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Editor's Comment



Having been a near-daily visitor to Warrington Town Centre for business and recreational purposes for more than 40 years, I have to say the latest plans to make the temporary COVID-19 related traffic measures permanent, is possibly the most ill-conceived highways proposal I have ever witnessed since the creation of the Bridge Foot chaos, which has now become worse, making three lanes merge into two.

While I totally understand the need to make the town centre more residential friendly, the current temporary system actually creates more rat runs as bemused and confused motorists attempt to navigate their way through a confusing maze.

I know the town centre like the back of my hand and now struggle to find a way through.

The proposed closure to through traffic on Winwick Street near Central Station is an absolute nightmare for people dropping passengers outside the station. This was previously a quick route across town for those who know the area, providing easy access to the main town centre car park. Now this route has been cut off, it is going to have a damaging impact for town centre retailers, as no casual shopper is going to turn around and go around the "system" to get back into town – particularly when it involves well-known bottle necks on Froghall Lane and the Cockhedge roundabout.

Travelling along Wilson Patten Street has never been easy and obviously, the ongoing roadworks have made the situation a lot worse. I

remain to be convinced that the new road coming out at Slutchers Lane will improve things but at the very least we should wait to see the impact BEFORE making any temporary changes permanent.

Recently I had the dubious "pleasure" of travelling into the town centre and almost lost the will to live trying to get back out, surrounded by numerous other motorists struggling to find a way through.

Before making any permanent decision those involved in planning this system should endeavour to make

the following journey.

Drive along Wilson Patten Street and turn into Winmarleigh Street towards the Golden Gates and then make a right turn into Museum Street to access a business or to visit the library. As you come to the end of Museum Street please now tell me how you get out of the town centre without making a u-turn?

I "enjoyed" this experience with many other frustrated and confused motorists recently. I work with many small businesses in the town centre and have yet to meet one owner who believes the new measures will improve things – all fearing they will make things worse.

I look forward to our highway planners hopefully adopting some common sense - and please don't just spend money because you have got to – spend it wisely.

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College to educate and train healthcare professionals of the future

WARRINGTON'S University Technical College is now offering a new technical specialism to train the healthcare professionals of the future.

Now Warrington teenagers inspired by healthcare professionals working on the frontline in the global coronavirus pandemic are being offered a new career pathway, with UTC Warrington launching a new technical specialism in healthcare, backed by employers, to educate and train future health and social care workers.

Amanda Downing, Associate Principal, UTC Warrington, said: "Our new healthcare specialism is an important addition to our curriculum offer given the national surge of interest from young people in health and social care careers since the start of the pandemic, as well as the urgent need for new talent in the sector."

She added: "As a UTC, we train young people in the scientific and technical skills which are increasingly in demand in these roles, alongside essential people skills such as empathy, communication and teamwork."

From September 2021, students in Year 10 and Year 11 will be able to study a BTEC in Health and Social Care alongside their GCSEs.

In sixth form, students will be able to choose from a vocational route with a BTEC Extended Diploma Level 3 in Health and Social Care,

equivalent to three A levels. Or students can study a combined route completing a BTEC Diploma alongside A Levels.

Bridgewater Community Healthcare NHS Foundation Trust is one of the employers working with UTC Warrington on the new healthcare specialism.

Sarah Power, Talent for Care Programme Facilitator, Bridgewater Community Healthcare NHS Foundation Trust, said: "As an organisation, we are really keen to work with the UTC to offer students some insight into our services and how they operate and to hopefully inspire them to consider a career in the NHS. Our staff are passionate about the work that they do and keen to share that enthusiasm with local young people."

She added: "We are continually expanding the work we do in our local community and hope to create a unique link with UTC Warrington that will ideally see some of the students undertaking these new health and social care pathways to form part of our future workforce."

Alongside their studies, students will work with local health and social care employers through site visits, work placements and practical masterclasses.

Students will complete real-life challenges, set by employers to build their industry knowledge and skills, and progress to health and social care related degree courses and high quality apprenticeships after successfully completing their studies at the UTC.

UTC Warrington is a technical school for 14 to 19-year-olds, backed by employers and Manchester Metropolitan University, that is Ofsted graded 'good'.

The £10 million facility is equipped with industry-leading facilities and specialises in engineering, digital, construction and healthcare. Students complete technical qualifications alongside GCSEs and A Levels, and work on employer projects, giving them a head start on their career ambitions.

Young people can join UTC Warrington in Year 10 or Year 12 and apply now for September 2021.

