

Lymm Life

Magazine

ISSUE 252 | MARCH 2020
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Residents launch Speed Watch campaign

Page 8



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Approved by Lymm Parish Council as the official magazine for Lymm




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CONGRATULATIONS to the team at The Rose Bank Centre on achieving national recognition for the quality of care it offers children.

Clearly a lot of hard work had gone into achieving the Quality Counts Platinum Award on top being recognised as "Outstanding" by Ofsted last year.

It is always pleasing to report on a local success story especially having watched it develop over the years.

Well done to the whole team and thank you for placing your faith in Lymm Life over many years to help promote your offering to the local community.

Another local education provider moving along in the right direction is Lymm High School.

During a recent catch up with Head Teacher Gwyn Williams it

was pleasing to hear how well the school is doing.

The school is at the heart of our community and after some difficult times in the past it is good to hear that things are well and truly back on track.

Under the leadership of Mr Williams the school has continued to go from strength to strength.

Meanwhile it was good to see former Mayor of Warrington Geoff Settle popping in to be guest speaker at the recently launched Lymm Wellness and Mental Fitness Group which you can read more about on page 10.

I have known Geoff for many years and seen him battle through his own bipolar journey. Mental Health is such an important issue and it is good to see a group operating in the local area offering

help and support for those going through difficult times.

A lot is being done these days to remove the stigma surrounding mental health which is nothing to be ashamed of, as human beings we all go through it to varying degrees at some point in our lives.

The most important thing is to not be ashamed and talk to someone or seek help when you are feeling vulnerable.

The new Lymm Wellness Group meet at the Sanctuary Hub every Monday at 7.15pm where there is a free help and advice on hand to anyone in need of some support, or just someone to talk to.

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Rosebank Nursery receives National Quality Award

LYMM'S Rosebank Centre Nursery, located on Pepper Street has received national recognition for the quality of care it offers children.

The Rosebank Centre has been awarded National Day Nurseries Association's highest 'Quality Counts Platinum Award'. This is in addition to its "Outstanding" recognition by Ofsted in 2019. Quality Counts is a national quality scheme designed to help a nursery explore all aspects of its care and education to ensure that it is delivering the best possible service for young children.

For the past 12 months The Rosebank Centre has been working towards the award, which acts as an indicator to parents of the high quality care that is offered.

Julie Roach, The Rosebank Centre Ltd Manager comments: "We are absolutely thrilled to have been awarded Quality Counts (Platinum) level. This is a special achievement and reaching this point is a culmination of much hard work from the nursery team over several years. I would like to thank everyone who has supported us during our Quality Counts journey."

Sadie Hopley, Educational Director of Rosebank Nurseries Group would like to congratulate Julie for her hard work and commitment to the nursery having managed The Rosebank Centre for over 11 years. Julie is an excellent

manager enabling the nursery to achieve this award alongside the Outstanding Ofsted.

Rod King MBE, director of the Rosebank Nurseries Group is shown in the attached photo presenting manager - Julie Roach, Deputy Manager - Zoe Connor and 3rd in Charge - Jennifer Huskisson with the Quality Award Certificate.

Purnima Tanuku, Chief Executive of National Day Nurseries Association (NDNA) adds: "Achieving Quality Counts involves a great deal of hard work and development, and illustrates a nursery's absolute commitment to children."

"The nursery should be very proud of this achievement as the Quality Counts scheme demonstrates that children are at the heart of what they do."



