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## Financial planning in your forties

Your forties should be an exciting decade, full of plans and aspirations. It's also likely to be a time of optimum earning potential. What's more, it's a crucial decade to take a step back and make sure your finances are on track to meet your goals.

If things don't look quite as rosy as you'd hoped, though, your forties are a good time to take stock, as there's still time to make adjustments and give your investments time to grow.

Don't forget, whatever savings you can make now will enable you to pursue your dreams later on.

### **Budget ruthlessly**

Life may feel comfortable with regular pay rises and bonuses don't fall into the temptation of spending more than you need. Apps like Money Dashboard or Moneyhub can be helpful in showing you where your money's going. Simple steps like cancelling subscriptions or switching bill providers can make a significant difference.

Historic studies show that investments usually outperform cash savings so any disposable income you can invest will be beneficial. If you can put money aside in a pension you'll also be taking advantage of the tax relief available. Make sure you use your ISA allowance too for more accessible funds.

### Carry out a protection audit

Think about what if the unexpected happened. Your forties are a time of life where you may find yourself part of what's known as 'the sandwich generation' i.e. caring for elderly parents at the same time as looking after young children. Make sure you're protected should the worst happen by ensuring you have a good emergency fund in place. Also think about critical illness cover and life insurance.

### **Property plans**

Your home will be a fundamental part of your financial planning at this time of life. If you feel you need a larger property, these are likely to be your peak earning years so now is the time to secure the best mortgage you can and find your dream home. On the other hand, if you're quite happy where you are, it may be a good time to re-mortgage to get a better deal.

### Family spending

Everyone's situation is different. You may have children at university or you may still be having to pay for nursery fees. Whatever your position, make sure you budget accordingly and allow for inflation, especially if you're paying private school fees. Work out the priorities for your family – the best education now or a house deposit in the future. It's important not to derail your own life savings for the sake of your children as no one will benefit in the long run.

By doing sound financial planning now, you'll have more hope of continuing in the style you want to live, well beyond your forties.

Disclaimer: None of the above article constitutes advice.

## www.simplesolutions.financial

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New Media Centre Old Road, Warrington Cheshire WA4 1AT

### Distribution

Village Life is distributed freely to selected homes throughout the area as well as being available to pick up from various outlets, some of which are listed below.

### Appleton:

Village Hall, Co-op Broomfields Leisure Centre

### Grappenhall:

Co-op, Community Centre Big Blue

#### High Legh: Garden Centre, Village Hall

Lower Walton: One Stop Shop

#### Stockton Heath: Library Stockton Fryer Panni's

Stretton: **Beehive Stores** 

Thelwall: Post Office

Walton: Walton Gardens

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Printed by TwentyFourSeven

# Editor's comment

THE annual Creamfields event which attracts around 80,000 music fans into the area every year has certainly divided public opinion in the area!

On the one hand we have all the positives of a great boost to the local economy, on the other we have all the noise and associated problems caused by those who insist on plying their evil drugs trade.

I have to say, living in the Appleton area, the noise seemed worse than ever this year, especially on the Sunday, which is traditionally

a day of rest for many. I fear for those living nearer the site and suspect many, if they aren't joining in at the event, now decide to spend the Bank Holiday weekend away somewhere.

I am certainly no killjoy and like my loud music as much as anyone – although Dance Music is not my cup of tea.

But does this event really need to be spread over four nights? Surely Thursday to Sunday is long

enough for anyone to endure loud music and partying.

I think a compromise situation would be welcomed by many living in and around the area, if the event closed after the Saturday night, giving everyone the chance of at least having a peaceful Sunday evening and

Bank Holiday Monday.

Meanwhile congratulations to everyone who turned out on a Sunday afternoon to join the Sustainable South Warrington Walk from Grappenhall Heys Walled Garden.

The three mile walk took in many of the fields which are already earmarked for housing and others under threat in the forthcoming Warrington Borough Council Preferred Development Option.

Local Cllr Ryan Bate told those gathered that he had heard "rumours" that the council had abandoned plans for thousands of new homes in a 'garden city.'

Let us hope that rumour becomes

a reality. Undoubtedly some properties will be built on Green Belt but these need to be "affordable homes" enabling young people who live in the South to get on the housing ladder.

But most importantly we need proper infrastructure in place support an ever expanding to

community. The road network is already over capacity at peak times and certainly wont be able to cope with thousands of extra vehicles.

The bottle neck at Lumb Brook is already a nightmare and will only get worse

All this infrastructure needs careful planning and be in place BEFORE all



these new homes are built.

They will need a GP surgery, a local shop, a sustainable bus network and leisure facilities and possibly even a new primary school.

We await to see the council's PDO with eager anticipation!

