

# lifestyle

magazine

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# Welcome to lifestyle



Welcome to our Winter issue covering the festive period and the new year - and all I can say is where did that year go?

It only seems a few months ago that I was taking down the Christmas lights and now they are up again already, although to be fair the C word does start to come into play a little earlier each year.

I am sure I saw a Christmas tree in a hotel reception in August!

It is the time of year when many local businesses depend on doing well so whenever possible please try and shop local and support your local businesses - they are what make our towns and cities unique.

Meanwhile while the festive season is a time when lots of people party and celebrate and spend time with their loved ones, please take time to remember those who are on their own, or find this time of year particularly distressing, with through the loss of a loved one or mental health issues.

It is so easy to get caught up in the festivities and forget those in need. So take time to look around and check on those around you, especially elderly relatives or neighbours, who may need your help and support and remember the true meaning of Christmas.

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# My Catalyst Choices apprenticeship

by *Bethany Wood*

**Nineteen-year-old Bethany Wood reflects on the fantastic opportunity she has been given as an apprentice at Warrington's largest adult social care provider.**

"I'm Beth, a nineteen-year-old ex-college student, who is nearing the end of my 12-month Social Media and Digital Marketing apprenticeship with Catalyst Choices CIC, which has been the best and yet unexpected decision of my life!

If you told me two years ago that I was going to be an apprentice in social media and digital marketing for the largest adult social care provider in Warrington, I would have looked back at you with the same blank expression I sometimes get when I tell people what my role is!

## Career Considerations

Once upon a time, my dream was to be a digital journalist, I planned to go to college, after A levels then start a media degree at Lancaster University. I left high school with great GCSE's, ready to start off my first college year at Priestley College with much determination and ambition.

At this stage, I had not considered any other options as this was the advised best route and I followed my heart as all my other friends were going down the same route, so, why wouldn't I?

At first, I was loving my first month or two as an A level student it was a different environment and the transition from calling your teachers 'Sir' and 'Miss' for five years, to then be granted with first name terms seemed so cool! Everything seemed great, the shorter days, the freedom of free timetable slots all seemed very grown up, however as time went on, things changed...

The work load seemed to have gotten progressively larger, I achieved good results in my chosen topics in the first year however the second year was noticeably harder and I had to consider if this really was the right path for me? I learnt a valuable lesson from this experience to keep an open mind regarding my education and that there are different routes to the career you want!

Motivated by the same determination and ambition, I was going to do everything I could to ensure success. I found a website for an apprentice training program ran by 'The Juice

Academy' in Castlefield, the program enables students to achieve a great qualification through an apprenticeship in Social Media and Digital Marketing for business whilst gaining valuable real-life work experience – in fact this is the UK's first industry led provider!

## The Juice Academy

This route was perfect for me and I knew I had to apply even though this wasn't my original plan so I prepared well to give it my best shot. On the assessment day I had various tasks to demonstrate my creative side against other candidates going for the same job. Things such as creating a short promotional video, a mini presentation and in the end, an interview.

My hard work paid off and I was successful with my chosen appointment! David Osborne, Managing Director of Catalyst Choices decided I was the right candidate to help boost the company's online presence and I was delighted to be appointed as the first ever Social Media Apprentice at Catalyst Choices.

## Catalyst Choices

Catalyst Choices are Warrington's largest adult social care provider. They offer an incredible range of social care services including respite, residential and day care across the Warrington Community, making better lives for older people and adults with learning disabilities.

I started on 24th October 2016 and was unsure what to expect, I had no previous experience of social care services. Catalyst Choices provided a full induction, I was shown around all the amazing sites meeting some truly inspirational clients, carers and staff. I knew I was extremely lucky to be working for a company who do such great things to help others!

## My Role

So, you are probably wondering what I do...?

Before you try guessing, I don't just tweet for a living! My role is assisting in the development of



the social media channels to build a lasting digital connection with clients, carers, families and professionals. I also assist with creative marketing content and really enjoy my involvement in brand awareness to promote the business and services.

I feel like I have achieved a lot during my time at Catalyst Choices including plenty of new useful skills including new technologies to create surveys, advertisements for local media and content for digital platforms, have been given the opportunity to write an article for Lymm Life magazine and build new relationships with media partners. The experience has been incredible, and I have found a new-found passion for what I do!