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What's On in conjunction with Lymm Parish Council



March 9
LYMM HISTORY SOCIETY
Physick, Apothecary & Chirurgeon –
Unravelling Cheshire's Medieval
Medicine Men
The Village Hall, Pepper Street, Lymm, 8pm
Members £1, Non-members £3
All Welcome

March 10
LYMM PARISH COUNCIL
7.30pm Lymm Village Hall

**LYMM THURSDAY EVENING
BRIDGE CLUB**
Lymm Village Hall every Thursday 7pm

MAPLE LODGE ART GROUP
Meet each Wednesday 9.00am - 11.30pm
Oughtrington Community Centre, Lymm
Details: 01925 755126

ROTARY CLUB OF LYMM
Every Wednesday at Statham Lodge Hotel
7.15pm for 7.30pm
Contact the secretary 01925 650189

LOVING HEARTS & HANDS
Knitting for charity at Lymm Methodist Church,
2nd and 4th Thursday each month.
1.30pm - 3pm. Details: 01925 753298

MARKET LUNCHES
Eagle Brow Methodist Church
3rd Thursday in the month
Light lunches 12 noon till 2pm. All proceeds to
Youth For Christ and YMCA Room at The Inn

GARDENING CLUB
Meet Third Wednesday of the month
Lymm Baptist Church, Higher Lane. 7.30pm
Visitors welcome. £2 includes tea and cake

LYMM FLORAL ART GROUP
Lymm Village Hall
Third Monday of the month (except August
and December) at 7.30pm. Visitors most
welcome. Contact: 07876 176501
lymmfloralart.org.uk

LYMM PHOTOGRAPHIC SOCIETY
Every 2nd and 4th Wednesday
(ex July & Aug), 7.30pm
Spread Eagle pub, Eagle Brow.
Details: www.lymmphotosoc.org.uk

LYMM WINE AND BEER CIRCLE
3rd Wednesday of the month, 8pm
The Spread Eagle Hotel
Details: 01925 756444

LYMM CONCERT BAND
Rehearsals every Thursday evening
United Reformed Church, 8pm.
Details: 01925 752934

LYMM WI
Every second Wednesday, 2-4pm at Lymm
Youth and Community Centre. Visitors
welcome.

LYMM BOOK CLUB
Second Thursday of the month 7.30pm,
Spread Eagle, Eagle Brow. Details 01925
752371

4LYMM VOLUNTARY ORGANISATION
Meet every 2nd Monday at 7.30pm in the
Bridgewater Club, Whitbarrow Road.
All welcome. Tel 01925 756378 for details.

LYMM AND DISTRICT MIXED VOICE CHOIR
Every Wednesday 7.30 Lymm Methodist
Church. Contact 01925 601664.
caith@stones.co.uk

HEARTSTART LYMM
Tuesday monthly sessions.
Tuesday 11th February, 7pm.
Tour of Safety Central, 7.30pm Heartstart
'Essentials First Aid' course.
Free tickets to be booked on the link www.
tinyurl.com/Heartstartlymm which will be kept
up to date with the ongoing dates.
Open to all, not just Lymm residents!

PROBUS CLUB OF LYMM
A small, friendly social club for retired people.
Meets on second and fourth Tuesdays at
2:15pm.
Details: www.lymmprobus.club



**LYMM
PARISH
COUNCIL**

**Next meeting
March 10, 7.30pm
at Lymm Village Hall**

Lymm Festival call out for Crafty Kids

If you and your family love nature
and making things – then Lymm
Festival have just the event for you.

On Saturday, March 21, between
10.30 and 3.30 at Lymm Village Hall
a host of activities will be offered for
children to get creative with nature.

Volunteer leaders will head
craft sessions that will focus on

creating crafts inspired by our local
environment and the creatures we
share it with.

A ticket costing £2.50 will enable
a child to take part in three sessions
with the option of extra sessions
at 50p each. Children must be
accompanied by an adult, tickets
cost 50p. So come and join in, get
creative and celebrate our local
wildlife and surroundings with craft
leaders who will guide you through
an inspiring 'crafty' adventure.

Refreshments will be provided by
Marie Curie. The last craft session
will start at 3.00pm.

Meanwhile plans for Lymm
Festival 2020 are underway with
events featuring Folk, Blues, Poetry,
classical music, comedy and 'big
name' speakers.

Last year, events featuring Sir
Ranulph Fiennes and Reverend
Richard Coles sold out almost
immediately – so keep the dates free
– June 18th – 28th.

