

# Village Life Magazine

STOCKTON HEATH • APPLETON & SOUTH WARRINGTON

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## Seb is national champion

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# Editor's comment

**IT was disappointing to read a new report which ranked Warrington third worst in the North West for deaths from "deadly toxins," with death from air pollution now 21 times higher than deaths from traffic accidents.**

While Warrington Borough Council has already recognised the importance of good air quality for health and in areas that exceed national standards, which includes the area near Stockton Heath swing bridge, they have declared Air Quality Management Areas and have produced an Air Quality Action Plan, one still has to question whether enough is being done to tackle this problem?

More than one in 23 deaths in the North West's largest cities and towns are now related to long term exposure to air pollution, according to new estimates in Centre for Cities' annual study of the UK's major urban areas – Cities Outlook 2020. That's 21 times the regional rate of deaths from traffic accidents.

Cities and large towns in the North West now have the largest numbers of estimated PM2.5 related deaths in the UK outside London – 1921 deaths in total.

Blackpool has the smallest proportion of deaths related to PM2.5 in England, and fourth smallest in the UK. There, PM2.5 caused 104 deaths – or 3.5% of all adult deaths in the city.

These deadly levels of PM2.5 are currently legal in England, Wales and Northern Ireland, despite breaking the World Health Organisation's air pollution guidelines.

If you are wondering what PM2.5 is, it is Particulate matter (PM) - a

mixture of solid particles and liquid droplets in the air. It can be either human-made or naturally occurring. Examples include dust, ash and sea-spray.

PM2.5 means the mass per cubic metre of air of particles with a size (diameter) generally less than 2.5 micrometres (µm).

Inhalation of PM2.5 can negatively affect health and there is no safe threshold below which no adverse effects would be anticipated.

The biggest impact of particulate air pollution on public health is understood to be from long-term exposure to PM2.5, which increases the age-specific mortality risk, particularly from cardiovascular causes.

Transport is a significant, but not sole contributor to air pollution; burning fuels is also a major cause. For example, half of deadly PM2.5 toxins generated in cities and large towns come from sources such as wood burning stoves and coal fires. Not all of it is locally generated – some in the south of England is blown in from continental Europe.

Solutions include introducing Ultra Low Emission Zones to charge car and van drivers in city centres. Ban the use of wood burning stoves and coal fires in areas where air pollution exceeds guidelines.

While we need the Government to introduce the World Health Organisation's stricter guidelines on PM2.5 – as the Scottish Government has already done – more funding also needs to be provided to assist local authorities.

Warrington Borough Council tell me they recognise the importance



of good air quality for health and in areas that exceed national standards, they have declared Air Quality Management Areas and produced an Air Quality Action Plan.

This Plan sets out a series of measures to improve air quality, not just within the management areas but across the wider borough.

They also produce regular reports on the latest monitoring data and provide updates on the progress of the Action Plan. In addition, the new Local Transport Plan (LTP4) includes transport measures to reduce air emissions.

One is left wondering why the council continues to include our precious green belt in the Draft Local Plan, when clearly our town is suffering from pollution which is claiming lives.

One also wonders why more isn't being done to protect our green belt from the threat of large logistics centres which will do nothing to improve our air quality?

Hopefully the Secretary of State for Housing, Communities and Local Government Robert Jenrick, will heed the warnings being made by those lobbying locally to protect our green belt and put a stop to the threat of these logistic centres.

I am told a decision is likely in March - watch this space!

## Transportation and health issues at top of agenda

**WARRINGTON South's newly elected MP Andy Carter has had a "whirlwind" past few months since the December General Election and the key issues he has been dealing with include transportation and health since arriving in government.**

When he was selected to be the prospective Tory candidate for Warrington South early last March Theresa May was Prime Minister, the country was due to leave the EU at the end of the month and there wasn't due to be a general election until May 2023 – and then things changed and he is now an MP in the House of Commons.

"I don't think anything can prepare you for the point you are elected an a Member of Parliament. It is pretty consuming. But I have had support from my family and business colleagues and the town in general. The people of Warrington have been good enough to give me their time to allow me to understand the issues they are facing and for me to move things forward as quickly as I can."

During his first four weeks transport issues were top of the agenda, in particular issues facing the railways. Meetings have been taking

place in Westminster looking at ways to deal with train issues including infrastructure in Warrington and across the North in general.

Health has also been a key issue and the need for a new hospital for Warrington.

"One of the first steps was bringing a group of people together to put forward a business case for a new hospital, with Warrington currently not on a list," said Andy.

"This is a long term project and there is work to do to get Warrington on the list for funding for a new hospital."

He has also been looking at

the important issue of sorting out Universal Credit and the need for Foodbanks.

Surprisingly one of the last subjects on peoples' lips since the election has been Brexit – "We have had a referendum and an election and the country has spoken and we will leave on January 31st," he said.

Meanwhile Andy says it is important to have a good working relationship with Warrington Borough Council.

To see a video interview with Warrington's new MP check out the warrington-worldwide website video section.