I love my role at Catalyst and the experience has reinforced my choice to pursue a career in marketing and social media. I am exploring a new

talent and although it was not planned, it is the best decision I have ever made!

I am excited to see where the future will take me as I come to the end of my apprenticeship and start a new chapter I will leave you with one of my favourite quotes...

*"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*

**Steve Jobs – Founder Apple**

**Footnote:** Beth has now been appointed as Marketing Executive at Catalyst Choices.

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# Award winning Martin dreams of making the big screen

Production Designer and Art Director Martin Butterworth is dreaming of making the big screen after a string of recent hit productions which include working on the latest Boo Hoo TV commercial.

Martin aged 30, who studied for a degree in Film and TV Production at Manchester Film School, also worked on the award winning film "In another Life" which won best production designer and a Raindance Award for best UK feature at the London Film Festival earlier in 2017.

During his three year course at Manchester, two of his productions gained a North West Student Royal Television Society award. A further four nominations followed, plus a UK Music Video Awards nomination and a win for 'Best Music Video' at Stockport Film Festival.

After graduating Martin began to concentrate his efforts into building Do Not Bend Productions into the emerging production company it is today and received a further North West Royal Television Society Student award for 'Best Drama' and Best Music Video in 2016 at The Manchester Film Festival.

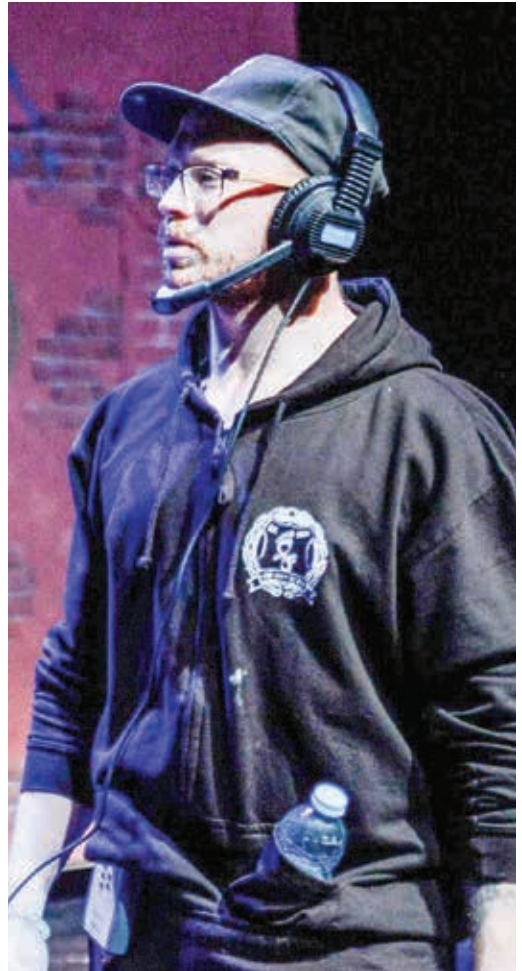
Do Not Bend began as an artist collective of unrelated disciplines which then formed the various arms of the art department for film, video, theatre and events in the North West.

Now Martin, who was born and bred in Warrington, is hoping to make it onto the big screen with his Do Not Bend Productions Company, which he launched in 2008.

Along with his core crew of Tim Lorlor and Kim Thackeray, Martin also calls on the skills of his mother Michele, who runs Shelly's in Warrington town centre, to help create various props, some of which feature in the Boo Hoo commercial.

She created a massive 20ft x 18ft backdrop and also provided a lamp which has now featured in about eight productions.

Now gaining a reputation in the industry for his eye for detail Martin has recently been working on two feature films with Director Jason Wingard,



the latest "Eaten by Lions" featuring Johnny Vegas.

"My dream has always been to make something which hits the big screen," said Martin. "I hoping this latest film with Johnny Vegas will be the one to make the big screen."

Martin's company provides a "one stop shop" for production working on everything from props to costumes.





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# Royal correspondent presides over historic striking of new sovereigns

On the day of the Platinum Wedding Anniversary of the Queen and Prince Philip, Journalist and Royal Correspondent, Jennie Bond, presided over a ceremony striking a new set of sovereigns that marked this historic occasion.

