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Picture: John Hopkins

**Snow White
ready to bring
panto fun**

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Editor's Comment



SCROLLING through the national news headlines it would be quite easy to think we are on the verge of Armageddon, with very little balance showing all the good things still happening in the world.

Yes, it is important to report what is going on in the world - but it does need to have some balance for our mental health and well-being, especially at this time of the year, with short days and long dark nights when many are at a low ebb.

Here at Warrington Worldwide we always try our best to be positive, while reporting the good, the bad and the ugly side of what happens in our town.

There is still plenty of positive news out there, especially from well-meaning people with a "can-do attitude."

During Warrington Disability Partnership's recent Santa Dash at Walton Hall & Gardens I had the honour of meeting Jill Keast Doran, a double leg amputee who has survived over 40 operations and a heart attack. She completed the dash with a "bum shuffle." As I lapped Jill numerous times doing my own running challenge I felt totally humbled and inspired.

As a result of her outstanding effort (and for lifting the spirits of everyone who witnessed her challenge), I took the decision to make her our latest Legacy Project, donating £500 to her chosen causes.

Jill epitomises everything about

the human spirit we need to see and hear about to help get us through these uncertain times.

Meanwhile, as I continue to try and champion all the good things going on in Warrington, it is an absolute honour to have been chosen to be the next Chair of Warrington Healthwatch. Health issues are at an all-time high, and

as the "Watchdog" organisation of our NHS providers, we will be doing our very best to ensure local residents have a voice with their issues and concerns. We are only a small team but we will do our very best in what can only be described as challenging and unprecedented times for our NHS.

Finally, I would like to wish all our readers and advertisers a peaceful, happy and healthy new year ahead. Stay Safe.



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Snow White ready to bring some panto fun to the Parr Hall

IT has been another tough year but we can all enjoy panto season together with hope, laughter and a happily ever after thanks to Snow White at Parr Hall.

Warrington's much-loved festive family show was cancelled at the beginning of 2021 due to the pandemic but the organisers are determined to come back bigger and better this January.

So it's off to work they go. Culture Warrington is again teaming up with Tony Peers Ltd to present a

spectacular and hilarious version of the classic fairytale for all ages.

Snow White will retell the classic story with fabulous costumes, dazzling song and dance numbers and stunning scenery brought to you by the team behind 2020's enchanting Cinderella.

When the Magic Mirror declares

Snow White to be the fairest in the land, it sends her stepmother, the Wicked Queen, into a jealous rage. In her attempt to escape, Snow White meets seven new friends deep in the forest who help her to combat the evil forces at work.

Can the Wicked Queen be defeated? Join the Snow White, the handsome Prince and seven friendly dwarfs to find out.

Producer Tony Peers said: "We're thrilled to be back after what has

been a very long and difficult time for so many people. Live theatre has been greatly missed over the past 18 months and we cannot wait to bring laughter and magic to Warrington in the New Year with Snow White and The Seven Dwarfs."

Snow White is at Parr Hall between January 7 and 16 January. Tickets are from £10.50. Visit parrhall.culturewarrington.org/whats-on/snow-white



Picture by John Hopkins, show Sarah Dare as Snow White, Callum Marshall as the Prince and Sara Nelson as the Wicked Queen.

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Warrington and Halton Teaching Hospitals' Charity or 'WHH Charity' provides additional comforts, care or experiences for patients and their families, which go beyond what the NHS is able to provide.

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During 2021 our work with our community partners plus NHS Charities Together has made it possible to deliver legacy projects which will continue to have a positive impact on patients for many years to come.

We have created a Remembrance Garden at Warrington Hospital which provides a calm place for people to reflect, relax and remember their loved ones. It features flowers, trellises and seating areas with wooden benches and a lovely stone birdbath at its centre which was donated in memory of one of our patients.

The charity and corporate partner also made it possible to create a new therapy garden just outside our Stroke Ward at Warrington Hospital. This provides a calm and

quiet outdoor space where patients who have experienced a stroke can socialise, receive visits from children and pets or participate in group therapy sessions – all of which are known to provide psychological and physical benefits for patients and aid recovery. WHH Charity funding was supplemented by a grant from Sellafield Ltd and a £500 donation from Warrington Lions.

Our Community Hub at Warrington Hospital continues to support the experience of our patients while in hospital through providing Boredom Busters to keep patients occupied during long days in hospital. We also provide 'new clothing and toiletries' for patients in need whilst in our care.

Located in a portacabin off Kendrick wing, but external to the main hospital, the Community Hub is open Monday to Friday, 8am to 4pm, please call the charity team 01925 662666 to further discuss any kind offer of donations.

