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Issue No. 242 November 2019 FREE EVERY MONTH
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Editor
Gary Skentelbery

Production
Paul Walker

Advertising
James Balme
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Editorial
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THE power of positivity was clearly evident following BBC Radio 4's visit to Warrington Town Centre recently.

The You & Yours show put the spotlight on Warrington as a town with a higher than average number of retail and leisure properties within the town centre.

As a director of Warrington Chamber of Commerce I was invited onto the show alongside Michele Butterworth who owns and operates two small businesses in the town centre, Shelly's Restaurant and Michele & Co. hairdressing salon.

Between us we turned what could have been a negative feature on Warrington into a positive one, highlighting all the great things going on in Warrington with the re-development of Time Square, the forthcoming new multi-screen cinema, a brand new Market and the opening of the Botanist Restaurant, along with



all the great work being done with new developments aimed at encouraging people to live in the town centre.

While Michele explained times on the high street were tough she had to "crack on" and bake more cakes and good quality fresh food.

The result, brand new customers visiting Shelly's and Warrington town centre from Altrincham and St Helens and enquiries from as far as

Harrogate – all thanks to the power of positivity!

"Once you replace negative thoughts with positive ones, you'll start having positive results."

– Willie Nelson

**Deadline for the
December issue
is November 5**

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Pageant girls celebrate raising £500k for charity

PAGEANT contestants from all over the UK travelled to The Dress Studio in Warrington to celebrate a £500k charity milestone!

The pageant girls were competing in the Miss Teen Great Britain competition and visited The Dress Studio near Culcheth to celebrate a charity fundraising milestone for local business; Pageant Girl Ltd, who have raised over £500,000 for their chosen charities!

Owned by former Miss Cheshire winner Holly Pirrie, Pageant Girl Ltd organise three national beauty pageants annually and encourage their contestants to get involved in

their local communities and raise money for charity.

The funds raised by Pageant Girl Ltd have helped Claire House Children's Hospice, The Christie, and Together for Short Lives.

The Miss Teen Great Britain contestants visited The Dress Studio & Pageant Girl HQ to celebrate this incredible achievement and try on some evening gowns in preparation for the grand final at The Globe Theatre, Blackpool, in October. The lucky girls will be

crowned at the grand final and will win a cash prize and introduction to a modelling agency, amongst many other prizes.

The Dress Studio are prom and pageant specialists and have dressed thousands of prom girls and beauty queens since they opened in 2012.

Holly, who owns The Dress Studio and Pageant Girl Ltd, said: "Having been involved in the pageant community for many years, it's unfortunate to see a decline in pageants recently, I would really love for that to change. I had the best time travelling the world through competing in pageants and want other local girls to have the same amazing opportunities as

I did."

The Pageant Girl competitions are open to ages 11+ and were created to be positive and confidence-building experiences for young girls and women. You don't need any experience to take part and the finalists and winners are presented with some amazing opportunities which have recently included attending events in Portugal and modelling in New York Fashion Week. The possibilities are endless!

Visit www.pageantgirl.co.uk to see more information about the competitions and www.dress-studio.co.uk to look at their gorgeous range of evening gowns and prom dresses.



Bus company recognised as Best in UK

WARRINGTON'S Own Buses has been recognised as the best small/medium bus company in the UK at this year's Route One Bus & Coach Industry Awards.

The event took place at the NEC in Birmingham and was hosted by Hugh Dennis, star of *Outnumbered* and *Mock the Week*, who presented the Directors with the award.

The judges said the bus company; "has demonstrated how

numerous areas of the business have improved over the past year. It has engaged with the marketing process, revised its network and grown passenger numbers.

"It returned an impressive Transport Focus passenger

satisfaction score whilst also recording a perfect first time MoT pass rate."

Ben Wakerley, Managing Director commented: "Winning this award means a lot to all of us here. All members of the team are contributing to the improvements we are making. I know there is still work to do and we will continue to

make things better.

"This award is a validation that the direction we are going in is the right one".

The bus company's main fares have been frozen or reduced since 2015 and has made several technological advancements recently, as well as investing in its fleet with newer buses.



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| Becoming a better Creative Writer (Next Steps) | 11/11/2019 |
| Digital Photography (Next Steps) | 13/11/2019 |
| Digital Skills: Word, Files, Email, Internet | 11/11/2019 |
| Floristry - Christmas | 11/11/2019 |
| Holiday French (Introduction) | 11/11/2019 |
| Holiday French (Next Steps) | 11/11/2019 |
| Gel Polish Nails (Introduction) | 14/11/2019 |
| Quick & Easy Healthy Dinners | 20/11/2019 |
| Holistic Therapies, Reflexology & Head Massage (Introduction) | 14/11/2019 |
| Holiday Italian (Next Steps) | 13/11/2019 |
| Jewellery Making for All (Introduction) | 13/11/2019 |
| Become more Mindful | 14/11/2019 |
| Sign Language for Beginners (Next Steps) | 13/11/2019 |
| Holiday Spanish (Next Steps) | 11/11/2019 |
| Watercolours (Next Steps) | 11/11/2019 |
| Website Design (Next Steps) | 13/11/2019 |
| Yoga for Beginners (Next Steps) | 14/11/2019 |



World Mental Health Day

OCTOBER 10TH

One in four people in the UK will have a mental health problem in their lifetime.

Stress, anxiety and depression accounts for over half of all lost work days. A staggering 15.4 million working days were lost to such in 2017/18. Culturally, almost all workers will feel comfortable calling in sick with a common cold or stomach bug, but many feel embarrassed or ashamed to tell their boss they are experiencing low mood or panic attacks. World Mental Health Day is a great opportunity for SMEs to review what skills gaps exist within their organisation around managing mental health in the workplace.

Positive mental health at work for employers, employees and line managers. At Spire HR, we always advocate taking positive action today to promote employee wellbeing and business resilience tomorrow. Working with an outsourced HR partner will ensure you are fully supported to review your existing processes and to roll out improvements. This includes undergoing training to look out for the signs and symptoms of mental health issues; starting a compassionate conversation; signposting people to occupational health; making any necessary workplace adjustments; and preparing for a phased return to work.

World Mental Health Day is held every year on 10th October. This year's theme is 'suicide prevention'. World Federation for Mental Health have stated that: 'every step we take towards preventing suicide is also a step towards a mentally healthier society. We will all benefit if we create a society where we can ask for help, experience less trauma and distress and where support is on hand when we need it'. To discuss our HR support offering, and benefit a healthier society, get in touch today.

Ellen Parkin

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Warrington & Co. Business

Warrington Buyers Club goes from strength to strength



FOLLOWING a successful launch on iOS and Android, the Warrington Buyers Club app has been going from strength to strength and as they move into the looming Christmas period, exciting times are imminent!

Membership numbers have been growing steadily, and partner businesses from every sector and district of Warrington have jumped on board says Founder Sam Fox from Warrington Mortgage Centre.

"Speaking of partner businesses; the first partner of the month award undoubtedly goes to the delicious Donatello's!" said Sam, who came up with the concept of encouraging people to support local businesses.

"They've been putting smiles on faces with their amazing dishes and have been a model partner in pushing the app to their customers, so from everyone at WBC, we'd like to give them a massive thank you!"

Sam added: "Moving into the winter period though, there's something extremely exciting happening with WBC."

"From November 11th to December 15th, Warrington Buyers Club will be taking over a pop-up shop within the Golden Square. App functionality, exclusive discounts and more will be showcased over the month, but what does that mean for you and your business?"

"Well, it's an opportunity like no other to market yourself, let the public know what you're all about, and perhaps most importantly, secure some extra Christmas sales! So don't miss out on this MASSIVE opportunity!"

"The chance to showcase your business is very limited, so if you don't want to miss out on maximising your business, get in touch with the team on hello@warringtonbuyersclub.com, and they'll provide more information!"

"Elsewhere, app developments are ongoing, with the events section set to launch shortly. Currently, it's a tough challenge to find an extensive list of Warrington-based events – this section of the app will change that for the better."

"So whether you're looking for the idyllic way to spend your weekend with the family, or your event promotion isn't reaching enough eyes, it's the perfect tonic," added Sam.

"Meanwhile the team would love to hear about how you have been finding the app so far, and build on any feedback you may have, after all, this app is designed to benefit YOU!"

Drop a message to charlotte@warringtonbuyers.com and the team will be happy to hear from you – until then, here's to another month of #GainingTogether!

*Warrington Worldwide is the official media partner of Warrington Buyers Club.

New Cineworld cinema set to create 70 new jobs

THE new 13 screen Cineworld which is set to open in Warrington town centre has launched a major recruitment drive which will create 70 new jobs in the town.

The cinema, located in the new Time Square Leisure Complex, is set to open its doors in December 2019.

There are a variety of positions available including Cineworld Team Leader, Team Member roles, as well as Barista positions at Starbucks, which will form part of the new cinema.

All roles are on either a part or full-time basis.

The new cinema will feature thirteen state-of-the-art screens showing the latest Hollywood releases, as well as pick 'n' mix and Baskin Robbins ice cream counters.

The importance of celebrating success

by Stephen Fitzsimons

I was thrilled to attend the fabulous Chester race course. Active Cheshire awards at the

The evening was made even more memorable with several Warrington award winners, including the Wolves Foundation, Disability Partnership and Worldwide's very own Gary Skentelbery.