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Sunday 27 th December	Sunday Service
Monday 28 th December	Sunday Service
Tuesday 29 th December	Saturday Service. Service 47 & 48 will operate a Mon - Fri Timetable
Wednesday 30 th December	Saturday Service (with earlier evening finishes) Service 47 & 48 will operate a Mon - Fri Timetable
Friday 31 st December	No Service
Friday 1 st January	No Service
Saturday 2 nd January	Normal Service
Sunday 3 rd January	Normal Service
Monday 4 th January	Normal Service (school day timetables)



First baby born at Hospital's new midwifery-led unit, The Nest is from Lymm!

THE first baby has been born at Warrington Hospital's brand new £1.2m state-of-the-art midwifery-led unit, The Nest.

Miles Edward Haslam was born on December 1 at 17:28, weighing 9lb. He was born into the water of the birthing pool, to parents Holly and Simon who are from Lymm.

Holly said: "It was such a calming experience, the pool was amazing. I definitely think it helped with a quicker labour. It was more relaxing and the whole team were lovely."

"I went from 4cm to delivery in less than two hours and think it was because I was so relaxed with the water and calming music."

"The pool definitely helped, it was a really good experience and I'm feeling really good and think it is down to the water birth, which has aided not only in delivery, but in recovery."

Lead Midwife Sarah Fitzsimmons

said: "This was a great first experience of birth in The Nest, and exactly what we hoped to achieve with this new suite. We are so excited to welcome baby Miles, and it was a delight to help support his parents to bring him into the world. We wish them so much happiness and health for the future."

The Nest provides a home-away-from-home birth experience. It is a relaxed, less clinical environment to create a truly special labour and birth experience for all women.

Warrington and Halton Teaching Hospitals NHS Foundation Trust (WHH) invested in this new facility to provide more choice for women and their families.

Evidence highlights that Midwifery-led units (MLU) have proven to be beneficial to women and their families. Labour is often shorter and there is less intervention required when birthing in the MLU.

For more information on The Nest, contact 01925 662043 or visit <https://whh.nhs.uk/services/maternity>

Charlotte Nichols MP
Warrington North

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Picture: Sky News

Hospital's life-saving Covid-19 'Black Box' scoops national innovation award

WARRINGTON Hospital's pioneering Covid-19 'Black Box' which provided potential life-saving therapy for seriously ill patients has scooped a prestigious national innovation award.

The team of clinicians that transformed a simple medical device to help some of the most seriously ill COVID-19 patients won the prestigious national innovation award in the annual London Business School (LBS) Innovation Awards.

The Warrington Hospital team were named as the inaugural winners of the new 'Innovating in Adversity' category at the LBS Awards ceremony which was held virtually.

The mixed team of doctors, nurses and allied health professionals working across Intensive Care, high care Respiratory ward and the Cardiorespiratory team were recognised for the remarkable impact of their innovation. The simple modified CPAP (continuous positive airway pressure) device brought almost instant relief to patients with extreme breathing difficulties admitted with the debilitating effects of COVID-19.

CPAP is a well-established therapy for conditions causing significant breathing problems and low oxygen levels and is used widely in the community to increase airway pressure in patients with chronic sleep apnoea. Aware of the expected national shortage of ventilators in the early phase of the pandemic, the team wanted to find a way to assess the response to other forms of treatment before mechanical ventilation was considered. They decided to try to modify the community CPAP devices for high-flow oxygen use. They made a simple change to the mask and added a filter which also allowed oxygen to be supplied via the mask and then tested the devices on themselves, using anaesthetic gas analysis to confirm the levels of oxygen being delivered.

Testing on patients in a controlled environment followed and the team were delighted when most patients found their breathing easing and oxygen levels rising. Patients that did not adequately oxygenate after a few hours on the CPAP 'Black Box' were escalated to intensive care for ventilation.

Particular mention should go

to Mithun Murthy, respiratory consultant; Saagar Patel, acute medicine and respiratory consultant and Mark Forrest (critical care consultant) and Jo Thomas, lead physiotherapist for respiratory and critical care who were key in completing this work stream within supportive multidisciplinary respiratory, cardiorespiratory and critical care teams.

This significant development was the focus of a Sky News documentary during the first wave of the pandemic and was also named winner of a London Business School People's Choice Award, following a public vote earlier this year.

Dr Alex Crowe, Medical Director for WHH said: "It is difficult to think of an occasion when an award was more well-deserved than this one. This team, when under intense and unprecedented pressures, were able to think creatively and worked together as respiratory and critical care teams to use their combined clinical expertise and the existing resources available to them.

"Receiving such a prestigious national award, in a field of some of the nation's most accomplished innovators, means that everyone can feel justifiably proud and it is a welcome boost many months into this pandemic.

"There is no doubt that whilst COVID-19 infection remains a serious threat for many – leading to serious and life-threatening complications for some – these devices continue to improve outcomes for many patients who would otherwise require much higher risk ventilation procedures."

