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# Editor's Opinion

**A lot of hard work has been taking place on the Lymm Neighbourhood Plan which is going out for public consultation in the New Year.**

This provides an opportunity for members of the public to have their say on the future development of the village.

Starting on January 16th and running until noon on February 28th, comments can be made to determine the future of the characteristics that are important for the parish including green spaces, design and heritage.

While I would encourage everyone to have their say, I am sure ongoing frustrations over development of green spaces will continue, particularly with a Government hellbent on us building our way out of the ongoing financial crisis. More details on

how to complete the survey can be found in this issue on page 6.

Locally in Warrington, our town finances have never been so stretched, with the council having to find another £90m of savings over the next four years.

This is at the same time as Labour councillors voting to increase their own allowances on Warrington Borough Council over the next three years, to bring themselves into line with other local authorities, while at the same time seeking to raise our council taxes above the 5 per cent cap.

Hardly the true spirit of Christmas.

With the pressures on social care continuing to increase and more cuts to come the council is going to become even more reliant on monies from developers to keep services going.

Here in Lymm we have seen



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hundreds of new homes being built, but no additional infrastructure to support them in the way of new schools, doctors surgeries etc.

Financial pressures also continue at our local hospital.

It was recently announced that Lymm resident and former MP Andy Carter, will take on a new role as Chair of Warrington & Halton Hospitals NHS Trust next April.

I look forward to reengaging with Mr Carter soon to discuss some of the issues facing our hospital.

**Deadline for February issue is January 6**

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# Work starts on £700,000 project at Lymm Methodist Church

**EXCITING changes are afoot at Lymm Methodist Church on Eagle Brow, as work begins on a major redevelopment project.**

The church's rooms and halls are used by many community groups, with more than 400 people on the



two floors and multiple levels. This is about to change, as the facilities get a major upgrade.

The £700,000 project will make all rooms fully accessible for wheelchair users and pushchairs. A lift and low-rise staircase will be installed, and other improvements include a new ground floor entrance and lobby, and new toilets and kitchen facilities.

The church is responding to the climate crisis by ending its use of gas, installing an electric air-to-air heating system using highly efficient air source heat pumps. This will reduce carbon emissions by 80%.

Work starts in January 2026 and will take six months. The Eagle Brow site will be closed during this time, but the church community will be

as active as ever. Sunday morning services will be held in St Peter's Church Hall in Oughtrington. 'Lunch at the Brow' will move to the village hall to serve its popular lunches on the second Friday of each month. Church members will also be helping to run Messy Church and visiting local primary schools regularly with Open the Book, re-enacting bible stories.

'We are delighted to be starting construction,' says church member John Woodthorpe, who has led the project team. 'The generous support we have had from our community has been fantastic. We cannot wait to invite everyone in when we reopen.'

To find out more about what the church is doing, visit [www.lymmmethodistchurch.co.uk](http://lymmmethodistchurch.co.uk)

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# What's On



## LYMM PARISH COUNCIL

Next meeting Tuesday January 13th, 7:30pm  
Lymm Parish Hall  
Check [www.lymmparishcouncil.gov.uk](http://www.lymmparishcouncil.gov.uk) for details.

## LYMM THURSDAY EVENING BRIDGE CLUB

Lymm Village Hall every Thursday 7pm  
Details: 07708 172015

## MAPLE LODGE ART GROUP

Meet each Wednesday 9.30am - 11.30pm  
Oughtrington Community Centre, Lymm  
Details: 01925 755926

## ROTARY CLUB OF LYMM

Meets at Warburtons Parish Rooms on the 2nd and 4th Wednesday each month at 8pm  
Contact 01925 919053

## LOVING HEARTS & HANDS

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

## LUNCH AT THE BROW

Eagle Brow Methodist Church  
2nd Friday in the month  
Light lunches 12 noon till 1.30pm.  
All proceeds to The Y Project Room at The Inn

## GARDENING CLUB

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

## LYMM FLORAL ART GROUP

Lynn Village Hall  
Third Monday of the month (except August and December) at 7.30pm. Visitors most welcome. Contact: 07876 176501  
[lymmfloralart.org.uk](http://www.lymmfloralart.org.uk)