# Amazon adventure awaits college biologists

**BIOLOGY** students from Priestley College will be heading to the Amazon Rainforest this summer to conduct valuable research into its future.

Tutor Louise Naidu is organising the trip for 15 A-Level students who all share a passion for making a difference in the world.

Among them is Katie Bartrop whose dream is to work in biological research.

"When I heard about this trip I knew I just had to go because it described exactly what I want to do in life," she said.

"I've always been fascinated by the rainforest so this is an amazing opportunity for me."

Priestley's team of researchers will be flying to Peru in July and live on riverboats during their stay.

Data they collect will be used by Operation Wallacea to assess changes to the Amazon's ecosystem, which is one of the most biologically diverse on the planet.

Their efforts will help support the indigenous Cocama Indians who, in recent years, have been affected by more extreme weather conditions including flooding and drought.

Chloé Green said the trip was unmissable.

"It's a once-in-a-lifetime experience for me," she said. "I've heard we will be catching piranhas to measure their teeth and counting the numbers of macaws in the rainforest."

The trip is going to cost each student more than £2,000 so they are now busy fundraising. A recent race night held at Priestley College added more than £800 to the pot, which has now passed the £1,400 mark.

Louise Naidu said local businesses had also pledged money to help pay for the trip.

"The students are working hard to make sure this dream becomes a reality and have already achieved a lot," she said.

"If any other businesses would consider sponsoring the students in some way we would really appreciate it."

If your business would be interested in sponsoring the students please email [l.naidu@priestley.ac.uk](mailto:l.naidu@priestley.ac.uk)



# Island Life

Whether you are a culture fan or a fun and sun-seeker, holidays to Greece really have it all.

This country offers everything from sandy beaches and neon-lit nightclubs to medieval citadels and ancient ruins, all within easy reach of resorts. The sumptuous sea front tavernas are a must and the resort of Parga is a prime example of such.

Mainland Greece and the islands have a typical Mediterranean climate with long hot summers and mild winters. The best time to visit is between April and September, when the temperature is almost always above 20 degrees and rain is a rarity. However, it should be noted that the weather is very different in the mountainous areas than in the

coastal areas and the south is generally hotter than the north.

If you have not booked your Summer holiday this year; it is still not too late and if Greece is a destination you have not visited then there are now 16 destinations available from Manchester, which means we can access even more of the beautiful beaches and coastlines.

Greece holidays are all about island life. Crete's the biggest and home to some of the most famous archaeological attractions outside Athens. The beautiful Spinalonga Island is surrounded by azure blue waters and is a 'must do' if you are staying in or close to Elounda. In 1903

a leper colony was established there to isolate the people suffering from Hansen's Disease. A walk around the island offers some of the finest views of the mainland.

Four kilometres away from Elounda lies the pretty suburb of Plaka. The beach is beautiful with crystal clear waters and smooth white pebbles. Many hotels and tavernas have sprung up over the years and there is a little train that runs between Plaka and Elounda.

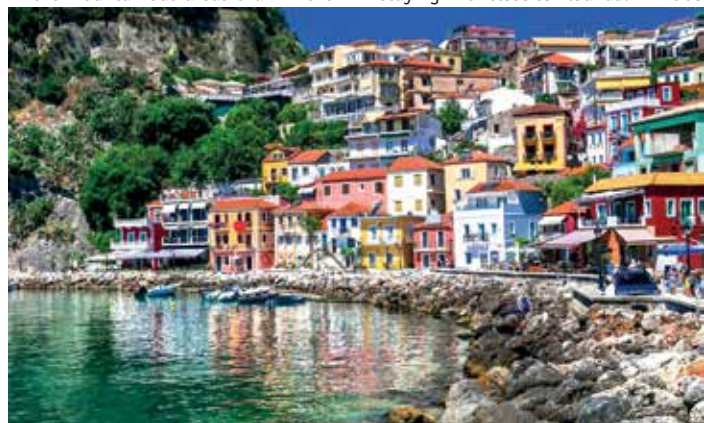
Corfu is a lush, green paradise, while Rhodes is great for sunshine, and Kefalonia offers picture perfect scenery. For the party animals amongst you Zante and Kos still rule the party scene.

Greece offers a host of magical destinations to create unforgettable holiday experiences that all visitors are bound to enjoy.



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# Auctioneer completes a sale that almost broke his heart

**ONE of Britain's best-known classic car auctioneers has just completed a sale that almost broke his heart.**

Appleton Thorn-based Simon Hope, 68, has sold his own collection of toy cars and lorries, acquired over more than 60 years.

His collection of Matchbox vehicles fetched more than £300,000 – a figure that would not look out of place at H&H Classics, the auction house he founded and where full-sized Aston Martins, Lagondas, Jaguars, etc, change hands for eye-watering amounts.

But it was still something of a wrench to sell as it was a collection he had put together with love and passion, starting when he was a boy.

