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magazine

June/ July 2019

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*Source: National Achievement Rate Data March 2019



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Welcome to lifestyle



There is an interesting feature from the National Trust in this issue highlighting the importance of having a special place for a happiness and life satisfaction.

I can certainly concur with this having several favourite places I like to visit, either for a trip out locally or further afield.

Well-being

Add to that the importance of regular exercise to help maintain good mental health and general well being and your well on the way to a recipe for success.

So, if like me, you are totally fed up with the Brexit word, disillusioned with politics in general or fed up with your daily chores, take a trip out and find that special place or places, sign up at your local gym or start attending your local Parkrun and hopefully happiness and life satisfaction can reach

new levels.

Having never run in my life until the age of 54, I've certainly found becoming a regular at the Warrington Parkrun a life changing experience, not just for me but my family as well, who all now have the running bug!

Keep on running!

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Coming home!!!

Lifestyle catches up with 80s Pop Icon Rick Astley ahead of his return to Haydock Park

L: You previously played Haydock Park in 2013, how does it feel to be returning to the racecourse to play live again?

R: *Haydock is a stone's throw from where I grew up so it's always special to play there. I had my Mum on stage playing piano there once so I have great memories from past gigs there.*

L: What can fans that have never seen you play live before expect from the show? Any surprises in store?

R: *I obviously play my old hits and have fun doing it. The last couple of years have been amazing because of having some success with new material, so we play new songs and people don't all go to the loo!*

I always like to do a cover or two because it reminds me of how I got started and it keeps the band on their toes.

L: Are you a big sports fan yourself?

R: *I love football, Moto GP and F1, I guess I can watch any sport if it's of a good level.*

L: Whilst at the races are you planning on making a day of it? Will you be placing any bets?

R: *I'm not a gambling man but... when in Rome!*

L: You're also supporting Take That on their UK arena tour in April. How did that come about and what are you most looking forward to on the tour?

R: *I've been lucky all my life and opening for Take That proves it. The guys are great and they always have an amazing show so it's awesome to be their guest.*

L: Looks like you've got a busy summer this year as you've recently announced that you'll also be playing Isle of Wight Festival and Mouth of Tyne Festival. Are you excited to get back on the festival scene?

R: *Festivals are great, always fun to see how eclectic they are today.*

I did one in Japan a few years back that went from K Pop to Foo Fighters! Bonkers!

L: Do you prefer these big shows in arenas/sports grounds, or do you prefer the more intimate shows?

L: *I like doing both small and big shows.*

You can have moments in a small show where the interaction can even be one on one. The big shows have interaction on a different level but it's great to have both kinds of shows in my calendar and mix it up a little.

L: Do you take different approaches to one off event shows compared to tour preparation?

R: *I treat performing the same way every time, I enjoy myself and I see it as my job to try and get any audience to enjoy it too.*

When you are on tour the hotels and travel can get a bit 'Groundhog Day' but we never take that on stage with us, every show is a challenge to me to get people on side.

L: 'Never Gonna Give You Up' is such a great track that has really stood the test of time. How does it feel to have a song that is so universally recognised and loved, even in 2019? Has the song's success continued to surpass your initial expectations for the track?

R: *No one could have seen what that song has become. It's strange to have a 30 odd year old tune still be my biggest song but I am grateful for it and it has become part of my DNA. It's like a suit of armour, I know where-ever we are in the world, people know that tune.*

L: I think everyone on the Internet has been "Rick Rolled" at least once in their life. Does it feel bizarre to have become such a viral sensation?

R: *What's Rick rolling ??????????*

L: *Last year's studio album 'Beautiful Life' was your fifth top ten album in the UK. Having reached such a large achievement in your career, what inspires you to keep making music and keeps you motivated for live shows?*

R: *I am lucky to be still singing to any audience so I never take it for granted. The fact that I have*



had new music on the radio and in the charts is amazing, it feels great to sing new songs and I have the old songs to thank for giving me that chance again.

Motivation for me is simple, I like doing it !

L: Finally, after Haydock Park, what's your plan for the rest of 2019?

