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magazine

February / March 2015

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# Welcome to **lifestyle**



@GarySkent

The nights are getting lighter and Spring is only a few weeks away although as I write these welcome notes we are in the midst of driving rain, hailstones and snow!

It is hard to believe our planet is suffering from global warming – although this is what many scientists say is the reason for our changing weather patterns. As a nation we are obsessed with the weather and yet even with advanced equipment and satellites it is still almost impossible to predict the weather from day to day.

Councils up and down the land get it in the neck when they send out the gritters when it doesn't freeze and for not sending them out when it does!

Yet national newspapers continue to put headline grabbing weather reports, sometimes months in advance, predicting summer heatwaves or heavy snowfall for Christmas – and rarely are they right.

Even the weather app on my iPhone usually gets in wrong – and yet I still check it several times a day!!!

I suspect as a nation we will never stop obsessing about the weather – because it is almost unpredictable and can go from one extreme to another.

Anyway whatever the weather you can sit back and enjoy your latest issue of Lifestyle and by the time our next issue comes out it will be Spring!

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# "A book that should be given out at birth!"

EIGHTY per cent of people in a recent poll selected "my relationships" as the most important factor for their happiness and wellbeing.

People seem to be giving relationships more attention and there is a specific movement taking place – a kind of revolution in the way we relate; the way we perceive life and communicate.

This is the conclusion of a new book – "Heart of Relating: Communication beyond Ego" by grief counsellor Carmella B'Hahn, which has been described as "a book that should be given out at birth."

Carmella was born in England in 1958 and didn't speak for the first six years of her life. Her first words were spoken loud and proud in the school nativity, much to the amazement of friends and family.

Much of her life has been spent watching people and questioning how we might relate and communicate better.

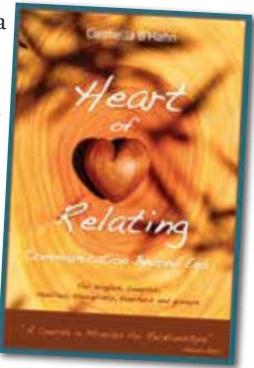
She hit the headlines in 1986 as one of England's first water birth labours. Her son, Benjaya,

tragically drowned in a river when he was five.

Two miscarriages later, Carmella chose to give birth in water again. Her son, Asher, is now 21. Carmella is a grief counsellor.

She says: "These tough life experiences taught me the importance of living from my inner strength, and I have been sharing with others how to do this for a long time. Presently this takes the form of counselling, relationships/communications coaching and courses.

Carmella co-founded an eco-community in Devon that now sees 45 adults and children living together in a sustainable way, giving her many opportunities to practice the techniques and ideas shared in her book



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# Survey reveals a good tan means more sex!

A new survey has thrown light on how a good tan can get you more sex, revealing that 58% of Brits feel sexier with a tan! With the imminent release of popular, risqué book-to-movie, 50 Shades of Grey on Valentine's Day, will you go for a sex-appealing tan?

The poll of 100 people conducted by TanOrganic, the world's first and only eco-certified self-tanning brand, uncovered thoughts into tans, confidence and sexiness.

The results revealed that a whopping 87% of people think that they are more attractive to the opposite sex, leading to 65% thinking they actually get more nookie when they are glowing!

As a good fake tan can help you appear slimmer, healthier and can also mask an array of skin imperfections, it is also thought that when you have a golden tan it has the ability to stimulate

the release of beta-endorphins also known as the natural feel good drug! It's therefore not surprising that 44% of those surveyed think they get more sex because they feel more confident in their bodies when they are tanned whilst 42% think it's because they feel sexier; with worrying less about cellulite only coming in at 4%. A state of mind over matter perhaps; if you feel, therefore you are...

When asked which celebrity's tan would make them feel the sexiest, 32% of respondents voted for the gorgeous, naturally beautiful and bronzed Kelly Brook. The second highest vote went to the lovely Jennifer Anniston with 27%. Both celebrities sport a more natural shade of tan! Coming in bottom of the pile with no votes for their tans were Katie Price and Lauren Goodger. Never mind girls, maybe try an organic tan next time.