### **Deadline for** the November issue of Village Life is October 16

# Knitting and nattering - to help children in hospital

A GROUP of nimble fingered women at Stockton Heath are making a difference to children in hospital by producing hundreds of hand puppets for young patients.

Now they are looking for more

knitters to boost their group. The group, called Knit and Natter, meet every Tuesday morning at Stockton Heath Library and have produced hundreds of hand-made puppets for young patients in Warrington and Halton Borough hospitals.

They natter as they knit - and the

results of their weekly get together are helping children in hospital.

Handing young patients a knitted puppet to play with while in hospital has created a great response and as well as providing endless fun it can also help staff engage with the children.

children. Lisa Espin, lead advisor for LiveWire's Lymm and Stockton Heath Libraries, said: "LiveWire wanted to do something different to bring more people into the library, so the Knit and Natters group was formed. Since they started in March last year, the knitting needles have been working

ferociously.

'Everyone is at a different level and has different reasons for knitting, but they help each other to create their own little masterpiece in wool.

The puppet creations have proved to be really successful. It's really amazing how something as simple as a handmade toy puppet can bring such comfort to a child."

Now the group is looking for more knitters to boost their output and residents interested in joining should visit Stockton Heath Library at 10:30am on a Tuesday morning or call the library on 01925 261148.



# Mother launches online magazine for mums

A MOTHER-of-two from Thelwall has launched an online magazine dedicated to the emotional and physical wellbeing of mums across Warrington.

Dawn Jackson has launched the magazine "Rehab for Mums" in support of the third annual Post-Natal Depression Awareness Week, which took place in early September.

took place in early September. The concept for the magazine, which claims to be the first of its kind, came to Dawn when she googled "best magazines for mums" and was horrified at the page one results. Glaring from the screen was the instruction to "relax and unwind" with a reading list that was all about either parenting, cooking or housekeeping but nothing about her as a person. Dawn said: "What I want to share

Dawn said: "What I want to share is information about how mums can implement simple self-care in their daily lives, and that ultimately means that they can better take care of others too.

others too. "Self-care is not simply about bubble baths and chocolate! I want to help mums manage their tiredness, increase their energy and get better emotional balance. I want to support mums to become a healthier version of themselves - nourishing their body and mind. I want to provide a platform to connect women in a similar life stage.

"When new mums neglect themselves it can lead to post-natal depression – I hear about it from many of my clients, and I want to stop it getting to that stage by showing women simple techniques and tips".

Post-natal depression (PND) is said to affect three in 10 mothers, although it goes largely unreported. Symptoms can show up as feeling low, loneliness and guilt, constant exhaustion, anxiety, inability to cope, relationship problems, crying for no reason and sleep problems. This can be long-lasting and sometimes interfere with day-to-day life up to and over a year after their babies are born.

Mums can subscribe to the magazine for free at www.rehabformums. com and Dawn already has a group of expert contributors joining forces with the project, offering free MP3 relaxations, eBooks and how-to guides to members.

Anyone with something to contribute to the magazine can email hello@rehabformums.com



### Major road works will cause delays

MAJOR road works are to take place on the A56 at Thelwall causing inevitable problems for drivers over a period of eight weeks. A temporary Prohibition of Driving

A temporary Prohibition of Driving and Clearway order will be introduced on October 1 for a period of eight weeks from the A50 Knutsford Road junction at Grappenhall to All Saints Drive, Thelwall. A similar order will take effect on Stanton Road, Thelwall from Stockport Road for a distance of 100m.

Road for a distance of 100m. Woodland Drive, Thelwall from Stanton Road will also be affected for a distance of 50m east and west and the entire length of Euclid Avenue, Grappenhall, will also be closed.

The closures will take place between 7pm and 1am on Stockport

b) Get the paint out, but hover with

the baby wipes to clean up as you go.

c) Distract them and go to the park

Mostly A's

Adventurous and a keen cook, you'll

be swept away with the Next125

range. Intelligent design options

Road and from 8.30am and 5.30pm on Euclid Avenue, when signed on site. Some delays can be expected.

Some delays can be expected. Access will be under the control of the relevant contractor for the duration of the works.

Alternative routes will be signposted.

In the Stockport Road area they will involve the A50 Knutsford Road,

A50 Higher Knutsford Road, B5157 Thelwall New Road, B5157 Bell Lane, B5157 Lymm Road and vice versa.

At Euclid Avenue they will be via A50 Knutsford Road, A56 Chester Road and vice versa or A50 Knutsford Road, Clarence Road, A56 Chester Road and vice versa.

### Not sure which of our kitchen ranges will suit you?

3) How often do you cook?

c) A couple of times a week

Try this short quiz from Warrington based JD Kitchens to reveal all!

instead!

a) Every day

b) 3-4 times a week

#### 1) You've invited friends over next Friday night. Do you...

a) Get out your cook books and plan a gastronomic experience to impress?

 b) Relax, you're a confident cook and will happily knock up a decent lasagne whilst your guests are relaxing with a drink

c) Call in a takeaway and buy a few bottles of wine, cooking is too much like hard work!