R: *After Haydock Park I go to Spain and Hungary for a few shows, it's a Beautiful Life X*

See Rick Astley Live and take in some racing with the Jockey Club Live on July 20th.

TICKETS FOR THIS RACEDAY ARE NOW ON SALE

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World famous car set to appear at Historic Transport Day

The word "iconic" has been much overused in recent years and been applied to everything from the Queen's hats to Donald Trump's hair! But if the definition is "an item of distinctive excellence that symbolises a style or an era" then organisers of this year's Lymm Historic Transport Day on June 23 have no hesitation in describing the star of this year's as event as, truly iconic. The mere mention of the registration plate 77 RW is enough to set the pulse of any classic motoring enthusiast racing. The number can be found on the bonnet of an immaculate 1961 E type Jaguar open two-seater. But this is not just any E type. It's the original testbed vehicle that was historically driven through the night to the Geneva motor show that year where it caused a sensation. The E-type's looks were simply stunning while its performance was unbeatable. Today the car is on permanent loan to the Jaguar Daimler Heritage Trust thanks to the generosity of long-term owner Michael Kilgannon. Just occasionally 77 RW will

grace a show or special event. So organisers are enormously honoured to welcome it to Lymm.

The appearance of this unique motor car was arranged via one of the Transport Day team – Philip Oldfieldp, who lives in Lymm and judges at a number of car shows around the country and has been working in the background over a number of years to try and persuade the owners that Lymm would be a great place to show this unique car.

For more details on the event visit www.lymmtransport.org.uk



Knock down those walls for a

Light and Bright kitchen



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Maximising the light in your home is just one way to make it appear bigger and more welcoming. There are few ways you can do this, depending on your budget and the space you have to play with. For example adding reflective surfaces, silk paints and clever use of mirrors help to bounce the light around a room, so are great for smaller budgets. Some projects though, require a more drastic solution, in this case a sledgehammer!

Dave Charlton from JD Kitchens explained their approach to this stunning kitchen.

"Our customers had inherited a kitchen with a brick feature pillar which divided the rooms and robbed them of light. Removing it gave the opportunity to open up the kitchen and create a dream home. We continued to use light loving materials throughout the kitchen to enhance the space, selecting white glass doors from the Next125 range of kitchens.

To further streamline the kitchen, we designed it with no handles, even removing them from the dishwasher and the end panels were designed to match seamlessly and maintain the integrity of the bespoke kitchen".

A Silestone worktop in coral grey contours around the kitchen adding depth and warmth, whilst the moulded sink in the same material, melts seamlessly into the worktop. A Blanco tap completes the high end appeal".

Finally, the kitchen was completed with German engineered NEFF appliances included a self-cleaning slide&hide oven, compact oven with microwave, flex induction hob, canopy extractor and dishwasher.

If you're looking for a kitchen transformation and want a team that can do the whole project, beginning to end call in to see Dave at JD Kitchens, Gorsey Lane Warrington or call 01925 636997 for a free no obligation consultation.



Navigating troubled waters?

“Living in South Manchester, I enjoy the village feel and love having the independent bars and shops nearby. The tram links to the city centre give a great sense of connection.”

Mark Heptinstall
Head of Family Team



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exceeding expectations

Simplicity Wedding Package at The Park Royal Hotel

The Park Royal Hotel in Stretton has launched their exclusive "Simplicity" Wedding package which is available for prime dates throughout 2019 at an incredible £2000!

Built in 1831 as a vicarage to St Matthew's church, The Park Royal offers a combination of classic and contemporary and is surrounded by beautiful Cheshire countryside.

With two individual wedding suites they have the perfect venue giving you the option for a grand event or more of an intimate occasion. They understand that every Wedding is different and the options are endless!

The Simplicity package, exclusively available throughout 2019, starts from just £2000 for 40 Wedding Breakfast guests and 80 evening reception guests. Your dedicated Wedding Specialist will take you through this special journey and offer support and advice along the way.