Noelle O'Connor, founder of TanOrganic and a star on Dragons Den in 2010 when she secured a £40,000 investment, comments: "I've always believed that a good, natural-looking tan can work wonders on body confidence. Running this survey was fun and finding out that people feel sexier as well as more confident when tanned made me smile and goes a little way towards proving my theory. With TanOrganic, people say 'your tan looks great' not 'your fake tan looks great'. I think this shows that people are airing towards a more natural look nowadays."

In 2011, TanOrganic realised one of the company's most significant accomplishments completing a meticulous 18 month long process in order to be awarded the well deserved Eco-certification.

This acted as a major milestone and turning point for TanOrganic as it made us the world's first eco-certified self tanning brand. All aspects of TanOrganic tan has been proven as organic from seed to bottle. Noelle's initial aim was to achieve Eco certification. We are very proud as a company to produce 100% natural and organic products. Achieving this was Noelle's way of expressing to the world that this cutting edge tanning product is in deed 100% natural and organic.





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# Ken Dodd brings some happiness to Parr Hall

Comedy legend Ken Dodd brought some happiness to the town when he agreed to perform on stage with Warrington BSL Signing Choir when he appeared at the Parr Hall recently.

The Choir, who are based at Warrington Deaf Centre on Wilson Patten Street, were given the opportunity after member Jen Hughes contacted the comedian to ask if they could perform a song with him in British Sign Language, to raise Deaf awareness and he agreed, choosing his much loved song 'Happiness'.

Penny Spiers, who works at the Deaf Centre and is a member of the choir said: "It was an amazing experience and an absolute privilege to have performed with Doddy and we cannot thank him enough for allowing us to do this and to raise Deaf awareness in this way.

"The audience really enjoyed it and as Doddy said as he introduced the song, 'Happiness can be seen as well as heard'."

After the performance on his "The Happiness show" tour, Ken presented members of the choir with free signed programmes.

Warrington BSL signing choir performed with many of the original Deaf members from when it first formed over 20 years ago and has both hearing and Deaf members.

They have performed at many events in Warrington, including Disability Awareness Day, Oktoberfest, Warrington Gay Pride, Orford Jubilee Neighbourhood Hub opening for the Queen in 2012 and have also performed on stage with Peter Gabriel, Mike and the Mechanics and Rod Stewart.

Any one interested in booking the choir for an event or for any enquiries please contact Penny at Warrington Deaf Centre by email at [admin@wsdp.co.uk](mailto:admin@wsdp.co.uk)

# *Is this the biggest bridal show ever?*



IT could be the biggest bridal show ever – the London Bridal Fashion Week (LBfw) to be held on May 17-19.

Held at the iconic Old Billingsgate, LBfw will preview the latest bridal collections from some of the finest designers and leading brands, all together in one accessible and truly striking environment.

The show will showcase the 2016 collections of bridalwear, accessories and occasionwear.

Divided into three main sections, the exhibition has been designed to enhance the visitor's experience.

Charlie Brear, YolanCris, Madeline Isaac-James, Özlem Süer, Rembo Styling, Lambert Creations and Annasul Y are amongst the fine designer labels hosted in the exclusive Designer Showrooms.

The Bridal Hall will feature premium bridal brands such as Watters, Ellis Bridal, Demetrios, Kelsey Rose, Madeline Gardner New York (MGNY), Amanda Wyatt and Benjamin Roberts.

The Accessories Gallery will present an array of veils, headpieces, jewellery, tiaras and lingerie collections by top accessories brands including Rachel Simpson, Nymphi Design, Yarwood-White, Linzi Jay and Arianna Tiaras.

Fashion Shows, a Champagne Bar, Riviera Restaurant and Media Lounge are other features on offer to visitors.