His grandma would not let him play with his toy cars on her lovely mahogany table so he simply took them out of their boxes and put them back virtually untouched.

As a result the tiny vehicles are still in mint condition, in their original boxes and are probably the finest collection in the world.

Certainly they attracted bidders from all over the world.

Simon's hobby started when his parents and grandparents started to buy him Matchbox models for birthdays and Christmases.

But his passion for the models continued into

adulthood.

He said: "It was only I got older that I realised there was actually a collecting scene out there and information on rarer versions and colours. I never took part in that scene, preferring to simply track down the ones I wanted in perfect (or as near as possible) condition. It just grew and generally they were bought with amounts of money not missed at the time."

The collection was so big it had to be spread out over three different sales with specialist toy auctioneers Vectis, of Thornaby, North Yorkshire.

Individual models from Simon's collection commanded high prices. The most expensive was a lime green ERF Dropside lorry that sold for over £7,000.

But a green Ford Kennel Truck fetched £3,200 and a white Ford Mustang £2,100.

Julian Royse, a specialist at Vectis, said: "There is a big market out there for items like this, particularly the models from the 1970s as these things do tend to be generational."

"Models from the 1950s which have previously been very valuable are now less so and later examples are extremely desirable."

"We find the demand far outstrips the supply and, as such, people will be very keen to get their hands on pieces which may not come up again in their lifetimes."

"These toys used to be exported to eastern

Europe and there is surprisingly now a really big market in the Czech Republic.

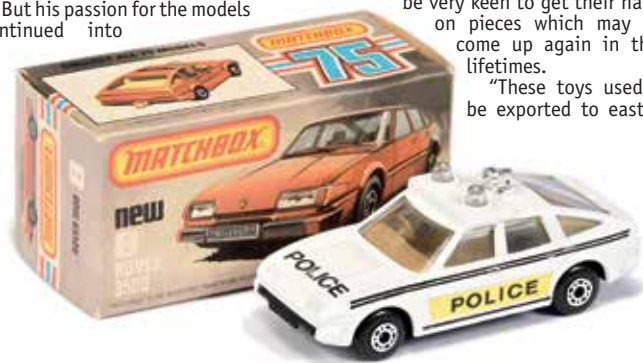
"This collection was astounding and probably had the biggest range of

any I've seen."

H&H was founded by Simon Hope in 1993 dedicated solely to the sale of collectors' cars and motor cycles. Its head office is in Lyncastle Road, Appleton Thorn.



Picture: vectis.co.uk



## Village housing development nominated for top award



A NEW housing scheme at Appleton Thorn, Warrington, has been nominated in the Small Housing Development of the Year category in this year's Insider North West Residential Property Awards.

Hawthorn Grove is a development by Bloor Homes North West in the centre of the village.

Ironically, it only received planning consent after a six year battle to overcome objections from more than 150 nearby residents.

But planners eventually approved the scheme following a compromise between villagers and the developer resulting in a reduction in the number of houses.

Rhys Nicholson, regional managing director for Bloor Homes North West, said: "We are extremely proud to be

nominated for such a prestigious award. These awards reward companies and individuals who stand out from the rest and go the extra mile, to deliver quality in construction.

"The development features a mix of two, three and four-bedroom homes, including two- and three-bedroom bungalows, which is attracting a nice mix of buyers, from young couples and families, to those looking to downsize. This is really helping to cement a lovely community feel."

"At Bloor Homes we are always committed to delivering the very highest quality homes for all our customers and it is fantastic that our efforts at Hawthorn Grove have been recognised."

The winners of the competition will be announced later this month.

## Planning chiefs reject house with an upstairs cinema

PLANS for a house with provision for a second floor cinema, built in the grounds of an existing house in Grantham Road, Walton have been turned down by borough planning chiefs.

Sixteen letters of objection were received when the proposals were considered by the borough council's development management committee and there were also objections from Walton Parish Council and from borough councillor Peter Walker.

Main grounds of objection were that the proposed house would be too big and represented overdevelopment of the site.

The parish council claimed the house would disproportionately large compared to the majority of houses in the locality and the proposals would damage the street scene by "squeezing" a new dwelling between two other houses.

Neighbours said the proposal was over-bearing, out-of-scale and

out of character in terms of its appearance.

But planning officers had recommended the scheme be approved. They argued that the scheme would not significantly or detrimentally harm the character of the area, the amenities of nearby residents nor have a severe impact on the highway network or highway safety.

They pointed out that the applicant had already amended the proposals to reduce the height of the proposed property and move it further back from the road and that the development would have a wider benefit as it would contribute to reducing the current deficit in housing numbers across the borough.

The proposed property was described as being of two and-a-half storeys and the plans showed one room on the second floor as a "cinema/study."

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# World Record holder fund-raising for fellow veterans

**NOT content with becoming a world record holder former Appleton soldier Ste Hughes is back on the fund-raising trail to help fellow veterans.**

After setting a new world record in the time taken to go from Land's End to John O'Groats in a wheelchair last year, Ste is now planning a 100km sit ski ultra marathon in Germany, a John O'Groats to Land's End on a roller sitski and a 1900 miles push on the Wild West Route 66 in America.