## LYMM PHOTOGRAPHIC SOCIETY

Every 2nd and 4th Wednesday (ex Aug), 7.30pm  
Spread Eagle pub, Eagle Brow.  
See our rolling display in Lynn Library  
Details: [www.lymmphotosoc.org.uk](http://www.lymmphotosoc.org.uk)

## LYMM HISTORY SOCIETY

Second Monday each month  
September to May  
Lynn Village Hall - 8pm-9pm  
Variety of history talks  
Visitors most welcome  
[www.lymmhistory.club](http://www.lymmhistory.club)

## LYMM WINE AND BEER CIRCLE

3rd Wednesday of the month, 8pm  
The Spread Eagle Hotel  
Details: 01925 756444

## LYMM CONCERT BAND

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

## LYMM WI

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

## LYMM AND DISTRICT MIXED VOICE CHOIR

Every Wednesday 7.30 Lymm Methodist Church. Contact 01925 601664.  
[calth@csstones.co.uk](mailto:calth@csstones.co.uk)

## PROBUS CLUB OF LYMM

A small, friendly social club for retired men and women.  
Meets on second and fourth Tuesdays at 2:15pm.  
Details: [www.lymmprobus.club](http://www.lymmprobus.club)

## LYMM DINGLE PROBUS CLUB

A friendly busy social club for retired men. Meets on alternate Thursday afternoons at Lynn Baptist Church.  
Details: [www.lymmdingleprobos.club](http://www.lymmdingleprobos.club)  
Club secretary 01925 759995

## FRIENDS OF LYMM LIBRARY CRAFT GROUP

Lynn Sanctuary Hub  
Fridays 1.30-3.00pm  
Details: 01925 754016

## HEATLEY WI

Meets the second Thursday of each month at Oughtrington Junior School, 7pm  
Visitors welcome. Details: 01925 752014

## LYMM & THELWALL U3A

Speaker meeting 3rd Thursday of the month (excluding August & December) at Thelwall Parish Hall 10.00am. Prospective members welcome.  
[www.u3asites.org.uk/lymm-thelwall/home](http://www.u3asites.org.uk/lymm-thelwall/home)  
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# Schoolgirl celebrates 10th birthday alongside Hollywood stars on the big screen



**A Lymm schoolgirl celebrated her 10th birthday, appearing alongside Hollywood stars on the big screen in the premiere of the movie "Now You See Me: Now You Don't."**

It was Mali McEwan's first-ever job, beating hundreds, maybe thousands of other little girls to get the role.

Mali McEwan, who attends Ravenbank Primary School in Lymm in Year 5 turned 10 the week the movie premiered.

"Now You See Me: Now You Don't" is the 3rd instalment in the franchise of these films, following Now You See Me 1 & 2.

The film was released in the United States on November 14, 2025, by Lionsgate. The film grossed \$81.9 million worldwide and received mixed reviews from critics, though many deemed it an improvement over its predecessors.



A sequel is reported to be in development.

The film stars Jesse Eisenberg, Woody Harrelson, Dave Franco, Isla Fisher, Justice Smith, Dominic Sessa, Ariana Greenblatt, Lizzy Caplan, Rosamund Pike and Morgan Freeman.

Mali plays an American girl called Violet, the daughter of one of the Four Horsemen called Henley Reeves (Isla Fisher).

She filmed in Budapest last September, 2024, and the movie was released this November.

Mali has been with her Agent Melanie Ash at Chaos Management since April 2024.

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# Your pet questions answered

By Dr Rachel Dean,  
Burford Lane Vets

**How can I keep my pet warm and comfortable during January's cold weather?**

January often brings some of the chilliest days of the year, so it's important to make sure your pet stays snug and comfortable.

Set up a warm, draught-free space and offer cats and dogs a cosy bed with extra blankets to help trap warmth. If you're using a heat pad, make sure it's placed under a blanket rather than directly on your pet's skin. Try to move beds away from windows or external doors to avoid cold spots.

For outdoor pets such as rabbits or guinea pigs, ensure their hutch is properly insulated and raised off the ground to stop damp. Add plenty of hay or straw for bedding and cover the hutch at night with a waterproof sheet. When temperatures drop particularly low, consider bringing them inside for added warmth.