The event on November 20 created by The London Mint Office, saw Jennie 'push the button' to initiate the minting of a brand new set of commemorative Sovereigns, designed especially to commemorate the royal Platinum Wedding Anniversary. The first strike was made at 11.30am, 70 years to the minute of the royal wedding, which today became the longest royal marriage in British history.

Five new Sovereigns were struck at 11.30 am on 20th November, exactly 70 years to the minute of the record breaking royal wedding- a Quarter Sovereign, Half Sovereign, Full Sovereign, Double Sovereign and Quintuple Sovereign. All coins feature a portrait of the Queen created by eminent sculptor, Raphael Maklouf, whose effigy of Her Majesty adorned all British coins from 1985 to 1998.

The reverse of the Sovereigns, designed for The London Mint Office by another well-known coin designer, Gregory Cameron, are as follows:

The Quarter Sovereign depicts a rendition of H.R.H. Prince Philip's coat of arms which represents his lineage as a Prince of Greece and Denmark on his paternal side, and his descent from the Mountbatten family on his maternal side. The coat of arms is encircled by a garland of roses set upon a laurel wreath referencing the roses that appear on the personal flag of Her Majesty. The letters 'E' and 'P' appear in the 9 o'clock and 3 o'clock positions respectively.

•The Half Sovereign depicts a rendition of H.M. Queen Elizabeth II's coat of arms which is used by the Queen in her official capacity as monarch of the United Kingdom and Commonwealth. The coat of arms is encircled by a garland of roses



set upon a laurel wreath and includes the letters 'E' and 'P'.

•The Full Sovereign design is based upon the Victoria and Albert Wedding Medal of 1840 by Benjamin Wyon, depicting a rendition of the coats of arms of both the Queen and Prince Philip sitting either side of the Wedding Torch, a symbol of marriage. The coats of arms are encircled by a garland of roses entwined on a laurel wreath.

•The Double and Quintuple Sovereigns both have the same reverse design as the Full Sovereign, but with the addition of the inscription 'Strength & Stay 1947-2017' - referencing the words famously spoken by the Queen on the occasion of the couple's golden wedding anniversary.

Jennie Bond said: "A royal Platinum Wedding Anniversary is a once in a lifetime event. As the Queen and Duke are celebrating in private today, it has been fun to mark their big day by striking these Sovereigns in their honour."

To find out more about the Sovereigns, and to make a purchase, please visit [www.londonmintoffice.org](http://www.londonmintoffice.org).

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# What a difference a year makes!

## *One year on editor Gary Skentelbery completes his third Six Week BPM challenge*

For much of my adult life my weight has been an issue - mainly due to eating the wrong foods at the wrong time and not getting enough exercise.

Getting in late at night after a long day at work - the last thing I wanted to do was go the gym! In fact to be honest the gym has never really been my favourite place.

Then I discovered the Six Week BPM Challenge based at the Park Royal Hotel in Stretton - and my life changed - hopefully forever!

Now one year on, I have completed my third Six Week Challenge, lost around 34 lbs of body weight, mainly body fat and overall improved my posture and fitness.

So what exactly is the BPM Six week challenge?

Created by Josh Screawn and Josh Sudlow, both experienced PTs, it is the proven science of heart-rate training, in a group fitness environment where you will be encouraged by like-minded people working towards your own goals.

As well as working from an effective exercise and nutrition program designed by BPM coaches, you learn new ways to exercise safely and how to train towards your specific goal. You will also be introduced to a new approach to nutrition, so you can finally stop feeling like you're on a never ending diet.

Utilising a heartrate monitor your coach (I was lucky or unlucky enough to have Josh Sudlow) will assess your current fitness levels, the efficiency in which you recover, how hard you are working which allows him to give you accurate feedback of when to push you or ease off going from the data provided.

The challenge involves 1 to 1 personal training sessions while the circuit training classes are designed to suit individual fitness levels and are programmed to progress each week.

Previously every diet and exercise regime I have tried in the past has only ever given me a short term weight loss. As soon as I returned to my normal routines the weight gradually crept back on.

