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magazine

October / November 18

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Welcome to lifestyle



According to a recent survey half of the UK doesn't have time to venture outside although a massive 85 percent of us would love to spend more time outdoors! The full details of this survey can be seen on pages 22-23 of this issue.

If you are one of the 50 percent who can't find the time to venture outdoors, I suggest you try and make time, as there is nothing better than a trip out into the countryside to help clear your mind, which in turn can help improve your health – another topic covered extensively in this issue on pages 14-15.

Health expert Dr Hilary Jones gives five tips to “live in the moment” and improve your lifestyle.

Having been through a bit of a health scare myself when the doctor told me I was borderline diabetic I would highly recommend getting yourself fit and enjoy the great outdoors.

It took me just six weeks to reverse the threat of diabetes through a combination of diet and exercise and a lifestyle change.

So if you are one of the Brits who doesn't have time

to venture outside into the great outdoors I would highly recommend looking at your lifestyle and finding the time!

It will certainly improve your health and wellbeing and clear your mind!

Making simple changes can certainly be life changing and I am pleased to say I recently completed my first ever 10k at the ripe old age of 55.

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Live in Concert: Blue Planet II

**City of Prague Orchestra
conducted by
Matthew Freeman**

Ahead of a 13-date arena tour in March 2019, the City of Prague Philharmonic Orchestra, along with conductor Matthew Freeman, have been announced to provide the live accompaniment to the stunning visuals of Blue Planet II – Live In Concert.

Bringing the wonders and mysteries of the planet's oceans and its inhabitants to the UK arena stage, Blue Planet II – Live In Concert will present a selection of incredible visuals from the BAFTA Award winning BBC One landmark series, highlighting the amazing natural wonders of our blue planet in breath-taking detail, projected on a giant state of the art 4K Ultra HD LED screen.

Accompanied by the original immersive music score by Bleeding Fingers Music, composed by Hans Zimmer, Jacob Shea and David Fleming, the concert will be performed live by the City of Prague Philharmonic Orchestra, and conducted by Matthew Freeman.

Hans Zimmer says of composing the music

for Blue Planet II– "The idea is to depict the abundance of life as well as the movements and vibrations of the ocean. By using the orchestra in an unconventional way, we wanted to create 'living' chords that ebb and flow throughout the series".

Matthew Freeman adds: "With the winning combination of a live symphony orchestra of 80 musicians and some of the most stunning underwater images ever seen, Blue Planet II Live in Concert brings together inspirational visuals with magnificent original music. It's a moving experience and a privilege to conduct this unique concert."

Matthew Freeman is an award-winning conductor, arranger and pianist who has conducted the Royal Philharmonic Orchestra on various occasions around the world. He has conducted over 50 albums with the BBC Concert Orchestra, Danish Radio Orchestra, Sønderjyllands Symfoniorkester, Prague Symphony, Metropole Orchestra of Amsterdam and the NRK Oslo, and has been personal music director for Shirley Bassey, Michael Crawford, Frankie Vaughan and Mary O'Hara.

He first conducted BBC's Planet Earth Live in Concert 2015 in arenas throughout Germany and Austria, followed by Frozen Planet in Concert 2016 touring Scandinavia, Germany and Switzerland. In 2018 he conducted the new Planet Earth II Live in Concert on a major European tour and takes the helm again in 2019 for the eagerly anticipated Blue Planet II – Live In Concert performing across Europe, UK and Eire.

Founded over 60 years ago, the City of Prague Philharmonic Orchestra is a world-renowned





symphony orchestra that has provided music for various projects including the TV series *Black Mirror* and David Lynch's 2001 film *Mulholland Drive*, as well as live shows around the world which, in 2010, saw the orchestra perform to over 20,000 people in Santiago. The orchestra features predominantly Czech classical musicians with guest players selected from musicians studying at the Conservatoire in Prague.

During the filming of the *Blue Planet II* television programme, film crews embarked on 125 expeditions, travelled to 39 countries and spent over 6,000 hours of deep sea diving armed with the latest state of the art equipment. Take a deep breath and discover a whole new world hidden beneath the surface of the sea. The *Blue Planet II - Live in Concert* will allow the viewer to share and enjoy this voyage of discovery in an epic live audio-visual concert experience unlike any other.