Head of Fundraising at WHH

Charity, Helen Higginson, said: "There is so much we can do to support our patients, their families and even our staff, but we can only continue this important work with the support and generosity of our local communities.

"During 2022 we want to create as many different ways as possible to forge new partnerships with organisations, other charitable bodies and, of course, our local residents.

"We aim to make it as easy as possible to get involved and all support is welcomed. Whether it

is regular giving, a commitment to corporate fundraising or even a one-off donation – there are so many ways for individuals and organisations to get involved. Every single gesture of support, no matter how big or small, is greatly appreciated and makes a huge difference."

For more details of how to get involved and make a difference to your local hospitals visit www.whhcharity.org.uk. Or why not call us on 01925 662666 or email whh.charity@nhs.net



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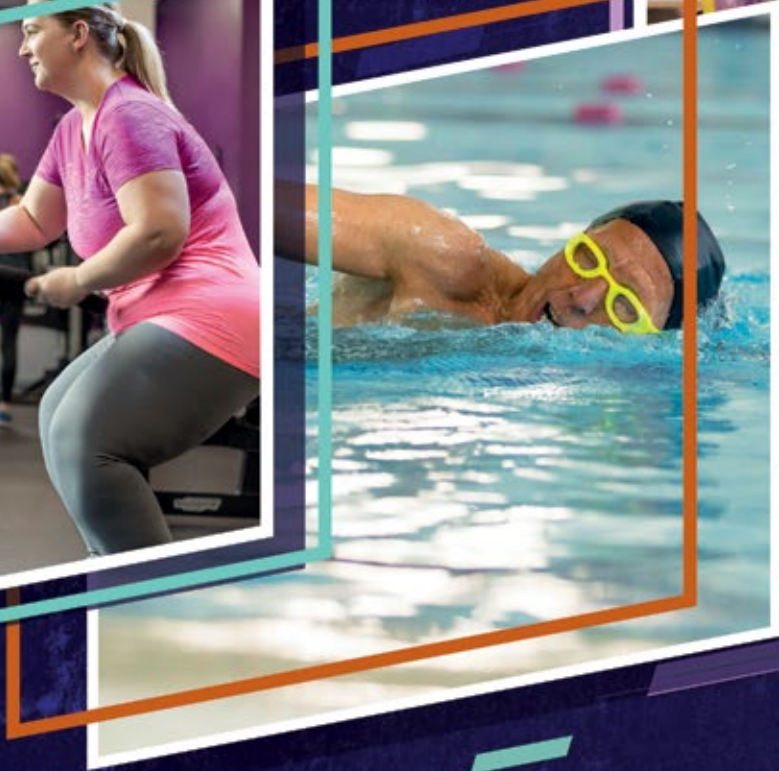


A quiet place to reflect.
Warrington Hospital also recently opened its new Remembrance Garden.

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Care village operator strengthens dementia support

COMMUNITY care village operator Belong, based on Loushers Lane, Latchford, has enhanced its dementia care provision with the appointment of Bridget Lawler as Admiral Nurse to support residents and customers who have been medically diagnosed with any form of dementia.

The specialist mental health nursing role is provided for free across all Belong villages through the organisation's ongoing partnership with Dementia UK.

As well as customers, Bridget will provide tailored support for their family members and carers, and advise Belong colleagues on best practice in dementia care.

She assumes the role after eight years as Practice Development Facilitator (PDF) at Belong Atherton, where she was responsible for identifying opportunities for improvement and development to drive standards of care at the village. She also developed a unique insight into life for people living with dementia and how best to support them.

Commenting on her appointment as Admiral Nurse, Bridget said: "Over the years I have gained so much knowledge about dementia that I truly feel I can make a difference to people's lives. I have learnt that often people will not remember what you said or did, but they will remember how you made them feel. That is to say that the human element of the role is just as important as the clinical aspect. This is the essence of my

involvement with people living with dementia, their family and support network."

Originally from Zambia, Bridget moved to South Africa when she was eight years old and qualified as a registered nurse and midwife before working in various roles in hospitals and the community and managing a youth health centre providing health and family planning information and support.

In 1991, she began teaching student nurses before completing a diploma in nursing education and primary healthcare in 1993 and going on to graduate from the Nelson Mandela Metropolitan University with a degree in nursing sciences education and administration in 1996.

She took on the role of Registered Manager at a nursing home in Eccles after emigrating to the UK 12 years ago before becoming PDF at Belong Atherton four years later.

On Bridget's suitability for the role, Stacey McCann, Chief Operating Officer at Belong, said: "Her distinguished career as a nurse combined with her significant care sector experience, including promoting best practice in dementia care and track record of service for

Belong, make her an ideal Admiral Nurse. She is an invaluable asset to the organisation, and we look forward to seeing her develop in her new role."