It reinforced the importance of celebrating success and this is equally crucial for the town as a whole. The Challenge Cup is on its own grand tour of Warrington as the Wire bask in the glory of that victory over the Saints because the club know about the feel good factor. This also applies to business and the economy. We recently failed to convince central government that our town centre was struggling enough to warrant £10m from the Future High Street Fund. However, we have been earmarked for the Stronger Towns Fund which would actually be much higher at £25m. It was therefore a positive message that led to the potential extra investment.

Of course we need to focus on the things that require our assistance such as improving opportunities for residents in the inner wards and bringing life back to places like Bridge Street and Sankey Street. However, we also need to shout loudly about our

good news when it arrives. Another 117,000 sq ft has been taken at Omega as the park becomes unrecognisable from hosting just one lonely Royal Mail operation 10 years ago. Warrington Primark is officially the best performing store outside London which is a credit to the efforts of the local team and also to residents for continuing to



put their faith in places like Golden Square. FDR Law have just received recognition from the Legal 500 as they take their place amongst some of the best law firms in the UK. The positive stories continue to appear – we just need to share them.

Some say it was Disraeli who first stated that what Manchester does today, the world does tomorrow. Come to Warrington because the chances are we did it yesterday – we've just not told anyone!

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Stephen Fitzsimons
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The real5 Network just keeps on growing! After yet another successful launch over in Wrexham in September it was great to share the news of the latest edition to the real5 family - Northwich! Headed up by Mosaic Digital MD, Richard Wilding, the launch will be held at Barons Quay Social on November the 7th from 6pm.

There was plenty to celebrate this month including Helen Davies of Easytots nomination at the Mother & Baby Awards and our very own Gary Skentelbery scooping his Everyday Super Hero Award for inspiring healthy lifestyles.

Finally it was a pleasure to hand over member of the Month to Simon Riley from Ricoh for simply smashing it out of the park this month with his group activity.



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Beware of Tall Tales; Women, Men and the Cardiac Myth

"Her heart was a secret garden and the walls were very high" – William Goldman, The Princess Bride

THERE are many myths and fairytales in which the heart has featured over the centuries. They are broken, mended, lost, stolen, given away; they've had a rough time on occasion. We understand the meaning and metaphor and we are able to separate fact from fiction, wearing the stories lightly as we go about our digital, information-heavy lives. But some myths remain. And while the following three come with a rather less literary flourish they should nevertheless draw and hold our attention, for they really are 'matters of the heart'.

The first is the belief that heart attacks and coronary conditions are mainly a "man's disease". They are not. Coronary artery disease is the single biggest killer of women worldwide and around 35,000 women in the UK are admitted to hospital with a heart attack every year. That's four every hour.

The second is that the symptoms of a heart attack in women are different from those in men. Not really. There are no 'men specific' symptoms versus 'women specific' symptoms. This misconception has led to women ignoring warning signs and failing to seek early

medical treatment because they believe the "classic" signs of heart attack are experienced only by men.

The third is that men and women are treated equally when presenting with signs and symptoms of cardiac problems. They are not. According to recent research by the British Heart Foundation, women are fifty per cent more likely to receive a wrong initial diagnosis than men when they are suffering a heart attack.

It is estimated that around 8,000 women in England and Wales have died unnecessarily over a ten year period as a result of inequalities in awareness, diagnosis and management of heart problems. Women are also less likely than men to receive prompt potentially life saving treatment and are less likely to be prescribed medications to help prevent a second heart attack.

To be part of a story in which women play a role in saving themselves, not only must we recognise the symptoms of heart attack but we must seek and obtain appropriate and timely medical attention. Too many women are sent away with the wrong diagnosis, only for the right one to come too late.

Would you like more information? As you wish...

Visit www.bhf.org.uk/information-support/heart-matters-magazine/medical/women-and-heart-disease

Or contact Stephanie at FDR Law 01925 230 000 / stephanie.fallon@fdrlaw.co.uk / www.fdrlaw.co.uk



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 Sat 19 Oct Ben Elton - Live 2019
 Sun 20 Oct The Drifters
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 Sat 2 Nov Magic of Motown
 Sun 3 Nov Stewart Francis - Into the Punset
 Fri 8 Nov Sounds Familiar Music Quiz
 Sat 9 Nov Alexander Armstrong
 Fri 15 Nov Martin Kemp 80s Gold DJ Set
 Sat 16 Nov Rhod Gilbert - Book of John
 Thu 21 Nov An Evening with Jamie Carragher
 Fri 22 Nov The Stylistics
 Sat 23 Nov Red Hot Chilli Pipers

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pyramid.culturewarrington.org

Fri 18 Oct Hue & Cry
 Sat 19 Oct Adam Rowe
 Fri 25 Oct Hal Cruttenden - Chubste
 Sat 26 Oct Alfie Moore - Fair Cop Unleashed
 Sun 27 Oct Panto of the Dead
 Sat 2 Nov Comedy Store
 Sat 16 Nov James Phelan - Troublemaker
 Sat 23 Nov The Looking Glass Burlesque



Museum of the Moon lands in Warrington!

THE spectacular Museum of the Moon exhibition landed in Warrington attracting thousands of visitors to the town's Parr Hall.

Culture Warrington staged Luke Jerram's magnificent "Museum of the Moon" touring installation in the hall to mark 50 years since one of man's greatest achievements.

In July 1969, astronauts Neil Armstrong, "Buzz" Aldrin and Michael Collins were launched into space in Apollo 11. On July 20, Armstrong and Aldrin made history as they became the first men to walk on the moon.

Leah Biddle, cultural manager for arts charity Culture Warrington, said "There has been a real buzz around this historic anniversary and we were thrilled that we were able to join in the excitement by welcoming Luke Jerram's stunning work to Warrington.

"Museum of the Moon is a spectacular installation which really brings home how awe-inspiring the moon is.

"We used the artwork to encourage our audiences and participants to share stories and memories, to talk about what the moon meant to them; it's such a magical way to engage children especially."

Measuring seven metres in diameter, the artwork features 120dpi detailed NASA imagery of the lunar surface.

At an approximate scale of 1:500,000, each centimetre of the internally lit spherical sculpture represents 5km of the moon's surface.

Over its lifetime, Museum of the Moon has travelled the world and been displayed in the open air and inside venues as diverse as cathedrals, warehouses and swimming baths, thereby altering the experience and interpretation each time.

More than 3 million people have visited the artwork to date.

The installation is a fusion of lunar imagery, moonlight and surround sound composition created by BAFTA and Ivor Novello-award winning composer Dan Jones.

Museum of the Moon was the centrepiece of this year's Warrington Contemporary Arts Festival which also included a LightNight-style event in Queens Gardens with music, light installations and a family-friendly dance performance.

Advertiser's announcement

To hire or to outsource, that is the question?

If you're an aspirational business owner, then it's likely that you'll want to increase company turnover and profit.

Of course, one way to do this is by generating cost-effective leads and sales through digital marketing. But this often brings business owners to a slight crossroads: Do you recruit an in-house marketer or outsource to an agency?

When You Should Hire

Having an internal specialist can be highly beneficial. Like any recruitment activity, there's a cost on both your resource and time, but hiring someone is:

Great for businesses that:

Need Someone 5 Days A Week – it's essentially a dedicated resource working full time on your marketing output.

Have A Budget – in addition to an extra salary, you'll also have funds available to activate your campaigns.

Not great for businesses that:

Lack Knowledge – don't take this the wrong way, but if you've no idea about the technicalities of the role, how are you going to assess and manage someone's performance?

Have Failed Before – not that all marketers are bad ones, but if you've had a negative experience with the employment route in the past, take stock before you recruit again.

When You Should Outsource

Outsourcing to the right agency can save you time, hassle and money. It does, however, mean that you'll need to form a close working relationship with another company, so outsourcing is:

Great for businesses that:

Have Little Time – we're all busy so if the thought of "minimum hassle with maximum results" from your marketing is appealing, outsource.

Want Multiple Disciplines – if you need multiple disciplines (content creation, graphic design, google advertising etc.) outsourcing gives you access to more skills, with 2-3 people typically working on your account.

Not great for businesses that:

Can't Communicate – to keep your activities and progress on track, you'll need to meet the agency at least monthly. If you can't keep the lines of dialogue open, then don't.

Can't Commit – outsourcing such a vital part of your growth strategy requires trust. If you have reservations about forming such a close relationship with an agency, then simply step away.

There is a middle ground. If you already have a marketing manager in place but they don't hold all the technical skills required, an agency

can bridge the gap. If you're just not quite big enough to hire your own team, outsourcing until you are is a great approach and often helps you get there quicker!

If you would like to explore what an outsourced marketing team could provide to you, visit dreamscape.solutions/Marketing or call 01925 755 960 to speak with Adam.



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International beauty queens at the double

TWO Cheshire beauties are celebrating after huge success at the International Galaxy Pageants in Orlando!

Ruby Hill aged 16 and 21-year-old Kelsey Poulton, have just become international Beauty Queens!

Ruby won the Miss Teen Galaxy - UK crown at the UK Galaxy Pageants in March whilst Kelsey won the Miss Galaxy England competition last year.

This won Kelsey a trip to Orlando to compete in the international final of Miss Galaxy in summer 2018. Kelsey narrowly missed out on the crown, placing 1st runner up!