For more information, visit [www.londonbridalfashionweek.com](http://www.londonbridalfashionweek.com)

# Warrington & District Society for Deaf People



Warrington BSL Signing Choir is based at Warrington Deaf Centre. We meet fortnightly to practice and our members are both D/deaf & hearing. Reformed in 2011, with many of the original D/deaf members from when it was first formed over 20 years ago, we perform at various venues to raise Deaf awareness & funds for the Charity. The money is used to help support the Deaf Centre & trips out for Deaf OAPs & Childrens' parties. As well as performing for the Queen at the opening of Orford Jubilee Neighbourhood Hub in 2012, our choir have performed on stage at the Manchester Arena with Peter Gabriel, at Blackpool Football Stadium with Rod Stewart, Warrington Parr Hall with Mike & The Mechanics, the Lowry, Liverpool Airport, Warrington Gay Pride and many more. We perform annually at Warrington's Oktoberfest, Disability Awareness Day & Christmas performances at Warrington Golden Square & Widnes Town Centre. This Christmas we also performed at Tammy Silcock's Winter Wonderland Event at EventCity in Manchester, the UK's largest indoor Christmas theme park, which was a huge success, and on stage with Ken Dodd at the Parr Hall on January 24th this year. If you are interested in booking our Signing Choir to perform at an event or for any enquiries, please contact Penny at the Deaf Centre : admin@wdsdp.co.uk / 01925 634640.



## What's On

**Warrington Deaf Sports & Social Club - Open to all with membership just £5 a year**  
Deaf Café - Last Saturday of every month 12.00pm - 5.00pm  
Bingo and Social Club - Every Wednesday and Friday night 7.30pm - 11.00pm  
O.A.P. - Every Wednesday afternoon 12.00pm - 4.00pm  
Snooker Match League - 'A' & 'B' Teams every Thursday night 7.30pm - 11.00pm  
BSL Signing Choir - Every 2 weeks Thursday night 7.30pm - 9.00pm  
Deaf Church - Third Sunday of every month  
Grand Bingo - Easter / Summer / Christmas  
Other Facilities - Full conference facilities in a town centre location

For all enquiries please contact: Penny Spiers

**Tel: 01925 634640 Email: admin@wdsdp.co.uk**

# Redefine 2015 and achieve your goals with LiveWire!

With the New Year now upon us there is no better time to make your healthy resolutions. Whether your aim is to lose weight, stop smoking, be more active or to relax and de-stress, LiveWire can help you redefine 2015.

For each us and our families, it's about the small changes we can make and stick to that will have a huge impact on our health and wellbeing. Whether it's cooking more healthily, avoiding snacks, or being a little more physically active, LiveWire can help, so forget fad diets and quick fixes; get lasting results and lose weight the healthy way!

LiveWire's friendly Lifestyle Advisors will provide guidance and support to help you stick to your new routine through group drop-in sessions or at one to one personal meetings. Helping to equip you with all the necessary tools to kick start your weight loss journey, whilst taking time to teach you the importance of physical activity, healthy eating and nutrition to achieve success.

If your focus this year is to move more, LiveWire has a wide selection of user friendly leisure facilities located throughout Warrington. Facilities include; seven swimming pools, six fitness suites, over 150 fitness classes and racquet sports such as; tennis, squash and badminton.

A member of the Health and Wellbeing team will also be on hand to provide free personalised fitness programmes to get you on the right track.

If you haven't exercised for a while then let LiveWire help get you back into exercise with the Reach for Health Programme, aiming to get you active through a series of gentle exercises over a 4, 8 or 12 week period. There is also a Stay on Your Feet scheme for people aged 65years+, which include a variety of Tai Chi and low impact exercise classes, held at LiveWire leisure facilities and community buildings across Warrington.

Is it time to take a break? The New Year is a perfect time to make your health a priority. Stopping smoking is a hard habit to break, but research suggests a smoker is four times more likely to quit successfully with support than if they go it



alone. LiveWire's expert Lifestyle Advisors offer Stop Smoking help through one to one and group drop-in sessions throughout Warrington. For more information on ways to quit or to find out how much money you are spending a year on smoking visit: [www.livewirewarrington.co.uk/smoking-calculator](http://www.livewirewarrington.co.uk/smoking-calculator)

Escape the stresses of everyday life in one of LiveWire's libraries this year. Becoming a LiveWire library member is easier than ever with the new online sign up, and the best part? It's completely free!

