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magazine

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# Welcome to lifestyle



It is hard to believe another year has flown by!

It is certainly true the older you get - the faster time goes by!

I am sure as we approach the festive period and look forward to the year ahead, many of you will be preparing to embark on a fitness campaign in the New Year.

I am now two years into my own fitness campaign and I am delighted to say I have managed to keep three stones off for more than 18 months now.

What is my secret you may ask?

There is no secret - just make sure how ever many calories you eat - you burn them off with exercise.

Three trips to the gym a week, a 5k Parkrun and a game of tennis or something similar, should help you keep ship shape and able to pretty much eat and drink what you fancy within reason!

So start getting yourself in shape before all those extra calories on Christmas Day!

Apparently the average person consumes around

6,000 calories on Christmas Day, which is three times the average daily amount for women!

Considering my average biking session in the gym burns off 350 calories in half an hour - that is a lot of exercise to burn off your Turkey dinner and all the trimmings!

*Merry Christmas and Happy New Year to all our readers and advertisers!*



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# 2019 – Officially the Year of Seychelles

*The idyllic archipelago fits the 2019 travel trends like a glove*

Being a dreamy destination with perfect landscapes is not enough. The traveller of 2019 will seek to fulfil aspirations and consciousness of wellbeing for the self and the planet. Here is where the Seychelles comes in.

## **From FOMO to JOMO: The Joy of Missing Out**

The accustomed ease and accessibility of travelling means that in 2019 many will be seeking to get off grid rather than visit the popular destinations. Many travellers and holiday-makers now see their holidays as a way to relax, get away from it all and even as a digital detox – the joy of being in the moment.

Although Seychelles has 115 islands, most of them are uninhabited. Besides the 3 main ones where the Seychellois live, the others are resorts or deserted islands you can visit on a day trip, making them perfect off-grid escapes! Places such as Curieuse Island and Bird Island, for example, both have protected bio-reserves. This comes with an abundance of untouched natural beauty, which you can explore often without bumping into another tourist.

Even the main islands, Mahé, La Digue and Praslin offer off the beaten track experiences. You



can lose yourself spotting rare wildlife in Port Launay Mangrove Forest in Mahé or head to the most secluded beaches such as Anse Cocos in La Digue.

## **The Year of Sustainable Consciousness**

With the growing focus on sustainability, travellers are increasingly becoming more and more conscious of their impact on the environment. Destinations are starting to realise now the importance of protecting their resources and natural habitat over increasing the number of tourists, but the Seychelles is way ahead of everyone else.

The country has agreed to preserve 210,000 sq km of ocean, almost the size of Great Britain, to clear some of its national debt. This agreement is the first of its kind in the world! Actor Leonardo DiCaprio's foundation donated \$1m towards funding the debt swap. Tourism and fishing activities are being restricted to prevent damage to aquatic life.

The island nation has come in leaps and bounds tackling plastic pollution. An important ban, imposing restrictions on the importation, manufacturing, distribution, and the sale of plastic bags as well as on plastic utensils and polystyrene boxes, came into effect on 1 July 2017. In two months, a further milestone will be reached: the Seychelles newest ban on the importation of single-use plastic straws will come into effect.

## **2019: The Year of Travel Made Easy**

Whilst we like the idea of living on the edge and seeking out the adrenaline-inducing travel experiences, most people just want to get from A to B hassle-free. Despite its distance and geographic layout, Seychelles offers just this.

British Airways launched new direct flights from London this year and other airlines also increased the frequency of their services. And you don't need to worry once you get there as travelling between islands has also become a lot easier too.

Seychelles is a visa-free country and you don't need to get vaccinations either. Getting around is stress-free as locals speak English, one of their official languages, and will be very happy to help. And best of all, you can visit the 'land of perpetual summer' all year round due to its ideal climate.

Visit [seychelles.travel](http://seychelles.travel) for more information.





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# Top Tips for a winter wedding at The Park

Glamorous colour schemes, twinkling fairy lights and crisp, festive weather; winter weddings are magical, romantic and most importantly, budget friendly!