This meant that Kelsey won the title of Miss Galaxy Europe and a place at this year's Miss Galaxy final in Orlando along with her teammate, Ruby.

After spending the week in Orlando taking part in lots of exciting activities such as interviews, photoshoots and parties, Kelsey and Ruby took to the international stage to compete against girls from across the globe to win the Miss Galaxy and Miss Teen Galaxy crowns.

Kelsey and Ruby completely wowed the judges and also won many awards at the final.

Kelsey won the awards for – Best in Swimwear, Best in Fashion Wear, Best in Evening Wear and Best in Interview! Whilst Ruby won the awards for Best in Evening Wear and Best in Fashion Wear in her category!

In the lead up to the international final, Kelsey held two charity events in aid of the Make A Wish Foundation and Ruby made countless public appearances up and down the country.

Both girls will now continue their hard work back in the UK as international beauty queens.

Holly Pirrie, director of the Warrington based UK Galaxy Pageants and former Miss Cheshire said: "I am so thrilled for both Kelsey and Ruby. It's been such a pleasure working with the girls and getting to know them over the past year.

"They worked tirelessly for the crowns and truly deserve to be wearing them and representing the Galaxy organisation on an international level. They have definitely put Cheshire back on the map in the pageant world!"

Kelsey and Ruby now have an extremely exciting year ahead of them as Miss Galaxy and Miss Teen Galaxy, which includes fantastic trip to Chicago next year!

The UK Galaxy Pageants are now accepting entries from girls and women aged 11+, don't miss out on the opportunity to gain confidence, make new friends and open doors to some life-changing experiences, no pageant experience needed!

You can visit www.galaxypageantsuk.com for more information.



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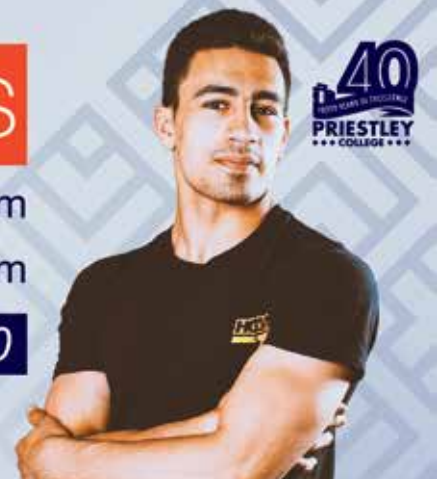
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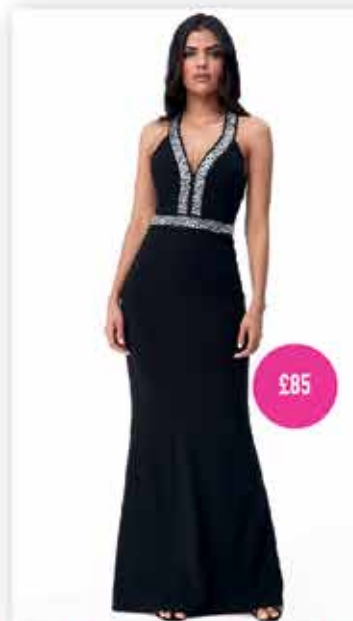
WEDNESDAY: 9.30am - 5.30pm

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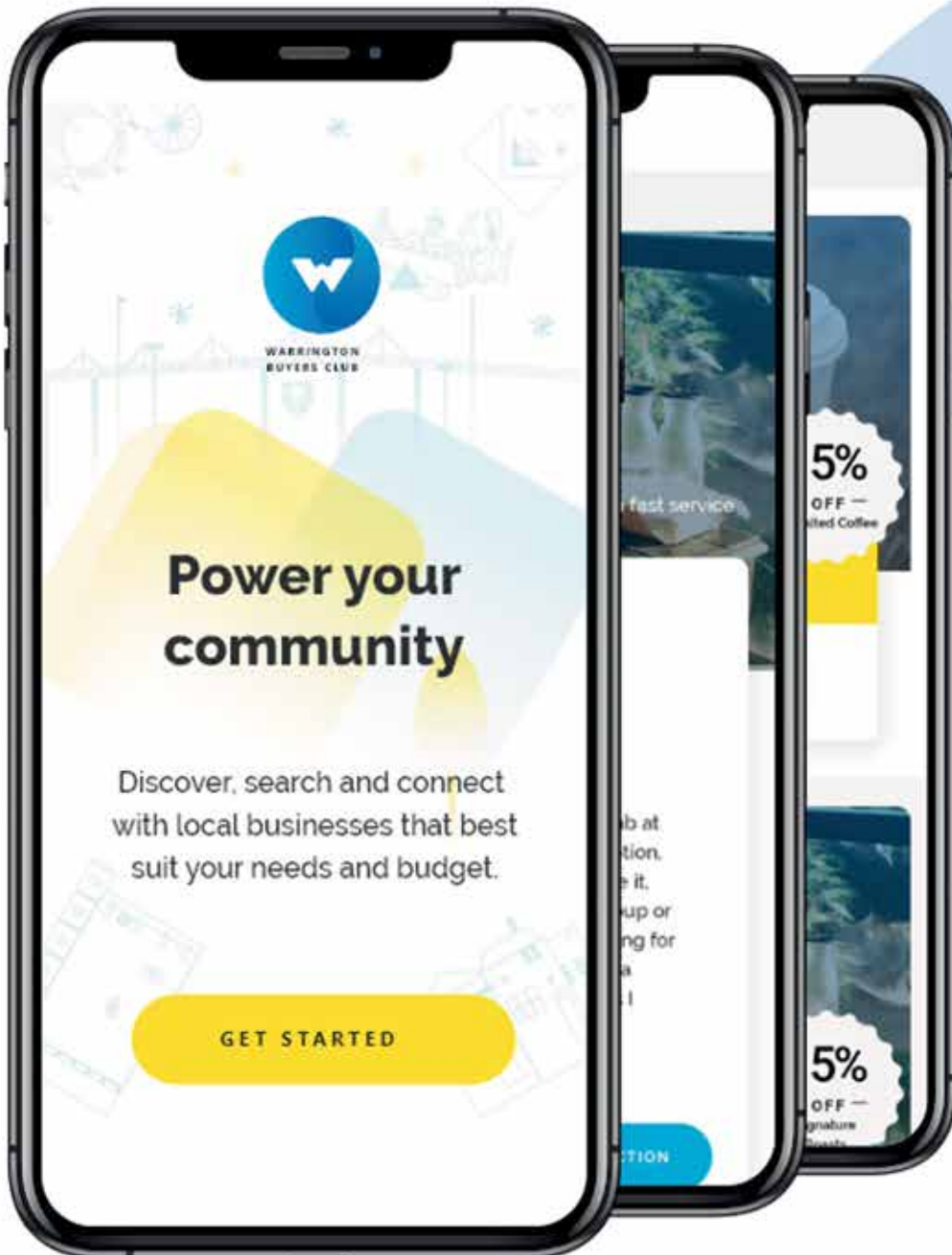
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WARRINGTON BUYERS CLUB



Gaining J

WINTER 2019



Tim Parry · Johnathan Ball
PEACE FOUNDATION

PeaceTALKS



Protecting Tim and Johnathan's Legacy

Page 3

By Nick Taylor - CEO of the Tim Parry Johnathan Ball Peace Foundation

it has been a challenging year but one which has produced some groundbreaking work and opportunities in the uk and overseas

Violent conflict is an ever-present reality. In my job, as Chief Executive of the Tim Parry Johnathan Ball Peace Foundation, a Non-Governmental Organisation (NGO) which is a leading specialist in the prevention, resolution and response to violent conflict, I receive daily reports of terrorism incidents around the world.

During 2019, I have been invited to speak at Conferences about the

work of the Peace Foundation in Madrid, Portugal, Paris and London. My visit to Madrid coinciding with the 15th anniversary of the attacks on the city, it was a privilege to be invited to the opening of an exhibition "Vivir sin miedo. Vivir con memoria", by the Asociación de Víctimas del Terrorismo, translated as Living without fear / Living with memory.

I was also a guest of the Portuguese Security and Intelligence Services in Lisbon alongside Police from Finland, France and emergency responders from Spain. Members of my team also travelled to Brussels with British survivors of incidents in Paris, London Westminster and Manchester. They stood in solidarity with our European friends as the EU commemorated the annual day of remembrance for victims of terrorism.

The Peace Foundation and the University of Manchester also revealed a ground-breaking process called 'mediated dialogue' which is being used to challenge extremism that can lead to violent conflict. The work, commissioned by the Commissioner for Countering Extremism, brought together university research and a civil society organisation (CSO) practitioner collaboration in conducting a mediated dialogue between young people from an 'Islamist' and 'extreme right' ideology.

Built on academic theory and literature on the effectiveness of inter group contact in reducing prejudice and building social cohesion, it used the Peace Foundation's two decades of



Nick Taylor, CEO Tim Parry Johnathan Ball Peace Foundation

experience in dialogue, to suggest how a process might be developed for use in community led counter extremism practice.

Earlier this year, the Peace Foundation released the paper that outlines and reflects on the experience of conducting the first steps in undertaking an experimental 'mediated dialogue' intervention, which we call 'Talking our way out of Conflict'. The paper is also available on the HM Government website and marks the start of publishing evidence as the Commission builds up to a report making recommendations on extremism for the Home Secretary.

www.gov.uk/government/publications/talking-our-way-out-of-conflict



Head of Counter Terrorism visits Peace Centre

Head of counter terrorism in the UK Neil Basu, visited the Peace Foundation to see how we are fighting extremism.