The simplicity package includes the following:

- Dedicated Wedding Specialist and Master of Ceremonies
- Complimentary menu tasting for two
- Red carpet on arrival

- Glass of Champagne on arrival for the happy couple
- A glass of fizz on arrival for your guests
- Delicious four course Wedding Breakfast
- Personalised Menu Cards
- White table linen and white linen napkins
- Carriage lantern table centres
- Evening buffet of Pulled Pork barms & Steak Ciabatta
- Complimentary stay on the night of the Wedding for the newly weds
- Complimentary one month leisure pass

The Park Royal offers attractive and charming grounds for your big day, and is renowned in the local area for attention to detail and exceptional service delivered by their Award winning team who will work with you every step of the way. As everyone's day is so unique The Park Royal offer numerous packages but are experts at putting together bespoke packages so your Wedding is tailor made to your requirements. Boasting 146 bedrooms from classics to suites and a stunning spa and health club this is the perfect venue for friends and family travelling from afar.



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

TESTIMONIALS



Hi Laura

Just wanted to say how amazing yourself and Sally we're leading up to the wedding and on the day! We had the BEST time.

Thank you so much. I left some flowers for you both so hope you got them.

Thanks
Anna :)

Anna Butterworth & Matt Oldroyd, 21st April 2018

Hi Laura,

We just wanted to send a quick email to thank you and the Park Royal team for making our wedding day run so smoothly. We had a fantastic day and so did our guests.

We both really appreciate how much effort you put into organising the day throughout the year, and you were very accommodating to all our requests. Could you please pass on a special thanks to Sally who was a massive help during the day and made us completely comfortable.

Thanks again for everything,
David and Danielle Mercer xx"

Danielle & David Mercer, 3rd August 2018



Hiya Laura

Just a quick message to say a massive thank you for yesterday it was truly an amazing day and we loved it from start to finish! Yourself and the team were absolutely amazing and couldn't of done anything more for us! We will pop in and see you when we get back from Egypt!

Well thanks again for everything that you have done for us we had the best day ever!

Thank you
Mr and Mrs MacDonald x

Kayleigh & Craig MacDonald, 2nd June 2018

Pictures: Lee Brown <https://www.lsbp.co.uk/>

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All set for the 28th

Disability Awareness Day

Save the date: Sunday, July 14, 10am - 5pm



The 28th annual Disability Awareness Day at Walton Hall Gardens is set to be a cracker.

More than 25,000 visitors are expected to attend this year's DAD, the world's largest not-for-profit, voluntary-led, pan-disability exhibition, which will once again be hosted at Walton Hall Gardens. Organisers Warrington Disability Partnership is proud to announce their new joint principal sponsors, Expanse Learning Group and Harry Fairclough Construction.

A huge tented village will house over 220 exhibitors - including equipment suppliers; transport; holidays; leisure and employment providers; and support groups and services - is set to attract visitors to travel from all over the UK and beyond. Inclusive Arts is just one of the highlights, plus a free fully accessible Sports Zone with have-a-go events, and a main arena and children's rides and entertainment.

Check out the website for details on the free accessible Park and Ride service, plus a free bus service from Warrington Bus Interchange, British Sign Language (BSL) interpreters, scooter / wheelchair loans.

The big day on Sunday, July 14, from 10am to 5pm - will be a fitting finale to a week comprising a variety of complementary daytime and evening events to savour, including:

Tuesday 9th July

6.15pm - 9.30pm Frogstastic in the Park - Arts Marquee, Walton Gardens: Featuring fantastic Tribute Artists 'Robbie Williams / UB40 / The 80's & Swing' plus special guests including DJ's from the famous Frogstastic Club Night. Come and enjoy a great evening of Live Music, Dance Floor and Licenced Bar, bring your own food. Advanced Tickets £6.00 call 07875 142233 or online at www.ldok.net/shop, £8 on the door.

Wednesday 10th July

7pm - 10pm - "Ella's Summer Time Special" - Arts Marquee, Walton Gardens: The Ella Performance Group, one of the UK's leading inclusive drama groups will be performing thrilling and entertaining songs from their recent productions. Adult tickets £8.00 and children's tickets £5.00 from The Ella Team on 01928 713877 or Kate 01925 240064.