Short-haired or smaller dogs may need an extra layer when outside – a winter coat can make walks much more comfortable.

**Should I adjust my pet's diet during winter?**

Colder weather can change your pet's energy needs, especially for those that spend time outdoors.

Dogs and cats who remain active outside may need more food to keep up their energy. If your pet is less active in winter, you might need to slightly reduce their portions to avoid weight gain.

For rabbits and guinea pigs, make sure they always have access to hay and their regular diet. They'll burn extra calories keeping warm, so offering more food may help. Always provide fresh, unfrozen water.

**Are there any health risks to be aware of in January?**

Winter brings a few seasonal hazards that pet owners should watch out for.



Antifreeze is extremely poisonous to animals, yet its sweet flavour can tempt them to lick or drink it. Keep all products containing antifreeze locked away and clean up any spills straight away. If you think your pet may have come into contact with it, contact us immediately.

Cold weather can also cause frostbite and hypothermia, particularly in pets left outside too long. Try to limit outdoor time during freezing temperatures, and always dry your pet thoroughly after walks, focusing on their ears and paws.

Rock salt and grit used on pavements can irritate paws and, if licked, cause stomach upset. Rinse or wipe your pet's feet after walks to remove any residue.

**How can I keep my pet active indoors?**

When it's too chilly for long outdoor adventures, keeping your pet entertained indoors is key.

For dogs, puzzle toys, snuffle mats and hide-and-seek games can provide both exercise and mental stimulation.

Cats often love interactive play – try feather toys, laser pointers or scattering treats for them to hunt. Adding climbing shelves or a cat tree gives them space to explore and stay active.

Small pets like rabbits or guinea pigs also benefit from indoor enrichment. Provide tunnels, chew toys or boxes stuffed with hay to encourage natural foraging behaviour.

If you're ever unsure about your pet's weight, diet or winter routine, book a check-up with us. We're here to help your pets stay happy, comfortable and healthy throughout the colder months.

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# Lymm's Neighbourhood Plan ready for consultation in new year



**LYMM residents, business owners and community groups will have a chance to have their say and comment on Lymm's very own draft Neighbourhood Plan in the new year.**

Starting on January 16th and running until noon on February 28th, comments can be made to determine the future of the characteristics that are important for the parish including green spaces, design and heritage.

Comments are welcome on-line, in writing or through completion of a feedback form that will be available in various locations around the village. All the venues where the plan can be viewed and commented on will be made available on the website during the consultation period – [www.lymmparishcouncil.gov.uk/np](http://lymmparishcouncil.gov.uk/np) consultation

Cllr Stan Draper, the chairman of the Neighbourhood Plan working group adds that "After many years of diligent development by the community led working group, who have responded to feedback from across the parish, it is now time for you to have your say on the final draft. This is your chance to be involved in 'SHAPING WHERE WE LIVE' and how 'LYMM WILL LOOK' in the decades ahead. Lymm Parish Council and the Working Group look forward to

hearing from you in the New Year."

Once the consultation has closed, all comments that have been submitted will be considered and the plan amended before being submitted to Warrington Borough Council for independent examination.

Neighbourhood Plans are a grass roots, community led way for residents to influence planning and development in their local area. Sitting alongside Warrington Borough Council's recently adopted Local Plan and the National Planning Policy Framework, the Neighbourhood Plan will be the third and most local layer of planning policy that planning applications will need to consider.

By creating a Neighbourhood Plan, Lymm residents can seek to protect and enhance the village's unique character for the lifetime of the plan, normally between 10 and 15 years. It's an opportunity to ensure that new development is appropriate, and prioritises the needs of the community.

For more information, contact [clerk@lymmparishcouncil.gov.uk](mailto:clerk@lymmparishcouncil.gov.uk) or 07741 877870

## Up to six weeks of road works scheduled for A56

Up to six weeks of footpath and road works are scheduled to take place on the main A56 road through Lymm, starting in February 2026.

Footpath works will take place between the hours of 9:30 am to 3:30 pm, while road works will be from 7 pm to 1 am in a bid to minimise disruption.