Weight issues are generally brought on by your

lifestyle, so it was important for me to make some changes to ensure I got the best results, with the aim of keeping the weight off permanently, without the need of any silly dieting.

In the grand scheme of things six weeks is not a long time - and although significant weight loss can be achieved quite quickly, it also needs to be done carefully.

Whatever you do don't cut fat out of your diet completely. There are healthy fats which your body needs, especially if you are exercising.

Cutting fat out completely in the past cost me my gallbladder at a very young age! If you stop eating fat your gallbladder can stop functioning properly and you could end up with very painful gallstones!

Getting back to the Six Week Challenge I can remember my first PT session left me short of breath, on my knees - and apparently I was quite vocal. My first circuit training, which had filled me with fear, actually turned out to be fun - so much so by the half way stage of the challenge I was keen to do both circuit training sessions at the weekend.

The results of the first challenge were outstanding. In just six short weeks I shed nearly 20lb in body fat, nearly a stone in overall weight, while improving my hydration and resting pulse, which was 67 bpm when I started and can now be as low as 54 bpm.

On the Second Challenge I lost a further 7lb and then a similar amount on my third one - and as you can see from the before and after pictures - quite a transformation!

The key to my success - stepping up my exercise and most importantly watching those all-important calories - as when I had a blast at the weekends - Josh found out pretty quickly when I got on the scales's. It's not rocket science, if you put in too many calories and don't burn them off - you will bulge!

The old saying "you are what you eat" is pretty much spot on for most of us! But you can and should still enjoy your food and drink as life is for living!

What the Challenges have done for me is focus me on the importance of exercise to stay fit and healthy and more importantly not to exceed my calories too much!

But the most satisfying thing is if you do some moderate exercise a few times a week – you can

have a pretty high calorie goal and eat pretty much what you want in moderation.

It has helped my change my lifestyle - and hopefully i will enjoy the benefits for a long time to come!



# Neighbourhood weekender is sell out success

The first ever Neighbourhood Weekender at Victoria Park, Warrington featuring Noel Gallagher's High Flying Birds and the Courteeners is a sell out success.

Locally based music fans were given first dabs on tickets which sold out within 24 hours of going on general sale for the event which takes place on Bank Holiday Weekend 26th and 27th May 2018.

Meanwhile Noel Gallagher's High Flying Birds have released their brand new album 'Who Built The Moon?' the follow-up to the platinum-selling, Chasing Yesterday (2015).

Courteeners make their full live return following their biggest headline show to date at Emirates Old Trafford earlier this year and frontman Liam Fray's recent sold out acoustic tour.

The festival's stellar line up also includes acclaimed live artists Blossoms, Jake Bugg, Kodamine, Editors, The Coral, Circa Waves, Miles Kane, The Sherlocks, Starsailor, Reverend And The Makers DMA's and The Pigeon Detectives.

Some of the best new talent joining the bill are Tom Grennan, The Big Moon, Fickle Friends, Cabbage, Spring King, Louis Berry, The Magic Gang and many more.

Neighbourhood Weekender promises to bring an incredible weekend of live music across three stages along with a hub of local food and drinks. With excellent travel links, Victoria Park is easily accessible from all major towns and cities across the North West.

## Line-Up

### Saturday 26th May 2018

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KODALINE  
CIRCA WAVES  
MILES KANE  
STARSAILOR  
REVEREND AND THE MAKERS  
THE BIG MOON  
FICKLE FRIENDS  
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THE MAGIC GANG  
LEWIS CAPALDI  
FEET  
SAM FENDER

### Sunday 27th May 2018

NOEL GALLAGHER'S HIGH FLYING BIRDS  
BLOSSOMS  
THE CORAL  
EDITORS  
THE SHERLOCKS  
DMA'S  
TOM GRENNAN  
THE PIGEON DETECTIVES  
LOUIS BERRY  
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Noel Gallagher



The Blossoms

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# You'll be ready for walkies with the latest 'mutt-have' accessories

Dogs Trust, the UK's largest dog welfare charity, has teamed up with iconic British brand, Radley to create a dedicated dog walking backpack and range of matching coin purses.