Better yet, visit www.lymmfestival.org.uk
and sign up for the
newsletter or follow Lymm Festival on
Facebook.

Ultrafast broadband coming to Lymm

OPENREACH has outlined plans
to make ultrafast, ultra-reliable
and future proof broadband
available at 19 sites in market
towns and villages across
Cheshire

They include locations at
Lymm, Booths Hill, Oughtrington
and Heatley.

It's part of a bigger
announcement involving 227
"harder to reach" areas across
the UK, with building to start in
the next 14 months and a target
of reaching four million homes
and business with full-fibre
technology by the end of March
next year.

The work builds on successful
cost busting village trials
launched at the tail end of last
year which have seen engineers
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Lymm Festival **LF20**
Kids' Craft Day
Saturday 21st March 10:30 to 15:30
(last craft session 15:00)
Lymm Village Hall, Pepper Street WA13 0JB

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Craft sessions £2.50 for 3

Fun craft activities using natural materials and relating to wildlife
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All children must be accompanied by a responsible adult
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Poppy Appeal in Lymm raised £18,725

THE Poppy Appeal in Lymm in November raised an amazing £18,725 – and the local Poppy Appeal team have issued a big thankyou to everyone who helped.

Special thanks go to Lymm Rotary, Lymm Inner Wheel, the ATC and all at Moto Truck Services as well to all the many volunteers who helped with the collection , including local shops, businesses, pubs and hotels and to High Leigh Garden Centre.

The Appeal was launched with a concert given by the Bridgewater Singers and held at St. Mary's Church in Lymm with the support of the Rector, the Rev Bev Jameson and her team. This event raised £1,707.

The monies raised by the Appeal enable the Royal British Legion to provide a wide range of welfare, rehabilitation and research projects. The Legion spends £60,000 every hour supporting those who have served and their families.

For more information about the work of the British Legion and the Poppy Appeal visit britishlegion.org.uk

Day nursery appeal for woolly jumpers

KIDS Planet Day Nurseries based in Lymm has launched its #KeepWarmWarrington appeal to help vulnerable families in the borough

The nursery group is hoping members of the public along with nursery staff and parents will donate any unneeded jumpers this winter.

The appeal hopes to see every jumper collected being distributed directly to the homeless and to vulnerable families in Warrington.

Co-ordinating the transportation and distribution to three homeless charities is Dave Jones from Neighbourhood Food Larder, a non-profit organisation who provide free good quality foods for local residents.

Clare Roberts, CEO at Kids Planet Day Nurseries, who took part in the CEO Sleepout Manchester in 2018 said: "We work with hundreds of families in and around Warrington and we'd love to be able to give back to the local community who are in need this winter.

"January and February are often the coldest months of the year and a warm jumper could make such a difference to homeless people and those in need. We're urging our nursery families as well as local businesses and members of the public to go through their wardrobes and donate what they can".

The #KeepWarmWarrington appeal will run until the spring. Any jumper donations can be dropped at the group's five local nurseries (Kids Planet Beamont, Kids Planet Lymm, Kids Planet Great Sankey, Kids Planet Stretton and Kids Planet Warrington).

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Residents launch own Speed Watch campaign

RESIDENTS of Burford Lane, Lymm have embarked on their own speed watch campaign after becoming increasingly concerned over the the speed of cars travelling down their lane.

When Warrington Borough Council refused to assess the speed limit down the lane citing a lack of resources, residents, supported by local Cllr. Kath Buckley decided to take action themselves and have formed an action group to petition the council to reduce the speed limit to 30mph.

Currently the limit stands at 40mph rising to 50mph near the end of Warrington Lane.

Local resident Sonia Tasker said: "The speed limit is not only out dated but is confusing to motorists and many motorists flout the already too-high speed limit.

"Walking down the lane, especially with children, is dangerous. In places, the pavement is no more than a foot wide.

In addition, many residents, in particular the elderly, find it hard to pull out of their own drives."