London Business School Innovation Award Judge, Charlie Dawson added: "The teeth of the COVID-19 crisis in a regional hospital on its way to being overwhelmed... definitely adversity. The response was practical, smart, fast and described modestly as 'just doing our job'. The results were way beyond such understatement."

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Triumph for Thalia who wins "high achievers" scholarship

A STUDENT who studied games design in Warrington has been awarded a scholarship as she pursues her dream of breaking into the multi-billion pound industry.

Thalia Thompson studied Computer Games Design at Priestley College before going on to Edge Hill University where she has received the "High Achievers Scholarship".

The award will help fund her studies over the next three years after which she dreams of one day working for Nintendo or Studio Ghibli in Japan.

"It means they have recognised how well I did with my final college results so thankfully my hard work paid off," said Thalia, who collected a triple distinction* in her BTEC.

"I chose CGD as I love anything to do with computing, especially games design. I know it isn't a typical course for girls to pick but that makes me more determined to succeed. I picked Priestley because they seemed to offer more than other colleges."

Priestley was one of the first

colleges in the country to run a computer games design course. Its students progress onto bespoke university places and internships with companies such as TT Games, which is a part of Warner Brothers.

During her time at Priestley Thalia got to grips with industry software such as digital sculpting tool ZBrush and created a game that was published on Itch.io, a site that allows anyone to download the end product.

Thalia finished her course in summer and is now at Edge Hill studying Computing Games Programming, which also covers web development, forensics and robotics.

She said the highlight so far had been meeting like-minded people.

"I have watched a lot about games design on YouTube and always liked the idea of designing my own."

"Most of the games in general are fighting or shooting related and I want to create a different genre of games suitable for all types of people."



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Meeting the challenges of 2021 with unending determination to make Warrington better!

by John Laverick - Warrington & Co

I am sure much will be written at the end of the year reflecting on the strangest of years. Some of it will, thankfully be written by people with a greater command of the written word than me and, unfortunately some by people with less. So I won't reflect too much other than to say that this year has caused many people to have to deal with issues that they would never thought they would have to deal with and if the spirit and determination shown by

many people in overcoming caused by Covid 19, continues then I think we will be in a much better place next year.

Then there's Brexit. As I write the end game is still not resolved other than warnings that people and especially businesses need to prepare and embrace change seems somewhat short of the mark. We wait with baited breath to see what the new rules will be.

More locally the impact of recent

funding awards to the Town is starting to be shaped into projects that can be delivered on the ground, bringing both a welcome stimulus to the Town and jobs alike. Despite not securing funding for a new electric bus fleet, the delivery of the new bus depot gathers pace and with some of the rationalised highways schemes and new residential development both in the Town and the surrounding areas will start to see the next chapter of development that will springboard from the schemes of the past year, such as the work to Sluthers Lane and Time Square.

I have spent some time in and around the new Warrington Market during the past few months and am always deeply impressed by the number and variety of people that use and enjoy the diverse offering that it gives as part of the overall

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Scientists win funding to develop anti-Covid ventilator

SCIENTISTS at the Daresbury Laboratory, near Warrington have been awarded funding to develop a low-cost ventilator to help patients in low and middle-income countries hit by Covid-19.

Mechanical ventilation is a small but important part of the management of pandemic virus infections which affect the lungs, including SARS-CoV-1, SARS-CoV-2 (COVID-19) and influenza.

Ventilators are typically expensive to purchase and maintain, and need considerable training to use. Most also rely on the provision of high-flow oxygen and medically pure compressed air, which are not readily available in many countries around the world.

A team of researchers, co-ordinated by the Science and Technology Facilities Council's (STFC) Daresbury Laboratory, aim to produce and test plans for the creation of an affordable, reliable and easy-to-operate ventilator which does not rely so heavily on compressed gases and mains electricity supply.

It is anticipated that these plans will be used by a wide variety of manufacturing groups across the world, thereby reducing the need for expensive transportation and maintenance.

Head of the technology department at Daresbury, Ian Lazarus, said: "I am proud to be leading this team, in which we have brought together experts from medicine, science, engineering and knowledge transfer with a shared goal to make resilient high quality ventilators available in areas of the world which currently don't have enough of them."

"We look forward to redeploying skills that normally underpin science research into this different and very necessary field, working with medical experts in both UK and Brazil. Together we hope to make a positive impact in the current fight against COVID-19 and afterwards in the treatment of other respiratory conditions in countries where ventilators are not as readily available as they are here in the UK."

As well as leadership from Daresbury Lab, teams across STFC will be working on this project.

