given the chance for some downtime while travelling around the New Zealand wilderness in our “Jucy Casa” campervan, I reflected on the sheer volume of exactly the same questions which were asked by the people around us while shooting at Lake Tekapo. So, with that in mind, here's “Paul's Guide to Star Photography” - hopefully in bite-sized chunks that are easier to digest than a Jimmy's Pie!

The above image is a single frame from the camera, no “photoshop tricks” or playing, and here's the funny thing - with the right tools, it was also really easy to capture. So, let's get started:

You're going to need some specific camera equipment to do it justice. In order to capture

a sharp, (relatively) noise-free, clear and vibrant image you do need some things in your kit bag:

- Lens with a *minimum* f/2.8 aperture, preferably lower
- Lens of 16mm or wider (35mm equivalent)
- Camera body with a full frame sensor if possible
- The capability to shoot at a minimum of ISO1600 at night with low noise
- The ability to manually focus on infinity
- Manual mode, with exposures of 25-30 seconds
- A RED headlamp, dimmable(!)
- A source of soft light in different colours if you want to “light-paint”

The rest of Paul's blog can be found at the address below:

<http://www.paulreiffer.com/2015/07/how-to-shoot-the-night-sky-pauls-guide-to-astro-star-photography/>







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Nest in the Woods Community Interest Company, a not-for-profit social enterprise promoting outdoor education, health, well-being and care for the environment. Company number: 09536982 Ofsted URN: EY490665



Four ways to keep your pets cool in the heat

Fetch.co.uk provide their top tips to help keep pets cool this summer

The hot weather comes with warnings reminding us to apply sunscreen, stay hydrated and only exercise outdoors during the cooler parts of the day. But what about our pets? Fetch.co.uk, the online pet store from Ocado, has pulled together a quick and handy guide to help you protect your furry friends as temperatures soar.

1. Choose the right spot for your pets

Keep your pets in cool shaded places as much as you can and never leave them in the car unattended. If you must exercise your pet during the day then walk them on grass and avoid hot tarmac.

2. Groom your pets regularly to get rid of any excess hair

In this heat that extra hair will only be increasing your pet's body temperature. Fetch's range of Furminator products make removing excess hair easy peasy.

"Your pets can't cool themselves as easily as we can in the heat and therefore they are at higher risk of heatstroke. By the time the signs of heatstroke become apparent, the damage can already be done. Go easy on the exercise on hot days, and make sure your pet has plenty of water and shade."

Angela Rodger,
resident vet at fetch.co.uk

3. Keep your pets hydrated at all times

It sounds obvious but it's crucial to remember whether you're at home or out and about that your pet needs access to a fresh supply of water. The Drinkwell Pet Fountain (£26.99) keeps water fresh by filtering and moving it continuously, enticing your pet to drink more in the hot weather. The Animal Instinct Travel Water Bottle (RRP: £2.29 – £2.99) is the perfect way to ensure your pet stays hydrated on the go.

4. Give your pets the tools to keep cool

The best way to help your pets forget about the heat is to keep them entertained. Find your pet a cool place in the shade with some toys to chew and they'll be happy. Fetch.co.uk has a wide range of fun toys to keep your pets entertained all day long

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Affordable garden awarded at Royal Horticultural Show

A garden designed by LiveWire and a range of partners has won a bronze medal at the Royal Horticultural Society (RHS) Show at Tatton Park. The 'It Makes Sense' garden has been developed to replicate an ordinary person's garden which can be achieved on a budget with the aim of encouraging families to start gardening and grow their own vegetables.

Developed in partnership with Golden Gates Housing Trust (GGHT), Cheshire and Greater Manchester CRC (CGM CRC), Walton Lea Project, Long Lane Garden Centre and Jewsons, the sensory garden provides a safe and stimulating place for a child to play as well as a relaxing retreat for parents.

To stimulate the senses, the garden is filled with colour, scent, tactile plating and movement. The planting is intended to attract wildlife with sunflowers and other garden favourites providing the garden with bright primary colours. Movement and sound are created by grasses as well as water, herbs and other edibles to appeal to the senses of taste and smell.

The garden was designed by Alan Nugent from LiveWire and was built by contractors from GGHT and four offenders who have carried out Community Payback in partnership with the CGM CRC to replace the display garden.

Once the RHS ends this weekend, the garden will be rebuilt at New Horizons, a school in Longford for children excluded from mainstream education.



"LiveWire is proud to have designed another award-winning garden following on from the success of 'My Garden' which won a silver medal at last year's RHS. The design of 'It Makes Sense' garden can easily be replicated at home to improve wellbeing and eating habits through gardening."

Keith Maddock,
Neighbourhood Wellbeing Director
at LiveWire

"We are really proud to have taken part in this year's RHS Tatton, following on from the success of last year's garden it's fantastic to see that we have continued with it by scooping the bronze medal. It's a great example to show residents about what can be achieved."