Mr Basu said: "I am delighted to be in Warrington to show my support for the outstanding work the Peace Foundation does to counter the terrorist threat in the UK".

"Colin and Wendy's determination to turn their pain and loss into a force for good is incredibly inspiring and, within the counter terrorism world, we have immense respect for them taking this vital work into communities where it can make a real difference.

"Organisations like the Peace Foundation play a vital role in supporting victims of terror and using their experiences to fight extremism within communities and

inspire real change in our politics and policing."

Nick Taylor, CEO of the Foundation, said: "Inviting Mr Basu gave us an opportunity to discuss the different initiatives we have created here since the Peace Foundation was set up in 1995 by Tim's parents, and to reflect on how terrorism is indiscriminate. Fighting hatred in our country requires responsible dialogue between all sectors in society and media reporting with a willingness to share different ways to tackle such a complex issue. Working together to confront the violence instigated by a small, but dangerous minority in this country demands we do all we can today. Solidarity between all communities is crucial in times like this, we cannot let hatred win."



Neil Basu - Head of Counter Terrorism Policing

Britain's top officer who leads national anti-terror operations

Protecting Tim and Johnathan's Legacy

When Wendy and I started on our journey 'for peace', in memory of our 12 year old son Tim and 3 year old Johnathan Ball, we did so with optimism and hope...hope that bereaved parents could show that the way to survival and healing for victims of terror attacks, lay in positive action. Our journey began in 1995 when we set up the Peace Foundation with one programme, 'The Tim Parry Scholarship', which brought together young people from Belfast, Dublin and Warrington.

The success of this programme gave us the confidence to create a unique home for the Foundation...the Peace Centre, which was completed and officially opened in 2000, on the 7th anniversary of the bombing which took the lives of Tim and Johnathan.

Over the 24 years since our creation, we have built a unique charity, providing specialist, victim-led, victim-informed support services to all UK based victims of terror attacks, and to young people at risk of being drawn into violent extremism or being at risk from violent extremism.

Successive UK governments have substantially funded our work because it provided support not provided by government itself...until this year, when government policy changed by decentralising funding of our work, to localised funding through Councils and / or Police & Crime Commissioners.

The Government's policy change came with little warning and for a charity that has established itself as a truly 'National' charity, to try to find equivalent funding from hundreds of commissioners in place of one, is a truly daunting prospect.

Wendy and I, as founders and parents, along with our team at the Peace Centre, will never give up the fight for survival that we now face, but through the pages of this Newsletter, we appeal to you all to help us in any way you can. This can be through direct financial support or by introducing us to organisations that you know who may be disposed to helping in the fight to build a truly peaceful, integrated society.



Colin Parry
Chair and Co-Founder



Lottery Funded Programme comes to an end

The Bridging Communities programme, led by Christine Cox and supported by Laura Greenwood, has recently come to an end following three years' work within Harehills, Rochdale, Oldham and Burnley. The programme was designed to bring communities together who were living separately within one geographical area. This separation may be due to differences in cultural, religious, indigenous, new arrivals, or socio-economic backgrounds or, indeed due to geography.

The aim of this four-area programme of work was to reduce the "tinder box effect" that separated communities can have during moments of crisis. The response, without enough connection across the area, can escalate quickly hence the "tinder box effect". The aim of our work was to "cool the ground" by making connections and spreading key conflict transformation skills among young people, men, women and those who lead in some capacity in these areas. We also sought to bring those who consider themselves to be, or are considered to be by others, outsiders into the process to create a more cohesive community moving forward.

What became very apparent over this process is the need for an educational body, like ours, to come in to key areas and build skills among both the grassroots organisations and within key services and structures (council services, youth services, local councillors etc, leaders of community organisations as well as residents without official roles).

The function of our work is to embed key skills (at multiple levels) to create better, healthier connections to counter division and prevent potential cross-area conflict. Being able to side-step many aspects of local politics has been

a real asset and as a neutral party with our unique founding story, we have been able to attract participants from communities that local services have found, by their own admission, "impossible to engage with".

What has been apparent throughout this three-year project is just how much we are needed and indeed welcomed when we come into communities. Participants have been ready to engage with one another with our support and sit, often for the first time, in a community space with those they have separated themselves from for many years.

During this project, 28 accredited courses were run, 13 in the community and 15 as residentials at the Peace Centre. We also facilitated 6 dialogue events in the community, a radio programme and 3 separate events for families affected by violent conflict.



Christine Cox



Laura Greenwood



In total, 785 beneficiaries were reached during this project, 282 of whom are survivors of violent conflict. We celebrated the end of this project with a Peace Conference, here at the Peace Centre.



Hannah Larn, Project Lead

Congratulations to our Women for Peace

Since January 2019, the Foundation has worked with 70 women in six different areas across the Northwest. Women from Blackburn, Bradford, Huddersfield, Liverpool, Leeds and Sheffield attended courses to learn about conflict, extremism and peace. Having completed the course, they have all been awarded a nationally recognised qualification.

To celebrate, the Foundation organised events to present them with their certificates, and to congratulate them on all their hard work in building more peaceful communities.

These women join a group of over 200 alumni from cities across the north. The Peace Foundation runs women's only courses because we recognise the unique experiences women have in the community, and how vital it is to include women in conversations about building peace. By developing participants' confidence in talking about extremism and resolving conflict, these women go back to their communities - at home, in the workplace, and in broader society - and spread their learning with others to build more peaceful cities.

The Small Step for Peace Graduation

Children aged 9/10 years, from Liverpool and Rochdale, dressed in caps and gowns, were presented with certificates to commemorate their achievements. 150 primary school children completed the Foundation's unique "Small Steps for Peace" programme, a course helping them to understand the impact of conflict and problem solving.

Colin Parry said: Peace education for young people is essential. Helping them to understand the causes and consequences of violent conflict is a vital part of our work and we are delighted to be able to recognise the amazing achievement of so many young people.'

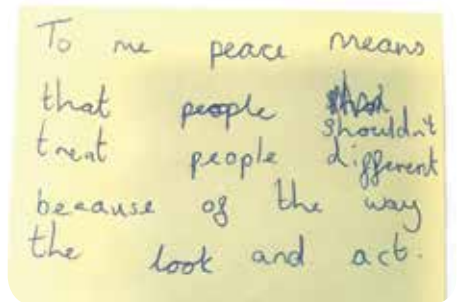
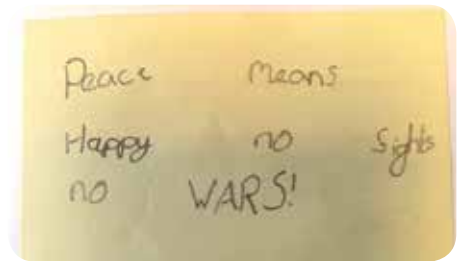
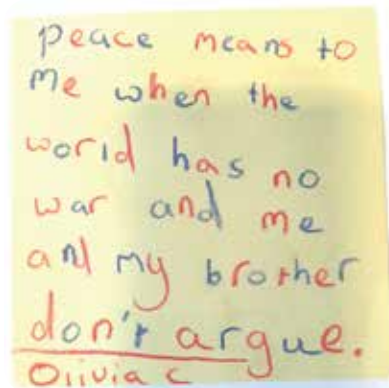
Ciara Kinsella said: 'Small Steps for Peace has had such a positive response from pupils and teachers in the Northwest, and we are incredibly proud of the young people who have completed the course. Our teachers pack includes interactive exercises and games which are simple to run and help young people to explain and address their feelings with confidence. This programme gives them the tools to resolve problems without resorting to violence, which is essential as they approach their teenage

years and adulthood'.

Between September 2018 and September 2019, the academic year, the Peace Foundation has delivered Small Steps and Tiny Steps for Peace in 37 schools in Warrington, Liverpool, Kirklees, Burnley, Bradford, Manchester and Rochdale. 1140 children under 11 years and 275 parents and teachers have taken part. The Foundation will soon start to deliver these programmes in London with the help of our Patron, Actress Emma Thompson.



Ciara Kinsella
Programme Lead



What Peace means to 9-year-old Primary School Children



If you would like to know more about our courses, please email commissions@peace-foundation.org.uk

Méline Bushmann, a participant in Sheffield, shared her experience of the course:

"The Women for Peace course has been an enriching experience as it gave me an opportunity to become aware of my own unconscious biases. It also gave me the chance to just listen to each of these wonderful women who took the time every Friday morning to come along and learn from others.

For me, this demonstrates that each one of us has a strong belief that their own actions can make a change and the course has reinforced this view even more."



'Building a Stronger Britain Together'

Families for Peace - When understanding 'clicks' into place

Over the past 12 months, I have worked with experienced members of the team to learn about the Foundation's work and this has helped me to plan one of our new programmes, 'Families for Peace' in Rochdale and Liverpool. The work is part of a government initiative called 'Building a Stronger Britain Together'. This programme is also supported by Rochdale Borough Council and Liverpool City Council.