The £760,000 funding has been awarded by UK Research and Innovation (UKRI) through the Global Challenges Research Fund (GCRF), which looks to support scientists to develop solutions to mitigate the short and long-term social, economic and health impacts of the pandemic.



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College signs up to new mental health charter

WARRINGTON'S Priestley College has reaffirmed its commitment to protecting the mental health of its students and staff by signing up to a new national charter.

The college always prioritised its students' wellbeing, but signing the charter shows it remains a priority.

Assistant principal Mark Eccleston said: "The impact of the pandemic on people's mental health cannot be underestimated and at no point have we done so at Priestley."

"However, our commitment to the charter just gives us some fresh focus on this important part of college life."

The 11-point document, created by the Association of Colleges in conjunction with mental health experts, includes commitments to:

- Promoting equality of opportunity and challenging mental health stigma
- Providing appropriate mental health training for staff
- Providing targeted individual mental health support where appropriate

One in 10 young people experience a mental health problem and one in five aged 16-24 experience a common mental illness such as anxiety or depression.

It is also thought that 75 per cent of adults with a diagnosable mental health problem experience their first symptoms before the age

of 24, which means Priestley plays a vital role in supporting its 2,000 students and 300 staff.

For Mental Health Awareness Day all students and staff were asked to pledge one thing they were going to change to improve

their mental health.

Support is available through a pastoral team of tutors, a counsellor and a wellbeing practitioner, Caroline Atkinson, who was appointed recently to support students and promote positive mental health amongst the college community.


Richard Caulfield, mental health lead at the Association of Colleges,


said: "Every single day colleges like Priestley provide a world class education and transform the lives of millions of people."

"This includes providing support for both staff and student wellbeing at the right time, in the right place."

"This charter gives colleges the chance to publicly state their commitment to the mental health agenda."







IT'S TIME TO APPLY

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LiveWire launches new @Home virtual membership



LiveWire, the not-for profit Community Interest Company that manages leisure services on behalf of Warrington Borough Council, has launched a new membership platform to help customers stay active at home.

LiveWire@Home, that costs just £5.99 a month, has been launched by LiveWire during the current lockdown, to help customers who have had to take a break from the gym work out at home.

It is also ideal for those who don't yet feel comfortable returning to the gym, or who are unable to due to health reasons.

LiveWire@Home features a range of classes from regular LiveWire instructors, which can be enjoyed live or on demand. Classes include Zumba, Yoga, Pilates, Indoor Cycle, Legs Bums and Tums, HIIT as well as Les Mills options including BodyPump and GRIT.

Kevin Forester, LiveWire's Commercial Director, said: "We have been overwhelmed with messages of support from our members, explaining how much they miss their exercise regimes (and our staff) when their local leisure centre is not available."

"We're therefore pleased to be able to offer this platform as a way of helping our members to stay fit and active, and to also help with the positive association of seeing the familiar faces of our friendly and motivating team at a time and place that suits them"

Warrington Borough Council's Cabinet Member for leisure and community, Cllr Tony Higgins, said: "The LiveWire@Home initiative is a fantastic way to stay connected to leisure services during lockdown. It gives everybody the opportunity to stay fit and active while our leisure centres remain closed."

"By signing up for a membership, you can take positive steps towards improving your physical and mental wellbeing from home, while providing vital support for our leisure services during these challenging times."

For more information or to sign up visit <https://livewirewarrington.co.uk/livewireathome/>

St Rocco's Christmas Tree Collection Warrington

Saturday 9th January 2021

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New community park is formally opened

A £160,000 refurbishment project has given a new lease of life to a field Great Sankey; creating a new community park.

Warrington Borough Council and Great Sankey Parish Council worked together to develop the field off Parsonage Way adjoining the main A57 into a landscaped community parkland. Work involved improving the drainage, replacing the boundary fence, providing an arched entrance and installing a new pathway and new seating. Vicarage Community Park was formally opened by Cllr Tony Higgins, the borough council's cabinet member for Leisure and Community, joined by Cllr Peter Watson and Cllr Tony Williams, of Great Sankey Parish Council and members of the local community.

Cllr Higgins said: "These improvements have transformed the area into an accessible public open space for the whole community."

"I'm delighted this work is complete. It's great news for the local people, who can look forward to many years of recreation and relaxation in this fantastic new area."

