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magazine

october / november 2019

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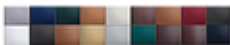
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# Welcome to lifestyle



Another major brand bit the dust with the news Thomas Cook, who had been successfully trading for around 170 years had gone out of business, leaving thousands of holiday makers stranded.

Many others had their forthcoming holiday plans thrown into chaos.

Losing business to online sale and the uncertainty caused by Brexit were flagged as reasons for the collapse – but the warning signs had been there for many years.

Put simply the 170-year-old business had not done enough to move with the times and had high operating costs and small profit margins – a recipe for disaster at any time but even more so during periods of uncertainty.

While the internet has been a wonderful thing for many businesses it has also been the death of many.

So what can be done to address this problem in a world where our numbers are increasing at a frightening rate while the need for human

resources is diminishing at a similar rate!

Quite simple really – next time you are about to shop online check to see if you can Shop Local first and support a local business. You may end up paying a little bit more but you are more likely to get a better service if you deal with a fellow human being!

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## Join Amy on her yoga journey

Amy Skentelbery's yoga journey has taken her many thousands of miles – but it has brought her back to her home town of Warrington.

She did her yoga teacher training in Belarus, then ran classes in Stockton Heath before going to the Pineapple Studios in London to gain her Rainbow Children's Yoga certificate.

Later she ran more classes, for children and families, in Nottingham where she had been studying at university.

Now she is holding classes for adults and children every Monday at the Pyramid Arts Centre, In Palmyra Square, Warrington, from October 14.

The NHS recognises Yoga as an activity that is beneficial not only to the body but also the mind. Amy says it has changed her life in a positive way and believes yoga does far more than increase flexibility.

Amy teaches Sivananda style yoga, which is a form of hatha yoga. This style and other styles are integrated within the class she will be holding from 7-8.30pm, as she believes we can benefit from many types of yoga.

The goal of this traditional practice is to promote physical, mental, and spiritual well-being. In this class you will complete postures that focus on strength and flexibility of the whole body

and spine. Some classes will contain pranayama (breath controls) as breathing properly can increase vitality and mental clarity.

This class is a mixture of gentle challenges for the body and relaxation, a perfect way to end the day before a good night's sleep.

Amy said: "We will nourish the body with new prana (oxygen/energy), rejuvenate the nervous system and attain a deep sense of inner peace."

The Rainbow Yoga class will be from 5-6pm and is for children (3-plus) and adults. Even grandparents can join in.

Yoga teaches children how to use their bodies in a healthy way. It's non-competitive, unlike most sports, giving children the chance to feel part of a healthy, non-competitive group. Yoga increases feelings of social connection, making it the perfect activity for families.

Amy said: "This yoga will be FUN, meaning it will include activities to help us connect to each other, games and fast movement for the children. It will also be filled with postures, positivity and relaxation.

Please email [Amyjaneyoga@hotmail.com](mailto:Amyjaneyoga@hotmail.com) for more information about either course or to book for one of the classes, or phone 07496992726.



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# *Pennywise could cause misery to 8 million*

The anticipated adaptation of Stephen King's bestselling novel *IT* unveils its cinematic sequel and its main protagonist 'Pennywise' who appears as a killer clown will be causing anxiety for 7.92 million says leading Harley Street Hypnotherapist Adam Cox.

An estimated 12% of people in the UK suffer from coulrophobia, a serious phobia of clowns that tends to be rooted within the media or can be formed from bad experiences associated with clowns. Popular events such as the release of *IT* or the rise of 'evil clown' sightings in 2016 have helped illicit bad thoughts surrounding clowns to the extent that *IT*'s creator Stephen King regarded the emergence of evil clowns as "a kind of low-level hysteria".

While *IT 2* may be a simple horror film for casual viewers, many viewers or people who actively avoid the film will be shuddering in fear at the turmoil the sequel cause.

Adam Cox, also known as the 'Phobia Guru' experienced a surge of people seeking help after the release of *IT* in 2017, and is expecting more due to the popularity of the film's sequel.

As Cox explains, "Clowns are scary for two reasons. Firstly they are unnatural, we know they are human but they don't look like normal humans. The face paint hides their facial expressions so we can't read their emotions like normal people. Also, their movements are exaggerated and unnatural and people build rapport based on similarity,



*Adam Cox, 'The Phobia Guru'*

clowns are by definition very different so this creates a barrier against connection.

"Most phobias are created when there is a sensitising event. A child seeing a stranger dressed up in a strange costume with unknown motives is the likely trigger for the phobia in most people but culturally there is a general feeling that clowns are creepy which creates the association of them being something for fear."