These have been a few issues to discuss during our 'Families for Peace' sessions such as

- Primary School Children - Talking together about what 'anger' and 'peace' means to them.
- Mums Swapping Ideas - How to persuade their kids to spend less time playing violent video games
- Police and Council Officers - Practicing 'difficult conversations' about divisive issues in some communities, such as gang culture and hate crime.
- Parents - How to deal with worries that a youngster is being influenced by extremists or criminals.
- Residents in Sheltered Housing -

Talking anti-social behaviour by young people, and at the same time as remembering that most young people are not involved in creating problems locally

The idea of 'Families for Peace' is to join up a range of different activities, whether with young children, older residents, community members or professionals. Bringing families and communities together increases the chances of the Foundation's key messages making a greater impact. We believe that whatever problems and differences we have, we can work through them in a positive way without using violence.

Mike Waite said: 'I have experienced some moments of magic during my time working for the Peace Foundation, when understanding 'clicks' into place so tangibly that you can almost hear it happening'.

To find out more, email mike.waite@peace-foundation.org.uk or call the Peace Foundation on 01925 581 231.



Mike Waite
Communities Programme Lead



Community Groups in Newton Heath

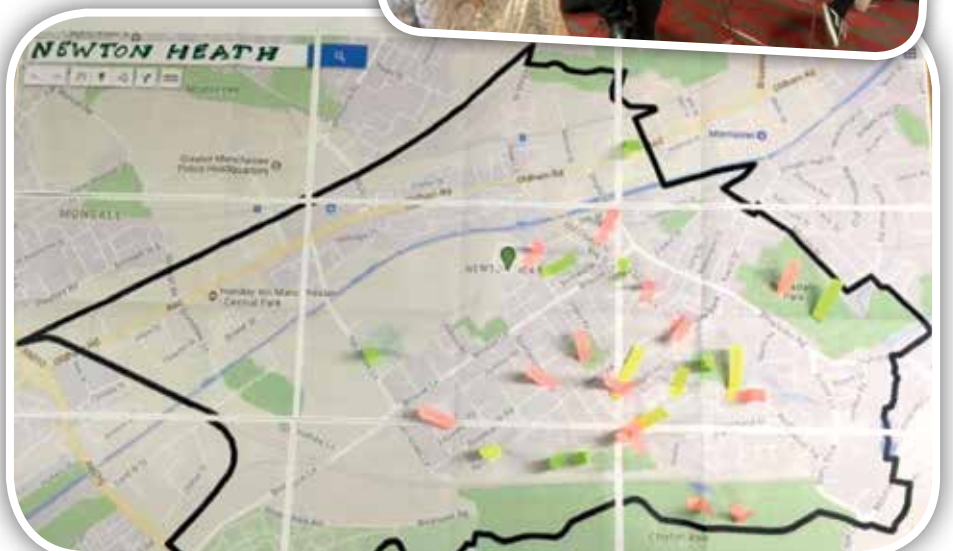
The Peace Foundation has been working in a North Manchester neighbourhood at the invitation of Manchester City Council. It is one of the most deprived areas in the city, where there are a range of problems, from gang-related crime to relatively high levels of mental illness. Unfortunately, these are the things that sometimes define the area in the local media.

The stories which are not told are often about the commitment, pride, and energy of local communities, voluntary and faith-based groups - residents who give up their time to run activities for young people and children, organised clean-ups, litter picks, and provide a range of much-needed services for the rest of the community.

Part of our work has been developing links and dialogue between these organisations. We found that some of the groups had not connected with each other and were providing similar services in the same part of Newton Heath. They didn't take the time to share ideas and resources but, in a few cases, this was partly because of 'historical' issues and problems in relationships. Our 'Conflict Aware' activities are helping to overcome these issues, and we have organised 'information sharing' and 'forward planning' sessions at the local library. These are part of our 'Community Action for Peace' approach



MANCHESTER
CITY COUNCIL



The Survivors Assistance Network Service

Supporting victims of acts of terror

It has been demonstrated beyond doubt that there is a need for a response which not only offers people the opportunity to access support, but also enables them to become part of a peer support network and to share their experiences to help others. Furthermore, we have demonstrated that there is a need for an organisation which is solely dedicated to supporting all those affected by incidents of terror, understanding their unique needs and working to develop best practice in this field.

Since 2017, the Peace Foundation has received over 900 referrals (as at 29/7/19) from people affected, not only by the attacks that have taken place since March 2017, but also from a range of older incidents.

| Barcelona | London Bridge | London Westminster | Manchester Arena | Paris Champs Elysees | Parsons Green | Finsbury Park | Sri-Lanka | Other | Grand Total |
|-----------|---------------|--------------------|------------------|----------------------|---------------|---------------|-----------|-------|-------------|
| 3 | 15 | 20 | 833 | 1 | 3 | 9 | 2 | 62 | 948 |

If you have been affected in any way by an act of terrorism anywhere in the world you can contact the SAN Team by email at SAN@peace-foundation.org.uk or by ringing 01925 581 240. Please be aware that the Survivors Assistance Network is not a 24/7 service and does not provide an emergency response. Messages will be answered the next working day.



The Foundation was delighted to receive a beautiful cake in recognition of our work.

'Martyn Smile Cake' is a Facebook group set up after the Manchester Arena attack in remembrance of Martyn Hett who died in the incident. Linda, who runs the group, bakes a cake every month and gives it to a person or group nominated by a member of the public who have made a difference.

Pictured are members of the Peace Foundation team together with Linda, Paul and Sarah from 'Martyn Smile Cake'.

The Foundation's SAN team recently took a group of families affected by the Manchester Arena attack to Duke's Barn Outdoor Centre in the Peak District for a weekend of outdoor activities in partnership with an organisation called 'Climbing Out'.

Working with trained professionals, the group took part in a wide range of outdoor activities designed to build confidence and challenge people. For many of the young people this was their first experience facing such challenges and the SAN team were on hand to help with their emotional and practical needs.

Activities included rock climbing and scrambling up a steep gorge with a river flowing down it and abseiling from an enormous railway viaduct. The overall verdict of the weekend was:

"challenging and fun and a good experience. I would love to do it again"

"I really enjoyed it. It brought the family closer together through the shared experience".



The SAN Team



Terry O'Hara



Donna Craine



William Roberts



Sarah Jenkins

Dame Emma Thompson DBE

Emma has supported the Foundation for many years and shown her commitment to our work in several ways. So, in 2018, when Emma asked if we could look at reducing the cases of knife crime in London and more recently the Northwest, we were more than happy to look into this.

This would be a new area of work for the Foundation but one that falls under the heading of conflict resolution which is the Foundation's day to day delivery.

Emma donated £30,000 to enable the

Foundation to work in 4 schools in the London area and two in the north, but instead of creating a new programme, we decided that our Tiny Steps and Small Steps would be the perfect programme to run in the primary schools. We feel that prevention is better than cure and starting with a younger age group was the priority.

Tiny and Small Steps enable the Foundation to work with key stage 5 and 6. This is a perfect programme to help the young people to understand the causes and consequences of violent conflict.



Colin Parry Interviews our new Patrons

Our new Patrons Danny Mays, Vicky McClure, Anna Maxwell-Martin and Louise Mays accepted Colin's invitation to have a frank discussion about their thoughts of the work of the Foundation and why they became Patrons.

To listen to the full interview, visit www.peace-foundation.org.uk



Mayor's charity appeal raises over £10,000

The Mayor of Warrington for 2018/19, Cllr Karen Mundry, hosted a small reception to honour the charities supported by the Mayor's charity appeal. The total cost of money raised was over £10,000.

The Peace Foundation and the Disability Partnership both receive £4500 each and the rest was divided between 4 other charities.

Councillor Karen Mundry said: "It was an honour to host an event to present these charities with over £10,000 between them. This money will help them to support the people of Warrington and beyond and enable the charities to further develop and carry out their services."



“Digging for Peace”

The Peace Centre reached out to the local community to ask any budding Alan Titchmarshes or Charlie Dimmocks to help give our garden a makeover.

The team from Wood plc came in for one day and did an amazing job but we were confronted with one question...How do we keep it looking like this for the rest of the summer? After much consideration, we decided to see if we could create our very own gardening club.

The Peace Foundation hosted a community gardening day on the 10th July and 15 volunteers came along to help and, although the forecast was for rain, it turned out to be a perfect day for gardening.

Lunch and refreshments were provided, and a great day was had by all.

If you would like to help and become a Peace Centre gardening volunteer, please contact events@peace-foundation.org.uk



Team from Woods PLC



Gardening Volunteers. Photo by Warrington Guardian

The Peace Foundation
Gardening For Peace
 Do you live in the local area?
 Do you have a few hours to spare?
 Join us for our
Community gardening day!
Wednesday 10th July 2019
 9am - 3.30pm @ The Peace Centre WA5 1HQ
 To sign up email:
karen.mcmanus@peace-foundation.org.uk
 Or for more info call 01925 581 238
 - No experience required
 - Refreshments provided
 - Please wear suitable clothing



Thank you to our Hospitality Volunteers

Our hospitality volunteers are the face of our conference and meeting room bookings. They ensure that each of our events are run smoothly and professionally.

Wendy Parry said: Our volunteers are brilliant. They are very accommodating and greet all guests at the Peace Centre with a welcoming smile. We wouldn't be able to cope without them".

Thank you



Thank you to everyone for your support



Megan and her fellow climbers holding a Foundation T-Shirt at the top of Mt Snowdon.