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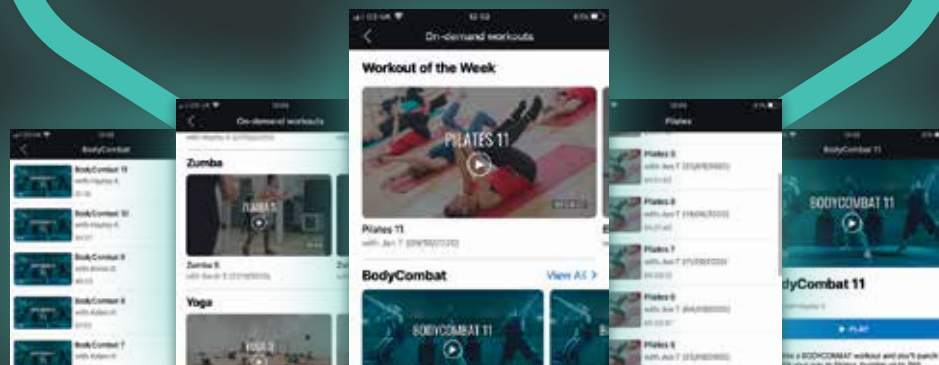
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Turning hope into certainty...

By Nigel Garner

2020 was some year! A year that none of us could have imagined. The challenges presented to everyone, on a personal and business level, were ones that we all had little or no experience of. Yet here we are embarking on a new year, 2021; I hope it is a much better year for everyone, but maybe hope is the best we can wish for.....?



The new Pfizer vaccine is already in distribution bringing hope that the pandemic will soon abate although we are still not quite sure when; Brexit negotiations (at the time of writing) are looking unlikely to result in a trade deal, but business' still hope that there will be a positive outcome.

One thing we can be certain of is, life goes on. No matter how challenging or hard that can be, personally or in business; we have to dust ourselves down from time to time and head into the world once again.

One of the biggest challenges that every business' face is that of having sufficient working capital. There is no doubt that the pandemic decimated UK business and the economy and I don't think that many of us would want to swap places with a government minister. Measures were put in place to tackle the massive impact to health and the economy; whether they were put in place quickly enough is a debate for the workplace or the pub, once we can go to either again!

However, the introduction of both Coronavirus Business Interruption Loan (CBILS) and the Bounce Back Loans (BBL) schemes was a significant step in securing SME business', giving vital access to capital.

CBILS DEADLINE
31st JANUARY 2021

The CBILS deadline for new applications has been extended to 31st. January 2021 and I would recommend all business owners consider this facility, regardless of whether you think your business needs one or not.

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One thing for sure is that "Cash is King" to every business and CBILS is an excellent support facility to turn hope into certainty when it comes to securing your business through 2021.

To apply for CBILS, contact MBM Capital on 0345 680 1895 and a dedicated account manager will guide you through the process, from application to pay-out.

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Caring Caitlin is a national "Covid Hero"



A TRAINING manager with a home care provider at Warrington has been named a national winner in an award scheme for "Covid Heroes."

Caitlin Bradley, training manager with Bluebird Care, Warrington, was nominated for her outstanding work in keeping staff training up to date to maximise protection for customers.

Bluebird Care has a franchise network of more than 200 businesses, and each year they host their own annual awards. But, in light of Covid-19 and the bravery, heroism and effort shown by all team members decided to organise a special "Covid Heroes" award.

The initiative was designed to reward members of care teams for their work throughout the pandemic – acknowledging those who have gone above and beyond to weather the crisis and support both their customers and the other members of their teams.

Fifteen team members were shortlisted and, following a virtual ceremony, Caitlin was declared a national winner.

Since the start of the pandemic, Caitlin has put everyone's safety at the forefront of what she does and found innovative ways to ensure staff are trained to above-industry

standard.

She has run socially distanced training, using video calls and pre-recordings of herself to ensure the team keep up with the latest Covid-19 guidance.

Caitlin began her career in the care sector as a care assistant, so she knows what it takes and how best to advise fellow team members.

She said: "I was so humbled to find out I had been nominated as one of Bluebird Care's Covid Heroes. We are all one big team and to me, I'm just doing my job. It's been such a nice surprise during a time that has been so different."

"I absolutely love training and am happy that I have been able to adapt our processes to make sure we stay compliant and safe."

Deputy manager of Bluebird Care Warrington and St Helens, Clare Toole, was also shortlisted in the top 15 finalists for the awards. She ensured all customer visits went ahead throughout the pandemic and contacted customers to inform them of any changes made to usual protocols.

Bruche Primary named as one of England's top state schools

WARRINGTON'S Bruche Primary School has been declared one of the top state primary schools in England.

The school – part of Warrington Primary Academy Trust (WPAT) – was 51st equal in a table of the 250 best performing state primaries in England, compiled for the Sunday Times newspaper's annual Parent Power guide to good schools.

Bruche Primary's impressive standing in the table was based on the school's 2019 SATs results for reading, grammar and maths.