Cox continued, "For most people with coulrophobia they can simply choose to avoid places such as the circus where clowns may be seen. With 'It' being such a popular film those that are afraid of clowns will see more images of clowns than normal which can cause unnecessary anxiety.

"Just as the film *Jaws* was responsible for many people developing galeophobia the original 1990 mini-series of 'It', featuring Tim Curry as Pennywise, was responsible for many people developing coulrophobia. It's my belief that the popularity of the latest version of 'It' will see Pennywise create a new generation with a fear of clowns."

For people who wouldn't consider themselves to be suffering from coulrophobia, Cox notes that you can still develop the phobia in later life and there tends to be 10 signals you should be aware of.

- An estimated 7.92 million Brits have coulrophobia or better known as a 'phobia of clowns'
- A surge of hypnotherapy enquiries seeking help from the Phobia Guru occurred after the release of *IT* in 2017
- The Phobia Guru is offering those living with coulrophobia a free audio download to help overcome these fears



***File photo: Clown***

To reassure those living with clown phobias, Cox notes it's important to remember clowns aren't real and they're playing a character.

"With clown phobias specifically the key is to acknowledge that there is a real person behind the mask and often they are very shy," says Cox. "Once the phobic connects with the shy and vulnerable person behind the clown costume then they feel sorry or even pity for the person rather than fear."

**To help people prepare for a potential phobia reaction or overcome these fears, Adam has created a hypnosis audio download specifically to help that is available on his Phobia Guru website.**

**To get the free download you'll need to visit <https://www.phobiaguru.com/fear-of-clowns-coulrophobia.html3364882>.**

**Symptoms can include:**

1. Rapid heart rate
2. Dizziness
3. Screaming
4. Hysteria
5. Hyperventilating
6. Feeling of choking
7. Fainting
8. Trembling and/or sweating
9. Crying
10. Nausea or other gastrointestinal distress





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# Snow Patrol – Reworked tour

Snow Patrol confirm their Reworked tour of the UK and Ireland in cities including London, Oxford, Dublin, and Belfast (full dates on next page). On this tour, Snow Patrol will play reimagined versions of tracks from their catalogue, as well as new songs from their Reworked album. Tickets for this tour are now on sale.

The band's forthcoming Reworked album, includes three new songs as well as 13 re-envisioned versions of classic songs, and celebrates Snow Patrol's 25th anniversary as a band.

Snow Patrol's Reworked EP is available now via Polydor Records. The EP includes "reworked"

versions of "Crack The Shutters," "Chocolate," and "Open Your Eyes," as well as the previously released new song, "Time Won't Go Slowly."

Snow Patrol's album *Wildness*, their first studio album in seven years, was released last year reaching #2 in the UK album charts and going gold in the process. The band recently performed to 35,000 fans in Bangor, Northern Ireland at their own festival Ward Park 3, which celebrated the music of Northern Ireland with all 11 artists on the bill from NI, and featured a career defining performance by the band, including a special guest appearance from Bono.





This year Snow Patrol's hit Chasing Cars was announced by the PPL as the most played song on UK radio of the 21st Century.

Over a twenty-five year career, Snow Patrol have carved out a unique place for themselves. Since their 1998 debut, Songs for Polarbears, the band have racked up an impressive number of critical and commercial accolades, including over 17 million global album sales, 1+ billion global track streams, 5 UK Platinum Albums, an Ivor Novello award and have been nominated for a Grammy and Mercury Music Prize.



## Snow Patrol Reworked Tour Dates

### November

13 Cardiff	Motorpoint Arena Cardiff
14 Plymouth	Plymouth Pavilions
16 Oxford	New Theatre Oxford
17 Llandudno	Venue Cymru
19 Nottingham	Royal Concert Hall
20 London	Royal Albert Hall
21 Ipswich	Regent Theatre
23 Leicester	De Montfort Hall
24 Brighton	The Brighton Centre
26 Dublin	Olympia Theatre
28 Belfast	Waterfront Hall

### December

1 Manchester	O2 Apollo
2 Edinburgh	Usher Hall
5 London	Royal Albert Hall



# Navigating troubled waters?

“Having lived in the North West for the majority of my life, I am very proud to now raise my young family in Trafford. It has so much to offer, excellent schools, fabulous restaurants and beautiful places to visit. I couldn't think of anywhere better to live with my family.”

**Patricia Robinson**  
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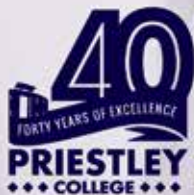
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# Soap stars compare baby bumps at special spa day

Three "soap" stars compared their "baby bumps" during a visit to the Garden Spa at Great Sankey Neighbourhood Hub for a pregnancy-tailored spa day.

Hayley Tamaddon, Brooke Vincent and Julia Goulding, who are all set to become first time mums, visited The Garden Spa recently.