Working collaboratively with other professionals, Admiral Nurses seek to improve the quality of life for people affected by dementia, helping them to live positively with the condition and develop skills

to improve communication and maintain relationships.

Dementia UK, a charity that works in partnership with NHS providers and commissioners, social care authorities and voluntary sector organisations, is responsible for upholding the standards of Admiral Nurses nationwide, and supports the work of Admiral Nurses at Belong villages.



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New projects will engage and develop young people

by John Laverick - Warrington & Co

So, a New Year. I hope everyone had a peaceful and enjoyable Christmas and that the New Year came as expected, but I wonder what is the thing that you are looking forward to the most for this year?

For me it's Students. Now, that is not something you will often hear from someone of my age, and strictly speaking I mean young people rather than just students. I've written a few times before about how the real beneficiaries of what we do at the moment are the young people who are still at school/college and I think this all the more important when you consider the magnified mental/financial/social effects of lockdown and Covid on young people. This has been thrown into even sharper relief by the announcement

regarding the Integrated Rail Plan. Town (or maybe City?) changing projects take a long time to bring to fruition, Time Sq was the best part of 10 years, development as a result of the Integrated Rail Plan focussed on the areas around Bank Quay station as well as the station development itself will take 10-15 years and so the main beneficiaries of this are probably still at school.

But I am sure that is too long to wait for many, particularly if you are still at school or college, so it is perhaps worth highlighting the range of major projects that will

come to life this year, that are very much focussed on young people and students.

The Youth Zone opposite Central Station will open and start to engage with a very broad spectrum of people from all over Warrington in many interesting and varied ways from a cup of coffee to vocational training and experience. The Town Deal projects very much have younger people at their focus with the ability to reach and engage through a number of different venues and offers particularly the education offers within the Town. Two are focussed on education and training in the Health & Social Care Academy and the Advanced Construction & Civil Engineering Centre and with the Digital Enterprise hub as well should give great opportunities for young people to develop proper skills for entering the world of work. And as people take ever greater care of their mental health and wellbeing the new hub for the Town will be an easy and accessible way to get help as required.

And whilst the physical developments are just one element



John Laverick

01925 442 243

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of an overall engagement with young people through council services and a whole host of other avenues it is important to keep in mind that the building assets are really just a way of making easier the connections between those looking for help and support and those willing to give it.

I think this is my wish for the New Year, that we start to realise some of projects that have been put in place to help engage and develop the young people of Warrington and try and redress some of the impacts of the last couple of years – and I think we will.



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Branches Furniture store celebrates start of 2022 with biggest ever Winter sale!

INDEPENDENT family owned furniture retailer Branches of Warrington celebrates its first Christmas and the start of 2022 in its new location in Milner Street, Warrington.

After 20 years located on Wilderspool Causeway Stockton Heath, Branches relocated its showroom in May 2021 to a bright new two floor store at Lineva House, Milner Street - next to the Royal Mail sorting office.

The new modern store showcases an extensive range of beautiful, contemporary dining, living, bedroom and home office

solid wood furniture, as well as stylish home accessories, mirrors and occasional pieces they have become renowned for also.

As an independent business, the team focus on providing affordable quality products and a customer experience with many personal touches – highly knowledgeable team members to guide choosing the right pieces for your home

and advising on the ongoing care requirements, supported by the Branches unique home delivery service including furniture assembly and positioning in your room of choice.

Since 1994, the retail store has supplied quality wood furniture to all areas of Warrington and Cheshire; they are proud to be the only remaining local family furniture store specialising in the latest trends of solid wood and painted furniture for every room in the home.

Branches co-owner Simon Ashwood, commented:

"Relocating the store over the summer provided an opportunity to re-establish ourselves in a new busy location on the edge of the town. The new store has a more contemporary feel with an open mezzanine floor and offers ample

free parking with excellent access for customer collection and loading.

We are delighted to showcase many of our popular oak and painted ranges for every room in the home with the Autumn seeing us introduce new contemporary ranges and styles that are also proving popular with customers"

The Branches Biggest Ever Winter sale starts on the 27th December with unbeatable offers of 35% Off all ranges. Visit the store or browse and buy from the comfort of your armchair.

Open daily 10.00am until 5pm and 11pm – 4pm on Sundays and Bank holidays.

Check the website for the latest new ranges and offers plus updates on holiday opening times www.branchesofwarrington.co.uk

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Face coverings are required in the college's communal areas.

Inspirational double amputee raises Santa Dash "bum shu

INSPIRATIONAL double amputee Jill Doran took part in Warrington Disability Partnership's "Santa Dash" raising over £1,200 for charity - and becoming the latest recipient of a Warrington Worldwide Legacy Project.