Alongside a 150 signature petition, residents have been participating in a community speedwatch programme organized by PCSO Phil Redshaw.

Local residents have been trained in using a speed gun and information on speeding traffic is passed on to Phil who sends out letters to anybody exceeding the speed limit.



Fish and chip family pick up three national awards

LYMM couple Richard and Josette Foster are celebrating after picking up three awards in the National Fish and Chips awards.

The couple, along with Josette's daughter Joelle, run Fish and Chips @ Weston Grove, in Chester.

They won third place in the national fish and chip takeaway shops category.

Then they were awarded first place in the "Field to Fryer" category and first place for the "Good Catch" award for their sustainable fish.

Josette said: "This is an amazing achievement considering we were only crowned best newcomer last year after opening the shop in October 2016.

The family ploughed all their energy into their business, which offers customers sustainably sourced fish, gluten free options and vegan options. Their shop is also plastic free and is a Chester Zoo Sustainable Palm Oil Champion.





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Former Mayor visits Lymm Wellness and Mental Fitness Group

FORMER Mayor of Warrington, Geoff Settle gave a talk to the Lymm Wellness & Mental Fitness Group about his "experiences of living with bipolar."

Diagnosed back in 1997, after working on a high-pressure IT project, Geoff would arrive home and not say a word to the family. He used to train for running up to 80 miles a week - but he just stopped training.

His mood changed when the project was delivered. "My depression lifted. I went from a low to a high mood. I was enthusiastic, took risks.

"Fortunately, my wife arranged for me to meet a clinical psychologist. He confirmed a bipolar diagnosis, told me to take lithium and recommended a great read 'An Unquiet Mind' by Kay Redfield.

Back then there was no counselling in Warrington. His family and friends were key to his wellness."

Geoff said to distract his thoughts when on sick leave, he spent time with his children had fun and took up watercolour painting, yoga and Tai-Chi.

In 2016 he helped set up the Warrington BipolarUK support group. "The nearest BipolarUK group was then a round trip of 34 miles.

"Talking things through in a safe

environment really helps sufferers. Listening to their stories has taught me how easy a time I have had in comparison."

When people arrive at their first bipolar group meeting, they expect tailor made solutions, but there are no quick fixes, no wonder drugs "It is something that you will live with for the rest of your life. As a group we share our experiences and offer help, advice and support."

In 2017 Geoff finally received help for his bipolar when he was selected for a Lancaster University PhD study. He said "The study wanted to understand how bipolar people over the age of

sixty had survived. In return they taught recovery techniques such as Cognitive Behavioural Therapy Behavioural Activation and meditation."

"With these tools and techniques in your mental health toolbox bipolar can be a lot easier to live with but sufferers require professional help which is still hard to get." You can find out more about BipolarUK services, at www.bipolar.co.uk

Picture: Geoff with his Charity Champion Hashtag Teddy George and two members of the Lymm Wellness Group which meet every Monday at the Sanctuary Hub, Lymm Library at 7:15pm.



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Advertiser's announcement

Estate Planning for Company Directors

FDR Law recently acted on behalf of a client (who we shall call Mr Smith) in preparing a Will. Mr Smith is a director and majority shareholder of a private limited company. As part of planning his estate Mr Smith wanted to ensure that his interest in the company passed in accordance with his wishes in the event of his death.

The company had been in the family for many years and Mr Smith wished to ensure that his children continued to benefit from the company after his death. It was Mr Smith's intention that any significant influence his children would have over the company should be held back until they were more mature had become more involved in the running of the business.

We discussed several options with Mr Smith who decided to include a gift of his shareholding into a discretionary trust.

Effectively, on his death Mr Smith would gift his shares to the trust, for his appointed Trustees to run for the benefit of his children as the trust's beneficiaries, and appointed two of his fellow directors and minority shareholders in the company as the Trustees.

Mr Smith's children would not have any automatic right to benefit from the shares (whether

as sale proceeds or dividend payments) nor to utilise any rights as a shareholder. Instead, it would be at the discretion of the Trustees to make any payments out to the children from the trust fund.