Megan Roston climbed Mt Snowdon on behalf of the Foundation and raised £558.75. Megan wanted to thank the Foundation for the support she received after the Manchester Arena Bombing.



Thank you to Head Teacher John Littler, his pupils and colleagues at Barrowhall Primary for their ongoing support and raising a fantastic £645.00 through their River of Pennies fundraising event.



Long-time supporter Keith Foster cycled a 73-mile circuit of Fife starting in his hometown of Glenrothes and taking in coastal towns such as St Andrews, Crail, Elie, Leven and Kirkcaldy before heading back inland to Glenrothes. Keith raise £966.25 for the Foundation.



For the 2nd year running, DDGI Ltd have donated £10,000, to the work of the Foundation enabling us to continue delivering our non-funded services and programmes. Thank you for your support and we hope to welcome you at the Peace Centre in the near future.

Thank you to the First Recruitment Team

The Foundation would like to thank First Recruitment for all their support over the past 4 years. They have attended and sponsored various events and helped to raise over £25,000 to help the Foundation to continue its important work with victims and young people.

Wendy Parry said: "Steve Farthing and I met many years ago and straight from the start he has been



a great supporter of our work. Steve and his partner encourage members of their team to help their chosen charities which are a charity in Africa and the Peace Foundation".



Inspire Risk Management
Part of The County Group

Through the generosity of Inspire Risk Insurance, who have insured the Peace Centre on behalf of the Foundation over the past 3 years, we have been able to use the much-needed money to continue our work with victims of violent crime. We would like to thank Chris Boothman MD and Director Guy Franks for all their help and support and hope that they will continue to see the Foundation as a worthy cause".

A Dove is for life not just for Christmas!

Whether in hope for the future, in memory of someone special, or just your family name, why don't you purchase a Dove, and have it displayed in the reception of the Peace Centre for all to see.

White Doves - £25.00 | Silver Doves - £50.00

Gold Doves - £100.00

25 characters (including spaces) will be engraved on the Dove.

To purchase your Dove, please go to:
www.peace-foundation.org.uk
to download a form



Thank you to everyone for your support

Samantha Spiro, MD of Urban IT solutions, is a successful local businesswoman, but she is also the mother of Siena Spiro who played Abbi Parry, the sister of Tim Parry, in the drama "Mother's Day" which was aired on BBC 2 in September 2018.

After the screening, Samantha decided she wanted to help the Foundation and knew by using her IT skills, she

would be able to support our work and make an important contribution to our efforts.

Wendy Parry said: 'When Samantha contacted me and said she wanted to provide our IT free of charge, I was amazed. It was such a generous way of helping the Foundation and we are delighted with the support of Sam's team'.



Samantha Spiro MD



Charity Golf Day 2019

The Peace Foundation held their annual Charity Golf day on 9th October and a great day was had by all.

Wendy Parry said: "The support we have received from sponsors, the team at the Golf Club and Bill Hart who has become my right-hand man at these events, was fantastic. I would also like to thank the teams who took part in the event and helped to raise over £6000".

Hope you can join us again next Year!



Winner of the Foundation's Charity Golf Day 2019



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The Foundation would like to thank the following people:

Patron Emma Thompson for her generous donation towards our Knife Crime Programme in London and the Northwest

New Patrons Daniel and Louise Mays, Vickie McClure and Anna Maxwell-Martin for helping to make a DVD for our website discussing the importance of our work, and to Ken and Charlotte Horn for filming and editing the film

To all our monthly supporters

Former Mayor of Warrington Cllr Karen Mundry

Warrington Rotary

Manchester Rotary

L'Oréal Manchester

Sarah Galbraith

Hilden House Sports & Social Club

WGHS Senior School

Susan & Heather

Hayley Caulfield

St John the Evangelist Church Walton

Rainhill Civic Society

David Mowat

Broomfield Junior School

First Recruitment Group

Metropolitan Police London & Derbyshire

St Gregorys Catholic High School

The Hanley Trust

Betty Poole

The Bridge Warrington

Direct Rail

Johnathan Ford Accounts

St Matthews Catholic Primary School

Westminster School

Christ Church CE Primary School

The Cobbs Infant and Nursery School

Kidsplanet Day Nursery

United Utilities PLC

Locking Stumps Community Primary School

St Matthews CE Primary School

Broomfields Junior School

Wates

Penketh South Community Primary School

Brookacre Primary School

Warrington Council

Helen Hancock & team, Derbyshire Police

Hanley Trust

Steels Solicitors

Keith Foster Valerie Harrison

Urban IT

Inspire Risk Insurance

Ann & Bernie Snagg

Suzy Berbie & her Team - Met Police

Megan Roston

Mrs June Wilkinson

Park Road Primary School

Steve Hands

Peace Through Folk

Richard Lennon

Gareth Boldsworth

Brian Bennett

Adele Carr

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Jason Kenworthy

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CONFERENCE, ROOM AND RESIDENTIAL ACCOMMODATION HIRE

Conference and Room Hire

The Peace Centre is an award-winning venue provider and strives to make room hire as easy and as smooth as possible. Your time is important, so our aim is to make your visit relaxing and productive from the moment you arrive. We have formal and informal rooms all with natural light.

Conference Hire-Delegate rate is £15.50pp plus vat
Room Hire pricing - £15.00 per hour plus vat

Refreshments and food are charged separately i.e. Unlimited refreshments are £3.00pp and a working lunch £5.00pp both plus VAT

The Peace Centre is unique and a fascinating alternative to a hotel. All the proceeds earned from hiring our venue are used to keep the Centre running and to continue the work of

The Tim Parry Johnathan Ball
Peace Foundation

**To make an enquiry, please call
01925 581234
or 01925 581242 or email
events@peace-foundation.org.uk**

The Tim Parry Johnathan Ball
Peace Foundation, The Peace
Centre, Peace Drive, Warrington,
WA5 1HQ
www.peace-foundation.org.uk
Tel: 01925 581234 | 01925 581242
01925 581238
Charity No: 1048990
Company No: 3042409

Residential Hire

We can accommodate up to 38 guests across 9 bedrooms, with a maximum of 5 beds per room in a mix of single and bunk-style beds. Each room is uniquely decorated, giving them that personal touch, and they are maintained to a very high standard to ensure maximum comfort and cleanliness.

Prices start from £22.50 for Bed and continental breakfast to £30 Full Board.

All prices are per person per night plus vat, subject to minimum numbers and based on full occupancy of each room.



Did you know?

If every adult in Warrington spent just £5 per week locally instead of online, or at a supermarket chain, it would mean an extra £40.8 million per year would enter our local economy.

Just think of the possibilities!

We could renovate the exhausted highstreet, we could create brand new opportunities for the next generation of Warringtonians, we could buy Warrington Town FC half a Harry Maguire!

One of those doesn't seem like such a good deal now I look at it...

**Back to the important stuff.
How then, can we keep this vital cashflow within our local economy, without any inconvenience?**

EASY.

Download the Warrington Buyers Club app.

Access over 270 different exclusive discounts, all at businesses right here on our doorstep, and keep our money local so that we can improve this thriving town we live in.

And while you're at it, treat your staff to a membership too! It's the ideal reward to put smiles on faces, and now with our new corporate rates, more affordable than ever.

So why should we stop at £40.8 million, when we could easily hit £81.6 million, or even smash through the £100 million barrier - we're doing our bit, are you?.

Sam Fox

Founder
Warrington Buyers Club

Together!

RAF Burtonwood nostalgia weekend brings back the 40s

by Paul Jackson

THE annual RAF Burtonwood nostalgia weekend was a roaring success with large crowds making it the Heritage Centre's most successful event to date.

The nostalgia weekend was organised by the RAF Burtonwood Heritage Centre as a celebration of the personnel who were stationed at the American airbase from 1940 to 1993. It is a keenly anticipated event that draws people from far and wide including many who dress in period costume and enjoy a trip down memory lane.

The weekend included many displays ranging from an American Civil War reenactment to Ian and Stella of Sunnyside Swing who filled the dance floor with revellers boogying to their favourite old-time tunes.

Saturday evening saw the sold out Rock and Jive Night which starred the fabulous Downtown Daddios performing songs from the 1950s from memorable artists such as Jerry Lee Lewis, Little Richard, Ray Charles, Carl Perkins, Johnny Preston, Bobby Darin, Johnny Ray and Louis Prima to name a few.

The only sad part of the whole weekend was that the proposed Battle of Britain flypast was cancelled due to the Dakota aircraft developing a mechanical fault and being forced to land in Manchester. This didn't put a dampener on the fun which continued throughout the whole weekend.

Keeping the crowds entertained were military displays, classic car clubs, traders, re-enactors, the Armed Forces, emergency services teams, air cadets and food and drinks outlets.

Longest-running

Established within the grounds of Gulivers World theme park which was built on the former RAF Burtonwood, once the largest and longest-running military airbase in Britain, RAF Burtonwood Heritage Centre was established to preserve and uphold the history of the men, women and activities that occurred here.

Over 8,500 Americans were based at RAF Burtonwood during WW2 and over 70,000 service personnel served here during its 54-year history until closure in 1993.

Influence

The influence of the base on Warrington and the local community was very significant including 7500 marriages to GIs during its history.