While many of the Santas ran or walked the 3k course at Walton Hall & Gardens, Jill, aged 59, a double amputee above the knee, who has survived more than 40 operations and a heart attack, did a "bum shuffle."

As well as helping raise funds for WDP she also wanted to raise awareness and funds for Dog A.I.D (assistance in disability) which has been her savior not just physically

but mentally too.

Jill explained: "When I was 15 I was diagnosed with Charcot Marie Tooth disease which I was told affects the bottom half of your legs by the nerves dying off preventing the muscles from working. Many years later I realized it did far more than that.

"Fast forward to 2007 and many surgeries, my legs had become so wasted and painful, I was given

Pictures: John Hopkins

two options, fusion of my right leg or above knee amputation. I went for option one and a full-length metal rod was inserted through the bones from my ankle to my pelvis, this was impossible to live with so I went with the second option of amputation above the knee in 2008 - best decision ever! I tried a prosthetic, going to physio twice a week for 7 years but it wasn't to be.

"During these years I got an Italian Spinone and took her to dog training classes where I met the trainer Peta Brandwood who helped me train 'Minnie' in the basics. Several months later I received a call from Peta saying she had become a volunteer trainer for the charity Dog AID and had I heard of it? I had years earlier tried to get on their scheme with my then chocolate Labrador, Murphy, but there were no trainers in the North West, so when Peta offered me this opportunity I actually cried."

Dog AID, DA was established in 1992 to assist people with physical disabilities, improving their quality of life by helping them train their own pet dogs to provide assistance with day-to-day tasks and in some circumstances life-saving interventions. DA allocate a trainer to clients to help them and give

them the tools to train their own pet dog, workshops happen twice a year at Stoke Mandeville.

Jill added: "There are 3 levels you have to pass to become ADUK by an independent assessor which is tough, from your dog not being phased by a pigeon to the trickiest of tasks. My present Assistance dog - Paddy will take bank cards out of machines etc which is always a show stealer in shops! I've had Paddy from being 12 weeks old. These trainers are Volunteers as are many of the staff and DA rely on fundraising.

"In 2015 I had fusion surgery in my left ankle and a full hinged knee replacement once again this wasn't livable so in 2016 the left leg came off, I went from 5f1 to 3f5, can you imagine what my BMI would be?

"I am now losing the use of my hands and wrists now and started with vocal chord paralysis so Paddy is now learning hand signals as well as very gruff sounding commands at times. My disability has given me so many opportunities and I've met true, genuine people and my BFF Peta Brandwood, I wouldn't change a thing. 42 operations and a heart attack later I'm here telling this story!



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Monthly gardening advice from Primrose Hill Nurseries



Rob Groom
Nursery Manager

- Plant fruit trees trained as cordons, fans or espaliers to make good use of limited space
- Rake up accumulated fallen leaves in borders that could be harbouring slugs and other pests
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Strictly St Rocco's 2021 raises £76,000!

THIS year's Strictly St Rocco's saw seven couples take to the dance floor at the Mere Golf Resort and Spa, performing in front of over 400 guests, raising £76,000 for the Warrington based charity.

The seven amateur dancers were paired with seven professional dancers from Cadmans Dance School in Sale where they have been learning to dance since September for the glittering event which took place on Sunday 12 December.

This year's winner of the glitterball trophy was Sean Preston of Sean Preston hair in Latchford. Sean danced the Charleston with his professional dance partner Natalie and has so far raised £1519. Second place was won by Heather Baker, Furniture Shop Manager at St Rocco's Hospice. Heather danced the Waltz with her professional dance partner Michael and has raised £1656 so far.

The other amateur dancers were Jamie Porter (Sales Manager, Concept Car Credit), Lara Partridge (Director of Income Generation, St Rocco's Hospice), Trudie Newhouse (Director & Consultant, TLN Consulting), Christine Ditchfield (Director, 3 Pugs Gin) and Stuart Livingstone (Operations Director, Pets at Home). A special thank you to all the dancers who showed immense dedication to both their dancing and fundraising.

Guest speaker on the night was Caz Clair, Complementary Therapist at St Rocco's Hospice. There wasn't a dry eye in the house as Caz shared her story about the care her Dad received at the Hospice last year.

Judges were Victoria Millward

(Principal of Cadmans), Ian MacKinnon (Patron of St Rocco's), Elle Magee (Head of year at Bridgewater High School and former dancer) and Zac Clements (St Rocco's Hospice Trustee). Hosts were Ralph Casson (Professional dancer and actor) and Karen Rutherford (Fundraising Assistant at St Rocco's Hospice).

Charlotte Howard, Senior Events Fundraiser at St Rocco's said "After cancelling this event in 2020 we are thrilled to have hosted this year's Strictly and raised such an incredible amount. This will help us to continue to provide our care and support to all our patients and their families, as well as the whole Warrington community, when they need us the most.