There's no better time to plan your winter wedding so to get you started, we've rounded up our top 5 winter wedding ideas to help you nail your wedding theme!

## 1. One Day, One Venue

Having your ceremony and reception in one place will spare your guests more time in the cold and will mean there's one less journey to make if the bad weather hits. At The Park Royal, our Royal suite or Garden suite can be transformed from a glamorous ceremony room in to a beautiful reception for your wedding celebrations.



## 2. Add Romance with Candles and Fairy Lights

Embrace the limited daylight with a scattering of romantic candle light and fairy lights across your ceremony and reception space to add an intimate feel to your day.



## 3. Keep Guests Warm

A hot drink on arrival, like a warming glass of mulled wine, is a great way to keep your guests warm and cheery on arrival to your big day.



## 4. Wintery Wedding Favours

Choose winter wedding favours like blankets, sparklers, mulled wine, candy canes or little bottles of Baileys for the perfect winter wedding favours.



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## 5. Winter Accessories

Beat the cold without sacrificing your style! Why not opt for a sophisticated long sleeved wedding dress, or cover your shoulders with an on trend cape or a chic cardigan?



Whatever you choose, your dream winter wedding could be a reality at The Park Royal and with wedding packages starting from just £2000, your big day could be nearer than you think!

Get in touch with The Park Royal's wedding team today on 01925 730 706 or [events@theparkroyal.co.uk](mailto:events@theparkroyal.co.uk) to find out more.



## Festive fund-raiser

Room at the Inn – The Y Project – a Warrington based charity providing help and support for homeless and vulnerable people has published a festive fund-raising calendar and Christmas cards, using local scenes supplied by local photographers.

A spokesperson for the charity, which took over services from the old Warrington YMCA said: "We are very grateful to all the people who allowed us to use their photos for the Christmas card and calendar.

"We are always amazed at the generosity of our supporters in Warrington and once again they stepped up to help us. We are very proud of the Christmas card and calendar, which show, not only the beauty of Warrington, but the talent of all the photographers.

"We are also grateful to the sponsors of the cards, Kenyon Cutters, to Offset for sponsoring the calendars and our printers, Office Bridge Group.

The cards and calendars are available to buy from Room at the Inn, ([www.yproject.co.uk](http://www.yproject.co.uk)) at the Christmas Fayre at Acorn to Oaks Community shop, Poacher's Lane, Latchford, WA14 1TP. Cards cost £5 for a pack of 10 and calendars are £8. All proceeds will benefit Room at the Inn – The Y Project.



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# Bono splits opinion with the B word!

*Gary Skentelbery checks out U2 at the Manchester Arena*

There is nothing new about musicians making political statements or even songs - but when an issue such as BREXIT has divided the nation I did find it somewhat distracting and annoying when U2, in particular Bono started to bang the BREXIT drum!

Whether you are for or against it, the whole BREXIT scenario is pretty depressing - and the last thing I want when seeing one of my favourite bands is to leave feeling depressed and disappointed - and it wasn't just me.

When Bono started preaching a strong anti-BREXIT message to the audience, it soon became

clear that it was causing unrest in some areas of the crowd - and not surprisingly splitting opinion.

The band had sold out for a second successive night in Manchester to a capacity 18,425 crowd - who were all there to enjoy the music - not a political speech.

"We've been touring all across Europe and the resounding message is nobody wants you to leave," Bono said. "I don't want to break your heart or your balls but the band has been touring Europe. And whatever you think of it, people love

you. People love this United Kingdom. For us it's more than a gold star falling off the flag. Without



it the rest of us are just less."

Bono's comments were backed up with strong visual pro-European messages while flying the European flag.

Musically and as a spectacle the show was top class, especially with the band reaching out to the audience with a walk way and small second stage, so everyone in the crowd got a chance to see them close up.

But I couldn't help leaving feeling slightly disappointed by the B word!