Warrington Borough Council has given notice it intends to make an Order under Section 14 of the Road Traffic Regulation Act 1984. The effect of which will be to introduce a prohibition of driving & clearway as follows: Church Road from the junction with Elm Tree

Road to the junction with Rectory Lane; Brookfield Road from Church Road for 50 metres; Lakeside Road from Church Road for 50 metres.

The Order will be effective from 2nd February 2026 for 6 weeks, between 9:30 am and 3:30 pm (footway works) and 7 pm to 1 am (road works), as and when signed on site. Access will be under the control of the relevant Contractor for the duration of the works. The alternative route will be via Eagle Brow, The Cross, Rectory Lane and vice versa. The closure is required for carriageway and footway resurfacing.



# Obesity: A chronic disease we must start treating seriously

By Dr Stephen Coogan MBChB MRCGP, Founder and CEO, myGP Clinic

**January is the point in the year when many people take stock of their health after a season of over-eating, and obesity inevitably comes into sharper focus. Too often the discussion is wrapped in blame, willpower and personal failure. This view is outdated. Obesity is a chronic, biologically driven disease with well-understood mechanisms, and it carries serious long-term risks to health if left unmanaged.**

We now know that bodyweight regulation is governed by complex systems involving gut hormones, brain signalling, metabolism and genetics. These systems are designed to defend body fat, not shed it. This is why so many people experience weight-cycling or "yo-yoing" despite working extremely hard. They lose weight, then regain it because the underlying biology pushes back. This is not a lack of discipline; it is the natural behaviour of a chronic disease. Stigma is not only unfair but clinically harmful, as it discourages people from seeking proper help.

Obesity significantly increases the risk of cardiovascular disease, type 2 diabetes, fatty liver disease, sleep apnoea and several cancers. It is not about appearance or vanity; it is about reducing the diseases that shorten life expectancy and diminish quality of life.

Effective management requires a structured approach built on four pillars: nutrition, physical activity, behavioural support and,

when appropriate, medication. Sustainable dietary change matters far more than short-lived restrictive diets. Physical activity should be realistic, safe and progressive. Behavioural support helps consolidate habits over the long term rather than relying on bursts of motivation that inevitably fade.

Medication can be transformative for many people when used correctly, and the evidence for modern anti-obesity medicines is strong. After eight years of prescribing these treatments, we have observed consistent, safe and meaningful weight reduction when they are used under proper supervision. However, these medicines are powerful and must be treated with the same caution as any other prescription therapy.

A growing problem is the widespread availability of counterfeit or illegally sourced weight-loss drugs. These products often contain incorrect ingredients, unsafe doses, or no active medication at all, and they pose

serious risks. No-one should ever obtain obesity medication online or through unregulated vendors. Treatment must be supervised by a qualified GP who understands the patient's medical history, monitors progress and manages dosing safely.

At My GP Clinic, we take a non-judgemental, medically grounded

approach to obesity care. We aim to inform, support and guide people towards long-term health rather than temporary fixes. January is a sensible moment to take action, but tackling obesity is a year-round commitment. With expert oversight and a structured plan, meaningful and lasting change is entirely achievable.



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# Nearly £60k raised by Lymm mum's trek across Jordan

LYMM-based Kids Planet Day Nurseries CEO Clare Roberts OBE has helped raise £59,500 for the UK charity Girls Out Loud after completing a six-day trek through Jordan to the city of Petra.

The money raised from the self-funded expedition will provide career-changing support for teenage girls across the UK through mentoring and confidence building programmes.

The Girls Out Loud foundation is dedicated to empowering young women to find their voice, giving them the confidence to ask for help, seek motivation, or change

challenging behaviour patterns.

Clare joined a team of 18 supporters covering 100 kilometres of canyons, mountain passes and open desert, before finally descending into the UNESCO World Heritage Site of Petra. The route tested physical and emotional resilience – fitting to Girls Out Loud's mission of helping young women navigate the challenges of adolescence with confidence and self-belief.

Clare, CEO of national nursery group Kids Planet, said "Taking on the Petra trek was one of the most challenging and uplifting experiences I have ever done. I chose to self-fund the journey because I wanted every penny raised to go directly to Girls Out Loud and the incredible work they do with teenage girls. Walking through the desert each day reminded me just how important resilience, confidence and strong role models are. Knowing that our efforts have helped raise more than £50,000 is truly humbling, and I'm grateful to everyone who supported us along the way."