Roy Smith,
Chair of Golden Gates Housing Trust



"I am delighted we are part of this scheme because not only does it demonstrate how offenders can work together to create stunning things, but that the work they do really does support the community. Offenders will be working to relocate the garden and then it will be enjoyed by disadvantaged children who will benefit from it."

Sheila McGregor,
CGM CRC's Community Payback
practice manager

Boost for disabled sport

Active Cheshire, the lead organisation in Cheshire and Warrington for creating, supporting and building healthy active lifestyles, has been accepted as one of the first associate members of the charity EFDS (English Federation of Disability Sports).

The EFDS is dedicated to making active lives possible for disabled participants and it is a huge honour to the local charity to be among the first 20 organisations to be invited to become Associate Members and share EFDS' commitment to making active lives possible.

The Associate Membership will help EFDS and Active Cheshire to build stronger relationships with leading organisations operating locally, and recognises the work Active Cheshire have lead over the last two years with our ground breaking 'Count Me In' strategy.

Active Cheshire have also signed up to the EFDS's Charter for Change which was launched at Parliament in February. The Charter states that disabled people should have every opportunity to be as active as non-disabled people.

Almost one fifth of the population is disabled. Physical activity can make a fundamental difference to disabled people's quality of life, it can increase independence and benefit our economy.

As another boost to supporting activity for disabled people in Cheshire and Warrington, Active Cheshire have just launched their Active Anywhere investment.

This investment of £200k has been put in place to get more people, more active, more often by 2017. In particular, Active Cheshire are keen to hear from groups and organisations working with disabled people and who can benefit from being more active. The closing date for applications is 18th August. For all the information on how to apply, visit www.activecheshire.org.

Anne Boyd, Active Cheshire chief executive officer, said: "Active Cheshire's ratification by the board of EFDS is something we are enormously proud of. We have worked hard to become associate members and the ethos of the EFDS is intrinsic to the work we do. We are looking forward to consolidating our associate membership very soon as we work with new disability groups in Cheshire and Warrington as part of our Active Anywhere investment."

Making meals more special – wherever they are



Dining at home, whether in the dining room or in the garden, is made special not just by the food but also by what it is served on.

The Artesano collection, from Villeroy and Boch, is distinguished by its unique craftsmanship and an exciting mixture of materials.

Premium porcelain items co-ordinate harmoniously with acacia wood and slate accessories. The extensive range and individual pieces lend themselves to a wide variety of situations.

Special occasions, everyday use, or even a barbecue in the garden with lots of guests - the Artesano is ideal for just about everything.

And it's dishwasher safe and microwave safe too.

High quality tableware products can make all occasions more special. From baking and cooking to setting the table and serving – they help make every meal.

It is important to have the perfect dishes and cutlery, the right wine glasses, and the most stylish home decor for your special occasions.

Transform ordinary summer barbecues into unique affairs or create an exotic ambience at your dining table. With its elegant style and premium quality, Villeroy and Boch tableware will make you want to set an exceptional table and entertain every day of the week.

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Warrington & District Society for Deaf People



Warrington Deaf Sports & Social Club **Can you help?**

Warrington Deaf Centre's Sports & Social Club had a major refurbishment in 1991. The Deaf Community would like to bring the bar and social area into the 21st Century. We are looking for a bar fitting company who can provide ideas and support the development of the design and fitting.



Warrington is unique in that we are one of the few places in the UK which still manages to attract Deaf people into our Social Centre. Whilst the Deaf Community is changing, there are still vulnerable people who benefit from our Centre and we want to continue to provide a happy, welcoming environment and preserve Deaf culture. It is a very important place for the Deaf Community and is regularly used for socialising, OAP afternoons, bingo, snooker matches, parties, Deaf Café, children's parties (Christmas, Easter, Halloween, Family Fun Day) and our BSL Signing Choir.



Working in partnership with Warrington Borough Council we recently held a Dementia Awareness Presentation at the Centre tailored for the Deaf Community and have a fully kitted out 'Equipment Aids Room' based here with an extensive range of equipment to support people with hearing loss.

If you can help us with our refurbishment please contact:

Penny Spiers, Warrington Deaf Centre

11-13 Wilson Patten Street, Warrington, WA1 1PG

Tel: 01925 634640 Email: admin@wdsdp.co.uk

Volvo XC90 named Auto Express Car of the Year 2015



The Volvo XC90 has been named Car of the Year 2015 and Large SUV of the Year at this year's Auto Express New Car Awards.

Volvo Cars' award-winning XC90 is already close to selling out its entire first year's planned production run of 50,000 cars. To date over 44,000 cars have been ordered.

"This award reflects the great passion that Volvo Cars puts into its new cars. We understand our customers' desire to have beautiful cars – cars that make their lives easier by delivering the latest technology - but in a user-friendly manner. We also understand the driving need for powertrains that deliver efficient performance, and a chassis that provides a balanced and engaging driving experience," said Dr Peter Mertens, Senior Vice President Research & Development at Volvo Car Group, accepting the award.