## Setlist

### First Set

- The Blackout
- Lights Of Home (St. Peter's String Version)
- I Will Follow
- All Because Of You
- Beautiful Day, Here Comes The Sun (snippet)
- Zoo Station
- The Fly
- Stay (Faraway, So Close!)
- Who's Gonna Ride Your Wild Horses

### Second Set

- Elevation
- Daddy's Gonna Pay For Your Crashed Car (snippet), Vertigo, Ever Fallen in Love (With Someone You Shouldn't've) (snippet)
- Even Better Than The Real Thing, Vertigo (snippet)
- The Hall Of Mirrors (snippet), Acrobat
- The Showman (Little More Better) (snippet), You're The Best Thing About Me acoustic
- Summer Of Love Bono & Edge - electric
- Pride
- Get Out Of Your Own Way
- New Year's Day
- Ode To Joy (snippet), City Of Blinding Lights

### Encore

- Women Of The World (snippet), One, Invisible (snippet)
- Love Is Bigger Than Anything In Its Way
- 13 (There Is A Light)



# AGEING WELL

Staying healthy and happy as you age

**Staying healthy and feeling your best is important at any age. It doesn't change just because you have a few more grey hairs. These tips can help you to stay healthy and live life to the fullest, whatever your age.**

## GET ACTIVE

Staying physically active is vital to our bodies at any age, but as we get older, our joints become stiffer, muscles are not as flexible and our range of movement begins to slow. But with regular exercise you can strengthen your muscles and maintain flexibility.

Raising your heart rate for short periods several times a week can lead to both physical and mental health benefits. Exercise also helps you to sleep, and also keeps the brain more alert. Getting active and staying active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster.

Aim to do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week.

If you have problems with your health, or if you've had problems in the past, it can be hard to stay active. But walking could make all the difference. In fact, walking could help you feel great again! Look out for your free local health walk schemes, where group health walks have been set up for people who are trying to get back into exercise. The short walks that are led by friendly advisors and volunteers who provide encouragement and support to help you to enjoy the many physical and mental health benefits that walking brings.

## MANAGE YOUR WEIGHT

There are many benefits of losing weight, not only will you reduce the risk of serious health problems, you will also feel more energised and generally better in yourself.

Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.

If you need help to manage your weight, look out for your local lifestyles teams, who are on hand to help increase your knowledge of the different food groups and which foods you can swap for a healthier alternative. They offer drop-in and one-to-one weight management sessions, where an advisor will be available to discuss which weight loss solutions work best for you – to help you to reach your goal. The advisors will work with you on a regular basis to create a healthy balanced eating and exercise plan that is workable for you.

## GIVE UP SMOKING

If you're a smoker, quit. It's the single best thing you can do for your health.

Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

Quitting will instantly see your blood pressure reduce and increase oxygen levels to your organs.

You're more likely to stop smoking for good if you use a stop smoking service - you're four times more likely to quit successfully with support than if you go it alone.





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# Fast track your fertility

**Fertility and integrated women's health expert Emma Cannon shares her top tips for helping you to prepare your body for pregnancy.**



**Every fertility journey is different but when it comes to planning for pregnancy, getting your (and your partner's) mind and body as healthy as possible is beneficial all round.**

## 1. Nourish your body



When thinking about trying to conceive, eating well, as in eating nutritionally optimal foods, may improve your fertility. And then there is the added bonus, that when a woman does get pregnant, both she and her baby's health and development may be optimised with healthy eating habits. Eat a rainbow diet, in other words, a wide variety of foods! Your plate should be mainly plant-based with a small amount of meat per week if you eat meat. Grains which have been soaked well before use, as well as seeds and nuts which are great for your health in small quantities as well as good quality fats and oils in the diet - try olive, hemp, or pumpkin oil. It is recommended that we should eat between 5-8 portions of fruit and veg per day, with the emphasis on vegetables as fruits are often high in sugar. It is also worth considering taking probiotics and prebiotics as these may help improve gut health.