The terms of the trust also granted Mr Smith's trustees the right to appoint all or part of the trust capital, in this case referring to the underlying shareholding, for the benefit of either or all of the children. This allows for the trustees to, at their ultimate discretion, grant some or all of the shares to the children as they became more involved in the company.

There is no one-size-fits-all approach to planning the succession of a business and there may be different approaches which would suit your wishes. 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 or the succession of your business, take advice and let us clarify matters for you.

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Fears over "accident waiting to happen"

WORRIED residents have expressed concern that a new, partially installed zebra crossing at Lymm is "an accident waiting to happen."

The crossing is being installed on the A56 Church Road by Warrington Borough Council, following a two-year battle to get it by Lymm Parish Council.

But although work started on it some two weeks ago, involving the road being closed for two nights, it has still not been completed, with the flashing beacons still not

A number of residents have expressed concern that cars – and ice cream vans – parked at Lymm Dam – will block motorists' view of the pavement near the crossing and prevent them from seeing pedestrians about to step onto the crossing.

One resident expressed "horror and deep concern" about the crossing.

Philip Lovell said: "This is an accident waiting to happen and

needs immediate action to avoid a serious incident with school children or people walking around the Dam.

"The crossing allows cars to park right up to the crossing therefore making it impossible for motorists to see if anyone is waiting to cross until they are on top of the crossing."

"The crossing is at the bottom of a steep dip in the road where cars often drive fast.

"Whoever designed this crossing needs to arrange for immediate alterations. The simplest way is to stop cars parking in the parking bays right up to the crossing."

Cllr Ian Marks – a member of both the borough council and the parish council, said: "Lymm Parish Council has been trying to get this crossing for about two years and we believe the previous situation, with pedestrians crossing the road in an uncontrolled manner, was an accident waiting to happen."

"But I agree the present situation is not satisfactory and something

needs to be done to get the work completed quickly and the flashing beacons installed. I have asked the borough council to get the work finished as soon as possible."

A borough council spokesperson said: "Historically a substantial number of people used this specific location to cross unaided and very few would detour to a new crossing at an alternate location along the route. Therefore the existing uncontrolled crossing needed to be upgraded to the zebra crossing presently being installed. This crossing upgrade will increase the safety of pedestrians by warning approaching drivers in advance of

the crossing – something that did not previously occur.

"Adjustments have been made to the pedestrian build out on the Dam side of the road to increase the visibility between pedestrians and approaching drivers passing by parked vehicles.

"As with all pedestrian crossings introduced, many checks were undertaken including traffic speeds in both directions. This revealed that though there may be singular instances of speeding, the average speed was below national criteria used to assess the safe installation of zebra crossing provision."



ANDY CARTER

MEMBER OF PARLIAMENT FOR WARRINGTON SOUTH

To contact me or to make an appointment at a forthcoming advice surgery

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LYMM MAY QUEEN

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The picking of the May Queen & Rose Queen will be held on 7th March 2020 at Lymm Village Hall on Pepper Street

Lymm's historic May Queen Festival is to take place on Saturday 16th May 2020. The theme this year is 'Sport Through The Ages' with the procession commencing at 1pm.

- 👑 **To commence at 14:00**
- 👑 **Need to live in Lymm but no other restrictions.**
- 👑 **Along with the May Queen and Rose Queen other positions will be picked, including boys to be crown bearers so everyone is welcome!**
- 👑 **Please come and support your local village! We need volunteers on the day, if you could spare some time to help in anyway please contact kjbuckley@hotmail.co.uk**

www.lymmmayqueen.co.uk

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Expert help for your mental well-being joins team at Lymm

IT'S that time of year again. The festive season is just a distant memory, the weather still gloomy and brighter days seem so far away which can have a big impact on our mental health.