Steve Fowler, Editor-in-Chief of Auto Express, said: "We've been waiting a long time for the XC90, but it was well worth the wait – it's a sensational SUV. It not only sets new standards for Volvo, but for the car market in general, leading in terms of technology, efficiency, style and safety. It's also got an element of style – inside and out – that you might not have expected. If the XC90 points the way for the future of Volvo, the future looks very bright indeed."

The all-new XC90 is the first car to be built on Volvo Cars' Scalable Product Architecture (SPA) using its acclaimed Drive-E powertrain technology.

A blend of rich Scandinavian design elements, both inside and out, makes the XC90 stand out from the crowd. Delivering a commanding road presence with the distinct 'Thor's Hammer' LED headlights and larger grille, the XC90's powerful exterior design makes a strong, yet subtle statement.

The interior's crowning glory is the in-car control system, Sensus. This intuitive system controls all the major functions of the vehicle, from the infotainment, phone, navigation and connectivity features. The interior is the epitome of Scandinavian design, a serene and relaxing environment, combining the finest natural materials available such a leather and wood, and at the same time being a practical seven-seat SUV.

Spotlight on health

by *Michael Mahoney*

Good health

Do you have good health? Before you think too much about that question, what is the definition of health?

According to the World Health Organisation (WHO), Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

So do you have good health? Complete good health as deemed by the WHO? It is my experience very few of us have good health if the WHO definition is adopted.

How many of us can hold our hands up and say yes we have good health? How can we, with the high demands of the society we live in, the polluted air we breathe, the additives in foods we eat, the poor housing conditions many have to live in, the high pressures of work, deadlines, demands, and what about those without work, and barely making do?

Society and our environment create many problems for us. And yet there are things we can do for ourselves to make things not only more tolerable, but even better, happier and contented. It takes time and effort, but it is well worth it.

And the answer lies within ourselves. We need to create some mental time and space internally, for ourselves. We need to learn to grow internally, to develop our sense of being who we are, and to develop our sense of control over our life, of who we are. We are not the circumstances around us, we don't have to take on board other peoples issues to the detriment of our own.

Moving on is about creating quiet and space inside for us to reach our potential. Science has proven that when we are less stressed, our immune system functions better. The more stress we have – the less resilient our immune system, and the likelihood of more disease, illness and infirmity.

Each thought creates a physical response, whether it be fear, love, happiness etc. or that butterflies in the stomach feeling we are all familiar with; each one starts with a thought. My hypnosis audio recordings for IBS or Irritable Bowel Syndrome are known around the world. People ask “How can just listening help manage or eliminate the symptoms of IBS when modern medicine



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Zesty lemon scones

*Nan's recipe
in by Michele
Butterworth,
owner of
Shelly's
Restaurant
on Bold Street
in Warrington*



Now you all must have an old family recipe out there for scones, well this was my Nans To make about 9

Ingredients:

- 4oz Butter
- 4oz Sugar
- Pinch salt
- Lemon zes
- Lemon juice
- 2 large eggs
- Teaspoon baking powder
- 1 lb self raising flour

Oven pre heated to about reg 6
Electric 200C 180C fan 400F

You will be making them a lot so you will soon know if your oven needs more or less time to bake them.

Crumb together the flour, sugar, salt, butter, then add eggs and lemon juice gently binding the ingredients together.

Divide mixture into 9.

Carefully shape into a rounds and place in a bun tin, sometimes I use paper cake cases then they will always pop out from the tin.

Bake for about 20 min till light golden brown.

I never roll out the mixture. Kneading it and rolling stretches the gluten and makes them tough.

Heavy hands with scone mixture is a great way to make pebbles for a rockery.

The lighter you handle the mixture the fluffier they will be Scones will be fabulous with clotted cream and lemon curd.

They will not get chance to cool once out of the oven because they will disappear rather fast!

The scones can also be made with gluten free flour if needed, just add a splash of milk to the mixture.



Easy-clean carpets that are stylish and affordable



A new range of easy-clean twist carpets offers stylish yet affordable floorcoverings suitable for bedrooms.

Primo Excellence comes from award-winning manufacturers Cormar Carpets and is the latest addition to its Primo family.

It is made with the same family-friendly, polypropylene fibre - 100% Excellon - renowned for its stain resistance and hardwearing properties. But it has been developed to make it softer than the standard Primo ranges while retaining the same level of lustre giving the range a more wool-like effect.

Available in two weights -Super and Elite, it comes in 15 modern plain colours from Antique Blush and Pontiac Blue to popular greys such as Winchester Grey and Silver Charm.

Marketing director David Cormack said: "We've had great success with our 'family' of easy-clean carpets over the past 10 years, as homeowners increasingly look for stylish yet affordable, low maintenance interiors. So we've continued to update and expand the collection to give our customers more choice.

"The addition of Primo Excellence increases our offer to the lower entry point market providing a softer, easy to care for carpet that is great value-for-money. With its stain resistant qualities and non-fade colours this range is perfect to cope with hectic family lives and our confidence in the range is reflected in the full 10 year warranty."



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