### 2) Your children want to turn your kitchen into an art studio, do you...

a) Get out the paint pots and embrace your own inner Picasso.

and cutting-edge finishes will give you pleasure and impress every day. Add built-in wine coolers and self-extracting induction hob to streamline the look.

### Mostly B's

You're in touch with your traditional values and love nothing more than baking a cake at the weekends, but do like to have everything looking stylish and clean. Try our British made Macintosh kitchen with shaker styling for a modern take on a timeless classic. NEFF's near silent extractor fan and Slide&Hide oven will make entertaining a breeze.

### Mostly C's

You have a super busy life, and need your kitchen to be functional, but value design and clean lines. The Schuller kitchen range are German engineered and made to measure your space. Smooth and handleless the look is streamlined and highly stylish.

### To find out more about our kitchens call into our showroom

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### **Our Greek Getaway!**

I have worked with Sunvil Holidays for many years and feedback has always been extremely positive. They have 48 years of creating original and innovative holidays behind them and their Chairman is one of the most respected in the travel industry.

In September 2017 they received the Sunday Times Travel Editor Award For Excellence. Their range of destinations continues to grow but the ethos and customer promise remains unaltered. This is extremely evident when you travel with them and why they have repeat clientele. Yes, much of the accommodation is still quite simple, the mattress sometimes harder than we would like and the plumbing unchanged since the days of ancient Greece, but one thing is certain, Sunvil will introduce you to the real Greece and Cyprus (or many of the numerous destinations they now cover).

My daughter and I travelled to Tolon in August and Sunvil has featured this resort every year since the early



days of their Greece programme in 1976. Tolon is situated in the North East corner of the Peloponnese. Two hour transfer from Kalamata Airport in a small air-conditioned coach (use this as a sight-seeing tour!). Great for families, parties of mixed ages, first time visitors to Greece and anyone with a passing interest in history and archaeology. From Tolon it is easy to visit ancient Mycenae, Argos, Corinth and the impressive amphitheatre of Epidavros (Classical plays are performed in June, July and August and the local representative can arrange transportation). Athens is easily accessible as are the isles of Hydra and Spetses.

A ten minute walk over the headland is ancient Assini, from where a fleet was launched against Troy. Although busy at weekends and high season, largely with Athenians, Tolon has retained its charm and friendliness. We stayed in the gorgeous beach front Stella Apartments, which were spacious and well maintained by the owner who occupies the penthouse apartment. Nothing is too much trouble and care is taken to make your stay as comfortable as possible. Our studio was equipped with a 'welcome pack' which was more like a weekly

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shop! Wine, tea, coffee, bread, milk, biscuits, grapes, water, butter, jam and honey.

and honey. A 25 minute bus ride (hourly buses) takes you to Nafplion. Largely Venetian it is topped by massive fortifications and is one of the most handsome towns in Greece. The narrow lanes of the old town are a mix of Venetian, Turkish and neoclassical architecture. The busy waterfront, the shaded squares and the many fine tavernas make this historic town a magnet for Greek and foreign visitors alike.

We had a fantastic, relaxing week and took advantage of the two hours free motorboat activity, which we enjoyed so much, so we booked again to cruise around the bay and swim in the crystal clear waters. No previous



Stockton Heath Hays Travel Team.

experience is required as basic boat handling instruction is given. Beach apart, the sheer range of things you can see and do from here is enormous.

Please pick up the phone, tell us what you want from your travels, then sit back and give your computer finger a rest. It deserves a holiday too, you know.

We are open Monday to Friday 9am to 5.30pm and Saturdays 9am to 5pm If you cannot make these times we are happy to arrange an appointment at your convenience.

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# Ancient vault found beneath village church

#### AN ancient vault, believed to have been undisturbed for almost 130 years, has been discovered beneath All Saints Church, Thelwall.

It contains the tomb of the former Lord of the Manor, James Nicholson, his wife Elizabeth and those of his parents.

The discovery was made as a result of investigations into the cause of a crack running the full length of the East End Gable of the church – necessary as part of a development project supported by the Heritage Lottery Fund.

Churchwarden Mike Horne, a member of the church conservation team, said anecdotally the cause of the crack had always been attributed to a vault under the chancel which predated the building of the present church.

Searches of the archives in Chester revealed a document dated 1857 which confirmed that the then new chancel building was to be built over, but not disturbing the vault belonging to the then Lord of the Manor, James Nicholson.

Mr Horne said: "Suspecting that the entrance to the vault was in front of, or next to, the Nicholson Memorial Cross at the east end of church, we cleared away the path and surrounding ground to reveal a stone slab six feet by four feet by four inches thick, weighing about half a tonne."