RAF Burtonwood represents a special link between US troops and people of the UK, not all of whom were stationed soldiers but also including the many civilians whose lives were permanently changed by the base.



Merry
Christmas

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Rugby stars help launch new St Rocco's furniture store



RUGBY stars Chris Hill and Ryan Atkins were on hand to help St Rocco's Hospice open a new charity furniture shop close to Warrington town centre.

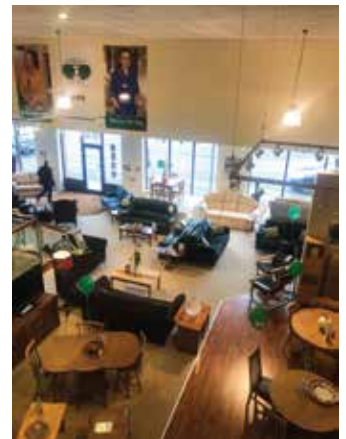
The store has moved from Bridge Foot to Mersey Street, occupying premises formerly occupied by Multiyork, a former furniture retailer which went out of business two years ago.

The new premises have provided St Rocco's the ability to display items properly with the premises now looking like "a proper furniture store!"

Various items, many looking like new and all donated free of charge included sofas, chairs, dining tables, coffee tables, beds, wardrobes, sideboards, shelving, furnishings, mirrors, paintings and much more spread over two floors.

Funds from sales will help go towards funding the Bewsey based hospice.

Warrington's co-captain Chris Hill and former centre Ryan Atkins



were on-hand to perform the ribbon cutting ceremony.

The new showroom has the benefit of free parking on site.

The new store is open 9am-5pm from Monday to Saturday and from 10am to 4pm on Sundays.

Driving a van is now almost like driving a car!

Editor Gary Skentelbery test drives a Mercedes Sprinter Van

IT has been many years since I got behind the wheel of a van - in fact so long I can hardly remember it.

But what little memory I do have, I can remember it felt nothing like driving a car.

Well after test driving a brand new Mercedes sprinter van 314 at Central Van Hire, I can confirm it drives pretty much like a car.

Clearyl it is a lot bigger but it is a very smooth driving experience and within minutes I felt completely at ease.

It now has the same steering wheel that can be found in the A & E class car and is a similar feel to drive.

New features include: Voice command, collision avoidance, adaptive cruise control, lane assistance, bluetooth and sat nav.

It certainly is a pleasurable driving experience and next time I need to do some removal work I shall certainly have no fear of hiring a large van.



www.exclusivetravel.holiday

Top Health Benefits of taking a Holiday

We all enjoy some time to relax, don't we?

However, when it comes to the places we work, recent research shows us that so many people have unused holiday each year, which has a massive effect on our mental health and our physical abilities as we push our bodies, here's a list of the benefits of letting us book you a holiday.

Reduction Of Stress

We all need stress to get our work done in some way, but every time research is released it shows us that 80% of people in the workplace suffer with stress within their work life, and medical evidence shows over that 70% of people visit their GP are related to mental or physical stress.

Increased Productivity & Creativity

Regular holidays are proven to boost our creativity and productivity in general, a change in everyday life and routines allow us to recognise what we are missing out on, we experience situations clearer, with improved thinking and increased creativity, once we switch off and move away from the workplace on a holiday or following our dreams.

Makes Us Happier with Energy Boost

So much time at work, working long hours and not taking all our holidays, leaves us feeling frustrated and totally exhausted before we even venture on our holidays, moving away from the workplace and change in routine can reduce potential flashpoints at work or at home, and make us feel a lot happier, it's all about life balance.

Improves Our Intelligence

Our body requires downtime, and time to reboot; and when we ignore its natural cycle causes us fatigue (which come in 90-minute periods), and it just dismissing the body's need to reboot and refresh, regular breaks during the day are good.

Increased Energy

Removing ourselves from business deadlines and high-pressure environments reduces our body stress, and changes our mindset, the big advantage of taking our holidays it reduces our depressed or anxious mood swings, and brings calm and relaxation in our lives.

We Can Fight Colds & Viruses

It's so true, in the workplace we can suffer constant colds and viruses and never get right, holidays help us to keep our body healthy & refreshed, continual working and lack of rest, will result in our body being run down, causing chronic stress and compromising our bodies fitness.

Improves Our Relationship

We all know that precious time with our partner or family during our holidays gives us more time to bond, just having regular none work conversion will make a massive difference, we don't need experts to tell us time together, especially away on holidays build closer bonds and connectedness with each other.

Improves Our Confidence

Researchers confirm that people return from a holiday with boost in self-belief and energy, and approach situations and business projects with more confidence, and happier to tackle issues or situations as they happen.



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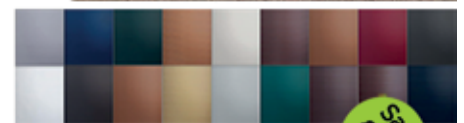
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Street Pastors move into new base

A NEW facility to help reduce alcohol and drugs related anti-social abuse has opened in Warrington town centre.

Help on the Corner was officially opened by High Sheriff of Cheshire Mark Mitchell in the presence of police, publicans, volunteers, church leaders and representatives of the business community.

The centre provides a base for the Street Pastors, a group of uniformed and trained volunteers from local churches who patrol Warrington from 11pm to 4 am, every Saturday and some Friday nights, to care for, listen to and help people who are out on the streets.

They have been working with Cheshire Police and licencees for the last three years to help reduce anti-social behaviour in the town centre. This can be anything from providing a bottle of water, treating minor injuries or contacting family for people who have lost phones, wallets or become separated from their friends. The new space provides a hub for them to work from as well as a safe place for them to take people who may need additional help.

The former taxi office has been loaned, free of charge, by ABBA Cars and has received a much needed make over thanks to £5,000 worth of funding from the Warrington BID and support from young volunteers taking part in The Prince's Trust Team Programme, which is managed by Groundwork.

The initiative is also supported by Cheshire Police and Pubwatch as part of Warrington Borough Council's night time economy task force, which aims to develop a safe, secure, enterprising, inclusive and vibrant night time economy.

John Britton, chairman of the Street Pastors Trustees, said: "We are delighted with our new home on Bridge Street! The community has come together to improve the space both inside and out. Newly plastered and painted walls and new furniture means that we can utilise this once empty shop and maximise the impact of the Street Pastors, better support the night time economy and ultimately make the streets safer in Warrington."

Harriet Roberts Warrington's BID manager, said: "The Street Pastors have been a huge help over the



last couple of years, so I am delighted that Help on the Corner is now open! It's a great example of how the BID can support crime prevention initiatives, over and above the services provided by Warrington Council and Cheshire Police, that make a real difference to our town."

The High Sheriff of Cheshire said: "This project shows that great things can happen when official agencies, businesses and the local community collaborate for the common good. I commend all the hard work that has gone into making Help on the Corner

a reality – the long term benefits are far reaching and will continue to benefit Warrington for years to come."

Cllr Judith Guthrie, the borough council's cabinet member for environment and public protection, said: "The Street Pastors provide a fantastic service and are a great support for Warrington's night time economy. I'm sure that the addition of the new premises on Bridge Street will be positively welcomed and enable people to enjoy leisure time in the town centre with the comfort of knowing help is available if needed."

Young adults graduate from NCS summer programme

At a red-carpet celebration evening at The Parr Hall 385 young adults from across Warrington gathered to mark their National Citizen Service (NCS) achievements.

The event attended by the NCS graduates, their families, supporters of OnSide Warrington Youth Club and special guests, heard from the young people themselves as they spoke on stage about their experiences of completing the NCS programme over the Summer holidays.

As part of the programme, the young people are invited to visit Warrington businesses including Amazon and long-time WYC supporter Vimto who host an annual Dragon's Den competition.

Alex Lund, Senior Brand Manager of Nichols plc announced the winning team Vimgo and along with Andrew Milne, Chief Operating Officer presented them with a cheque for £500.

President of Onside WYC; David Briggs, MBE, Lord-Lieutenant of Cheshire presented the inaugural Personal Journey Award to Bradan Brown and commented on his achievements "to have the confidence to stand on this stage and tell us your personal story just shows what a journey you have made. Despite some very challenging situations that you have been in, you have persevered and, deservedly, achieved great things."

For the Social Action phase; 29 projects were undertaken benefiting local community groups and organisations and in total they spent 22500 hours volunteering and a nomination was achieved for a national award.

Following the formal presentations, DJ James Murray and WYC member provided the entertainment for the NCS graduates' party.

Say Yes to NCS, who are now taking bookings for the Autumn 2019 programme. Email ncs@warringtonyouthclub.co.uk for details.

Swim teacher retires after 40 years

A POPULAR Warrington swimming instructor who has helped over 4,000 children learn to swim, has retired after 40 years.

Swimming instructor Glenys Domville, based at Orford Jubilee Neighbourhood Hub, retired after 40 years teaching the children of Warrington to swim. During her long career Glenys taught over 4,000 local youngsters to swim.

The impressive figure also includes a number of current LiveWire swim teachers, who she inspired to train as swimming instructors.

Glenys said: "I've loved my job, it's been a blessing and a gift and more like a hobby than work. I've loved every minute of it."

Glenys, who was a talented swimmer from an early age, learning to swim in just three weeks as a child, said she still swims almost every day and will be continuing to carry on swimming in retirement.