There is a huge range of books on offer in each library along with reading groups, IT, crafts, family history sessions and volunteer workshops.

If you got a new tablet or e-reader for Christmas and are looking for e-books for your new device, library members are able to choose from thousands of free favourite and new titles to download directly onto your device.

For more information on what's available visit the LiveWire website at: [www.livewirewarrington.co.uk](http://www.livewirewarrington.co.uk)

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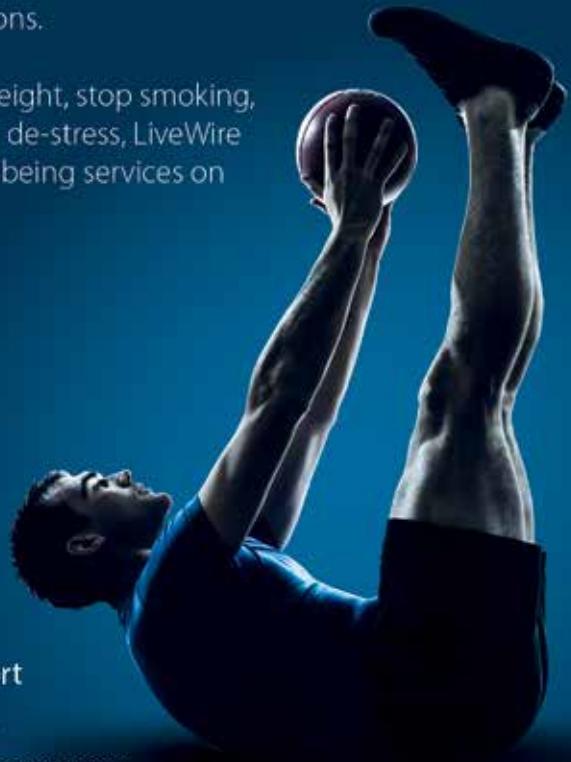
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With the New Year upon us there is no better time to make healthy resolutions.

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# GET ON TRI

## The top five fitness crazes for 2015 explained

With the largest sports medicine and exercise science organization in the world, the ACSM, releasing its annual predictions on the fitness trends for 2015, Mark Wood, Head of Training at British Military Fitness(BMF), gives his round up of the top five trends and what they are all about.

### 1) Body Weight Training

This is a great method of training with many benefits. Mastering the use of your own body weight will be challenging, but at the same time very rewarding. It will help those who are just starting out on their fitness journey to become stronger and more efficient, whilst also improving the quality of life as they will be able to move around with ease. It can also be used as a training tool for more advanced fitness enthusiasts, as there is a huge amount of body weight exercises which are very challenging, for example, pull-ups. The great thing about this training is that it can be done anywhere, anytime. Using exercises like squat thrusts, burpees and step-ups will also be great for cardiovascular work. With a little bit of creativity, it is easy to get a complete full body workout using just your own body. BMF classes were formed on and continue to be delivered with this in mind.

### 2) High Intensity Interval Training (HIIT)

HIIT involves alternating bouts of both high and low intensity exercise to increase the amount of high intensity work performed. The low intensity, or rest periods, allow for buffering and clearing

of lactic acid from the blood, which then allows the individual to perform another bout of high intensity work. This type of training method is nothing new. For years, people have ran hills, done sprint training and traditional interval training in order to get that extra "oomph" from their workout. But HIIT is different; it involves working extremely hard for a short period of time, whilst gaining similar benefits as typical endurance training. We have seen some astonishing results from interval training, some dating back to the early 1900's. In the 1924 Olympic games, Paavo Nurmi, a Finnish athlete, used interval training in his preparations leading into the games where he won several gold medals. In the 1970's, Sebastian Coe used interval training as part of his preparations. He would perform 200m runs with only a 30 second rest before repeating. More recently, and probably the most famous protocol, which really sold HIIT to the industry, was the creation of Tabata training in 1996 by Professor Izumi Tabata. Originally performed by Olympic speed skaters, Tabata would have athletes working flat out for 20 seconds, followed by 10 seconds rest, which was repeated for four minutes. HIIT training has been documented many times to be a fantastic training method for those looking to get fitter, lose body fat and even gain muscle.