He is aiming to raise funds for the Armed forces community hub Warrington, Bike Tours for the Wounded and Holidays for Heroes Jersey.

He has been using a wheelchair following nine operations on a degenerative spine condition resulting from an injury picked up while training with the army after serving in the Royal Artillery for 4 years in Germany and Northern Ireland.

As well as injuring his spine on

an assault course he also suffers with PTSD and has also undergone four brain operations.

Last year the 49-year-old from Appleton took 14 days to complete the 874 mile journey Land's End to John O'Groats journey, beating the previous record by six days.

Ste said: "After being a keen runner I had to re-evaluate my life and it has been a hard transition. I suffered depression and anxiety on top of my PTSD. I was watching the commonwealth paralympic games which gave me inspiration.

"I was inspired by paralympian David Weir and I've had the pleasure to meet and race in the same race as him a few times.

"Then while attending an Invictus taster day I met my skiing coach who encouraged me to try para nordic sit skiing. I have been doing this for two years now and it is my favoured sport.

"To date I have taken part in countless marathons, ultra marathons and endurance events."

Ste added: "Bike tours for the

wounded are my primary beneficiary but I'm also fundraising for the armed forces community hub in Warrington for whom I am an ambassador and Holidays for Heroes in Jersey.

I was recognised earlier this year receiving a highly commended Cheshire award for my fundraising.

He is planning to do his ski marathon this month (February), John O'Groats to Land's End from May 28 to June 6th and Route66 in August.

Donations can be made online here <https://bt4tw.everydayhero.com/uk/one-big-push-down-route66>



## Grappers aim to hit the ground running

GRAPPENHALL Cricket Club aim to hit the ground running hard when the new season starts in April.

The aim will be to bounce straight back up to the Cheshire County League ECB Premier Division following last summer's disappointing relegation.

The club will have some new faces and some familiar ones returning – and both will strengthen the 1st XI which struggled with batting and bowling last term.

South African-born Grant Hodnett has signed from Timperley and has an impressive track record.

A former Gloucestershire county player he also played for KwaZulu-Natal in his home country. He has a first class batting average of 30.43 and top score of 168.

He has a background in fitness and nutrition which will be a big help in improving all-round team performance over the season.

Returning to the club are quality

front-line seamer Sam Guest and top order batsman Peter Barnes who both spent last season with Newton-le-Willows in the highly competitive Liverpool Competition.

Sam topped Newton's bowling averages, with 71 wickets at an average of 10.14, including one eight wicket haul. He will take over the reins as 1st XI captain from his close friend Adam Roylance, who will still be with the club but will be focussing on his own game.

Peter Barnes came second in Newton's batting figures, hitting 525 runs at an average of 32.81 and with a top score of 114.

Mike Holden is taking over captaincy of the 2nd XI, after very successfully skippering them several years ago.

The club's winter nets start on Monday, February 3, at Bridgewater High School. For more information contact secretary Paul Tyerman on 07912 966236.



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# Seb is crowned national champion

**A SCHOOLBOY from Appleton has been crowned National Champion in his age group in the National Cyclocross Championships.**

Sebastian (Seb) Grindley is a member of Warrington-based North Cheshire Clarion Cycling Club.

Having already won the 2019/20 National Trophy League title - a series of six events held across the UK - Seb went to the championships as the clear favourite to win. However, with more than 100 of the country's best young riders on the start line, the result was anything but decided.

Cyclocross racing is typically held on mixed surfaces - grass, sand, gravel, tarmac and often lots of mud - which challenges the bike handling skills of the most competent of riders as they navigate their way through the mud, hills, woods and in many cases, having to dismount and carry their bikes to get the best results.

Seb had been dominant all season having won five of the six national league races before challenging for the title of National Champion in the "winner takes all" event at Shrewsbury Sports Village.

Showing huge composure under pressure, he was commanding from the gun, riding away from the field on a very challenging course and crossing the line 39 seconds ahead of his closest competitor when the flag dropped.

There were seven North Cheshire Clarion riders competing in this event, Ethan Grimshaw, Raphael Tabiner and Hannah McClory in the Under 16s race and Joe Watkins-Wilson, John White and Gabby Scott lining up alongside Seb in the Under 14s race.

This is the first time the club has had a rider crowned as a national champion and is an incredible result for Sebastian, his family and his club mates at North Cheshire Clarion Cycling Club and the whole town of Warrington.

NCC founding member, Giles Perkins said: "Ten years ago I set up an inclusive cycling club - today one of its juniors is a national champion! This is absolutely ace!!"

Club coach, Chris Jones, was also

delighted with the result commenting "Seb is a true ambassador for our club and a wonderful role model for his fellow club mates. The manner in which he won and accepted his national title was exemplary. It's difficult to imagine a more fitting champion."