The announcement comes as more tickets are released for the BBC Studios *Blue Planet II - Live In Concert* at the London O2, due to very popular demand.

MARCH 2019 TOUR DATES

- 13: Bournemouth International Centre
- 14: Cardiff Motorpoint Arena
- 15: Nottingham Motorpoint Arena
- 16: Birmingham Genting Arena
- 17: London O2 Arena
- 19: Leeds First Direct Arena
- 20: Newcastle Metro Radio Arena
- 21: Glasgow The SSE Hydro
- 23: Belfast SSE Arena
- 24: Dublin 3 Arena
- 26: Liverpool Echo Arena
- 27: Manchester Arena
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Planning your wedding is 'Simplicity' itself!

The Park Royal Hotel in Stretton have launched their exclusive 'Simplicity' wedding package available for all April 2019 weddings at an incredible £2000!

Surrounded by beautiful gardens and lush Cheshire landscapes, The Park Royal was built in 1831 as a vicarage to St Matthew's Church and offers a combination of the classic and the contemporary to create a unique venue ideal for both intimate and extravagant weddings.

Situated between Liverpool, Manchester and Chester, The Park Royal's Warrington location boasts excellent links to the motorway for friends and family travelling from afar.

Made up of 146 beautiful bedrooms, 400 complimentary parking spaces on site and fantastic spa and leisure facilities, recently nominated for 'Best Health Club Spa' at the Good Spa Guide Awards 2018, The Park Royal has everything covered to provide a memorable day for the whole party.

With two fantastic wedding suites, whether you're looking for jaw dropping glamour or something a little more intimate and understated, the options are endless when it comes to creating your dream wedding day at The Park Royal.

Simplicity is an exclusive package for April 2019 only, available for just £2000! Suitable for a minimum of 40 day guests and 80 evening guests (with the option to add more guests as you wish), providing everything you need to create your dream wedding day at The Park Royal.

Included in the package:

Complimentary menu tasting for two

- White table linen and white stretch chair covers
- Personalised menu cards
- Cake stand and knife
- Carriage lanterns
- Red carpet on arrival

- Glass of champagne on arrival for the bride and groom
- Drinks reception on arrival for your guests
- 4 course wedding breakfast
- Evening buffet of bacon and sausage rolls and chips
- Complimentary stay on the night of the wedding for the happy couple

With a dedicated wedding planner and an experienced team on hand throughout both the planning and the big day, the team will work with you every step of the way, providing the support you need to ensure maximum enjoyment and peace of mind throughout the whole wedding experience.

The Park Royal really is the perfect venue to bring friends and family together to create precious memories that will last a lifetime... but don't just take our word for it!

“Absolutely massive thank you to everyone at The Park Royal Hotel involved in making our wedding day on Saturday 23rd September 2017 the most perfect day we could have asked for.

If I could do the day over again, without a shadow of doubt I would have it at the Park Royal”

Kerry-Ann Brownrigg 8/10/17

“Phil and I would just like to say a massive thank you to you [Liam], Steve and Joseph and everyone at the Park Royal for helping to make our day so special. You've been brilliant, answering all our questions and my many emails. Steve was fantastic on the day, keeping everyone calm and everything running smoothly. All the guests commented on how well we were looked after. We couldn't



think of a better place to have had our wedding reception.”

Amanda and Philip Allcock, 21/07/17

If you're interested in finding out more about weddings at The Park Royal, you can contact the team on events@theparkroyal.co.uk or call them on 01925 730 706.

*All April 2019 weddings must be booked on the Simplicity wedding package by 31st December 2018 to qualify for the £2000 offer.



Which kitchen would suit you best?

Take this quiz by JD Kitchens

Not sure which of our kitchen ranges will suit you? Try this short quiz from Warrington based JD Kitchens to reveal all!

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!

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.
- 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 instead!

How often do you cook?

- A) Every day
- B) 3-4 times a week
- C) A couple of times a week

Mostly As: Adventurous and a keen cook, you'll be swept away with the Next125 range. Intelligent design options 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 Bs: 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 Cs: 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.

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Jasper Carrott set to stand up and rock!

Popular “Brummie” comedian and musician Jasper Carrott has announced he is bringing his Stand Up and Rock tour to Warrington’s Parr Hall on Friday, March 22 next year.

The tour marks a return to the stage for Jasper with a brand new stand-up show and performance alongside musical compatriots who have been rocking audiences all over the world.