Permission was obtained from the archdeacon and the parochial church council and, under the supervision of the church architect, members of the conservation team removed the stone slab to reveal a staircase leading under the east end of the church.

"Mike Cooke and Dave Ashbrook were the first to enter the vault, and what we found astonished all of us. A very well constructed arched brick built tunnel led four metres under the chancel to reach the vault itself, which again was arched and brick lined.

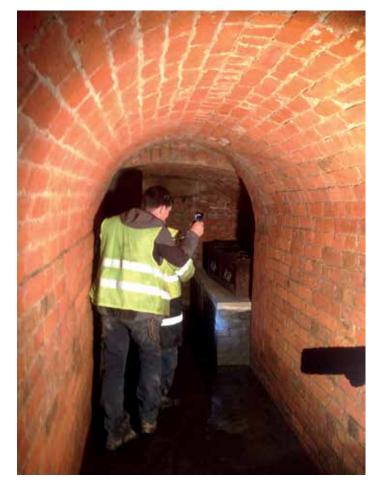
"The vault was occupied by the bodies of James Nicholson, his wife Elizabeth, and by the bodies of James' parents Peter and Lucy. It is most likely that the vault had been sealed on James' death in 1889 and not opened since."

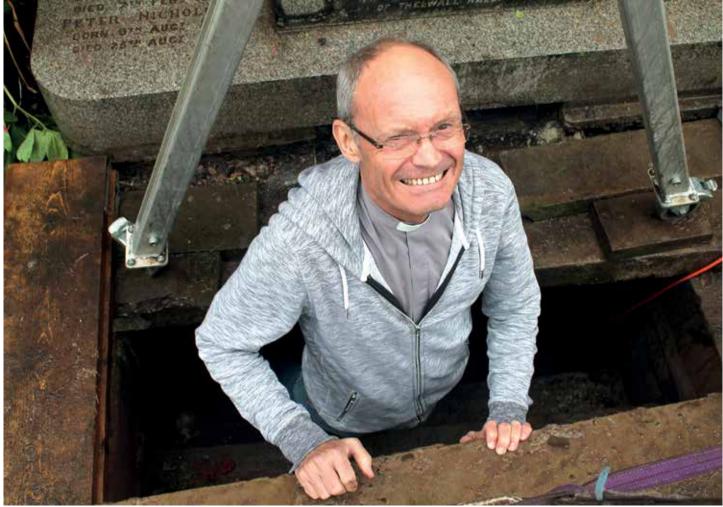
The vault was six inches deep in water, but the brickwork was sound, and after pumping out the water, the structural engineer was satisfied that there had been no movement and that there was nothing to be concerned about on the structural side.

The vault itself was measured and photographed and when the work was completed the team withdrew and the stone slab replace. The following day the path was replaced then by 5pm with all work completed they withdrew from the vault, replacing the stone slab. The next day the path was relaid.

Mr Horne added: "It is now very hard to picture the scene and to believe that a large void exists below our church. "

A heritage weekend is to be held at All Saints Church on the weekend of October 13-14 as part of celebrations to mark the 175th anniversary of the present church. Photographs of the vault will be among items during two days of events at the church and at Thelwall Parish Hall.







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## Residents turn out in force to oppose Green Belt development



RESIDENTS turned out in force to show their opposition to development of green belt land in South Warrington as part of the council's Preferred Development Option.

More than 200 people took part in a three mile walk around Grappenhall Heys and Appleton on a circular route, passing green field sites which have already been earmarked for development, or are under threat in the near future.

Local Cllr Ryan Bate addressed the crowd, which gathered at Grappenhall Heys Walled Garden, urging people to make their voices heard.

He said he had "heard rumours" in the town hall that the borough council had already dropped plans to build 6,000 homes in a "garden city" during a review of the PDO.

"There has been a lull in proceedings since last year's PDO, with various applications coming in and it is more important than ever that we make our voices heard," said Cllr Bate.

"We realise that there is a need for some housing in the south but not 8,000 properties on Green Belt. We also need to ensure that the right infrastructure is in place.

"It needs to be the right balance between our environment, our heritage and our communities.

"Our slogan is the right homes, in the right places, with the right jobs and most importantly the right infrastructure! Our roads are already at a standstill without any development!" He said it was now important to ensure people knew what is going on and to raise awareness when the council produces the Preferred Development Option in the coming weeks. "All the action groups are working together with a planning consultant to ensure we get the best possible deal. It is also important that people respond to the draft local plan," he added.



Cllr Ryan Bate (right) with the Cumbo family.







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# New home for Walton Hall Cycle Museum

THE historic Walton Hall Cycle Museum in Warrington has a new home.