## 2. Make time for looking after yourself



Life's busy and stress can play havoc with our ability to rest and relax. Too much stress can also affect our hormone levels which subsequently impact the menstrual cycle, affecting fertility. The same holds true for men as well. Stress has been linked to poor sperm quality.

Emotional health is just as important as physical health so take some time out every single day to improve your wellbeing. Find something which works for you – e.g. relaxing bath, baking, reading a book or get your partner to give you a massage. Meditation is also great for increasing stress resilience so why not take some time to practise this as it is a great skill to have, not only when you are in the pre-conception stage but throughout pregnancy, labour and beyond!

## 3. Get cycle savvy!



Adopting a healthy lifestyle is key to getting your body ready, but for conception to occur you have to put yourself in the right situation at the right time! Each woman's cycle length is unique, so it is important to understand how your own body works as there is only a small window each month where conception is even possible. The myLotus Fertility Monitor is a new device which is the only product available that quantitatively monitors a woman's personal Luteinising Hormone levels which indicate impending ovulation (aka the best time to have sex!). By being able to identify this, a woman can maximise her chances of natural conception and gain a whole lot on information about her cycle. For more information visit, [www.mylotus.com](http://www.mylotus.com)

#### 4. Shape up

Getting fit before conception is very important as it will help your body cope better with the demands of pregnancy. Exercise is key to maintaining a healthy weight which is vital as obesity has been linked to increased infertility. As a guide, your preconception weight should be within 15lbs (7kg) of the ideal range for your height. If you're not an avid exerciser, try introducing gentle exercise, such as brisk walking, swimming or yoga. Consistency is key so find a routine you enjoy and make sure you dedicate 30 minutes three times a week. Physical exercise also plays a role in mental wellbeing, relieving stress and releasing endorphins known as 'happy hormones'. However be careful not to over exercise as extreme exercise can have a detrimental impact on the body; low body fat can stop periods all together and I have seen an increase in hypothalamic amenorrhea (e.g. menstruation stops due to problems with the hypothalamus) from over exercise. Moderation is key!



#### 5. Support with Complementary Therapies



Complementary therapies have been used for thousands of years to help heal and correct bodily imbalances. One of the oldest being acupuncture, which works by rebalancing your energy flow and primes the body, has been linked to improved fertility. For women wanting to conceive, acupuncture can be used to regulate hormone function, increasing blood flow to the ovaries and uterus and help to relax muscles which can improve the chance of an embryo implanting. Mention it to your partner too, as acupuncture may also improve sperm motility and optimise male fertility hormone levels.

## Council gains White Ribbon status

Warrington Council has been awarded 'white ribbon' accreditation in recognition of the work of the borough's domestic abuse partnership in combatting domestic violence.

The White Ribbon campaign is the largest global initiative for challenging domestic violence and aims to engage with, and educate men in particular on key issues such as violence and abuse.

Cllr Pat Wright, executive board member for statutory health and adult social care said: "I'm delighted to see the Council and its partners being recognised for taking a stand against domestic abuse in Warrington. This accreditation shows that we are heading in the right direction locally, although we all recognise that there is much more to be done.

"One in four women will experience domestic abuse in their lifetime, and a similar number will suffer from sexual assault or stalking. The majority of these incidents are committed by men and it is therefore the responsibility of men to support us to work to prevent it. At the same time women also commit acts of domestic violence, as do partners in same-sex relationships, and we need to make it an unacceptable feature in partnerships, families and communities.

"We need to bring the issue out into the open with our work colleagues, friends and families. Women's organisations in particular want men to take a stand, work to end violence, and the White Ribbon UK campaign provides a vehicle for men to do this."

In support of the accreditation, a number of male 'White Ribbon ambassadors' will encourage awareness of domestic violence through their own networks and beyond.

# Police charity receives donation from prison bike project

A charity which supports the families of police officers who have died on duty has received a donation from a HMP Risley project which restores old bicycles for the community.