Joining Jasper for the show is Bev Bevan, the legendary drummer and founding member of The Move and Electric Light Orchestra who, as well as being Jasper’s friend, has rock star credentials most musicians dream of.

Bev’s band is one of the finest around and features Geoff Turton from ‘The Rockin’ Berries, Phil Tree, formerly of Wizzard, renowned session musicians Tony Kelsey and Abby Brant, and singer Suzi Woo.

Jasper’s career, which has spanned five decades, first started when he became resident compère



at the Boggery Folk Club in Birmingham in the mid-70s.

It was here that he discovered his talent for comedy and his inability to sing; the rest, as they say, is history.

Tickets costing £27, are on sale now.

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Five ways to live in the moment

Being present and living in the moment allows you to enjoy life's most precious experiences. But what are the best ways to immerse yourself in the 'now' to enjoy the most magical moments in life?

Dr Hilary Jones, GP & Health Broadcaster says: Living in the moment and making the most of the experiences in life often depend on simple changes that can improve your health. I recommend you to:

1. Commit to regular physical and mental exercise
2. Mix up your daily routine to alert your brain to new changes around you
3. Listen around you to make the most of sounds and your surroundings - don't forget to get your hearing tested frequently to ensure you don't miss out on any of life's magic moments
4. Socialise with friends and family to help relieve any stress or anxiety
5. Take up a new hobby or challenge to ensure you feel stimulated and content



1. Participate in physical and mental activities

Going to the gym and doing exercise may feel like an effort – but physical activity puts you in touch with your body and its capabilities. Exercise releases endorphins, which are also known as 'happy hormones'.

When your heart's racing and the adrenaline's flowing in those last few minutes of a workout, be conscious of each sensation, and focus on your breathing.

A gentle run, or a fast-paced walk for example, can give you a great endorphin rush or a 'runner's high', awakening your senses, and alerting you to the present.

It's not just physical activity which is important though – mental activities such as board games, card games and brain training apps focus your mind and attention to the immediate moment, improving your brain health. So next time your family member is challenging you to play a game of Scrabble, say yes!



2. Change a routine



You may not be living in the moment because you are too set in your routine.

Why not mix up your usual day-to-day regime to make yourself more alert? Do something as simple as starting the day with some meditation, change your journey to work, or choose a drink other than your usual morning coffee.

Routines can be comfortable and reliable but changing your habits can force your brain to pay attention to what's going on around you.

Switching things up can also change your regular behaviour, opening yourself to new experiences and helping you to become more mindful of your surroundings.

3. Use Your Senses



Living in the now can become a part of your daily routine by deliberately tuning into the sensory details of something that you are doing. Focus on the sight, sound, smell, and feel of your daily activities. Whether it's the small things such as feeling the breeze against your skin or the bigger moments in life like hearing your child's first cry or listening to your partner say 'I love you too' – rich experiences await if we engage with our senses, creating memories that will stay with you forever. A survey by Hidden Hearing revealed that 79% of people in the UK believe that hearing is key to enjoying life's most magical moments. If you're worried that you are missing out on life's magic moments because of your hearing, or know someone else who might be, book a free hearing test at your local Hidden Hearing centre. Visit www.HiddenHearing.co.uk or call 0800 037 2060 for more information.



4. Be proactive and get involved



Having great experiences is one thing but sharing them with others spreads the happiness and joy even further.

To live in the moment, it's important to take advantage of social opportunities and accept invitations that come your way. Make plans and new relationships or rekindle ones you've already had. Interestingly, a study by Yale University found that "sharing an experience with another person, without communicating, amplifies one's experience." In the study, participants tasted pleasant chocolate and it was rated as more enjoyable when tasted at the same time as another person.¹

By simply sharing experiences, we can build a greater connection with others while creating special moments at the same time.

5. Do What You Love



By finding your passion and pursuing it, your mind will be focused and immersed in the present. An adult works over 92,000 hours in their life – so finding something which fulfils you is key.

Outside of work, why not pursue a passion? Whether it be writing, cooking, playing an instrument or building something – focusing your mind on an activity you enjoy will allow you to embrace those magical moments and achieve a state of flow. "Flow" is when you get so absorbed in a task that challenges your strengths just enough, leading it to become the only thing on your mind. You lose track of time; your mind stops wandering elsewhere and you are so focused on the present moment that the past and future are of no concern.