"We'd like to say a huge thank you to everyone that donated and attended."

Further thanks go to headline sponsor of the event, Ingevity and corporate table sponsors, Zachary Daniels, Moneybarn, Concept Car Credit, Expedition (Stockton Heath) and iSupply Group.

Thank you to ACTS Sound & Lighting, DJ Chris O'Grady, IT Media, Moore Photography Club and Alison Hunt for the dancers spray tans.

Final thanks to David M Robinson, The Mere Golf Resort and Spa, 3 Pugs Gin, Beaverbrooks, Quintessential Brands, Pets at Home, Clubhouse Golf and Sean Preston Hair who contributed raffle prizes to this event.



Winner Sean Preston with professional dance partner Natalie. Picture by: Dave Leeke.



Second place Heather Baker with professional dance partner Michael.



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New Chair appointed to lead Healthwatch Warrington



HEALTHWATCH Warrington is excited to introduce Gary Skentelbery as new Chair of the Healthwatch Warrington Advisory Board.

Healthwatch Warrington is an independent organisation set up to champion the views of patients and social care users in Warrington, with the goal of making services better and improving health and wellbeing.

The Board is made up of volunteers that share the responsibility for Healthwatch Warrington, help make decisions and give guidance on projects and how the organisation is run.

Gary has been appointed as Chair and brings with him a wealth of experience from more than 40 years of working in Warrington as a journalist and managing Director of a family business, while taking on various roles in the town, including being a long-serving trustee at Warrington Disability Partnership and a director of Warrington & Vale Royal Chamber of Commerce. He was also instrumental in the launch of Warrington Worldwide.

He is a keen participant in the Warrington Park Run and a former Chairman at Warrington Town FC and a keen tennis player. Other interests include Classic Rock music and hosting a weekly Rock Show on Radio Warrington.

Gary said, "The ongoing pandemic will pose many challenges and opportunities to health and social care providers, yet I am in no doubt that Healthwatch Warrington will continue to be at the forefront, working in partnership with stakeholders to continue to improve health and social care for all."

"I am honoured to have been appointed as Chair of Healthwatch Warrington and see my role as

helping promote the role of the organisation in the town and tackling issues on the health agenda during unprecedented times. I am passionate about health and wellbeing, in particular mental health.

"As we continue to operate under Covid rules and restrictions during this pandemic, Healthwatch Warrington will aim to be at the forefront of ensuring the residents of Warrington continue to have their voices heard, and I look forward to supporting the CEO and wider team moving forward."

Lydia Thompson, Healthwatch Warrington CEO commented "Gary's appointment as our new Chair marks a new chapter in our history, I think his experience and knowledge will be invaluable, as we work with patients, commissioners and providers to improve healthcare across Warrington."

Anyone can provide feedback to Healthwatch on any local health and social care service at www.healthwatchwarrington.co.uk/services/

This includes pharmacies, GPs, and NHS dentists, as well as all hospital, mental health, community health, care homes and other social care services.

As part of Healthwatch Warrington priorities, they are seeking feedback on children and young people around mental health and wellbeing, carers feedback and pharmacy survey feedback.

Please visit www.healthwatchwarrington.co.uk or contact via contact@healthwatchwarrington.co.uk

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By Anthony Josephson

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Promoted by Charlotte Nichols at Orford Jubilee Neighbourhood Hub, Jubilee Way, Orford, Warrington, WA2 8HE.



Swimming pool renamed in honour of gold medal Olympian

THE swimming pool at LiveWire's Great Sankey Neighbourhood Hub has been renamed in recognition of former Great Sankey schoolgirl Kathleen Dawson who won a gold medal at the Tokyo Olympics.

Kathleen returned to where it all began, where she was presented with a plaque by the Mayor of Warrington, Cllr Maureen Creaghan, to officially rename the pool 'The Kathleen Dawson Swimming Pool'.

As part of the team that won gold in the mixed 4x100 metre medley relay at the Tokyo Olympics this summer, Kathleen learnt to swim with LiveWire at Great Sankey Leisure Centre and later trained there as a member of the Warriors of Warrington Swimming Club.

The former Great Sankey High School pupil brought along her gold medal and joined Year 5 pupils from Chapelford Community Primary School on poolside for their swimming lesson.

Kathleen said: "I learnt to swim with LiveWire here at the Great Sankey Swimming Pool. I just want to say to everyone who is learning to swim to keep going as it's an essential life skill and one day you could end up with a gold medal around your neck!"

The Olympic champion was then joined by members of her family, friends, and former coaches as the Mayor presented her with a plaque that will be displayed at the hub.