The Change Help Advance in New Skills (CHAINS) project sees prisoners refurbish and restore old bikes which are in a state disrepair that have been donated by local charities and Cheshire Police.

The Warrington based prison has a workshop within the prison grounds providing space for serving offenders to work together to bring the bikes up to a 'like new' condition. Once the bikes are refurbished, the prison then donates the refurbished bicycles to local charities or sells them to raise money for charity.

During a recent visit to the workshop, Cheshire's police and crime commissioner, David Keane, was asked by CHAINS to nominate a charity to receive a £600 donation from the proceeds of the sale of the bikes gw identified Care of Police Survivors (COPS) as the recipient of the donation.

David said: "COPS do a tremendous amount of work to help rebuild the lives of families of police officers who have lost their lives on duty. It's very rare for an officer to lose their life on duty but when this tragedy does occur, the family of the officer needs a great deal of support to cope with their bereavement. I'm pleased to support the work of COPS in Cheshire and believe that this kind donation from CHAINS will support even more families through a difficult time.

"The work being carried out by HMP Risley through the bike workshop is supporting the local community whilst rehabilitating prisoners and giving them new skills. It's fantastic to see offenders who have been through the criminal justice system giving something back to a police charity."

Nicki Smith, governor at HMP Risley said: "I am delighted that the CHAINS project at HMP Risley has been able to support such a worthy charity as the Care of Police Survivors. We rely heavily on donations of old bikes from



a wide range of people and are supported in our endeavour by our police colleagues.

"Andy who runs the CHAINS workshop, is absolutely committed to his role and has raised the self-esteem of so many prisoners, many of whom want to give something back to those in our local communities."

Andy Tawn, instructional officer of CHAINS bike shop at HMP Risley, added: "We have refurbished more than 200 bikes since the workshop was established in July 2017. This has given prisoners a purposeful activity that will encourage and promote jobs prospects upon their release.

"We are very grateful to Cheshire Police who have donated bicycles that would normally be sent to landfill at a cost to the police to our workshop and we're very pleased to be able to give something back by making a donation to COPS."

The commissioner and Don Speakman, a trustee from COPS, visited the workshop at HMP Risley to receive the donation. Don is a retired Cheshire Police officer whose son also worked for the constabulary and, sadly, lost his life whilst he was a serving officer.

Don said: "It was real pleasure to visit HMP Risley with Cheshire PCC David Keane on behalf of Care of Police Survivors and see the amazing work Andy Tawn and his team are doing to try and help rehabilitate prisoners there by doing something really positive for society and most of all themselves.

"I'd like to thank David for nominating COPS and Andy, his team and most of all the prisoners for making this amazing donation to COPS. It will be put to good use in supporting families of police officers who have died whilst on duty. I would like to pass on thanks on behalf of all the families that this donation will help."

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## Outdoor adventure . . .

# . . . the key to happier, healthier and more confident children

Spending time outdoors is the key to happier, healthier and more confident children, however, only 1 in 5 of them regularly play outside, says leading youth charity YHA (England and Wales).

The charity says that the opportunity to have adventures in the outdoors is vitally important to developing young people's confidence, resilience and ambition for the future. Studies also show that just 5 minutes of 'green exercise' can improve a child's mental wellbeing.

To help more young people benefit from the transformational power of travel and adventure, YHA has launched a brand new campaign - The Adventure Effect. It hopes the new campaign will inspire young people and their families to get outdoors.

Karen Pine, Professor of Developmental Psychology at the University of Hertfordshire, who has supported YHA with the development of The Adventure Effect, said: "If we want to



raise children to be healthy physically, mentally, socially and emotionally, we must look at the experiences they're having during childhood. Outside, spontaneous experiences in nature are critical to their development."

She explained: "Being unable to get outside for a prolonged period can lead to stress and depression, which sadly besets many people in our society today. Time outdoors spent having adventures in nature helps to build resilience – which is our ability to bounce back in life. This is an incredibly important skill."