### 3) Educated, Certified, and Experienced Fitness Professionals

This is a key aspect to industry developments moving forwards. There is a huge amount of



# END!

research available for the general public now through use of the Internet, self help books and lots of podcasts. It is important that those working in the health and fitness industry stay educated and up to date with all current trends in the industry. BMF has a strong team of trainers, who provide continuous support, and education for all instructors. We certainly see the value of having very well qualified, experienced and educated instructors and it's what allows us to remain ahead of the industry.

## 4) Strength Training

Strength training has become increasingly popular in the industry over the last couple of years. People are beginning to realise the benefits strength training will have on their goals and lifestyle. Being strong in relation to your body weight will have a very positive impact on your quality of life. It doesn't mean you have to attend a gym and start lifting heavy weights; many people can gain a significant amount of strength just using their own body weight. Gymnasts are a great example of this. For those who want a better quality of life, healthy bones and joints, better posture and



a healthier body composition, strength training is certainly something they should look at adding to their routine.

## 5) Personal Training (PT)

Working out with a trainer has been popular in the industry for many years and this popularity is continuing to grow. We are also seeing different varieties of PT now. Lots of people are working with a PT in pairs or even in small groups of up to four. Although group personal training sits at number 10 in the 2015 predicted trends list I believe this will start to climb higher over the next couple of years. Many people are more interested in their health and wellbeing and are looking for more education and ways to train, which is hopefully what they will be receive from a personal trainer. There will also be an added element of motivation and hopefully the additional support from a highly qualified and experienced trainer will help the clients achieve their goals.





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# Spring trends are mighty power

Flower power and power dressing are two of this Spring's hottest trends as Golden Square shopping centre as retailers gear up for the warmer weather ahead.

To celebrate those beautiful blooms which will shortly be brightening up gardens, floral patterns and prints are definitely in vogue.

Whether big and beautiful or delicate and abstract, being anything but a wall flower is the way to go if you want to be on trend this season.

Take the beautiful and bright M&S yellow floral top (pictured right) which is sure to make any outfit stand out in a crowd.

If you are feeling bold why not team a plain and simple top with these Next wide leg trousers which combine the floral trend with a subtle hint of 70s inspired glamour, an era which dominated the catwalks in the latest runway shows setting the agenda for the Spring fashions ahead.

For another bold statement, Golden Square shoppers can look for a more traditional and classic take on looking powerful. Take this Debenhams RJR John Rocha coat which oozes style and sophistication helping you make a powerful statement with panache.

Accessorise this look with a pair of Monsoon Beige Lincoln Suede Brogues (pictured) and a Next Tote bag to create that all-important impression that you mean business.

Whatever your Spring-time trend needs, shoppers are sure to find all they need from the 140 big

brand names on offer at Golden Square which include Debenhams, M&S, H&M, Top Shop, Oasis, Warehouse and Primark.

Ian Cox, Golden Square Centre Director, said: "Golden Square retailers are now stocked up with the latest Spring trends to ensure our shoppers can choose from the latest styles.

"As we start to look forward to the warmer weather, our fashion retailers will make sure their new lines reflect the season and customers will be able to get the latest must-have items at fantastic prices."

For more information about Golden Square and its stores visit: [www.gswarrington.com](http://www.gswarrington.com)



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# Community Funding and examples of successful bids

In Warrington there are four council-led neighbourhood teams. Each one has a board with representation given by both residents and providers. Plans are delivered in each area that responds to local needs.

In south Warrington, one of the main priorities is to reduce social isolation.

## *Examples of Successful Bids*

### St Werburgh's Chair-based Exercise Group



A grant of £1410 was given to the group who provide an exercise class for residents, over the age of 50. They wished to increase participation at the club. The regular attendance is high at the community hub, as elderly residents enjoy the health benefits that regular exercise provides.

### Sandy Lane Bridge Club

Sandy Lane Bridge Club was awarded £312 to ensure the club could improve its furniture for elderly attendees. The old furniture was unsuitable and it is hoped the enhanced facilities will increase participation.