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Iron Maiden go full throttle from the Lion pub to conquering the heavy metal world!

Review: *Gary Skentelbery*

HEAVY rockers Iron Maiden have come a long way on their journey from the Lion pub in Warrington in the late 1970s to sell out arenas around the world.

When their Legacy of the Beast tour touched down at Manchester Arena it was full throttle from start to finish with an assault on all your senses, in what can only be described as a spectacular show!

Whether you are an Iron Maiden fan (I am) or not, you couldn't help but be blown away by a breathtaking show as front man Bruce Dickinson prepared to celebrate his 60th birthday!

He still packs as much power and enthusiasm as he did three decades ago and being an airline pilot for his day job, he has certainly kept himself in good shape.

With the show starting with the classic UFO "Doctor Doctor" to get the crowd warmed up, followed by Churchill's "We shall fight them on the beaches" speech, the show burst into life as a replica Spitfire dropped from the sky as the band went full throttle with "Aces High."

I have seen some amazing gigs over the past four decades – but this show takes some beating.





As well as being classic heavy metal at its very best – the show was pure theatre from start to finish.

It is hard to believe this classic British Heavy metal band started out doing the pub circuit, including my home town of Warrington upstairs at the Lion. How I wish I had seen them there.

The band eventually burst onto the music scene during the New Wave of British Heavy Metal (NWBWM) and even got to perform live on Top of the Pops – at the time the only band to have performed live in front of the cameras, other than The Who.

Since then they have enjoyed a roller coaster journey to become one of the biggest rock bands in the world, who show no signs of letting up, as front man Bruce promised their army of fans that they would be returning to Manchester in the future.

I truly hope they do as I can't wait to see how they can top this gig!

While the set list missed out some classics, including their only Number One hit single, "Take your daughter to the Slaughter," (I did!) it did tell a story, starting with war and then religion.

Sixteen songs in total, some like The Clansman and Flight of Icarus, getting an airing for the first time in many years and culminating with the song

that helped them make the big time "Running Free!"

I was certainly left wanting more!

Set List

Aces High
Where Eagles Dare
2 Minutes to Midnight
The Clansman
The Trooper
Revelations
For the Greater Good of God
The Wicker Man
Sign of the Cross
Flight of Icarus
Fear of the Dark
The Number of the Beast
Iron Maiden

Encore:

The Evil That Men Do
Hallowed Be Thy Name
Run to the Hills



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An indoor nation

Half of the UK doesn't have time to venture outside

- According to new research by Jordans Cereals, the nation spends a total of 142 hours indoors – including a week in the office, at the shops, travelling or watching TV at home
- 85 percent of Brits would love to spend more time in the open air
- 37 per cent of the nation feel like they don't have a connection to wildlife in everyday life

New research commissioned on behalf of Jordans Cereals and The Jordans Farm Partnership reveals half of the nation doesn't have time to get outdoors and explore nature.

In 2016 Jordans launched the Jordans Farm Partnership, a unique collaboration between Jordans' 42 oat farmers, LEAF, The Prince's Countryside Fund and The Wildlife Trusts.

The partnership was set up to improve the sustainability of all Jordans farms, support British wildlife by giving over 10% of working farmland to wildlife conservation and to support rural communities most in need. The partnership also seeks to encourage more people to get outdoors and into nature.

This recent in-depth report highlights the extent to which the UK has become an indoor nation, with us spending a staggering 142 hours a week indoors, including in the office, at the shops, watching TV at home or in the car, or on public transport.

15 percent complain that they don't have anywhere picturesque nearby that they can visit, with more than one in ten (13 percent) stating that they are unable to afford the costs of travelling to the countryside, to take in the beautiful scenery many areas in the UK have to offer.



According to the new data, the nation spends as little as 26 hours a week outside, which over an adult lifetime (18-81) equates to 53 years spent inside and just one decade outdoors, enjoying fresh air and nature.

A third state that they never get the chance to swim in the sea, with nearly one in ten (eight percent) revealing that they can't remember the last time they went for a walk or saw wildlife or greenery, although 52 percent would like to have time to walk along a coastal path.