Chris Jones, executive head teacher of Bruche Primary, said: "This prestigious accolade is a massive achievement for Bruche and its children, staff, parents and governors. We will continue to work hard for all of our children at Bruche, to give each of them high-quality learning experiences, with the school motto 'success, nothing less at the heart of everything we do.'"

Louise Smith, chief executive officer of WPAT, added: "This fantastic achievement is down to the hard work and dedication of the staff at Bruche Primary. All of us in WPAT are very proud of Bruche's achievement."



Warrington's very own Mrs Claus transforms garden into grotto

WARRINGTON's very own "Mrs Claus" transformed her garden into a special grotto delivering Christmas cheer to 185 children on her estate - and raising £260 for charity.

After previously creating a special Santa Post Box for local children on Edgewater Park, Latchford during the latest lockdown, Mother of two Aimee Coffey decided to transform her garden into a socially distanced grotto.

Assisted by her elf helpers, daughters Amélie 20 months and Lacey 9 months and neighbours Olivia 2 and Emily 11 and her

mum as Santa, gifts were handed out to local children in return for donations to Claire House Children's Hospice.

Aimee decided to set up the special post box and grotto in response to the miserable year during the COVID-19 pandemic, saying: "I just wanted to do something nice for the children on our estate."



ANDY CARTER MP

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Andy

Contact Andy

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New Hope for sufferers of Chronic Fatigue, ME and Fibromyalgia

"There must be something seriously wrong with me"

By Tracey Turton

After years of years of experiencing a wide range of seemingly unconnected symptoms including intense fatigue, muscle pain, impaired memory and concentration, poor quality sleep, headaches, racing mind, anxiety, palpitations, IBS and food intolerances, you may finally be given a diagnosis of Chronic fatigue, ME or fibromyalgia. But reading about these conditions are terrifying. You may read that there is no cure, that you have to accept that you may be like this forever.

Having worked as a Reflexologist for 25 years, I have seen hundreds of clients who have told me similar stories. It may start slowly. You are more tired than normal. You need lots of caffeine to keep going. You collapse at the weekend in order to be able to go to work on Monday. You keep picking up infections. Your brain seems to be constantly foggy. Your body feels like it is moving through treacle. Everything is an effort.

Visits to the GP and various blood tests show nothing conclusive. "You must be depressed" so you start on the road of various medications, with little effect. You now feel scared that you will be stuck like this forever. You feel isolated because no-one seems to understand, or worse – that you are just lazy or making it up.

Conventional medicine focusses on treating the symptoms, instead of looking at the root cause of

these debilitating and life changing conditions. However, there is no magic bullet and no 'one size fits all' treatment.

Fortunately, a revolutionary new approach to these conditions has been pioneered by The Chrysalis Effect (www.thechrysaliseffect.co.uk) and is now becoming recognised by the medical profession as an effective long-term treatment for Chronic Fatigue, ME and Fibromyalgia. This programme recognises that mind, body, environment, lifestyle, dietary factors, relationships and the predisposition and susceptibility of a person are all part of the picture. Nothing happens in isolation, everything is interrelated. An effective treatment programme therefore needs to address all these different elements.

I have studied intensively for the past 2 years to become a Specialist Recovery Practitioner with the Chrysalis Effect, to help people who have been stopped in their tracks by Chronic Fatigue, ME and Fibromyalgia. I will help you to understand how and why you have become ill, what triggers your symptoms, and give you the tools and support to help you to navigate your journey to the vibrant and fulfilling life that you truly deserve.

I am very excited that from January 2021 I will be offering this life changing treatment programme from my clinic, Cheshire Natural Health in Stretton. I will also be able to offer video consultations for clients who are unable to come into clinic.

If you would like to find out more, book in for your free Discovery consultation where, based on your health profile, I can tell you more about the recovery programmes and you will be able to decide if this

approach is right for you.

Get in touch on 01925 730123 or email tracey@cheshirenaturalhealth.co.uk. You can also book online through our website www.cheshirenaturalhealth.co.uk



Keep children busy with the winter reading challenge

A WINTER reading challenge is being launched at libraries in Warrington to help youngsters keep reading over the festive season.

It's organised by the Reading Agency but LiveWire Libraries are getting involved.

Over the school holidays children tend to read less than usual, but the "Winter Mini Challenge" encourages children to keep up their reading habits over the Christmas school break, with a free website featuring rewards and incentives for reading and reviewing books.

To take part, children simply read three or more books –these can be any books of their choice. Every time they finish a book, they add it to their list online and leave a short book review. Reaching their online reading goal will unlock a virtual badge and a special "Everyone is a Hero" certificate to print off and keep.

There's also a whole host of fun activities, videos and reading recommendations, plus an exciting competition.