There was an amazing turn out from the NCC family across the whole weekend of racing, supporting not only the club's riders but also the best male and female riders in all age categories.

The junior section of North Cheshire Clarion Cycling Club was set up to encourage more young people to take up cycling and to introduce them to

a wide range of cycling disciplines including road, mountain bike, track and cyclocross in a safe and fun environment through structured coaching sessions and social events and rides.

North Cheshire Clarion holds weekly coaching sessions and accepts children from the age of 6-16. Structured sessions are led by the club's British Cycling accredited coaches and focus on bike-handling, core cycling skills and group riding techniques in a fun and safe environment. More can be found out here [www.northcheshireclarion.co.uk/ncc\\_juniors](http://www.northcheshireclarion.co.uk/ncc_juniors)



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## Planners defer decision on charity group's development scheme

PLANNING chiefs have put off a decision on an application by charity group the Walton Lea Partnership to allow talks to take place between the group and nearby residents.

The charity is seeking retrospective permission to erect a greenhouse and other buildings at the Walton Lea Nursery in Chester Road, Walton.

They also want to change the use of existing buildings to a tea room and retail space.

Residents of nearby cottages have objected to the scheme on the grounds of traffic congestion on the Walton Lea access road and sewage pollution into neighbouring gardens.

Planning officers are recommending the borough council's development management committee to approve the scheme despite it being in the Green Belt.

They say the principle of development in the Green Belt is acceptable and the living conditions of neighbours will be protected. They also believe there will be adequate parking space and no unacceptable

impact on the local highway network.

The site is mainly used as a horticultural education centre to support the charity, which provides education and personal development training for adults with learning difficulties through horticulture, woodwork and the recycling of furniture and bicycles.

Much of the site is within a walled garden which, although not listed, has a historic link with the Walton Estate.

A number of buildings outside the walled garden are to be removed, lessening the impact of the development on the openness of the Green Belt.

The committee is anxious to approve the proposals because of the good work the charity has carried out on the site for more than 20 years.

But they have deferred a decision in the hope agreement can be reached between the charity and neighbours over the opening hours of the tea room and retail area.



# Money Column

By Margaret Black

## Unsuccessful expense claims

In this month's Warrington Worldwide we have looked at the weirdest six excuses of the decade for the late submission of tax returns as published by the tax office, such as witchcraft exercised by the taxpayer's mother-in-law. So we thought that we might look here at some of the unsuccessful expense claims that have been made.

Before we look at these it may be worth reminding you that for expenses to be tax deductible then they must be:

- Wholly and exclusively incurred in the course of your trade if you are self-employed; or
- Wholly, exclusively and necessarily incurred in the course of your employment if you are employed, including being employed in your own company. This distinction may not seem very much. However, that additional word raises the bar of deductibility immensely. For instance, you cannot claim the cost of any use of your home unless it is impossible for you to do your job anywhere else, even if the expense was wholly for your work.

The first unsuccessful claim published by the tax office was the taxpayer who claimed for the cost of spending the Easter weekend in a caravan. Perhaps he might have succeeded if he had worked Easter and had the following weekend off. When we read this it did remind us of a client of our own who claimed the cost of attending a conference. Our suspicions were aroused by a number of factors, such as the conference being held on the Isle of Wight and lasting for two weeks in August. However, the main cause of suspicion was that the booking was for a double bedroom and a twin bedroom. When we asked the client about this he agreed that claiming this was an error in his records.

The second one published by the tax office was the home worker who claimed the cost of a music subscription, stating that listening to music helped him to concentrate on his work. We have not met this exact circumstance. However, as Warrington is served by Virgin we meet quite a few clients who try to claim the whole cost of the Virgin monthly subscription, including their TV.

The third claim disallowed by the tax office was the cost of dog food for a guard dog. You might think that was reasonable, and indeed it might be except that the dog was a Shih Tzu which, if you do not know, is a "toy" breed that almost makes a Chihuahua look vicious.

If there is a lesson to be learned then it is – keep your expense claims reasonable. If you raise the taxman's hackles by claiming expenses like these then you may be certain that they will look at the rest of your claims with a fine tooth comb!

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Margaret Black and David Watkinson

# The key to new year diet success

By Angela Beasor

**Like many people, you've probably chosen the New Year as the launchpad for a diet or some lifestyle changes to try and get back into shape after the excesses of the festive season. It was fun while it lasted, but now your clothes are feeling tighter and you daren't even look at the scales!**

Unfortunately, sudden or dramatic changes to what you eat can lead to frustrating and unpleasant side effects like constipation, bloating and embarrassing gas. This leaves you feeling horrible, unmotivated and far less inclined to stick with your new healthy regime. But don't worry, because here at Cheshire Natural Health, we're here to help you with friendly health coaching support backed by colonic hydrotherapy to help ease the unpleasant side-effects that your diet can bring.

### How your gut works

Your colon is home to billions of bacteria and the variety and density of this bacterial population is driven by your diet. Essentially gut bacteria are mining for energy in the waste left over after digestion of the food you eat. The energy they derive helps them to thrive, multiply and keep your bowel movements normal.