The group's fundraising total now exceeds £50,000 and will directly support Girls Out Loud's nationwide work with girls aged 13 to 16, including its flagship Big Sister-Little Sister mentoring scheme and in-school interventions. At a time when the pressures facing teenage girls are greater than ever, the funds raised will enable more girls to access structured support and positive female role models.

As CEO of one of the UK's largest nursery groups, Clare recognises that developing confidence and character begins long before secondary school, and that sector-wide engagement in charitable initiatives can help strengthen outcomes for future generations.

Clare is continuing to encourage local communities, businesses and sector colleagues to learn more about Girls Out Loud and consider supporting its work, particularly as demand for its programmes continues to grow.

Every penny raised could give a young girl courage and inspiration for their future.



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# Bridgewater Canal moves into next phase of repair programme

**THE Bridgewater Canal Company has confirmed that the repair programme following the New Year's Day breach at Little Bollington has now moved into its next phase, with stabilisation works nearing completion.**

The formal design process for reinstating the embankment is now underway following the devastating breach on New Year's Day.

As part of this progression, SLR Consulting (formerly Wardell Armstrong) has been appointed as principal consultant to lead on the design and project management of the reinstatement, following a competitive tender process.

Since January, extensive work has been undertaken to protect and secure the canal. Temporary dams, stoplogs and embankment support have stabilised the site, and the unnavigable stretch has been reduced to under half a mile.

In September, the adjoining landowner, the National Trust,

released its Geo-environmental Site Investigation, undertaken with guidance from Cheshire East Council and the Environment Agency. The report confirmed: "Testing showed that the flood-affected soils at the site do not pose a risk to human health from chemical or microbiological sources."

This enabled full access for specialist surveys, which have now been completed. The results are informing the design process, which is underway.

Further targeted ecological and environmental surveys will take place in the coming weeks. Once finalised, these will allow the contractor procurement process to

begin. Subject to the outcomes of ecological surveys and engineering design, they envisage construction works to begin in summer 2026 with completion by the end of 2026.

SLR Consulting said: "We're pleased to support the Bridgewater Canal Company as this project moves into the design and planning phase. With our experience in civil engineering and canal infrastructure, we look forward to helping restore this historic stretch of the Bridgewater Canal."

Peter Parkinson, Managing Director of the Bridgewater Canal

Company, said: "We recognise how important the canal is to boaters, local residents and the wider Cheshire Ring. We're pleased to have appointed SLR Consulting as principal consultant; their extensive experience in civil infrastructure and canal projects will be invaluable as we move into the next phase of these complex repairs. We remain committed to restoring navigation and will continue to keep everyone updated as plans develop."

For more details, visit: [bridgewatercanal.co.uk](http://bridgewatercanal.co.uk)



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# Major Upgrade to Lymm's Electricity Network scheduled for New Year

**A major upgrade to Lymm's Electricity Network is set to start in the New Year as SP Energy Networks begins essential modernisation works on the electricity network, ensuring the local system is ready to meet growing demand for cleaner, greener energy.**

As part of its commitment to delivering a reliable and resilient electricity supply, the company is investing in upgrades that will increase capacity and futureproof the network.

The project will involve replacing sections of ageing underground cables and installing new connections across the local network. This work requires excavation in specific areas and careful traffic management to minimise disruption. SP Energy Networks' priority is to complete the work safely and efficiently while keeping any impact on residents and road users to a minimum.

Work will start in January 2026 and continue until July 2026 in two main areas:

- West Lymm: Cherry Lane and Elm Tree Road, progressing to Booths Hill Road, New Field Road, Moston Grove, Daisy Bank Road and Barsbank Lane.
- East Lymm: Lymm Footpath, then Woodland Avenue & Crescent, Higher Lane and Burford Lane.

Further cable replacement will follow across other parts of Lymm as the project moves forward.

lymmreinforcement@sopenenquiries.co.uk



Steve Matthias, Mid Cheshire District General Manager at SP Energy Networks, said, "With electricity demand set to double by 2050, investment in the UK's electricity network is critical to building a modern, flexible and greener energy system."