LiveWire's community librarian

team is hoping lots of their young members take part –either by reading books borrowed from the libraries or virtual e-books.

The Winter Mini Challenge is open now and runs until Friday January 15.

LiveWire community librarian Christine Everett said: "We want to encourage a love of reading throughout the year because not only is it vital for young people educationally, it is fun and takes children away to magical worlds. The Winter Mini Challenge rewards reading more widely in a fun and interactive way. Don't forget we have lots of children's stories available for free online as well as on our shelves."

Cllr Tony Higgins, Warrington Borough Council's cabinet member for leisure and community, said: "Our reading challenge is a great way of keeping young people's minds active while they are off school. It's always really popular in the summer, so I'm delighted it's returning for the festive season."

"Getting lost in a good book while you are cosy at home is the

perfect pastime –and it's a great way to learn, get inspired, broaden your horizons and have fun! I hope lots of local children and families get involved in the winter mini challenge and discover the joys of

reading."

For more information on LiveWire Libraries, including the digital offer, visit www.livewirewarrington.co.uk/libraries



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Students help raise more than £2,000 for Poppy Appeal



STUDENTS from Warrington & Vale Royal College have helped raise more than £2,000 for The Royal British Legion's Poppy Appeal.

Despite the adverse weather conditions, the Public Services and Sport students gathered at Warrington's Orford Park recently to take part in My Poppy Run 2020, a national fundraising event. The students completed 30-minute or 60-minute runs or walks to raise money for the cause. Each student set their own personal goal of covering a certain distance or hitting a specific number of steps.

As well as running, the students sold a delicious array of cakes and biscuits to staff and students around the college, the proceeds of which will also go towards the charity.

Matthew Ninnis, one of the participating students, said: "Running here can be physically challenging, but I'm hoping to cover as much distance as I can." Matthew, who dreams of joining the RAF in the future, also said: "A lot of us want to go into the armed forces where you'd be required to work outside in all weather conditions. We can't let rain put us off!"

The students are all incredibly proud to have participated in the fundraising event and are delighted to have raised such an amazing amount. Daniel Dunn-Leonard, another student taking part, said: "I feel proud to have been able to take part in this run and raise money for such a worthwhile charity."

The £2,009 proceeds raised by the Warrington & Vale Royal College will help The Royal British Legion to continue their vital work; providing social, emotional and financial support to members of the British Armed Forces and their families.

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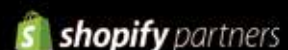
Opening times at the Centre for Independent Living and at our Mobility and Independent Living stores in Sankey Street, Birchwood, Warrington Hospital and Liverpool may vary, please call or visit our website for full details.

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By David Watkinson

Brexit has finally arrived, perhaps so let's enjoy some more jokes

I am writing this article on 16th December, although you will be reading it in January. December 31st, and Brexit, is a mere 15 days away. Unfortunately, despite this we still do not know what effect Brexit will have on our businesses and our lives. The government have issued a lot of "guidance" on the subject. Hopefully, they will ensure that it's information systems are kept fully up-to-date. Therefore, in view of the current uncertainties I feel the best thing I can do is point you in the direction of their guidance on the subject.

The government have published an interactive transitions guide. If you work through this then it will, in turn, point you towards further specific guidance. This guide can be reached at <https://www.gov.uk/transition>. Whilst the transition period has now, possibly, ended this is still a good starting point to get to that specific guidance.

Some of this specific guidance for businesses can be reached by going to <https://www.gov.uk/government/publications/leaving-the-eu-advice-for-smes>. On this page the government do, in fact, promise to keep this guidance up to date.

Much talk has been made about tariffs in the event of a no-deal Brexit. There may, of course, by now be a Brexit deal. However, if not then the level of tariffs that goods will be subject to can

be found at <https://www.gov.uk/guidance/uk-tariffs-from-1-january-2021>

And finally on this topic, independent advice can be found at <https://www.accountingweb.co.uk/content/brace-for-brexit>

Well, that is enough of that. And now for something completely different

2020 has been a horrendous year for everyone, whether they are in business, employed, at school or retired. Hopefully, 2021 will be an improvement and we can all start getting back to some sort of normality. So, to get us all in a better mood then I thought I would share a couple of jokes with you.

A man in a hot air balloon realised he was lost. He reduced altitude and spotted a woman below. He descended a bit more and shouted,

"Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am.

The woman below replied, "You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be in IT," said the balloonist.

"I am," replied the woman, "How did you know?"

"Well," answered the

balloonist, "everything you told me is technically correct, but I've no idea what to make of your information, and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The woman below responded, "You must be in Management."

"I am", replied the balloonist, "but how did you know?"

*"Well," said the woman, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my f*****g fault."*

Believe me, it doesn't get any better.