Caroline Drummond MBE, LEAF Chief Executive at LEAF, said:

"These results suggest that sadly many people are missing out on all that the countryside has to offer, but the good news is that they are certainly interested in wanting to find ways to connect. From nature walks to finding out about why worms, beetles and bees are so important to the fabric of our countryside, as well as our food and farming, this is all key. Spending time outdoors benefits our mental and physical health, and wellbeing - important for us all, including young people. Something as simple as going for a walk or visiting a farm can make a massive impact. Events such as LEAF Open Farm Sunday can play an important role in our society".

"LEAF is working with Jordans and others across the industry with initiatives including FaceTime a Farmer and deeper educational opportunities. With so much interest in food, farming and the countryside as the research has demonstrated, we welcome an opportunity for a stronger dialogue with society to identify new ways to bridge the rural urban gap."

A further 37 percent of Brits said they have no connection to wildlife in their everyday life, with 85 percent saying they have not fed the ducks with their children recently or had time to go fishing.

Findings also show the average adult has not even visited a local park or green space in the last few months – while ten percent of adults said they could only manage to identify ONE type of tree by sight – and nearly half (47 percent) couldn't remember the last time they set foot on a farm.

In all fairness, results found the unpredictable British weather stops many Brits from heading out of the house, with the typical adult spending twice as long outside in the summer as they do



Other reasons for not venturing outside included mobility problems, not having a companion to go with and children preferring to stay indoors.

Janel Fone, Director at The Wildlife Trusts, said: "We believe that everyone should have the opportunity to experience the joy of wildlife and wild places in their daily lives and this research by Jordans highlights that that the majority of us would like to spend more time in the open air. The Wildlife Trusts have over 2,000 nature reserves and hundreds of events across the UK to help people connect with and be inspired by the nature around them. We are proud to be working with a company like Jordans Cereals who, through their work with farmers, are making a positive difference to the natural world and helping The Wildlife Trusts achieve its vision of land rich in wildlife."

Alex Murphy, Marketing Manager at Jordans Cereals, said: "From the British weather to money woes, this new research reveals that there are a number of reasons as to why us Brits don't go outside as much as we'd like to, resulting in a disconnection with nature. We're passionate about helping the UK form a closer bond with nature. Whether it's a five-minute stroll, trip to your local park, or somewhere further afield, we hope Brits are encouraged to get out there into the great outdoors as much as possible. We're also 'doing our bit' by working with our farms to ensure they're sustainable, supportive of wildlife and have the least impact possible on our great outdoors."



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Cheshire Fest will be back - bigger and better!

Organisers of Cheshire Fest have revealed that the hugely popular family event will be returning next year and announced dates for Summer 2019.

The event is back at Manchester Rugby Club in Cheadle Hulme, and the festival promises to be bigger and better than ever.

Cheshire Fest will be staged across two days, Saturday 1 June and Sunday 2 June. Tickets are now on sale including early bird ticket offers.

The event was unable to go ahead this year on its usual late September weekend due to fixture clashes at the venue, but organisers are excited for a return to the leafy green setting – and with a brand new Summer date in June there are big hopes for an exciting weekend of fun in the sun.

First launched in 2016, Cheshire Fest promises a huge celebration of family entertainment, live music, food and drink in the heart of the Cheshire countryside.

There will be lots of new additions for 2019, with a packed programme that has something for all the family. Further announcements will be made in the lead up to the festival.

Festival organisers Philip Osborne and Ben Harris commented: “We’re absolutely thrilled and delighted to announce Cheshire Fest 2019. We’ll be back at Manchester Rugby Club in June next year even bigger and better than before – and to top it all, with a new Summer date to really kick-start the festival season. Feedback from last year has been so good and we cannot wait to reveal what we’ve been planning to take the festival to the next level. We have plenty of surprises to announce and it’s going to be a fantastic family weekend.”

Live entertainment on the Cheshire Fest Main Stage across the Saturday and Sunday will feature a stellar array of the UK’s best tribute acts alongside the region’s finest new talent.

The ‘Big Hitters’ theme on the Saturday promises a line-up of rock and roll, indie pop and festival favourite inspired artists, with Kings Ov Leon tribute band headlining the bill.

Sunday’s ‘Legends’ theme will leave visitors having a good time, as Flash – a critically acclaimed Queen tribute band close the weekend alongside a host of other all-time music greats.

A full line-up for both days is yet to be released.