The Mayor said: "It is a privilege to be here today to meet Kathleen and present her with this honour. Kathleen and Team GB's win at the Tokyo Olympic Games was amazing to watch and we are so proud of all they have accomplished. Kathleen's success in the pool, alongside her dedication and hard-working attitude will inspire so many young people to work hard to achieve their dreams."

Cllr Tony Higgins, cabinet member for leisure and community said: "It's fantastic to see Kathleen back here at Great Sankey where her journey to becoming an Olympic champion began. The renaming of the pool in Kathleen's name is a fitting honour as we have invested so much to make the hub a high class sporting facility. It looks a lot different to when Kathleen learned to swim here and I hope her success will inspire the next generation of swimmers to follow in her footsteps."

Emma Hutchinson, Managing Director of LiveWire, said: "It was wonderful to welcome Kathleen back to Great Sankey as an Olympic champion. LiveWire is very proud to have played a part

in her Olympic journey by teaching her to swim when she was younger and we were all cheering her on in the summer. We're delighted the pool has been renamed in Kathleen's honour and look forward to teaching many more

youngsters to swim here – perhaps even another gold medal winner – for years to come."

The plaque will be displayed at the hub alongside photographs of Kathleen in action at the Tokyo Olympics.



Weightlifter publishes book to help people reach their true potential

WARRINGTON weightlifter Josh Summersgill believes that every person on the planet deserves to reach their true physical potential, and optimal health and wellbeing in life - and has now published a book to help people on their journey.

Josh from Westbrook, Warrington said: "My true passion is helping people achieve what they previously believed to be impossible. Whether that is to compete in the sport of Weightlifting, build the body that they have always dreamt of, or just simply develop their confidence and excel.

"As a performance coach I have studied and practiced in a number of training disciplines including Martial Arts, Gymnastics and Functional Fitness, this has led me to my specialist area and niche, Olympic Weightlifting.

"I am proud to say that I am a certified British Weightlifting Coach and have been helping people for almost six years to become stronger and improve their Olympic Lifting Skills. During this time I have had the privilege of coaching over 500 athletes, and witnessed each one of them become more skillful with a barbell.

"I am a true believer that you should practice the craft that you teach. I have trained physically since a very young age and I am currently a competitive Senior National Weightlifter."

His book 'Moving the Needle' is a book for anyone and everyone. It is a collection of anecdotes and

discoveries Josh has experienced, developed and discovered through years of mistakes, commitment and hard work that can be applied to all walks of life and living.

Throughout his career as a coach, Josh says he came to realise that what he was teaching people in the gym, had an incredible carry over into their day-to-day lives.

"Now I'm not talking about how a Deadlift can teach you to lift up a box of flat-pack furniture, or how taking a bar from your shoulders to overhead can help you play with your children, it was the psychological lessons that were creating the biggest impact. It is these psychological discoveries and thought-provoking realisations that I want to share.

He added: "Through training, whether that be for a competitive sport or so that you can become fitter, stronger and live for longer, it's not just your physiology that adapts, more importantly, it's your mind. When you decide that just because something is challenging or uncomfortable, that doesn't mean that you stop or give up, that is when the real magic begins to happen. There are times in training when you would rather do anything else than complete your next set. It could be another 500m interval on the rower, it could be another set of supramaximal Clean pulls, it could even be when you're stuck up a mountain unable to walk properly. Regardless of what your task is, once you realise that you can physically get through it by

being mentally resilient, there won't be much on planet earth that can stop you.

"Through coaching, I learned that as a coach you are not simply somebody who instructs a person through exercise. You develop a bond with that person and help them grow not only physically, but psychologically as well. I consider it an absolute privilege to call myself a coach, and that I have been able to coach so many unbelievable human beings since I started. To be able to truly have a positive impact on somebody's life is one of the best feelings in the world.

"The reason I wrote this book is to share what I have learned with as many people as possible. I want to share the lessons that I have seen first-hand have an amazing effect of peoples' lives. I wanted to create a book where as

the reader you can not only enjoy the content, but I want to actively encourage you to scribble all over it. Make notes, underline elements that really resonate with you and use it as a reference manual. If like me you like to keep your books looking pristine, I have included a specific notes section in the back of the book for you to write in. Along with the notes section there is a reference list explaining any of the technical gym-based lingo."

Josh says that through coaching, training, and often learning things the hard way, the lessons learned in this book will help you move forward with your performance, happiness and success. "Whatever you aspire to achieve, it's time to start Moving The Needle!"

'Moving The Needle' is now available on Amazon.



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Council cancel bus lane fines and issue new warning

AFTER receiving numerous complaints from motorists who were fined after unknowingly using a new bus lane, Warrington Borough Council has taken the decision to cancel all current fines.