A young man married a beautiful woman who had previously divorced ten husbands. On their wedding night, she told her new husband, "Please be gentle, I'm still a virgin". "What?" Said the puzzled groom. "How can that be if you've been married ten times?"

Husband number 1 was a Sales Representative; he kept telling me how great it's going to be.

Husband number 2 was in Software Services; he was never really sure how it was supposed to function, but he said he'd look into it and call me.

Husband number 3 was from



Margaret Black and David Watkinson

Field Services; he said everything checked out diagnostically, but he just couldn't get the system up.

Husband number 4 was in Telemarketing; even though he knew he had the order, he didn't know when he would be able to deliver.

Husband number 5 was an Engineer; he understood the basic process but wanted three years to research, implement and design a new state-of-the-art method.

Husband number 6 was from Finance and Administration; he thought he knew how, but he wasn't sure whether it was his job or not.

Husband number 7 was in Marketing; although he had a product, he was never sure how to position it.

Husband number 8 was a Psychiatrist; all he ever did was talk about it.

Husband number 9 was a Gynecologist; all he did was look at it.

Husband number 10 was a Stamp Collector; all he ever did was.....

.....oh how I miss him!

But now I have married you, "I'm so excited!" "Good", said the husband, "but why?"

"You're a Tax Man.....This time I know I'm gonna get screwed!"

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Student Louis dreams of Paralympic glory

WARRINGTON student Louis Liptrott is dreaming of Paralympic glory after being handpicked by British Wheelchair Basketball to complete a prestigious Diploma in Sporting Excellence.

The qualification is designed for elite athletes who have the potential to achieve excellence in their sport and who are looking to perform at the highest level. Talented Louis is completing his diploma alongside his course at Warrington & Vale Royal College, as he advances towards his dream of competing in the Paralympics.

Louis was first introduced to the Paralympics at a young age, after going to watch the games when London hosted the Olympics and Paralympics in 2012. Inspired by the performances of the athletes, he was eager to see which sports he could try back home and fell in love with wheelchair basketball.

He has since enjoyed incredible success in the sport, including representing the North West in the National Junior Championships. The team was triumphant in 2018, coming away with the coveted gold medal. He has also recently been talent-spotted for the GB Regional Academy, where he will be trained by Team GB Men's coach.

Whilst playing professionally is Louis' primary goal, he is eager to develop his coaching skills and has completed work experience at college, coaching young students at local schools. Upon finishing

college, he plans to apply for specialist universities to study sports coaching.

Speaking of his time at college, Louis said, "I've really enjoyed my time here. My tutors have encouraged me to get involved with basketball and they help me with my coursework. I've also been given some great opportunities, such as being offered to complete a refereeing course whilst studying."

His tutor, Chris Percival added: "Louis is a very motivated student who wants to be challenged. He is very goal-orientated and has high expectations of himself, which he lives up to. He is passionate about basketball and doing well in his studies, and is fully engaged in both."



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PUBLIC NOTICE

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NOTICE is hereby given that we Restless Spirits Limited have made an application on Monday 7th December 2020 to Warrington Borough Council to Grant a Premises Licence at 19c, The Genesis Centre, Birchwood Park, WA3 7BH.

The application is for: Sale by Retail of Alcohol (online off sales) 0000 to 2359hrs Monday to Sunday. Representations to this application must be made in writing by the end of 04.01.2021 to the Licensing Section, Warrington Borough Council, New Town House, Buttermarket Street, Warrington, WA1 2NH. The register of licensing applications can be inspected at the above address between 09.00 and 16.00 Monday to Friday or www.warrington.gov.uk. It is an offence on summary conviction, to knowingly or recklessly make a false statement in connection with an application.

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As we head into the new year, full of hope for what the next 12 months will bring after a challenging 2020, you may find yourself pondering your future and what that looks like.

Perhaps you want to aim for a promotion, but need to improve your management skills? Perhaps you are considering a change of direction and would like to study something new to help move towards that change? Or perhaps you would just like to learn some new skills? Whatever your thinking, take some time to **discover** what's on offer at your local college.

With courses due to start in the **first two weeks of January** be sure to **apply online** as soon as possible to secure your place and start your studies in 2021. We have courses planned across a variety of subject areas including: accountancy,

counselling, digital, education & training, hair, beauty, leadership and management, marketing and sport. One of which might perfectly compliment your existing skills and qualifications.

We also offer a selection of **FREE distance learning qualifications** which can be studied independently and at your own pace at home or within the workplace. Alternatively, you may find that one of our **online learning** courses is a better fit for you. These courses offer the ability to study via our online portal and include areas such as business, leadership & management and marketing.

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