If your diet is varied and includes a wide selection of whole plant foods like vegetables, some fruits, nuts and seeds, and minimally processed grains (alongside other things) then research shows that you will be supporting the most health benefitting bacteria to live in abundance and keep you well and protected from disease.

On the other hand, if your diet is fairly 'samey' containing mostly processed/convenience foods and you are not getting much plant foods in, then the dominating bacteria will be from a different group that do not benefit your health at all. That means that if you start eating better, as part of your diet, then you will not only lose weight, but you'll also gain lots of other health benefits too.

### Why do diets cause such havoc?

When you go on a diet, the bacteria

that were used to your old diet suddenly find their energy source dries up and they start to get crowded out by an entirely new population of bacteria that thrive on the waste from new foods. However, they don't give up without a fight, and it is this transition battle that causes most of the problems you experience, such as constipation, bloating and embarrassing smelly gas.

As an experienced colon hydrotherapist, I have seen how de-motivating this period of adjustment can be for anyone trying to lose weight and improve their diet. Unfortunately, no two people or two gut microbe populations are the same, so this transition can take anything from two weeks to two months before things settle down again. Long before it does, most people have given up on their good intentions and reverted back to their old diet which they know was unhealthy, but at least made them feel comfortable. If you are experiencing problems, then this is completely understandable, but there is an alternative.

### Help is at hand

The good news is, colon hydrotherapy, which involves washing the colon to remove backed up faeces and gas, can help to speed up the bacterial transition that comes with a new diet, helping you to feel more settled more quickly. Not only will this make sticking to your diet so much easier and more pleasant, it also means that you will start enjoying the healthier feeling that comes from having good gut bacteria much sooner.

So if you're struggling with your New Year diet, and experiencing problems such as wind, bloating or constipation, talk to our friendly team and book in for a colonic today and get the support you need to succeed.

Right now to kick start your New Year, we have a very special offer:

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Angela Beasor, experienced Colonic Hydrotherapist and Health Coach

Advertiser's announcement

# LGBTQ+ Estate Planning

Estate Planning is often seen as just a tool for married couples with children to limit their Inheritance Tax liability. However, Estate Planning covers a much wider range of matters than this. LGBTQ+ adults may have additional concerns to take into account when preparing for later life or deciding how their assets are dealt with after death.

## Inheritance

In 2016 over 70% of LGBTQ+ adults identified as single or never married. Couples who are not married or in a Civil Partnership do not enjoy the same rights as married/Civil Partnership couples to inherit their partner's estate.

In 2018, around 12% of all adoptions in England involved same sex couples. If an LGBTQ+ adult has a biological child of their own, or if they have adopted a child, that child will be entitled to inherit their estate. However, a non-biological child who has not been formally adopted will not be entitled to inherit any assets from the estate if there is no Will.

If you wish to leave any assets to an unmarried partner or to a non-adopted non-biological child then a Will is essential.

## Lasting Powers of Attorney

Advanced age and certain diseases such as HIV, Aids and Hepatitis C increase the risk of dementia and loss of mental capacity. Lasting Powers of Attorney are important to allow a partner, family member or close friend to make decisions on your behalf about health and care or your finances, should you lose capacity to make decisions for yourself.

## Executors and Attorneys

It is common to appoint family members as executors of a Will or as Attorneys under a Power of Attorney. However, according to research from Stonewall, LGBTQ+ adults are more likely to be estranged from their biological family than heterosexual adults and so not have this option.

Making a Will or Lasting Power of Attorney is even more important for someone who is estranged from their

family so that they can ensure that the people they actually want to be involved in their care and inheritance aren't excluded.

## How can we help?

At FDR Law our Private Client team have the skill and expertise required to ensure that your wishes are met. If you have any questions or are unsure how to plan your estate, take advice and let us clarify matters for you.

For more information on Wills, Inheritance Tax, Estates, Trusts, Powers of Attorney or Court of Protection matters, contact Stephen Mackellar on 01925 230000 or email Stephen.Mackellar@fdrlaw.co.uk





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# Former MP says lessons must be learnt from difficult defeat

**IN an open letter to the people of Warrington South former MP Faisal Rashid says losing at the General Election was a "difficult blow to take" and serious lessons must be learnt from Labour's defeat.**

Mr Rashid, who was defeated by Conservative candidate Andy Carter in the December 12 General Election, says that while defeat was difficult to take he still remains as determined as ever in "the fight against injustice on behalf of the town I Love."

Mr Rashid said: "My first involvement in politics was in 2011, when I became a councillor in Whittle Hall.

"What motivated me then still motivates me now: I wanted to work on behalf of the people of Warrington, a place that had made me and my family so welcome when we decided to make it our home many years ago. For 12 months, I was privileged to serve as the Mayor of Warrington.

"As the first ever Muslim to represent Warrington in both a mayoral capacity and as an MP, I feel truly honoured to have been a small part of Warrington's history.