It's no wonder that this is one of the commonest times for people's spirits to be low. But what if you feel more than just 'a little bit down'? Where do you turn when your levels of stress, anxiety and low self-esteem are more than you can cope with? When any existing conditions such as depression or PTSD are exacerbated? Or memories from trauma or abuse have suddenly resurfaced?

When Spring is on its way, we're all encouraged to look after our physical health – but it's just as vital to think about our emotional and

mental health too. If you're feeling that your mental health is starting to badly affect your quality of life – it may be that you've considered reaching out for extra support.

At Lymm Osteopathic Practice, they have always offered a holistic approach to healthcare – considering the whole person when evaluating patients' health, in order to manage and prevent disease. They recognise that the well-being of the mind is just as important as that of the body – and are now proud to announce the arrival of their latest team member, Sue Shtewi, a mental health care practitioner, offering a wealth of experience in mental care issues. These include anxiety, panic attacks, low confidence, stress and work-related issues, relationship problems, psychosexual and other sexual concerns.

Having practised in the caring profession for over 30 years, Sue started out as a Registered Nurse and in 1994, qualified with an Advanced Diploma in Counselling in 1994, later gaining a Masters in Counselling Studies. She is a member of the British Association of Counselling and is also a Qualified Psychosexual Counsellor. She has also been professionally trained at the Academy of Holistic Hypnotherapy in Inner Child Work – a therapy that works through

issues that stem back to childhood.

Sue uses many of the 'talking therapies' such as counselling, psychotherapy, hypnotherapy and EMDR (Eye Movement Desensitisation and Reprocessing, a method of dealing with mood and anxiety) in order to treat her clients.

Other, more specialised areas that Sue deals with are smoking cessation, eating disorders and other weight issues. She offers the hypno-gastric band, a hypnotherapy-based alternative to weight loss surgery and often a successful method of reducing weight. She also offers help for sexual problems which can include anything from erectile dysfunction to painful intercourse – and she has worked for many years with individuals who are gender dysphoric, exploring the psychological and emotional well-being of her clients.

Sue has a caring and sensitive approach and is happy to discuss any issues you may have, in complete confidence, over the telephone prior to an appointment. For more information, an



appointment or to arrange a telephone conversation with Sue, you can call Lymm Osteopathic Practice on 01925 752264. Or, take a look at the website www.lymmosteopathicpractice.co.uk.

All practitioners have completed a high standard of professional training and are appropriately registered. They are always happy to help find the health solution that's perfect for you.

For more details call 01925 752264.

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Rotary Club say "Thank you!"



FOLLOWING the successful Christmas Float evening tours of the streets around Lymm & Thelwall with Santa Claus, Lymm Rotary Club organised a special presentation evening to thank the 91 volunteers from 18 local groups, who took part and supported the annual event.

While Rotary provides the infrastructure for the collections, organises the fabric of the float and the of routes & volunteer rotas, the hard work of walking the streets and knocking on doors is undertaken by local organisations including schools, churches, scouts, guides, youth Club, Gendai and others. Seven volunteer drivers also tow the float (no easy task) around some crowded streets.

At a special supper arranged at the Grappenhall & Thelwall Royal British Legion Club, President Alan Edwards thanked all who had been involved in this massive task and Past President Terry Probert presented awards and donations to each group that had helped. He also thanked Rotarians Geoff Stocker and James Boswell for their work behind the scenes, drawing up the rotas and seeing that the float was in good shape with music and lights working.

He also thanked Sainsbury's stores in Rush Green and in Warrington town centre for allowing the Club to collect there again. Cheques were presented to Sainsbury's two charities, Merseyside & Cheshire Blood Bikes and Warrington Wolves Foundation.

Foundation Director Neil Kelly explained that their half of the donation to Sainsbury's would be used to fund their new "Period Poverty Project". This project came about following consultation with the Foundation's Girls' Teams and feedback from areas around Warrington.

Lymm Rotary Club was delighted to be able to continue a tradition of Santa visits going back more than 60 years and with help from all the volunteers, look forward to being there again next Christmas.

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