"Our work in Lymm will ensure the local network is fit for the future, supporting the community as more people adopt low-carbon technologies. We'll keep residents informed throughout and thank everyone for their patience as we deliver these essential upgrades."

All works and traffic management plans have been agreed with Warrington Borough Council. Standard working hours will be 07:00-17:00, up to seven days a week. There may be short periods where no activity is visible on site, for example, while reinstated surfaces set.

Clear signage will be in place ahead of any changes to road layouts, and updates can be found at <https://one.network>.

A dedicated community relations team is available for anyone who wants to find out more about the project. They can be contacted via phone 0800 188 4481 or email

## Kaitlin's history essay earns Cambridge recognition



A former Lymm High School student has been rewarded by one of the world's leading universities for an essay she wrote about the representation of women's lives in ancient Greece.

Kaitlin Wilson, who is on Priestley College's High Achievers' Programme, received a Certificate of Commendation after entering her work into the Fitzwilliam Essay Competition.

As a further reward she was invited to the University of Cambridge – a world leader in Humanities – for a tour of Fitzwilliam College with Dr Sara Owen.

She said: "I had planned to apply to the University of Cambridge before I took part in the essay competition due to their amazing History degree and the tutorial style of teaching."

"However, after visiting Fitzwilliam College, I decided to apply to that college in particular due to its amazing campus."

Kaitlin heard about the Fitzwilliam Essay Competition through the High Achievers' Programme at Priestley.

During those weekly sessions she worked on improving the essay, looking at how to make her argument more precise and her writing more fluent.

"This essay gave me the opportunity to not only

communicate these long-held beliefs, for example, I had wanted to explain the horrific misogyny in Aristotle's work for some time, but also to construct an essay at my own pace, and enjoy the process," she said.

Kaitlin's essay focussed on the representation of women's lives in ancient Greece, discussing the depiction of women on an oil flask from the time period and whether this was an accurate representation.

She was drawn to the question because of her interest in women's history and her love of analysing historical sources from a feminist perspective.

After finishing her A-Levels in Classical Civilisation, History, English Language and Literature, her goal is to study at either Cambridge or Manchester.

Kaitlin said the support she had received at Priestley was helping her to prepare for the rigours of university interviews and study.

"It has been extremely helpful in allowing me to prepare for my Cambridge interview if I should be asked to attend one," she said.

"It has also been a way of challenging me to overcome my fears of verbal communication as a person with ASD, and I have actually been able to enjoy the academic experience of communicating my ideas through these exercises."

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# Junior Tse awarded black belt at karate aged just nine!

**Junior Tse aged 9 from Lymm who attends Ravenbank Primary School has just been awarded his black belt for Karate.**

He has been mentored for the last four years by Sensei Dave Shipton and Sensei George of Lymm Gen Dai Martial Arts held at Lymm High School twice weekly.

Two outside Sensei's were present to take the grading, Sensei Shaun Hutchinson and Sensei Kevin Maher both top Karateka who rose up through the ranks along with the dojo's own Sensei Dave via the Japan Karate Association making it well inspected grading.

Recently Junior was awarded for his persistence and dedicated attitude, not missing any classes and fighting his way up to become

the youngest black belt in the class. Junior has gained a great deal of discipline and respect along with his martial art skills and thanks his Sensei's for their efforts in this amazing feat.

His parents Jemma and Daniel are uber proud of their son's accomplishments and extremely thankful to Gen Dai Martial Arts for all they have done with him.

Junior hopes to continue on learning his Karate, hoping to achieve Black Belt Dan's and also intends on taking up different styles of martial arts as he gets older.



**Chambers Fletcher Solicitors**

## Divorce Column

**By Peter Wilkinson  
Divorce Lawyer at Chambers Fletcher Solicitors**

### Divorce - Matters of Power, Control and Abuse

Family solicitors are increasingly dealing with separations in circumstances involving patterns of controlling, manipulative or emotionally abusive behaviour. These cases cut across all backgrounds and are far more common than many people realise.