Day 2019

Thursday 11th July

6pm - 9.30pm – Children's Party in the Park - Arts Marquee, Walton Gardens: Warrington Wolves Foundation & Warrington Disability Partnership present a fun filled evening for disabled children/young people, their families and friends. Sports, Arts, Dance, chill out and fun areas. Free admission: Contact Craig 01925 248894.

Friday 12th July

7.30pm - 11.30pm DAD Mega Quiz Night, Charity Auction with Hot Food

Arts Marquee, Walton Gardens: Teams of up to 8 people, hundreds of £'s worth of prizes, fun quiz, great food, licensed bar and a charity auction. Tickets £8.00 (includes hot food). Contact Kate on 01925 240064.

For more details on exhibiting or attending #DAD2019 and our 'DAD Week' events, please contact Warrington Disability Partnership on 01925 240064 or visit www.disabilityawarenessday.org.uk



Bradley Wiggins

An evening with

Thu October 3rd
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at M&S Bank Arena



Join Britain's most decorated Olympian Sir Bradley Wiggins as he tours theatres throughout the UK with his insightful and at times hilarious live show. 'Bradley Wiggins: An Evening With' provides a rare opportunity for fans to see the five-time Olympic Gold medallist and Tour De France winner share exclusive tales, prized memorabilia and career highlights in a unique and intimate live setting. A British household name and undeniable national treasure, Bradley Wiggins holds the iconic track hour record and is the only cyclist who has won World and Olympic championships on both the track and the road along with winning the Tour De France.

Bradley Wiggins said: "I am really excited to get back on the road again with Icons. Cycling has always been my passion so to share my experiences, my journey and my own collection of memorabilia is fantastic."

His easy charm in front of the press is legendary and he won the 2012 BBC Sports Personality of the Year Award (voted for by the public), helping cycling smash its way into the mainstream. 2013 brought further success, including the Tour of Britain title, and in 2014 Wiggins added the rainbow jersey to his collection by winning the World Time Trial Championships.

The Summer of 2016 saw Wiggins win his 5th gold medal at the Rio Olympics in the team pursuit and his eighth Olympic medal overall, making him Britain's most decorated Olympian ever and rounding off one of the most impressive sporting careers the nation has ever witnessed.

Tickets now on sale with prices starting from £32.50 and a VIP Meet & Greet Package is available for £115 and includes:

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Disability Awareness Day



Tel: 01925 240064 www.disabilityawarenessday.org.uk



**Promoting Independence
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Having a special place is linked to higher happiness

The National Trust has launched a new study which reveals that having a place that is special to you is linked to higher happiness and life satisfaction.

One of the case studies focused on Dunham Massey and the remarkable effects that a connection to this place had on one family.

The report highlights that on average, people with a connection to a special place in their lives (whether it's a place they escape for contemplation, a place of natural beauty or somewhere they go to remember a loved one), are happier, less lonely and more satisfied with life and relationships compared to those without a special place.

Additional research from the study includes:

- 63% of those with a place of importance are more likely to give both their time and money
- They feel stronger connections to others, report better levels of physical activity and awareness of emotions when compared to those without a 'special place'
- Almost 60% feel connected to a place outdoors
- 69% believe if their place were to disappear or change, they would be impacted negatively

Working with leading researchers, Walnut Unlimited, the National Trust has identified through qualitative and quantitative studies that having a special place enhances the Five Ways to Wellbeing, as recognised by The New Economics Foundation”

Those with a special place are more likely to give both their time (63%) and money (63%) compared to those without a special place (55% and 53% respectively). The findings also reveal that having a special place affects levels of loneliness, with almost half (49%) of those without a special place stating they often feel lonely, compared to 45% of people with a connection to a place.

Furthermore, those with special places record higher levels of happiness and life satisfaction, stronger relationships with others, and better physical activity and awareness of emotions when compared those without a special place.

Christina Finlay, National Trust Director of Insight and Data, comments: “Our previous research from 2017 showed that places which are meaningful to us generate a significant response in the brain commonly associated with emotions. With our latest research we explored how this connection to place is intrinsically linked to heightened wellbeing, further unpacking how important places are to people.