Highlighting the impact of people not having the opportunity to access travel and the outdoors, YHA confined the professional adventurer and author Alastair Humphreys to a room for three days. In contrast, the film also follows five young people during their first trip to the Lake District and demonstrates their personal transformation during that time.

The thought-provoking social experiment has been documented in The Adventure Effect film. Watch the film and learn more about The Adventure Effect at [www.yha.org.uk/adventureeffect](http://www.yha.org.uk/adventureeffect)

Launched on Wednesday 7 November on social media, the film charts Alastair's increasing frustration and unhappiness at having the opportunity for adventure removed from him. On day two of the experiment he admits to



# Confident children



'feeling low'.

Commenting on the social experiment, Alastair said: "I am delighted to support YHA's Adventure Effect campaign. Being inside the room was a big learning experience for me. Three days seems like nothing but when the ability to go outside whenever you want, and the mental stimulation that goes with it, is taken away from you it is a huge shock. I was really surprised to discover I use my phone too much and use it to fill in any quieter times during the day. I also realised that I take my ability to have adventures – big and small, for granted."

He added: "Adventure is as much about your attitude as anything else. Be curious and seize the opportunities that are available to you. YHA makes it easy, cheap and accessible for everyone to get their adventure started."

James Blake, Chief Executive of YHA (England and Wales) "YHA has been around for nearly 90 years providing travel and adventure for young people. While times have changed, the transformative effect of adventure is as relevant today as it was in the 1930s.

"Last year, YHA reached 1.5 million young people and this year we want to reach even more. We're passionate about transforming young lives through travel and real adventure. We know the experiences we deliver through our network of youth hostels make a very real difference to young people."

YHA has 150 locations throughout the UK offering affordable access to adventure for everyone, regardless of age. Youth hostels are located in National Parks, coastal resorts, towns, cities and rural areas of England and Wales.



## Painting by 'secret Lowry' unveiled

Warrington Museum & Art Gallery has unveiled a painting by the "secret Lowry" Eric Tucker and announced a major exhibition will follow.

The piece, typically entitled Ready for Christmas, is now hanging in the Warrington Art Treasures exhibition, giving the recently discovered Warrington artist the recognition he deserves.

A solo exhibition has also been scheduled for November next year.

The move comes after talks with Mr Tucker's family, who discovered a huge hoard of paintings and drawings at his modest terraced house in King George Crescent following his death in July.

His brother Tony welcomed the announcement, saying, "It's wonderful news. It was my brother's last wish that his work might be seen at the town's gallery."

Art lovers queued for hours to view the family's tribute exhibition in Mr Tucker's home, which was also his studio.

The work garnered massive local and national interest, and resulted in Mr Tucker being dubbed the 'secret Lowry'.

Eric had no formal art training and was modest about showcasing his talent during his lifetime.



## Catalyst Choices unique Spa experience

Catalyst Choices “secret Spa” creates a unique spa experience for clients who attend their Community Day Care service.

The large swim spa and jacuzzi area are located within the Catalyst Choices Gorse Covert Day Centre in Warrington for Adults with Learning Disabilities, Autism, Acquired Brain Injury or Physical Disability.

Their day care service offers the only fully accessible swim spa in the Warrington area with comfortable and private facilities for complete rest with health, wellbeing and mobility benefits.

The Swim Spa area is large enough for an individual to swim against powerful jets, encouraging and promoting exercise and wellbeing and can be used in partnership with multi-disciplinary professionals to deliver health and wellbeing aquatic programmes which may support individuals to stand, be in an upright position, aid digestion or reduce anxiety.

The jacuzzi area is fitted with Bluetooth, underwater and overhead lighting system to create ultimate relaxing environment, the jacuzzi chairs have jets to encourage circulation, massage

to muscles, relaxation, to alleviate or prevent pressure sores and break down of skin.

The facilities are designed for full accessibility providing ceiling track hoist to enter the pool, an ensuite changing area fully equipped with shower bed, ceiling hoisting system and accessible toilet. Adjacent to the Swim Spa is a sensory relaxation room, tastefully decorated with soft seating areas, low lights and soft music with robes and towels available to expand your spa experience post swim!