The stylish backpack has an assortment of features and accessories, all of which make walking your four legged friend easier and more enjoyable, including straps to hold a towel for muddy paws, side pockets for their favourite toy and even a clip to hold a poo bag dispenser.

The backpack is lined with Dogs Trust yellow and 15% of the sale price will go directly towards caring for stray, abandoned and unwanted dogs of Dogs Trust, including those from Dogs Trust Manchester such as beautiful six-year-old Bandit, an adorable Crossbreed who is looking for a new forever home with children aged eleven or over.

Dogs Trust Manchester Rehoming Centre Manager, Dawn Bishop, said: "All of us at Dogs Trust Manchester have got our eye on this Radley bag. It's super stylish and the handy features make walking a dog much easier. What's especially fantastic about this bag is that proceeds go directly to Dogs Trust, and will help us at the Denton-based rehoming centre care for the 80 dogs of all shapes and sizes looking for new, loving homes."

The black nylon backpack features:

- Elasticated straps to safely hold a post-swim towel or picnic blanket
- Two elasticated side pockets for a ball or drinking bottle
- A removable drawstring bag for treats



- A waterproof internal pocket for a slobbery toy
- A clip to hold a poo bag dispenser
- Additional front, back and internal compartments for a purse, wallet, keys and phone

In addition to the dog walking backpack, Radley and Dogs Trust have, together, created four collectable leather coin purses. The accessories feature the iconic Radley Scottish Terrier and three new appliqué designs inspired by dogs cared for by Dogs Trust, including 17 year-old Crossbreed Scruffy, Golden Retriever Lollipop, and Jackie the Dachshund.

15% of the sale price, of both the backpack and the coin purse, will go directly to Dogs Trust to help the 15,000 stray, abandoned and unwanted dogs the UK's largest dog welfare charity cares for every year.

Both the backpack and coin purses are available online and in-store. The backpack is priced at £99 and the coin purses are £32 each.

Visit [radley.co.uk/blog/features/dogstrust2017](http://radley.co.uk/blog/features/dogstrust2017) for more information and to get your hands, or even your paws, on them.





Gary Skentelbery at Manchester Arena

For a band approaching their 50th anniversary Deep Purple most certainly still rock!

It was quite fitting that their support act, Europe, infamous for their chart-topping single "The Final Countdown" got the gig - as long time fans of the band they first saw way back in 1984.

Vocalist of the Swedish rockers Joey Tempest made no secret of the fact that Europe had been inspired by Deep Purple and were thrilled to be supporting the band they had first seen on their comeback tour in Stockholm in 1984 on the Perfect Strangers tour.

Of course that was the iconic line-up including lead guitarist Richie Blackmore, who is now back on the road with a new incarnation of Rainbow and the late great keyboard player Jon Lord, who sadly died in July 2012 a year after being diagnosed with pancreatic cancer.

Front man Ian Gillan, bassist Roger Glover and

drummer Ian Paice remain from the original iconic line-up, with guitarist Steve Morse, now a long term (18 years) replacement for Blackmore and ex-rainbow keyboard player Don Airey admirably filling Lord's big shoes.

Now on their "Long goodbye" tour, Purple were actively promoting their latest album Infinite, featuring four songs in their set alongside long time favourites including Fireball, Lazy, Perfect Strangers, Space Truckin and of course Smoke on the Water.

With the concert taking place on the day AC/DC's Malcom Young sadly died aged just 64, Morse played a nice tribute, featuring the classic riffs of "You Shook Me All Night Long" into the Black Night encore.

All in all, for a band which has pretty much been one of the founding fathers of classic rock, Deep Purple are still a very tight professional band.



Their bodies may not pack the same energy as 20 years ago but their musical talent shows no signs of diminishing - and one wonders just how long this "Long Goodbye" will continue?



## Set list

1. Time for Bedlam
2. Fireball
3. Bloodsucker
4. All I Got Is You
5. Uncommon Man
6. The Surprising
7. Lazy
8. Birds of Prey
9. Knocking at Your Back Door
- Keyboard Solo
10. Perfect Strangers
11. Space Truckin'
12. Smoke on the Water

## Encore:

Green Onions  
 (Booker T. & The MG's cover)  
 Hush  
 (Joe South cover)  
 Bass Solo  
 Black Night  
 (with a snippet of You Shook me  
 All night Long)



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*of the Night*



# New martial arts sessions launched

A National Martial Arts Centre of Excellence has arrived in Warrington.