"I have often said that serving as the MP for Warrington South has been the honour of my life – losing that privilege on December 12th has certainly been a difficult blow to take.

"Being in a position to improve the lives of local people was not one I ever took for granted. I will miss the

surgeries, school visits, local meetings and constituency work which gave me the chance to help local people and be their voice in Parliament. Above all, I come away from this experience not embittered or disdainful, but grateful for the opportunities that have been given to me by the people of Warrington.

"With that said, serious lessons must be learnt from Labour's defeat at the general election. For too long, towns like Warrington have felt abandoned by the political establishment in Westminster. I hoped that we could change that at the last election by offering real change, but voters simply did not trust us to deliver it. When knocking doors during the election campaign I heard many concerns from constituents that the Labour Party must quickly learn from.

"Often these criticisms were levelled at our leadership or our Brexit position. We must show humility in the face of this defeat by listening and learning from our mistakes. If we fail to do so, the consequences for the Labour Party, and indeed the future of our country, could be grave.

"As MP, one of the things which inspired me the most was talking to young people in Warrington. I believe that politicians should have future generations at the forefront of every decision they make. As we enter a new decade, I hope our political leaders can do future generations justice by

offering them a bright future and a society that works for everyone. To this end, I will continue to be active in politics, to try and shape the future of Warrington in whatever way I can.

"Finally, I want to thank those of you who placed their faith in me over the last two and a half years, in both 2017 and 2019. Life under this Government will remain difficult

for the poorest and most vulnerable in our community, and we must be there to stand up for them when times get tough. It has been an absolute privilege to serve the people of Warrington South – I remain as determined as ever in the fight against injustice on behalf of the town I love."



## Library Friends hold lecture series

THE "Friends" group at Stockton Heath Library has organised a series of informative talks over the next three months.

On Thursday, February 6, Natalie White, from the NatWest Bank will be giving advice on how to avoid becoming a victim of a scam. Details of various types of scam will be given – together with details of how to avoid them. The talk starts at 7pm.

February 13 will see a discussion

on the famous Boteler family of Warrington in the 14th century led by local historian Bill Cooke.

Thursday, March 5 will see another local history talk entitled "Warrington Scandals."

On April 2, Mr Cooke will come nearer to modern times with a talk on Warrington in the 1980s.

The history talks all start at 7.30pm. More details are available from the library.

## School's eco-team wins £500 boost for outdoor learning

CHILDREN at Grappenhall Heys Primary School have won a £500 grant to help them create a nature area in their school grounds.

The award has been made by Learning Through Landscapes, a charity which promotes children's outdoor activities' improved use of school playgrounds.

To win the award, the school's eco-team had to explain how the award would benefit the school community and elsewhere.

The award consists of a two-hour free training session for staff and a series of resources, including a hedgehog house, hedgehog food, bug and butterfly hotels, a microscope that can be connected to a computer,

wildlife cameras, a bird feeder and posters,

The school will use the various resources to educate pupils about issues affecting biodiversity and to create the nature area in the playground.

Learning Through Landscapes work with schools from Early Years to secondary to enrich and enhance outdoor learning and play, with parents at home, with landscape architects and designers to create exciting new outdoor learning spaces.

They have provided resources worth more than £24 million to schools and education settings to help transform spaces and practices.

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# Date set for the “family-friendly” road race

**THE Whitley 10k road race is to take place on Sunday, May 3, starting at 11am.**

A family-friendly event on rural roads in and around Whitley, near Warrington, the race will benefit from road closures throughout.

All age groups can take part in the 5k race but the 10k will be limited to 15 and over, due to UK Athletics rules.

The event has been moved back to avoid clashes with other local events and it is hoped it will be a magnet for people making that New Year resolution to get fitter and need something to aim for.

Last year’s event was close to a sell out and this year race co-ordinator Peter Clayton is confident of another big turnout.

He said: “We are already busy planning the day to make sure this is the success we anticipate. Entries are available via Eventbrite and Run Britain websites which we hope makes the effort of entering much easier.

“Our prices remain the same – unchanged for four years.”

Main sponsors are Lakeland Trucks Ltd and Schmitz CARGOBULL and all money goes into supporting the upkeep of Whitley Village Hall and supporting local groups and activities.



# What’s on in the villages

To list your event call Village Life on **01925 631592 option 2**

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St Wilfrid’s Church, Grappenhall. 7.30pm

**February 11**  
STOCKTON HEATH PARISH COUNCIL  
Stockton Heath Library  
7.30pm

**February 20**  
GRAPPENHALL & THELWALL PARISH COUNCIL  
Council Offices, Bellhouse Lane. 7.30pm

**February 21**  
APPLETON PARISH COUNCIL  
Appleton Parish Hall, Dudlow Green Road  
7.30pm

**Every day except Monday**  
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**Every Monday**  
COUNTRY DANCING CLUB  
St Thomas’ Primary School, Parkgate Road, Stockton Heath.  
8-10pm. Details: 01925 262356