### Bridgewater Gymnastics Club

The Gymnastics club, based at Appleton, was granted £1570 to buy superior equipment for their gymnasts to use. As well as providing the chance to try out gymnastics, young people are also given the opportunity to enjoy coaching and leadership roles at the club. It is hoped that the money will help to widen their activities.

### Grappenhall Youth & Community Association



Money was given to provide equipment and "vintage" crockery for the association's "Mad Hatter's Tea Party" that has recently been established. Aimed at elderly residents, the club offers tea, coffee, cake and the chance to make new friends.

# South Area Local Fund

Grants for Community Projects from £50 to £2000



## Do you have a community project in need of funding?

Warrington Borough Council's South Area Local Fund can offer grants from £50 to £2000 to help your project

### What type of projects can be funded?

Funding is available for all sorts of community projects which can contribute towards the south area plan. For example:

- A community garden
- A luncheon club
- Youth activities
- A job club
- A community event such as a fun day

### How do I apply?

Call the South Area Manager on 01925 443187 or 07827 232562 or email [bparratt@warrington.gov.uk](mailto:bparratt@warrington.gov.uk)

### Who will determine if we can get a grant?

Grants are awarded by the South Area Neighbourhood Board.

Good luck!

# Top tips on food allergy health care when eating out

The Food Standards Agency (FSA) is keen on sharing top tips related to allergy health care for allergy sufferers so they can be safe, yet have an enjoyable experience when eating out at a restaurant or café.

Restaurants and takeaways all over the country are now required by law to tell customers if any of the top 14 allergen ingredients are in the foods they serve.

- Until all labels have changed, you will continue to see old and new labels on food products. To make sure you have the correct information, always check the ingredients list of a product to find out what allergens it contains.

- When eating out, let the person serving you know your dietary requirements, including how severe your food allergy or intolerance is. If booking in advance, it may help to mention your requirements when making the booking.

- Always check what allergens are in the dish even if you have eaten it before, as recipes and ingredients can change.

- If you are not sure about a dish or about the information you have been provided, don't risk it! Don't order the dish or eat at the premises.

- Enjoy a varied diet. Choose foods to replace the ones you must avoid. See a dietitian for advice if you are concerned about your diet.

- Always carry your prescribed allergy rescue medication with you and ensure family and friends know how to use it on you, if necessary.

- If you are having a severe allergic reaction you should not be moved. Make sure your family or friends know they have to call 999 for an ambulance and a paramedic, if needed. They must tell the emergency operator that the patient has anaphylaxis (pronounced ana-fill-axis).

## When buying pre-packed food

- Be aware of changes. Due to a new piece of legislation, there will be some changes to the way that allergen information appears on labels.

- Allergens will be emphasised in the ingredients list to help you identify them. Food businesses can use their own method of emphasis, for example bold or italics, underlined or highlighted.



- The use of allergy advice statements such as 'Contains: milk, nuts' to summarise and repeat allergen ingredient information on the packaging will no longer be permitted. The only exception to this is for products that do not have an ingredients list, such as wine where a 'Contains: sulphites' could appear.

- Always check the ingredients list to find out the allergens used in the product.

- Some information will remain the same. Information on the risk of cross contamination with other allergens is not affected by the new rules. It can appear on labels in the same manner as it does now.

- Until all the labels have changed, you may see old and new style labels on products in-store for a period of time. To make sure you have the correct information, always read the ingredients list.

## When eating out or buying loose foods (without packaging)

- If you have an allergy or intolerance, remember that when you eat food prepared by someone else, for example in a café or restaurant, there are ways to reduce the chances of eating something that

## ting out



you could react to.

- When eating out, let the person serving you know your dietary requirements and how severe your food allergy or intolerance is. You can use our chef card for this.
- Read the menu carefully to see if there is any mention of the food you react to in the name or description of a dish. Always check with the waiter or waitress about the whole dish – for example, a pizza base may contain an unexpected ingredient, butter may have been added to vegetables or used to glaze bread, or gravy may contain milk powder. If the staff don't seem sure that the dish is free from that food, it's better to ask them to check with the chef or order something else.
- When you order your food, make sure the waiter writes down your allergy. Ask them to give the note to the chef or request to speak directly to the chef, as messages can be easily forgotten or passed on incorrectly. Always check what allergens are in the dish even if you have eaten it before; recipes and ingredients can change.
- If you are not confident in the information you have been provided, it is better not to eat at the premises.