The Glasheen Academy (TGA) Martial Arts currently teaches Martial Arts, Kick-boxing and Street Dance across 12 locations in the UK with its headquarters based in Crewe.

Self-defence, discipline and respect are all key elements to TGA's Martial Arts grading scheme, supporting children in boosting their confidence and creating a strong, focused mental attitude.

Second degree black belt Martial Artist, Dean Saitch, from Stockton Heath, will deliver the sessions. Dean, who has 15 years teaching experience, said: "We are really looking forward to launching the new Martial Arts groups and Ladies only Kickboxing. The TGA philosophy sets high standards for young people to adhere to and helps prepare them to be good citizens in the community as well as progress in self-defence. I've seen children in these classes consistently develop not only their fitness and self-defence, but also their confidence and respect for themselves and others around them."

"We offer to all new members their first month free and free uniforms.



Call The Glasheen Academy on 0800 035 1507 or email [office@theglasheenacademy.com](mailto:office@theglasheenacademy.com). For more details please visit our website [www.TheGlasheenAcademy.com](http://www.TheGlasheenAcademy.com)

## Stockton Heath Classes

St.Thomas's Church Hall, Ellesmere Road, Stockton Heath. WA4 6HJ.

Little G's. 4-6 year olds. 16:15 – 17:00

Juniors. 7-11 year olds. 17:00 – 18:00

## Lymm Clases

Lymm Youth and Community Centre, Bridgewater Street, Lemm. WA13 0AB

Little G's. 4-6 year olds. 16:00 – 16:45

Juniors. 7-11 year olds. 16:45 – 17:45

Additional classes will be added in the New Year



# *Rare spiders found in Delamere Forest*



Two rare spiders have been found in Delamere Forest following a recent survey.

The survey, carried out by the Tanyptera Trust, revealed the presence of the jumping spider, *Sitticus floricola* at two sites, bringing the total number of sites in Cheshire to 10 and the money spider, *Glyptesis cottonae*, at four sites, almost doubling the number of sites in Cheshire.

*Sitticus floricola*, measuring 3.5mm and 7.5mm across, is a small day- hunting spider which uses its big eyes to judge its impressive jumps.

The British Arachnological Society recently published their Spider Status Review in which *Glyptesis cottonae* was listed as vulnerable (nationally rare), and *Sitticus floricola* as near threatened (nationally rare).

Both species live on sphagnum found in the boggy areas of Delamere Forest.

Extensive restoration work carried out over the last four years, through a partnership between Cheshire Wildlife Trust and the Forestry Commission, has involved re-wetting areas of the forest to bring them back to their natural state.

Katie Piercy, Delamere Mossland officer at Cheshire Wildlife Trust has been involved in the project to re-wet areas of the forest.

She said: "Species such as these rare spiders thrive in bog habitats and that's exactly what we have been working hard to create in Delamere. The fact that the number of sites where these species are being recorded has increased mean that our work is achieving its aim of re-establishing this habitat. Dragonflies and plant species have also benefited and we have been able to record significant differences in the variety of species now using the sites."

This habitat restoration project won a Chartered Institute of Ecology and Environmental Management Best Practice award this year. The work is supported by Natural England, WREN's FCC Biodiversity Action Fund, the British Dragonfly Society and Cheshire West and Chester Council.



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# Microscopes that can scan and identify 750,000 atoms

It takes 750,000 atoms to cover the width of a human hair.

But the super-powerful electron microscopes at the UK's SuperSTEM Laboratory at Daresbury, near Warrington can scan and identify every single one of them.

More than £7 million has been awarded to the SuperSTEM Laboratory by the Engineering and Physical Sciences Research Council (EPSRC) to operate as the UK's National Research Facility for Advanced Electron Microscopy.

Its powerful electron microscopes enable both industrial and academic researchers, from the UK and internationally, to study the structure and chemistry of objects a millionth the width of a human hair, in the development and understanding of new advanced materials.

Science Minister Jo Johnson said: "Thanks to this funding boost, the UK will continue to be home to valuable research that will help industries across the world develop more advanced materials that could go on to replicate the success of graphene.