Hayley shared a photo on her Instagram account of the three women comparing their bumps while enjoying a pregnancy-tailored spa day at the luxury spa which opened earlier this year.

Brooke, 27, best known for her portrayal of Sophie Webster in the ITV soap-opera *Coronation Street* since 2004, announced she was expecting her first child, a boy, with Sheffield Wednesday footballer Kean Bryan in April this year.

Meanwhile, 34-year-old Julia, best known for playing Shona Ramsey on the ITV soap, is 25 weeks pregnant.

Corrie's third pregnant star Hayley, best known for her roles as Del Dingle in *Emmerdale* and Andrea Beckett in *Coronation Street*, revealed she was expecting her first child with boyfriend Adrian back in April, after spending years thinking that she was unable to get pregnant.



Commenting on her visit to the Garden Spa Hayley said: "We had the best day at The Garden Spa. Such a beautiful and private spa where you can get pampered from head to foot! The staff were all so welcoming and friendly – they went above and beyond to make us feel relaxed. We each had a pregnancy massage and enjoyed the thermal area and relaxation room. We didn't want to leave and we can't wait to go back!"

A spokesperson for The Garden Spa said: "We loved welcoming Hayley, Brooke and Julia to The Garden Spa and so pleased that they all enjoyed their day. Our 'Bumps-A-Daisy' pregnancy treatments are a lovely treat for mums-to-be and we are so pleased everyone had a relaxing day with us."

They are the latest celeb visitors to the spa, following *Hollyoaks* Ruby O'Donnell and *Real Housewife of Cheshire* star Lauren Simons.



## Boyband duo Boyzlife set to be “flying without wings”

Two members of the world’s biggest boy bands who have joined forces to create Boyzlife are set to bring an unforgettable concert experience to Warrington’s Parr Hall.

Pop fans are in for the ultimate treat next spring as the music of Westlife and Boyzone is brought to life by two of the bands’ best-loved heart-throbs!

Join Brian McFadden and Keith Duffy in Boyzlife as they present the ultimate blast from the past, performing hits from an impressive back catalogue of 18 number one singles, nine number one albums and over 60 million combined record sales.

Expect to hear all the old favourites, including World of Our Own, Mandy, Queen of My Heart, Picture of You, Words, No Matter What, Uptown Girl, Flying without Wings, You Raise Me Up and more when this specially-adapted theatre production heads to Parr Hall on Saturday 28 March next year.

And if that’s not enough, super fans can meet both Keith and Brian in the flesh by bagging one of the limited meet and greet tickets available!

### Boyzlife

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# JD Kitchens price promise to beat Brexit

Warrington-based JD Kitchens is delivering a price promise to help beat any fears of price increases caused by Brexit.

Being a stockist of German kitchens, they rely heavily on imports from Europe and the Brexit negotiations have caused uncertainty.

JD Kitchens is an independent kitchen company based in Padgate. They specialise in designer German manufactured Schuller kitchens, and Neff appliances. They are reliant on regular and reliable imports, so the continuing uncertainty is concerning.

Whilst they and other kitchen companies have been given reassurances from several of their overseas suppliers that they will do everything they can to smooth any transition, the uncertainty over the continuing situation has led Dave Charlton, the owner, to take an unusual approach to ensure the effect on his customers is minimal.

Dave said: “We remain reassured by Schuller that

they won't pass on any additional import charges, however, we're less certain that the pound won't be affected so we've taken the unprecedented decision to purchase enough euros to ensure that the price of our kitchens are held at today's prices at least for all orders placed before 31 October 2019”.

“We never thought we'd have to become experts in finance as well as interior designers, but if that's what we have to do to ensure our customers get the best deal, so be it”.

“Of course, we also have our beautiful British manufactured Mackintosh kitchens, with no euros to contend with!”

**JD Kitchens can be found at 4 Gorsey Lane, Padgate, Warrington [www.jdkitchens.co.uk](http://www.jdkitchens.co.uk)**



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# Shelly's Lemon Drizzle Cake

by *Michele Butterworth*

Shelly's Restaurant, Bold Street, Warrington

## Recipe

8 oz margarine

8oz granulated sugar

4 eggs

8 oz self raising flour

Lemon zest

## Method

Beat the sugar and margarine till it's turned light fluffy. Beat in eggs then slowly fold in flour with the zest.

Bake in moderate oven for 25 minutes. I cook mine in a 12 bun tin. They should smell amazing and be a lovely golden colour.

Take the lemon juice, add two tablespoons water and three tablespoon of sugar and heat till sugar has dissolved.

After they have come out the oven prick the top with a fork and spoon a little syrup over each one

When they have cooled sprinkle with a little icing sugar.

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*Shelly x*



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