Unlike physical abuse, emotional abuse and coercive control often leave no visible marks. They may involve persistent belittling, gaslighting, isolation from friends or family, financial restriction, monitoring of movements or the gradual erosion of a person's confidence and self-belief. Victims may begin to doubt their own perceptions, minimise what is happening, or feel incapable of making decisions without fear of repercussions.

The law now recognises coercive and controlling behaviour as a serious and harmful form of abuse. It is not about occasional arguments; it is characterised not by conflict but by dominance. Further, such abuse does not always end when the relationship does. In some relationships the control continues and might even escalate after separation – played out through children, finances, relentless communication or the manipulation of the legal processes – perhaps by causing delay or refusal to engage constructively.

There has also been a marked increase in cases involving extreme levels of self-focus, lack of accountability, narrative shifting and refusal to compromise – behaviours often associated with narcissistic traits. While 'narcissism' is not a legal expression the associated conduct frequently presents very real challenges in resolving financial or child-related arrangements. These behaviours can make achieving negotiated outcomes extremely difficult and turn otherwise straightforward divorces into prolonged disputes.

Not every difficult breakup is abusive, of course. However, where fear, imbalance of power or psychological harm are present, approaches that assume equality between the parties are likely to be inappropriate and ineffective. In these circumstances a firmer and more robust approach is likely to be required to address and manage the imbalance of power and dominance at play.

Early legal advice can be critical in these cases. Identifying controlling behaviour at an early stage helps ensure that the right approach is adopted from the outset.

If you feel you may need family law advice, we can help.

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# Lymm - the most improved cricket ground in Cheshire

## LYMM Oughtrington Park Cricket Club has the most improved cricket ground in Cheshire.

The title has been awarded by the Cheshire Cricket League and is a just reward for club members who have carried out many years of voluntary work on the Oughtrington Lane ground.

League chair Selwyn Stephenson presented the award to the club's league representative Mani Singh, who is also 2nd team vice captain.

Mr Stephenson said: "This award reflects the long-term investment that LOPCC volunteers and members have continuously made to both capital investment and regular maintenance over many years.

"Every time I visit the club in Lymm, not only am I made to feel welcome, as are all the league

umpires and visiting clubs, but I see year-on-year improvements to the ground and the facilities. The spirit of cricket and everything we love about the game is alive and thriving at Lymm."

Club president Bill Madeley said: "The club has never looked so great and inviting. The pitch and excellent playing conditions compliment the constantly improving standard of cricket being played across our six senior teams and the incredibly successful junior section of the club.

"I would like to thank all the club's volunteers, past and present, whose dedication has been recognised by this prestigious award".



## Care home partners with local nursery for adopt a teddy scheme

BROOKFIELD Care Home in Lymm has teamed up with Kids Planet nursery for a newly launched adopt a teddy scheme, connecting residents within their home with the children of the nursery.

Residents of Brookfield care home have picked a teddy and named it themselves. They then put a photo of themselves with the teddy and a short message to the child asking them to look after the teddy and share their fun and games with the home, also to visit them at the home for teddy's tea parties, and make new friends in the inter-generational scheme.

Sarah Nolan, General Manager of Brookfield care home, said:

"Residents have really enjoyed sharing their teddies with the young children. They are looking forward to seeing the children when they come and visit the home to share their stories. The residents at our home have wonderful stories to share with the children too; they're really excited about the new friendships they will be making."

Brookfield care home is run by Barchester Healthcare, one of the UK's largest care providers, which is committed to delivering personalised care across its care homes and hospitals. Brookfield provides residential care for 27 residents from respite care to long-term stays.



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## Obituary

## Christopher Satchwell

The funeral has taken place of Christopher Satchwell who passed away aged 100 on November 12.

Known as Chris by all that knew him, he was a longtime resident of Lymm and a member of Lymm Probus.

The funeral took place at Altrincham Crematorium on December 5, with the service led by Mark Coles.

Funeral arrangements by John Burrows and Sons.



## Obituary Notices

While Obituary notices are published free of charge, due to pressures on space, we can never guarantee they will be used and there can also be a delay of several months.

If you would like to guarantee a notice to appear in the next available issue, these can be purchased for £75 plus VAT which helps towards the running costs of your free community magazine.

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