In response to feedback, the council has taken the decision to cancel all penalty charge notices issued to date and to issue full refunds to all who have already paid them, as soon as possible. The council will be writing to all those due a refund with further details.

It is understood that several motorists have received numerous fines, some into double figures.

The cameras were introduced in October to assist with the removal of through traffic from Scotland Road. It forms part of the council's wider plans to reduce congestion, make the town centre a more attractive place for walking and cycling and to improve access for buses, by the removal of traffic rat-running through the town centre.

The implementation of the bus gate means there have been some changes to access routes to and from such places as the Prince Henry Square car park, Town Hill and the main Cockhedge Shopping Centre Car Park, located off the A49 Brick Street / A57 Midland Way.

Prince Henry Square car park should now be accessed to and from the north via Winwick Street passing Warrington Central Station and Town Hill should be accessed to and from the south via Dial Street and

Buttermarket Street.

In addition, the main Cockhedge Car Park now cannot be accessed via Scotland Road but instead via the A49 Brick Street / A57 Midland Way accesses, or via Dial Street and Orford Street.

Clear signage is in place, notifying people of the new bus gate and enforcement measures. However, a large number of motorists have been caught out by these changes in recent weeks, especially those travelling southbound as this was the previous access to Town Hill and many drivers have received Penalty Charge Notices.

Further to this, a leaflet showing the revised routes for motorists to follow will be sent to all those motorists who received a penalty charge notice, to avoid them receiving any more in the future. These leaflets will also be distributed to businesses in the vicinity of Prince Henry Square Car Park and Town Hill to raise awareness of the revised routes.

The council is now urging motorists who use this route in future to ensure they are familiar with the direction they need to travel in order to access Town Hill / Prince Henry Square car park / at the front of the Cockhedge Centre and the main Cockhedge Shopping Centre car park.

Only buses, permitted taxis, cycles and emergency services vehicles can use the bus gate. The new automatic number plate recognition cameras will capture the registration plate details of all vehicles driving illegally along the bus gate. Owners of these vehicles could receive a Penalty Charge Notice of £60 reduced to £30 if paid within the first 14 days.

The installation of the Scotland Road bus gate cameras is part of the council's ongoing work to support sustainable transport in Warrington. It aims to deter unauthorised vehicles, increase bus punctuality, reduce congestion and improve air quality. It is a vital part of the Council's wider

strategy set out in Local Transport Plan 4, Air Quality Action Plan and Health and Wellbeing Strategy to reduce the impact of pollution on busy roads in and around the town centre and for this to improve the health and wellbeing of those who live, work and visit Warrington town centre.

Bus gates help provide a more reliable bus service and increase passenger numbers by enabling buses to have a more reliable journey along some of Warrington's most congested roads.

You can find out how to challenge a ticket at warrington.gov.uk/bus-lanes-and-fines



Student praised after coming to aid of child struck by car

PUBLIC Services student Sean Bradbury has been praised for his courage and quick thinking in a challenging situation after coming to the rescue of an injured child, following a road traffic collision.

Sean was returning from Warrington & Vale Royal College when he witnessed a child being struck by a car. He stayed with the child for over two hours; keeping them still, providing warm blankets and offering reassurance.

While Sean was at the scene the attending ambulance was also involved in a road traffic collision, throughout which Sean remained calm and continued to comfort the injured child.

Sean's Tutor Andy Bramhall stated: "This is an exemplary display of behaviour from a Warrington & Vale Royal College student. Sean's actions have shown a real dedication to the local

community."

Sean's mother Karen Ramsden said of the incident: "I am very proud of Sean for helping and staying with the patient until the ambulance arrived. He stayed calm and caring throughout the incident and kept the patient talking and distracted."

Public Services student Sean also volunteers for PrimeCare Ambulance Services, a company providing mobile units, medical assistance and patient transport. Sean was also chosen to become a college Student Ambassador, an important role that involves attending college-wide events and assisting staff.

Warrington & Vale Royal College as a whole is incredibly proud of Sean's actions and would like to congratulate him on his outstanding conduct during such a serious situation.





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By David Watkinson

The dreaded Self Assessment Tax Return deadline is looming

As you read this you will be resting from the Xmas festivities and looking forward to a new year that will hopefully be both prosperous and healthy. However, anyone who has a tax liability to pay has one hurdle to face before they can fully relax – the dreaded 31st January deadline to both submit their tax return and to pay any resulting deadline.

The recent past has been very difficult for many people in business. The financial difficulties faced by many in the hospitality sector caused by the rapid spread of the new Omicron variant of Covid has been well publicised over the past few weeks. In view of the unusual circumstances HM Revenue & Customs (HMRC) have taken a lenient view on "time to pay" requests. In fact, HMRC have reminded taxpayers of the option to set up a "self-serve time to pay" arrangement if they are unable to pay their self assessment bill by the due date.