"Through our new Industrial Strategy and additional investment of £2.3 billion for research and development, we are laying the foundations and working with industry to ensure the UK remains at the forefront on innovation for years to come."

SuperSTEM is home to three super-microscopes relying on a technique that uses beams of electrons to create very detailed images of specimens at the single atom level.

The Laboratory's newest microscope, 'SuperSTEM 3', was installed in 2015 and is currently one of only four of its kind in the world.

Since it first opened in 2001, notable academic



research at SuperSTEM has included the development of a new nutritional iron supplement and research into materials that could double the battery life for electric vehicles.

Professor Quentin Ramasse, director at SuperSTEM said: "Challenges faced by society today, such as the development of new energy sources, or the provision of better healthcare and sustainability, all rely on the development of new materials, and SuperSTEM is enabling

researchers to answer these challenges. We are thrilled at the EPSRC's ongoing support of SuperSTEM. The funding enables us to provide continued access to technology that is not normally available to researchers, and which is free at the point of access. We are also now in a position to upgrade a number of our key instruments, and particularly to upgrade our specialist facilities for preparing and finishing samples."

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## The new album from Anton Du Beke From the Top

Anton Du Beke has released his much-anticipated debut album 'From The Top'. One of the nation's best-loved stars and most well-known as the celebrated ballroom dancer of *Strictly Come Dancing*, Anton was a key player in the phenomenon that brought dancing not only back in favour, but onto primetime ratings-topping television, entertaining 11 million+ audiences since 2004. *From The Top* will feature the classic songs which have inspired him throughout his illustrious career. "I've been singing for almost as long as I've been dancing," says Anton. "I've sung at my dance shows and I've sung on *Strictly* but I never believed I would finally get the chance to make an album."

*From The Top* sees Anton backed by the successful vocal harmony quintet The Overtones and Lance Ellington from the *Strictly Come Dancing* band. The album is a joyful celebration of pure old school swing. *From The Top* is a tribute to both his beloved wife Hannah and his close friend, the late Bruce Forsyth. "Bruce was always a huge hero of mine and I was lucky enough to call him a friend. We'd play golf, we'd have a laugh and we both loved all the old stars like Fred Astaire and Sammy Davis Jr. He was so supportive. When I did a tiny show at the Hippodrome London, he did me the greatest honour by coming down and singing with me."

One of the songs they sang – *Me And My Shadow* – is featured on the album alongside other crooning greats including *Putting On The Ritz*, *It Had To Be You*, *Fly Me To The Moon* and *Something Stupid*. "All these songs are hugely emotional to me," says Anton. The album also includes an inspired reworking of the Arctic Monkeys hit *I Bet You Look Good On The Dancefloor* and an original composition *Nothing But Love*.

Grammy award-winning producer, Brian Rawlings (Tina Turner, Enrique Inglesias and One Direction) collaborated with Anton to create a unique big band sound. For Anton, the album is a lifelong dream come true. "I spent my twenties and thirties penniless with just a lot of dreams. This album is for everyone who loves swing, who loves romance and who believes dreams come true."



### Track list

1. Putting On The Ritz
2. Me And My Shadow ft. Lance Ellington
3. Something Stupid ft. Hayley Sanderson
4. More
5. City Of Stars ft. Connie Fisher
6. Moondance ft. The Overtones
7. Fly Me To The Moon
8. Beyond The Sea
9. Moon River
10. Don't Rain On My Parade
11. It Had To Be You
12. That's Amore ft. Lance Ellington
13. Blue Moon
14. Nothing But Love
15. Pure Imagination
16. I Bet That You Look Good On The Dancefloor
17. It's The Most Wonderful Time Of The Year

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### Top - Viennese pastry:

450g soft margarine  
125g corn flour  
125g icing sugar  
350g plain flour ,  
1 dessert spoon vanilla essence or brandy

This all needs beating together to resemble cake mixture, really easy if popped in food processor. Place in large piping bag with large size nozzle.

### Filling:

1 jar mincemeat  
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Roll out base pastry, cut out circles place in a paper case in a bun tray, put a teaspoon of filling and pipe around edge with topping.

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