Following a visit to the swim spa, a client’s sister said: “What a fantastic concept to bring the pool to Gorse Covert. This will help so many clients with their physiotherapy and wellbeing. Dawn was much more flexible when she came out of the pool, it was amazing to see her stood up straight instead of sat in her wheelchair. It is so much better being able to come to Gorse rather than having to travel out of borough!”

If you are interested in finding out more about the day care services or arranging a visit please call 01925 202380 or Email: [Connect@catalystchoices.org.uk](mailto:Connect@catalystchoices.org.uk)



# Two for one kitchens!

When you move into a new house you don't always get the perfect kitchen, but if it is half way decent you certainly happier to live with it for a while.

However, the owners of one new home in Warrington got a lot more than they bargained for when they decided to update their kitchen.

The kitchen in their new home was in great condition, but it just wasn't to their taste. They looked at the cupboards and found there wasn't anything wrong with them, so contacted JD Kitchens to see if a simple revamp would be possible.

After a visit to their showroom they decided that they would prefer to completely redesign and modernise with a designated cooking area, pull out larder and appliances that better suit the way they live and cook.

But they felt that the old kitchen was just too good to be taken away.

So the team at JD Kitchens repurposed it as a



fabulous utility room, giving them two kitchens for the price of one! Not bad for a 14 year old kitchen.

British designer Mackintosh are behind this gorgeous chamfered shaker door in limestone. Topped with a 30mm quartz worktop, it provides a robust cooking and baking surface that will look great for many years to come.

The appliances are by quality German manufacturer NEFF and include a slide&hideoven, compact oven with microwave and warming drawer, as well as flex induction hob, extractor and fridge freezer.



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# Wolves launch women's team

Warrington Wolves have launched a women's rugby league team.

Led by community coach Lee Westwood and supported by club legend Ben Westwood as assistant coach, the set-up will also include Sky Sports' Angela Powers as team manager.

Lee Westwood said: "It is an exciting challenge as we look to develop the women's and girls' game in Warrington as it will help support the growth of the women's game already taking place within our sport.

"We will be entering the women's championship to establish the foundations which will enable us to achieve our vision of becoming a competitive side in Super League in 2020, while developing our very own future women's Super League players through our girls only teams; ensuring we provide a pathway for all girls from 11 years old to open age."

Wolves' Foundation director Neil Kelly added: "Warrington has a strong tradition of success in



women's and girls' sport and the re-introduction of a Warrington team, supported by the club, will be amazing and continue to inspire inclusivity through Rugby League."

Karl Fitzpatrick, Wolves' chief executive, said: "It is fantastic to see the women's game growing in popularity and as a club we are proud to be a part of it. Rugby League is at the heart of the town so the re-introduction of the women's and girls' game within Warrington is a positive step forward. Earlier this year we hosted the women's challenge cup finals day at the stadium which was a big success and we were delighted to be involved in raising awareness of the game, and look forward to seeing it grow from strength to strength."

Est 2013

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## Blueberry Muffins

Recipe courtesy: Shelly's Restaurant,  
Bold Street, Warrington

8 oz margarine  
8 oz granulated sugar  
4 large eggs  
8 oz self raising flour  
Teaspoon baking powder  
6 oz blueberries

Beat butter and sugar till light and creamy. Beat in eggs. Stir flour and baking powder in slowly.

Stir blueberries in gently

Divide between a 12 case muffin tin, I use paper cases makes washing up doddle

Bake in moderate oven, middle to low shelf for 25 min

Should rise wonderful and smell great

Cool for a little sprinkle top with a little icing sugar

Serve with a lovely cup of tea or a coffee anytime of the day

*Shelly*

## Ex-soccer star unveils village's outdoor gym



Active Cheshire mascot Archie, Denis McAllister, Cllr Ian Marks, David Weir and Cllr Anna Fradgley

An outdoor gym in Lymm's Ridgway Grundy Park was officially opened by former Everton footballer and local resident David Weir.