Current LiveWire swimming instructor Becky Worswick was taught by Glenys when she was younger and said: "Glenys was

really inspirational. As soon as I started working for LiveWire I remembered her. She was a big inspiration for me doing this – I hope to be like her!"

Emma Hutchinson, Managing Director of LiveWire, said: "The best tribute that can be given to Glenys' four decades of service is the thousands of children she

has helped teach to swim during her career. Learning to swim can literally be a life-saving skill for children, and for Glenys to have taught over 4,000 youngsters is something to be incredibly proud of."

"Glenys will be much missed at LiveWire, both by her colleagues and her pupils. We wish her a very

well-earned retirement and thank her for all her dedication and hard work over the past four decades."

For more information on LiveWire's Learn to Swim programmes, please visit: <https://livewirewarrington.co.uk/leisure/swimming/livewire-swimming-lessons>





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WITH more and more retailers closing on the high street BBC Radio 4 visited Warrington to see how independent businesses in the town are fighting back.

The broadcast took place at Shelly's Restaurant on Bold Street, which Michele Butterworth sold her home to launch in 2003, alongside her hair Salon Michele & Co, which opened 30 years ago.

Michele explained how it was a daily battle to keep her business going with the changes taking place on the high street but battled on offering good quality food including chocolate fudge cake

and scones!

Also taking part in the interview was warrington-worldwide Editor Gary Skentelbery, a director of Warrington Chamber of Commerce, who highlighted all the positive things taking place in the town centre, including the development of the new Warrington Market, a new multi-screen cinema and the launch of the Warrington Buyers Club.

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Two local Everyday Superheroes honoured

TWO Warrington "Superheroes" were honoured at Active Cheshire's inaugural Everyday Superhero Awards ceremony at Chester Racecourse with over 400 people attending the event.

Warrington Disability Partnership's Dave Thompson received the special David Newton Superhero Award for his inspiring work with the charity, while warrington-worldwide managing director Gary Skentelbery received the Health and Social Care Superhero Award, for inspiring others in the community to lead healthy lifestyles.

Meanwhile Neil Kelly from Warrington Wolves Foundation received a highly commended for the Active Mind Superhero Award, Appleton based Ste Hughes from Armed Forces Community Support Hub, received a highly commended for the David Newton Superhero Award, while Warrington Wolves were highly commended for the Community Sport Superhero Award.

Active Cheshire launched the Everyday Superhero Awards evening to celebrate their 30th birthday with "30 for 30". A unique opportunity for organisations and people in Cheshire to come together to donate 30 thousand pounds to activate 30 local schools.

But the real drive of the of the evening was to celebrate local everyday heroes who inspire others to move more. These individuals may make a difference to one or many lives in Cheshire and Warrington through movement. This year's winners reflected a blend of large and small organizations as well as individuals from around Cheshire and Warrington.

Active Cheshire's guest speakers

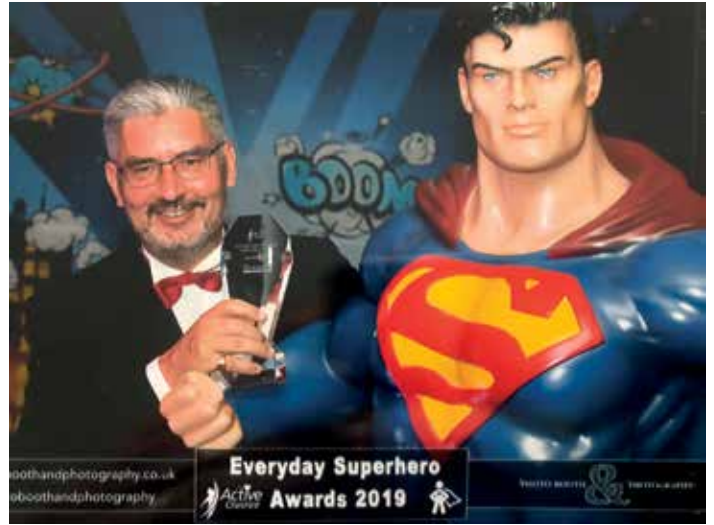
for the night were, David Briggs The Lord-Lieutenant of Cheshire and Mark Brocklehurst MD of Sharples Group. David Briggs, M.B.E., K.St.J. introduced Active Cheshire's Bronze, Silver and Gold packaged services created for organisations and primary schools to activate them. Mark inspired the room, empowering everyone as a leader of physical activity.

Active Cheshire welcomed Dave Sharp Art to perform live during the meal. The speed painter used two large canvases and painted the Hulk and Iron Man which were silently auctioned off to the highest bidder contributing to activating more children in the sub-region.

Anne Boyd, CEO of Active Cheshire, commented "All those who were shortlisted are winners in our eyes, with almost a quarter of the population active less than 30 minutes per week, these superheroes are essential in improving the physical and mental wellbeing of others. It was great to celebrate those unsung heroes for creating active environments for others to enjoy."

"Huge thanks to our sponsors, Active Cheshire's Board members and team finalists for your time and efforts.

"Most of what Active Cheshire does is to do with change. By encouraging behavioural change, changing attitudes, mindsets, and habits. The Charity are constantly learning to adapt to the needs and challenges in an increasingly inactive society," added Anne.



Warrington property sales goes worldwide!

A Warrington property sale went worldwide with town centre based Belvoir Sales & Lettings.

After moving to Australia former Grappenhall residents Ian and Katherine Mouniford had been struggling to sell their former home and approached warrington-worldwide seeking assistance.

They had previously advertised their recruitment business with the publication.

Having worked closely with Gary Pemberton from Belvoir Sales & Lettings as part of the #LoveWarrington show feature Editor Gary Skentelbery had no hesitation in recommending the Sankey Street based agency.

After marketing the property it sold within a matter of months, completing on Friday the 13th!



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By David Watkinson

Buy-to-Let property tax and expenses

There has been a large increase over the years in the number of people who own "buy-to-let" properties. It is timely to remind people that this income needs to be reported to the tax office. At the same time, care should be taken to ensure that tax is minimised by claiming all allowable expenses.

Many expenses are obvious. These include:

- Insurance, including building, contents and public liability
- Rates, water, ground rents, gas and electricity
- General upkeep and repairs such as gardening, cleaning and property repairs (but not improvements)
- Accountancy and, in some circumstances, legal costs

However, there are a number of expenses that may be overlooked, and we will look at a few of them here. But please remember that to be allowable the expenses must be incurred "wholly and exclusively" for the purpose of the "trade".

Firstly, there are travel and motor expenses incurred. There are two ways of calculating the allowable deduction for using your own car. You can collect all of the costs of running the car over the tax year and then apportioning them on the basis of allowable mileage compared to total mileage. Alternatively, you can record the allowable mileage and claim that at the "Authorised Mileage Rate", currently 45p per mile for the first 10,000 miles and 25p per mile thereafter.

Always, you must remember the "wholly and exclusively" rule which must be applied to each part of a journey. For instance, suppose you drove from home to a DIY shop to buy a plumbing part (first leg), and then continued to the rented property to fit it (second leg). You then drove to a supermarket (third leg) on the way home (fourth leg). The first two legs of the journey are deductible. However, there is a "duality of purpose" for both of the third and fourth legs that excludes a deduction.

Secondly, there is a deduction for the costs of use of your home as an office. These costs include mortgage interest or rent, council tax, rates, insurance, heat and light, etc. Again, there are two methods of calculating the deduction. The total expenses for the tax year can be collected, and then apportioned in the ratio of the number of rooms used as an office compared with the total number of rooms in the property, and then by the number of hours that those rooms are used exclusively each day as an office over the full 24 hours in a day. Alternatively, you can use a fixed rate depending on the number of hours spent each month by the landlord on his "trade". For instance, you can claim £120 pa if you spend up to 50 hours per month, increasing to £216 pa up to 100 hours per month, and £312 thereafter.

WatkinsonBlack have considerable experience in all areas of taxation and business services, including the provision of a very cost-effective payroll bureau service. If you want to arrange a no-obligation initial meeting on any business matter then please contact us. Please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.

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David Watkinson and Margaret Black

Warrington Wolves' Women win Grand Final in style

Pictures: Bob Brough



WARRINGTON Wolves women will be playing Super League next season after a resounding victory in the Grand Final beating Barrow Ladies 40-4 in Manchester.

The success followed up from winning the league leaders' shield in the team's first season under the guidance of coaches Lee Westwood and Bennie Westwood.

The Wolves took the lead on eight minutes when Meg Garvey crossed for the opening try of the Final with Michelle Davis converting.

Four minutes later Rebekah Wilson glided through the Barrow defence to score with Davis again on target to make it 12-0.

On 17 minutes loose-forward Dan Bound picked up a loose ball and sprinted 30 metres to cross! Davies added the extras to make it 18-0.

Barrow hit back briefly with a try from Michelle Larkin making it 18-4

at the interval.

Warrington were back in control on 48 minutes when Aimie Toher charged her way over the try-line with Davis adding the extras to make it 24-4.

Davis then crossed for a try on 59 minutes getting over in the corner and two minutes later it was game over when Rowanne Smalley crossed down the left side to score with Davis adding a superb touchline conversion making it 34-4.

A sensational solo effort from Dan Bound with her second try of the day, plus another conversion from Davis completed the scoring on a memorable afternoon for Warrington Wolves' women.





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