“Our findings suggest that not only do people have specific positive emotional experiences when they visit favourite places, but these emotions permeate into their life back home or at work. So, whilst places that are important to us aren't the only factor in heightened wellbeing, the results explore how having somewhere that holds meaning in our lives contributes to higher levels of happiness and life satisfaction.”



Business and life satisfaction

When it comes to the types of places that people feel strong connections to, 58% of people have stronger connections with the outdoors, including coastlines and beaches (23%), woodland and farms (10%) and mountains and hills (9%). This was followed by 23% having a connection with an urban location, including seaside towns and resorts (13%), and other towns and villages (4%).

82% of people, feel it is likely that their special place will always be there, and if it were to disappear or change, 69% say it would affect them in a negative way. This emphasises the important role organisations like the National Trust have in protecting special places forever, for everyone, and ensuring everyone can feel the benefits these places have to offer both now and in the future.

From their children's first steps to the encouraging cheers of onlookers as they learn to ride their bikes, Dunham Massey has been the backdrop for many significant family moments, something they hope will continue long into the future.

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Top 5 UK cities to pamper your pooch

Given the growing trend of dog owners treating their pets as VIPs (very important pooches), it's apparent that some cities are more accommodating for four-legged furry friends than others. From hydrotherapy to dog scootering, as well as the number of parks, vets and dog salons in major UK towns and cities, the new study by comparethemarket.com reveals the best locations to pamper your pooch.

**Comparethemarket.com reveals the best locations for your four-legged furry pooch to be pampered. The research analyses the number of dog salons training centres, kennels, vets and parks relative to the population of the city.*

1

Nottingham

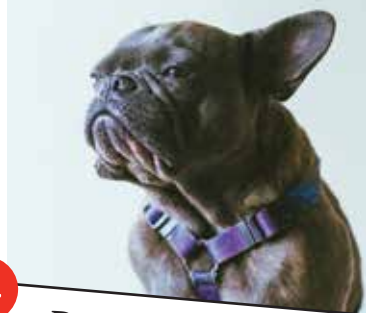
Famed for its legends of Robin Hood, Nottingham is also the capital for indulging your dog. With over 16 large parks and 14 dog salons across the city, and with the third highest number of dog-training facilities (totalling 71), Nottingham takes the top spot.



2

Liverpool

Liverpool ranks second in the list for the best city to treat your furry friend with 11 dog grooming salons, 261 kennels, and a whopping 107 parks for your dog to stretch its legs and roam.



3

Hull

Hull - The East Yorkshire city of Hull is in third place when it comes to pampered pooch capitals thanks to its 26 dog training centres, 116 kennels situated across the city, and 46 parks.



4

Birmingham

Birmingham - Birmingham takes fourth place with 26 dog salons, 84 dog training facilities and an impressive 205 vets scattered across the city.

5

Edinburgh

Edinburgh - The Scottish capital takes fifth place on the list with 26 dog training centres, 25 vets, and 155 parks.

Warrington Baked Cheesecake with Salted Caramel topping

by Michele Butterworth,
of Shelly's Restaurant, Bold Street, Warrington



I recently had a trip to New York where everyone told me you must try the New York Cheesecake! Well I did and wasn't impressed so I've come up with this-Warrington Baked Cheesecake with salted Caramel topping!

Method

Grease 11 inch oven proof shallow dish
Oven warming to gas 4 / electric 180

Base

Mix together and pat down in greased dish
1 pkt ginger nut biscuits crumbed
100g butter melted

Filling

Pkt soft cheese 200g
Teaspoon vanilla essence
1 heaped teaspoon cornflour
150g Demerara sugar
400ml double cream
3 large eggs

Beat well altogether

Pour over base and bake in oven low down for about hour. I would check after 40 min as different ovens will bake hotter. Take out when just a slight wobble as when it cools it sets.

Salted Caramel topping

200 g soft brown sugar or use granulated if no brown
50 g butter
1/2 teaspoon sea salt

Put all in pan heat slowly till it bubbles and sugar dissolves. Pour over cheesecake. Sprinkle with icing sugar. Try and let it cool and refrigerate before you go at it. It's very yummy with a few strawberries.

*Loaded with calories but it's
good a little at a time!*

Shelly x

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