**BRIDGE CLUB**  
Belong Warrington, Loushers Lane 7.20pm.  
Details 01925 262534

**HIGH LEGH BRIDGE CLUB**  
Village Hall, 7-10pm. Rubber, Duplicate

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**Every second Monday**  
PARK (APPLETON) WI  
Appleton Parish Hall, Dudlow Green Road.  
7.30pm

**PHILOSOPHY IN PUBS DISCUSSION GROUP**  
Red Lion pub, Stockton Heath 7-9pm  
Contact Bill Cooke cwncooke@gmail.com

**Second and fourth Monday**  
WARRINGTON ART GROUP  
Bellhouse Community Centre, Bellhouse Lane, Grappenhall.  
7-9pm.

**Every fourth Monday**  
MARLFIELD WI  
Grappenhall Community Library, Albert Road, Grappenhall. 7.30pm

**Every Tuesday**  
COFFEE MORNING  
St Cross Church, Appleton Thorn. All welcome. 10am-12 noon

**COFFEE MORNING**  
Appleton Independent Methodist Church  
Appleton Parish Hall, 10am-12 noon

**Every first Tuesday**  
STOCKTON HEATH FLOWER CLUB  
Appleton Parish Hall, 7.15pm  
Details: 01925 602016

**Every second Tuesday**  
STOCKTON HEATH LIONS CLUB  
London Bridge Inn, 8pm  
Contact: Grahamclisse58@outlook.com.  
Tel 01925 262669

**BOOK CLUB**  
Bizzie Beans Coffee House, Bridge Lane, Appleton  
11am-12 noon

**Every second and fourth Tuesday.**  
LYMM PROBUS CLUB  
Lymm Baptist Church. 2.15pm.  
Details: [www.lymmprobus.club](http://www.lymmprobus.club)

**Every Wednesday**  
APPLETON HALL BADMINTON CLUB  
Sept to Easter at Hall Drive, Appleton.  
7.45-9.45pm.  
Details: 01925 262356

**THELWALL MORRIS MEN**  
Thelwall Parish Hall, Bell Lane,  
8.15pm. Details: 01925 767151

**Every first Wednesday**  
WALTON WI  
St John’s Church Community Hall. 7.30pm  
Details: 01925 604384

**STOCKTON HEATH PROBUS CLUB**  
Warrington Sports Club, Walton Lea Road, Higher Walton.  
Details: 01925 268540

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**Every third Wednesday**  
HIGHER WALTON WI, Sandy Lane  
Community Centre, Stockton Heath,  
7.30pm. Details 01925 602486.

**Every fourth Wednesday**  
ALZHEIMER’S SOCIETY

Support Group, Brampton Lodge Day Centre, Bridge Lane, Appleton. 6.30-8.30pm

**BRIDGE CLUB**  
Belong Warrington, Loushers Lane 7.20pm.  
Details 01925 262534

**Every second Thursday**  
STRETTON WI  
Appleton Parish Hall, Dudlow Green Road.  
2.30pm.

**GRAPPENHALL PROBUS CLUB**  
Grappenhall Community Centre, Bellhouse Lane, 10aM.  
Details: 01925 264427.

**Every third Thursday**  
APPLETON AFTERNOON FLOWER CLUB  
Appleton Parish Hall, Dudlow Green Road  
2pm  
Details: 01925 740419

**BOARD GAME NIGHT.**  
Stockton Heath Library. 7.30pm  
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**GRAPPENHALL WI**  
Grappenhall Community Centre, Bellhouse Lane 2.15pm

**LYMM & THELWALL U3A**  
Members’ meetings 10am  
Thelwall Parish Hall

**Every Friday**  
APPLETOTS TODDLER GROUP  
Appleton Parish Hall, Dudlow Green Road.  
9.45-11.30am. Details: 01925 268153.

# Are you looking to start running?

WARRINGTON Road Runners beginners group will be launching a free eight week course for people wanting to get fit in the New Year.

The Appleton-based group will welcome people of all abilities who want to take up running in a safe and welcoming environment.

The course will be run by qualified and experienced run leaders and will welcome joggers, walkers and more regular runners.

They have helped dozens of people to take up running in recent years and claims participants should be able to run 5k non-stop by the end of the course.

The course is based on three sessions per week, two of which are supported by run leaders, on Tuesdays and Thursdays, and a third session done independently.

Denise O'Donnell, who took part in 2019's beginner's group said: "The group was very inclusive right from day one. The support from the run leaders and the club was fantastic! You could see the genuine excitement everyone felt from seeing the progress we made from week to week. I've made some real friends and had fun and got fit along the way."

All sessions start at 6.30pm at Bridgewater High School, Appleton on Tuesdays and outside the athletics track at Victoria Park, Latchford on Thursdays.

To sign up, visit <https://groups.runtogether.co.uk/WarringtonRRBeginners> For more information on the club, visit the website [warringtonroadrunners.co.uk/aboutus](http://warringtonroadrunners.co.uk/aboutus)



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