The gym – funded by a number of organisations and groups – has nine pieces of equipment designed for use by adults and over-16s.

Parish council chairman, Cllr Anna Fradgley, welcomed guests to the ceremony and invited local resident Denis McAllister whose idea it was, to talk about the background to the project.

He said: "A few years ago when on holiday I used a fitness area in a nearby wood and thought we should have something similar in Lymm. I approached the parish council for support and a small team was set up to investigate the idea and look at possible locations.

"It is well established that exercise is beneficial to both physical and mental health. Most of the funding came from WREN, a not-for-profit organisation whose source of money is landfill tax."

David Weir a former professional footballer with a career spanning two decades performed the opening ceremony. He played for Everton and Rangers among others and had 69 appearances for Scotland.

He said, "I have used this park for 20 years and my son used the equipment yesterday. I am a firm believer that a healthy body leads to a healthy mind. I hope the equipment is put to good use."

## Young artists create pictures for special calendar

Schoolchildren have drawn illustrations of some of Warrington's best-known landmarks for a new calendar to raise money for arts charity Culture Warrington.

Youngsters from a number of Warrington schools and an art group took part in a competition set up by Culture Warrington, the charity which runs Pyramid and Parr Hall and Warrington Museum and Art Gallery, to create a stunning calendar which is on sale now.

Andrea Morley, fundraising and sponsorship officer for Culture Warrington, explained the inspiration for the project entitled Warrington Through the Eyes of Our Children: "We were really keen to come up with a way of engaging our local young people while celebrating Warrington's rich heritage.

"The children who took part really got on board with the idea of recreating some of Warrington's best-known landmarks and drew stunning depictions of a variety of locations, from Walton Hall Gardens to The Guardians in the town centre.



# ictures

“Their entries are really eye-catching and we’d like to thank them for putting so much effort into their drawings.

“The quality of artwork was outstanding and we received over 1,300 pieces of artwork.”

The top prize went to Holly Bouzaglo from Stockton Heath Primary School for her colourful oil pastel sketch of the town’s iconic Golden Gates, made all the more poignant for their current absence due to restoration work.

The 11-year-old said she was very surprised to win, although art is one of her favourite subjects, but she was proud that her image would be appearing on the front page of the calendar.

The other children whose work was chosen to appear in the calendar were Hina Fazel, Annabel Jones, Millie Manuel, Bradley Kernahan, Chloe Shaw, Max Cook, Hannah Bond, Theo Pugh, Olivia Ann Whitlow, Olivia Brassell, Lucy Brindle and Summer Ashworth.

The standard was so high that the work of runners up – Esmee Parker, Ruby Ella Boyd, Hannah



*Holly Bouzaglo with her picture*

Nestor, Marshall Anders, Eve Powell, Nanayaa Odro, Vlad Balutiu and Jaymie Howard – is also featured on the back of the calendar.

Joining Andrea on the judging panel were the Mayor of Warrington, Cllr Karen Mundry, Warrington Museum and Art Gallery education and learning officer Katy Melville and Culture Warrington chairman Maureen Banner.

Mrs Banner said the quality of the artwork, which totalled more than 1,300 pieces, was outstanding.

“The standard of work submitted was really wonderful, the talent our young people demonstrated was incredible.

“Holly was selected as the winner for the quality and standard of her drawing, she is clearly a very talented girl and she should be proud.

“The Golden Gates are one of Warrington’s claims to fame and Holly has managed to capture the intricate detail of the metalwork which makes them such a treasure.”

The calendar, which costs £4.95, is on sale now and can be bought from Culture Warrington and LiveWire sites, online at [culturewarrington.org](http://culturewarrington.org) or at the Calendar Club outlet in town centre.

Proceeds will be fed back into repeating the project next year and there is also an option to round the sale up to £6 to include a donation of £1.05 towards Culture Warrington’s education activities which are offered to local schools.





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