With restoration works currently ongoing at Walton Hall & Gardens on bringing the former Victorian greenhouses back into life, museum curator Paul Adams has had to move his collection to the former laundry premises next to the hall.

He has a wide variety of bicycles in all shapes and sizes which form his collection.

Paul, aged 75, who earlier this year was awarded the Freedom of London, admits his bicycle collection is an obsession which started in his childhood when he developed an interest in vintage cars – before moving on to bicycles which were "more affordable!"

"I've been after some of these bikes for more than 10 years and I am delighted they are now part of the collection," he said.

Paul, who runs the Cycle Museum on a voluntary basis, says obsession for old bicycles has become a "disease" and now he has also returned to his first passion with a new "toy" – a Vintage Austin car.

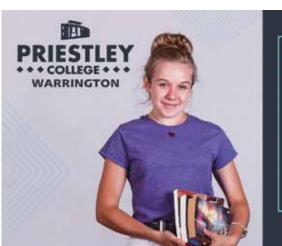
The museum is open most weekends from 11am-4pm and admission is free. For further information on the Cycle Museum or to arrange a visit email paulabidder@yahoo.com











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# The 'immense' disruption of Creamfields

DISRUPTION to people living near the Creamfields festival site was "immense" this year, according to a local councillor.

There were complaints about noise levels - and an increase in the number of incidents of people trespassing in residents' back gardens trying to gain access to the event. Now Cllr Sharon Harris, chairman

of Appleton Parish Council and a member of Walton Parish Council is urging people to contact their local councillors if they have complaints or issues so they can be discussed at a de-briefing meeting with the event organisers, Cream. Cllr Harris said: "Much to my

surprise, Cream say the number of noise complaints was down on the previous year. This may be because residents go away to escape it, or perhaps, people are just resigned to it now. It is, however, really helpful If complaints are logged with Cream as this informs the de-briefing meetings that happen with local parish councils."

The meetings are held about six weeks before and six weeks after the festival in an attempt to mitigate the inconvenience to residents.

'If you have any complaints or issues you would like to be discussed at the next de-briefing meeting, please contact your parish councillor or your borough councillor," Cllr Harris said.

"I have long campaigned against this event which was originally supposed to be a one night event and which is now a four night, camping The disruption to the local event. area and to residents is immense and this year residents have told me that there appears to have been a greater number of festival goers trying to gain access to the event through people's back gardens. This is not what we want for our residents.

"There have been a number complaints about the noise this year. Noise levels are monitored, however, in my experience the sound nearly always manages to be within the accepted limits even though it certainly doesn't feel like it should be.

"I have had reports of sound levels exceeding the permitted levels. Every year the impact on different local areas is different. Sound levels are dependent on the direction the stages are facing, which can change from year to year, the wind direction and the cloud cover.

"The opportunity to have any real influence on the event was 10 years ago when the original licensing applications were submitted to Halton Borough Council.

"Initially this was supposed to be a one night event and unfortunately unheeded warnings that this would become a four night, camping event have been realised. The people who are most affected by the event live in Warrington but the borough council has no influence it can bring to bear as the licence was granted by Halton Borough Council."

A total of 51 festival goers were arrested during this year's festival mainly for drug offences but also for

assault, theft and other offences. There were a further 68 festival goers dealt with onsite by voluntary and attendance interview organisers processed 199 people through their Eviction Centre and 140 were evicted from the event for unacceptable behaviour.

Numerous complaints about noise levels came from people as far away away as Weaverham, Lymm, High Legh, Appleton and Thelwall, many claiming the noise this year had been worse than in previous years.







### All set for Oktoberfest 22

WARRINGTON Rotary Club are busy preparing their annual charity funding raising event at the town's Parr Hall.

Oktoberfest 22, starts October 11 for three days until October 13 and will help raise thousands of pounds for charities and good causes.

Over 70 cask ales plus ciders and bottled beers will be on sale to raise much needed funds for a number of charities both local and international. There will also be a 'Gin and Fizz Bar" by popular request. Food is also available at the event.

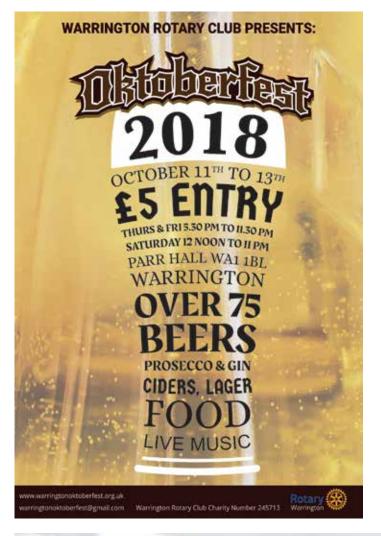
Live music at each session will be the icing on the cake.