This option has been open to people with smaller liabilities for some time. However, the limit for a self-serve time

to pay arrangement was increased during the early part of the pandemic, and HMRC have now announced that the limit will remain at £30,000 tax due in respect of this January's liability.

If taxpayers can't pay their 2020/21 self assessment (SA) tax liability in full by the due date, which is generally 31 January 2022, then they can set up their own time to pay arrangement online if they:

- have filed their tax return for 2020/21;
- owe less than £30,000;
- are within 60 days of the payment deadline; and,
- plan to pay their debt off within the next 12 months or less.

To do so then the taxpayer should go to <https://www.gov.uk/difficulties-paying-hmrc/pay-in-instalments>

If the taxpayer owes more than £30,000, or need longer to pay, then they should phone the self-assessment payment helpline on 0300 200 3822 to make an arrangement.

As stated above, the service is available for 60 days from

the due date. However, if the liability is not paid within 30 days of the due date then a surcharge of 5% of the unpaid tax is generally payable. This is usually 1st March. To avoid this late payment surcharge, it is necessary for the taxpayer to set up the arrangement within the first 30 days following the due date.

The service has proved to be very popular to date. In fact, more than 20,000 taxpayers have used it since April 2021 to spread £46m of tax due for 2020/21. The previous year, over 123,000 taxpayers used it to spread the cost of £460m of liabilities in respect of the 2019/20 tax year.

Unfortunately, this self-serve time to pay facility is not available must be set up by the taxpayers themselves. Agents cannot do so on behalf of their clients as HMRC require a direct debit to be set up and they will only accept a direct debit mandates which has been set up by the taxpayers themselves.

All taxpayers should also consider any liability that may arise in respect of the



Margaret Black and David Watkinson

year 2021/22. A liability will arise on 31st January for a payment on account of this tax, and that payment on account will be based on 50% of the 2020/21 liability. A further liability of the same amount will arise on 31st July. Any taxpayer, whether or not they take advantage of a time to pay arrangement, should consider these payments on account. These payments on account will be reduced when the 2022 tax return is submitted to be based on 50% of the final liability. The payments on account will not be increased if the liability is higher. If they think that their liability in 2021/22 will be lower than their liability for 2020/21 then the taxpayer can reduce these payments on account based on those figures or estimates.

It is important to remember that any payment that is made after the due date will carry interest on a daily basis.

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

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Fit to Tackle programme ends with impressive 53 stone weightloss



LiveWire's popular Fit To Tackle programme has concluded with participants losing a combined total of 53 stone, with applications now open for the New Year.

Fit To Tackle is a beginners fitness and weight loss programme run by LiveWire that involves 24 bootcamp sessions at Halliwell Jones Stadium plus the opportunity to use LiveWire leisure facilities to help encourage them to keep exercising in the future.

The latest Fit To Tackle course – which was a men-only programme – ended recently with a combined weight loss of 342kg/53st 12lbs, and saw 41 participants losing 5% of their starting weight.

Tom Kearney, LiveWire Lifestyles Advisor and Fit To Tackle coach, said: "Our first programme back at the stadium was a huge success, with a collective weight loss of 53st 12lbs and almost all participants reporting an improvement of mood and mental wellbeing. Over the 12 weeks the participants were put through a variety of exercise sessions utilising

the stadium steps and concourses, along with taster sessions for mainstream fitness classes and an Offload session delivered by the Warrington Wolves Foundation.

"During the final month of the programme, participants were given all-inclusive access to all LiveWire facilities to allow them the opportunity to try and break down any final barriers they may have had towards exercise especially once the programme is finished.

"Our next men's only programme will be starting in January and we are expecting a high volume of applicants so please be quick and follow the link below to apply."

Fit To Tackle costs £30 and for more information and to apply please visit: www.livewirewarrington.co.uk/lifestyles/fit-to-tackle

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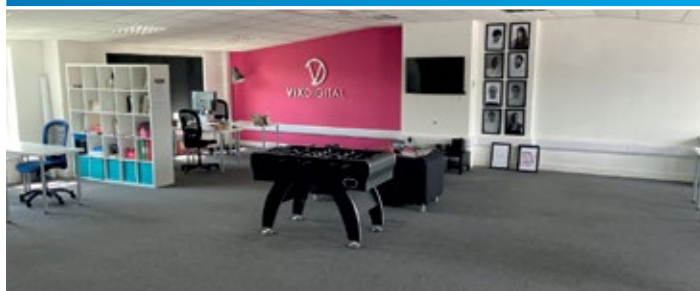
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