**Food Standards Agency**  
food.gov.uk

- Ask about the dishes. Some restaurants provide dishes that are free from particular foods or ingredients, such as 'gluten free'. Ask whether they provide dishes that are suitable for your dietary requirements. Be careful when you see 'wheat free' dishes for example, as they might not be 'gluten free'.

- Be aware when using self-service areas. Some restaurants and cafés have self-service areas where food is in open containers. Even though some dishes might not contain the

food you react to, it's easy for a small amount to get into a dish accidentally, for example because containers are close to each other, or because people use the same tongs or spoons for different dishes.

- Beware of particular dishes. If you are allergic to peanuts, nuts or seeds you need to be very careful with certain cuisines such as North African, Chinese, Thai, Indian and Malaysian, because they often contain these ingredients. This is not always obvious. For example, lupin is something that is used in gluten free bread – but not many people know about this.

- It is often common practice for a wok to be wiped between dishes as the high cooking temperatures involved kill any germs. But this doesn't remove traces of allergens. There is also a greater risk of the food you might be sensitive to accidentally getting into another dish if the same serving spoons or utensils are used for different dishes.

- If you are unsure about whether dishes are free from allergens, don't eat them! It's safer to avoid eating meals or takeaways from these kinds of restaurants.

- You will still need to be careful, as even though the new rules are in place, many restaurants may still be working on compliance. Always practise safe allergen behaviour. Ask, check and if in doubt, don't eat.

# *SoundsLikeIBS the patent pending treatment for Irritable Bowel Syndrome (IBS)*

## **This IBS App is different.**

At its core is the proven IBS Audio Program, hours of therapeutic audio recording, pre session videos, and educational videos (14 in all). Send a video link to family and friends explaining IBS to them, so you don't have to. SoundsLikeIBS gives you Day One base lining and then monitors your progress in 4 key areas (Physical, Emotional, Social & Other), covering 52 symptoms, throughout the program establishing your IBS Index at the beginning and the end of your journey and providing an in depth personal analysis of your condition. The App includes automatic scheduling of sessions, email reminders, optional daytime and night time endings and the ability to listen to your sessions with or without background music. Synced for use between iPad and iPhone, forget one – simply pick up where you left off on the other!

SoundsLikeIBS uses a proven treatment for controlling IBS that has worked for sufferers around the world over the past decade.

- No delay in treatment and No side effects – start today!!!!
- Reduces or eliminates IBS physical symptoms of diarrhoea, Constipation, Pain and Cramping and the accompanying worry, anxiety and emotional burdens
- Keep track of your symptoms and progress for both you and your healthcare professional.
- Effectively used in the private clinical setting since its initial development in 1992.
- Is measurable against our patent pending IBS Index.
- Requires no travel worries or toilet anxiety.
- No waiting room delays or car park expense.
- Proven IBS Audio Program at its core



One in five people will suffer from IBS at some point in their lives and there is no known medical cure. Around the world it has been extensively researched and acknowledged that psychological interventions can be immensely successful in reducing or even eliminating IBS symptoms.

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Go to [www.soundslikeibs.com](http://www.soundslikeibs.com) or the Apple App Store.



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For most, the loft is a dark and dingy place visited on rare occasions; a precarious scramble across dusty beams with torch in hand, grabbing what's needed then clambering back past boxes filled with long-forgotten belongings. But that dark and dingy place is worth thousands. In fact, it takes up a third of the floorspace in an average home. So shouldn't we be making the most of it?

And that's where More Than Loft Ladders (MTLL) comes in. Founded in Bolton six years ago, MTLL specialises in generating space by making our lofts easily accessible. The latest MTLL franchise to open covers the Warrington area and is run by skilled local, Paul Langley, who says the company's no-frills approach is what most people are looking for.

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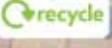
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