Anyone wishing to have a beer named after them, their business or their group of people by sponsorship can obtain a sponsorship form from the Oktoberfest website http:// www.warringtonoktoberfest.org.uk. Details of the event are also on the website.

Up to the present date over £275,000 has been raised for both local and international

charities from previous Oktoberfests. Warrington Rotary President, George Wilkinson commented, "This year should be another bumper year for our charities with interest being shown by people from all over the northwest and further afield."







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### **Money Column** By Margaret Black

### **Employed or self employed**

The question of whether someone is employed or self employed continues to be a cause of strife continues to be a cause of strife between HM Revenue and Customs ("HMRC") and their customers. The reason is clear. Not only are the rules concerning offsetting expenses narrower for employees, there is a substantial difference in National Insurance payments, this despite the recent U-Turn over the anticipated scrapping of Class 2 NIC payments. payments.



David Watkinson and Margaret Black

The latest dispute was when HMRC declared that football referees, The fales alspite was when HMRC declared that football referees, previously agreed by HMRC to be self employed, should be treated as employees. In addition to tax and National Insurances, they charged The Professional Game Match Officials Limited ("PGMOL") penalties of £583,874 in respect of their failure to deduct PAYE from payments made to referees in the three years to 2015-16.

The track record of HMRC in this area does not shower them with glory. They have, in fact, lost the majority of appeals brought in relation to employment status, and this case was no different. A First-tier Tribunal has ruled that professional football referees are contractors and not employees, and the taxpayers appeal was allowed. HMRC has now lost three of the last four appeals brought by taxpayers against HMRC's rulings.

Previous case law has decided that employment status is determined Previous case raw has decided indicing complexity of polymetry and the employer of the employee by the employer
Consistency with other provisions set out in the contract

Despite this case law, HMRC continues to ignore the requirement for there to be Mutuality of Obligation. They argue that Mutuality of Obligation exists in all contracts, and whilst this is true case law very Obligation exists in all contracts, and whilst this is true case law very clearly shows that for a Contract of Employment to exist this Mutuality must continue beyond the boundaries of that specific contract into the more general relationship. Following this ruling The Association of Independent Professionals and the Self-Employed (IPSE) said the government should now write into statute "a positive definition of self-employment", stating that "Yet again, [HMRC] misconstrued the concept of mutuality of obligation which it seems to assume is present in every engagement."

So what can we learn from this. Firstly, HMRC are not above the law and should be stopped from ignoring it and from acting against it. Secondly, they are not infallible in their judgements in this and other matters. Thirdly, it is about time that they were stopped from attempting to charge extortionate penalties when they unilaterally decide to change an opinion that they have previously expressed.

We have considerable experience in all areas of taxation and businesss services, including providing a very cost-effective payroll bureau service. Contact 01925 413210





Contact David Watkinson or Margaret Black at: 1st Floor, 264 Manchester Road, Warrington

Tel: 01925 413210

or email: info@warrington accountants.co.uk www.watkinsonblack.co.uk

## **New Infant Feeding** clinic at Cheshire **Natural Health**

Cheshire Natural Health are delighted to introduce Sharon Jones, certified Lactation Consultant (IBCLC), Tongue Tie Practitioner and Registered Midwife, who will be offering her specialist services at the Stretton clinic from this month.

Sharon works in the NHS as an Infant Feeding Lead and her passion has always been about supporting new parents in breastfeeding. She has many years' experience as a midwife and has worked both in the hospital environment and the local community. Sharon is joining the team at Cheshire Natural Health at Stretton, providing a full range of infant feeding services.

Sharon is passionate about breast feeding and supporting parents at such a special time in their life. The support she provides enables parents to build confidence, helping them to understand their baby and build knowledge in their chosen feeding method. Whether breastfeeding, expressing or formula feeding, or a combination of all, Sharon is happy to support parents.

Believing that a very important aspect of supporting new parents is to ensure they are given evidence based information, Sharon enables them to make better informed choices. Supporting new parents in the early days and weeks to build in confidence and empowering them to confidence, and empowering them to achieve their goals is an extremely rewarding part of her role.

Sharon provides a tongue tie division service for all babies up to age 16 weeks. She divides tongue ties for both breast and bottle-fed infants who are experiencing feeding difficulties because of tongue tie.

Tongue tie occurs when the frenulum (the piece of skin that connects the floor of the mouth to the base of tongue) restricts the

movement of the tongue. There are many different types of tongue tie. Tongue tie can affect each baby differently, some more than others. The most important issue is: Does it affect you or how your baby feeds?

It is vital that parents receive the right support and help in the early days/weeks, as not all tongue ties require dividing.