There will be plenty on offer for young festivalgoers in the all-new Play Park. Building on previous years, the Play Park will be expanded across the site and will pack in a wide variety of activities, interactive workshops, all the fun of the fair with thrill rides, and live entertainment on the Kids Stage.

Exciting programmes for Play Park and the Kids Stage will also be announced.

All this activity will guarantee visitors have worked up an appetite – and they definitely won't go hungry or thirsty at Cheshire Fest, with the finest selection of food and drink on offer from quality festival traders and local independents.

The Street Food Village will offer a wide choice of international cuisines, vegan and vegetarian options, gluten free, raw-foods and kids' menus. There really will be something to cater for all tastes.

An impressive food offer will be complemented by more than 50 cask ales and craft beers, produced by the very best independent breweries across the UK and Europe – as well as a relaxing Gin Garden, Prosecco Bar and plenty of Summer cocktails.

Cheshire Fest 2019 promises to be the event to kick-start Summer, right at the heart of the Cheshire countryside.

Book your tickets now and take advantage of the EARLY BIRD OFFER giving returning visitors a chance to grab a cheap ticket – these will be available for a limited time only. Head over www.cheshirefest.co.uk for more information.

Website: www.cheshirefest.co.uk





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Deep fried halloumi with cranberry sauce

Recipe courtesy:
Shelly's Restaurant,
Bold Street
Warrington

Salad mixture:

Cranberry sauce
 Pkt of Authentic Cypriot Cheese
 Halloumi
 Vegetable oil to fry

Method:

Cut the Halloumi into chunky fingers
 Wash the salad ready to eat
 Plate up with spoonful of cranberry sauce
 Heat the oil up to about 180
 Great to have a sugar thermometer to get right temperature.

Carefully place Halloumi in and take out when it begins to colour up

*Lovely tasty sharing starter or snack
 Best get plenty in it is so good*

Shelly

Shelly's

Christmas Menu

Daytime main and dessert £15 (£10 deposit)
Evening 3 courses £20 (£10 deposit)

Starter
 Soup of the day (gluten free) • Melon & orange
 Deep fried halloumi with cranberry sauce (must try!)

Mains
 Vegetable Quiche • Salmon, pan fried with lemon hollandaise
 Cheshire Turkey with all the trimmings

Dessert
 Choc cake with melt in the middle Nutella
 Lemon meringue pie • Xmas pudd and brandy sauce

8 Bold Street, Warrington. Tel 01925 654000
www.shellysrestaurant.eu





Charity launches new hospital service to help thousands



Warrington Disability Partnership has launched their latest new service which will help thousands of people visiting Warrington Hospital.

Working in partnership with Warrington and Halton Hospitals NHS Foundation Trust, with support from 10 local businesses, the service will provide information, advice and guidance on disability matters, based within a retail store offering mobility and independent living products.

More than 30 guests were present at the official opening event including the Mayor of Warrington Cllr Karen Mundry, representatives from health, social care, local businesses and members of WDP's Board of Trustees and staff.

WDP Chief Executive Dave Thompson MBE DL, said: "There are nearly 14 million reasons why this service is needed, as there are 14 million disabled people living in the UK and 60,000 live in Warrington and Halton.

"That's not to mention 40,000 carers," added Dave at the official opening of the new Mobility and Independent Living service at Warrington Hospital.

Each week hundreds of people leave Warrington Hospital's ward or outpatients departments facing

a new life after a diagnosis of a debilitating and often long-term health condition, affecting their everyday lives at home and in work.

Steve McGuirk, Chair at the Trust said: "This new service will provide our patients and staff with direct access to mobility and independent living products, as well as peer support, information, advice and guidance to disabled people, from disabled people, at the point where people need it most".

Dave added, "This will help to rebuild confidence, improve self-esteem and enable disabled people to have more independence and choices on how they live".

Before cutting the ribbon to open the new service, the Mayor paid tribute to the local businesses who have financially supported the new venture. These include Cheshire Telecom, BAS (NW), Dunky's Day Nursery, Foden Estates, Mech Tech Automotive, Central Self Drive, The Print Company, Toni & Guy, Hoppy Trust and Health Service Money Claims.

The new service has provided employment to two disabled people and is located in the orthopaedic fracture clinic, at the rear of the Warrington Hospital site and is open Monday to Friday from 9am to 4pm.



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Patricia Robinson
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