Difficulties in feeding can present in different ways, eg:

#### BREAST FEEDING :

- Not maintaining latch
- Sore/painful nipples

 Unsettled baby - fussy at the breast, wind/colic

- Milk supply reduced
  Mastitis/thrush
- Poor/static weight gain

BOTTLE FEEDING:

• Excessive dribbling - changing teat/bottle not making any difference • Baby tires taking the feed managing small volumes

• Taking a long time to complete feed

Parents may speak to Sharon directly to discuss any feeding issues, feeding support. Parents can be assured of a prompt and one to one service. In addition, parents will have the chance to arrange antenatal education and preparation sessions on a one to one basis/or a small

on a one to one basis/or a small group session during pregnancy. Sharon is fully insured and a registered member of the Royal College of Midwives, International Board of Lactation Consultants, Lactation Consultants of Great Britain and member of the Association of Tongue Tie Practitioners.

For further details contact Cheshire Natural Health on 01925 730123





# 66

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FORM

### the **Pink**



# Nick comes seventh in the World!

NICK Jones, from Grappenhall, representing Great Britain, finished seventh V40 in the World Masters Athletics Championships 10km road race in Spain.

He finished with a time of 32 minutes and 36 seconds in a field

stacked with elite international athletes.

More than 450 competitors took part in the race, and Nick was the first British athlete to finish the race which started and finished inside Malaga Athletics Stadium.



Nick pictured holding off a German athlete in the closing stages of the race.

### U3A visit historic priory

MEMBERS of Lymm and Thelwall University of the Third Age (U3A) enjoyed the first event of their membership year when they visited Norton Priory Museum and Garden.

They were able to admire the walled garden, the landscape surrounding the museum and excavated ruins.

Chairman John Bower said more special events were planned over the coming months.

U3A, which is for retired and semi-retired people, meet at Thelwall Parish Hall at 10am on the third Thursday of each month, except for December. At the next event on October 18, John Booth



t: 01925 742830 m: 07899 066204 will give a talk entitled "West Bank Witness."

Visitors are welcome at the monthly meetings – free of charge for the first two meetings. More details are available at the

More details are available at the website https://.u3asites.org.uk/ lymm-thelwall/welcome



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# in the villages

October 9 STOCKTON HEATH PARISH COUNCIL Sandy Lane Centre, Stockton Heath, 7.30pm October 16 APPLETON PARISH COUNCIL Appleton Parish Hall, Dudlow Green Road, 7.30pm

Appleton Parish Hall, Judlow Green Road, 7.30pm October 18 GRAPPENHALL & THELWALL PARISH COUNCIL Council Offices, Bellhouse Lane. 7.30pm 21/V AT ST WILFRID'S Savva Zverev (violin) with piano accompaniment plays Prokofiev, Debussy, Beethown and Milhaud. St Wilfrid's Church, Grappenhall 7.30pm Every Saturday & Sunday GRAPPENHALL HEY'S WALLED GARDEN Witherwin Avenue, Grappenhall Heys, WA4 3DS. Café open from 10am-Spm serving teas, coffee, home-made cakes and savouries.

Every Monday COUNTRY DANCING CLUB St Thomas' Primary School, Parkgate Road, Stockton Heath. 8-10pm. Details: 01925 262356

BRIDGE CLUB Belong Warrington, Loushers Lane 7.20pm. Details 01925 262534

LADIES' FRIENDSHIP CLUB The Quays Community Centre, Thelwall New Road, The Ways Community Centre, Thelwall New Road, Thelwall. 8pm. Details: 01925 264099 HIGH LEGH BRIDGE CLUB Village Hall, 7-10pm. Rubber, Duplicate and Chicago played. Details: Audrey Greaves 0161 904 0120

Every second Monday PARK (APPLETON) WI Appleton Parish Hall, Dudlow Green Road. 7.30pm

PHILOSOPHY IN PUBS DISCUSSION GROUP Red Lion pub, Stockton Heath 7-9pm Contact Bill Cooke cwncooke@gmail.com

Second and fourth Monday WARRINGTON ART GROUP Bellhouse Community Centre, Bellhouse Lane, Grappenhall. 7-9pm.

Every third Monday NATIONAL VEGETABLE SOCIETY Cheshire District meeting Grappenhall Ke-Servicemen's Club, Chester Road, Grappenhall. 8pm. Details: 01925 265773.

Every fourth Monday MARLFIELD WI Grappenhall Community Library, Albert Road, Grappenhall. 7.30pm

Every Tuesday COFFEE MORNING St Cross Church, Appleton Thorn. All welcome. 10am-12 PHOTOGRAPHIC SOCIETY Quays Community Centre, Thelwall New Road, Thelwall. 7.30pm. Contact: 01925 757582.

COFFEE MORNING Appleton Independent Methodist Church Appleton Parish Hall, 10am-12 noon

Every second Tuesday STOCKTON HEATH LIONS (LUB London Bridge Inn, 8pm Contact: Grahamclisse58@outlook.com. Tel 01925 262669

BOOK CLUB Bizzie Beans Coffee House, Bridge Lane, Appleton 11am-12 noon

Every Wednesday APPLETON HALL BADMINTON CLUB April- October at Hall Drive, Appleton. 7.30-10pm. Details: 01925 262356

Every first Wednesday WALTON WI WALION WI St John's Church Community Hall. 7.30pm Details: 01925 604384

STOCKTON HEATH PROBUS CLUB Warrington Sports Club, Walton Lea Road, Higher Walton. Details: 01925 268540

HighER WALTON WI, Sandy Lane Community Centre, Stockton Heath, 7.30pm. Details 01925 602486.

Every fourth Wednesday ALZHEIMER'S SOCIETY Support Group, Brampton Lodge Day Centre, Bridge Lane, Appleton. 6.30-8.30pm

Every Thursday THE SILVER QUAYS Senior Citizen's Club The Quays Community Centre, Thelwall New Road, Thelwall. Details: 01925 753474. BRIDGE CLUB Belong Warrington, Loushers Lane 7.20pm. Details 01925 262534

Every second Thursday STRETTON WI Appleton Parish Hall, Dudlow Green Road. 2.30pm.

GRAPPENHALL PROBUS CLUB Grappenhall Community Centre, Bellhouse Lane, 10aM. Details: 01925 264427. Every third Thursday APPLETON AFTERNOON FLOWER CLUB Appleton Parish Hall, Dudlow Green Road 2pm Details: 01925 740419

GRAPPENHALL WI Grappenhall Community Centre, Bellhouse Lane 2.15pm

LYMM & THELWALL U3A Members' meetings 10am (not August or December) Thelwall Parish Hall

Every Friday APPLETOTS TODDLER GROUP Appleton Parish Hall, Dudlow Green Road. 9.45-11.30am. Details: 01925 268153.

To list your event call Village Life on 01925 623632



# What's on Dates set for Stockton Heath Festival 2019

WITH temperatures in the UK higher than many European holiday destinations for weeks on end, anyone who enjoyed this year's Stockton Heath Festival might agree it was a scorcher of a weekend.

Planning for the 12th Annual Stockton Heath Festival is beginning with dates set for Thursday 4 to Sunday 7 July 2019.

The organisers of next year's Festival are looking for new ideas to make next year's event fizzle with artistic and cultural excitement and new things for everyone to enjoy. Local residents are invited to come

along to a public meeting, on Tuesday September 25, 7.30pm at the Pavilion in Alexandra Park, Alexandra Road, Stockton Heath WA4 2UT with fresh ideas about what they feel would make Stockton Heath Festival 2019 another runaway success.

Everyone from students and retirees, to community groups and local business owners will be made most welcome.

If you cannot make the meeting but would like to make any suggestions, please email hello@ stocktonheathfestival.co.uk



### Tragic death of young cricketer

TRIBUTES poured in following the tragic death of a talented young cricketer from Appleton, only days before he was due to play in a match.

John Nesbitt, aged just 18, had been a member of Appleton Cricket since he was nine and was Club captain of their Under-19 team.

He was selected to play for the 2nd XI on Saturday, September 1 but died

the previous Wednesday at home. His death left family, friends and the whole cricketing community in the Warrington area devastated. Team mates, friends and members

of other cricket clubs gathered at the club's Lyons Lane ground to leave tributes to the talented youngster.

The match he had been due to play in went ahead in an emotionally charged atmosphere, with the



Appleton team mates with some of the tributes left at the Lyons Lane ground.



Appleton side playing with 10 men. As a gesture, their opponents, Barnton, also played one short and the game ended in a victory for Appleton.

In a statement, Appleton Cricket Club said: "John first joined the club as a junior and it was soon clear that he was not only a talented batsman but that he was also a tough cookie too. He played for the Under 15s when he was just 13 and for the Under 18s when he was just 15. Each time he had to step up, he did.

"More recently, John had just secured outstanding grades in his A levels and was looking forward to going to the University of Birmingham to study Engineering later this month. "The number of tributes we've had,

from so many people, shows how wellliked John was by all those who had the privilege of playing alongside him.

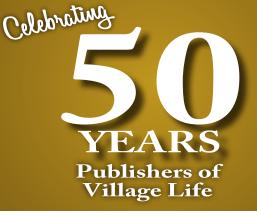
"John was funny, thoughtful and caring. He had goals in life and he worked and studied hard to achieve them. He was a popular member of our club and we are all going to miss him terribly." Earlier in the season, John had

played a fine innings of 74 when opening the batting for Appleton 3rd XI against Lindow.



John, with one of his heroes, Indian captain Virat Kohli.

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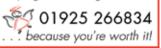
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