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magazine

October / November 2014

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Welcome to **lifestyle**

Welcome to our Autumn edition of Lifestyle magazine.

In the last issue I mentioned how it appeared that the iconic Mr Smith's nightclub building and former Ritz/ABC cinema looked set to be bulldozed.

Well I am delighted to say that the building now looks set to be saved and transformed into a Youth Zone. Full details are still at the planning stage but it would appear that the building made famous by the Hit Man and Her TV show in the 1980s will survive for future generations to enjoy. On top of the proposed investment in Warrington town centre due to start in the New Year this is more good news for the local economy.

We have certainly seen an upturn in business this year and many of the businesses we deal with are saying the same.

Hopefully the recession which has been blighting us for far too long is finally coming to an end.

On top of the Indian Summer we seem to have

been enjoying there is plenty to be positive about. So if you have got a positive story to tell us or want to reach out to more customers get in touch using the contact details below!

Copy deadline for our December/January edition is November 4th!



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Tatton a top 20 visitor attraction

Following on from its success at this year's VisitEngland Awards for Excellence, receiving the highly prized Large Visitor Attraction of the Year accolade, Tatton Park is delighted to find that it has climbed the visitor rankings and is now the 17th most visited paid for attraction in England.

In the same league as the Tower of London, Westminster Abbey, the Houses of Parliament, London Zoo, St Paul's Cathedral and the Eden Project, Tatton enjoyed a 9% increase in annual visitor numbers during 2013 seeing it jump two places.

The VisitEngland Annual Attraction Survey 2013 revealed that overall visits to attractions in England increased by 5%.

This is firm evidence that the projects which form part of the Tatton Park Vision – the park's five year development plan embarked on two years ago – are working. Those aspects of the park that have already seen significant change have been instrumental in this status. Tatton's farm is now enjoying record visitor numbers with the addition of new outdoor play areas including a charming new woodland play trail, a den building area, maze adventures, story telling rooms and an exciting and educational daily activity programme.

A new Gardener's Cottage tea room opened in 2013 and is proving to be a huge success with dining numbers well above expected levels. The Magic of Beatrix Potter at Tatton Park added to an already attractive events programme with families flocking to the event throughout the summer.

Further developments are planned in pursuit of providing the best possible experience for up to 1 million visitors a year, a statistic that could see Tatton Park claim a top 10 position by 2016/17.

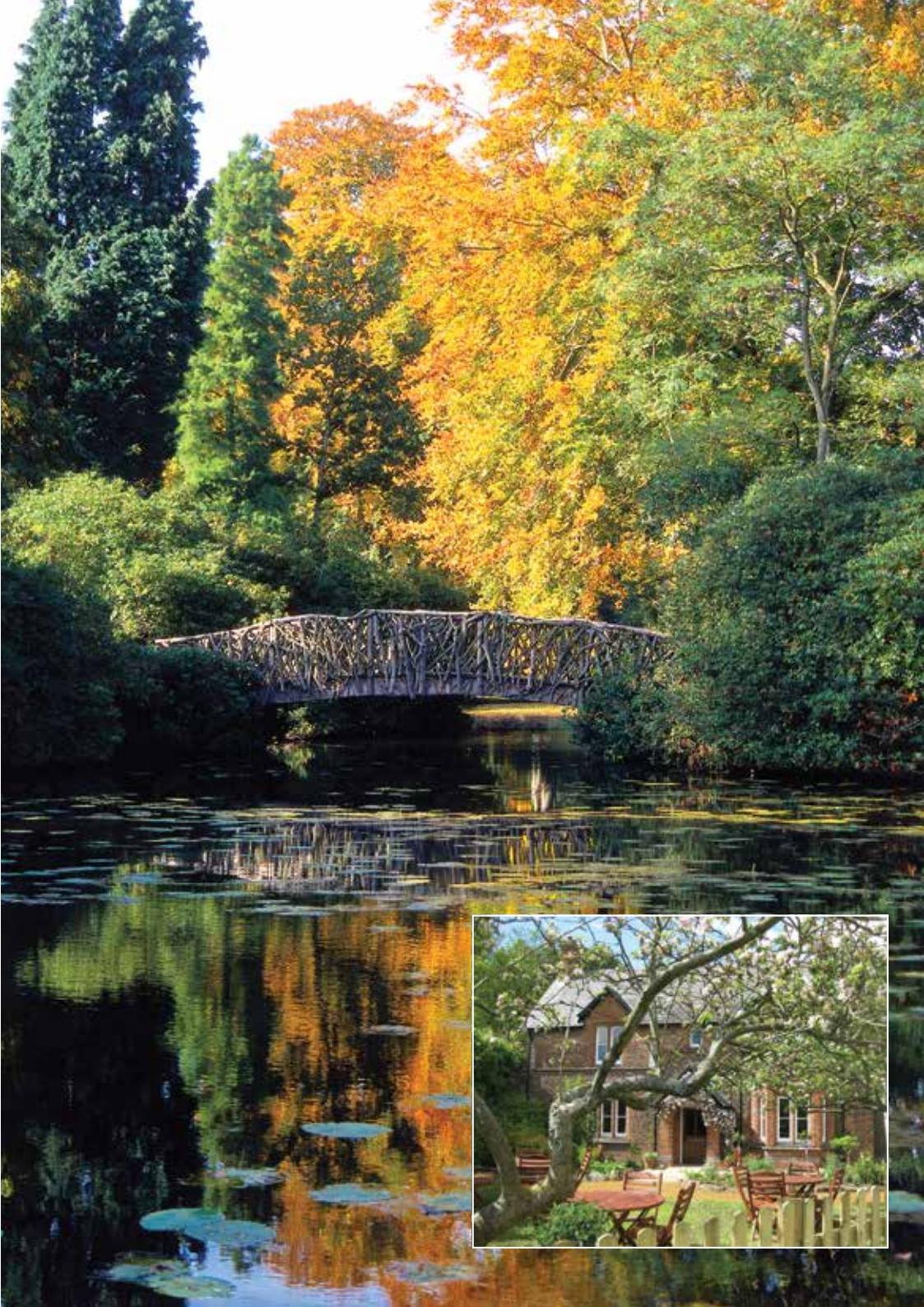
Whilst work continues to take place to position Tatton as one the best family days out in the country, significant improvements are continuing to the new look Stableyard's shopping and dining offer making Tatton one of the region's key retail and catering destinations. Tatton's events programme will be further enhanced to deliver one of the best and widest offerings of any venue in the North West whilst its conference, meeting and banqueting facilities will undergo continued



upgrades following the successful introduction of a new boardroom.

Brendan Flanagan, Visitor Economy, Culture and Tatton Park Manager Cheshire East commented "On the back of the award as best visitor attraction in England our continuing position in the 'top 20' vindicates Cheshire East's investment in further improving the visitor offer. There are so many things to do at Tatton and many reasons to visit this fantastic place."







Walking in a Winter Wonderland with **LiveWire**



Christmas 2014

Christmas Fayre

Get into the festival spirit and start your Christmas shopping in style with LiveWire's Christmas Fayre on Saturday 22nd November from 11am to 4pm at Orford Jubilee Park. The day will see carol singers and over 40 stalls selling anything and everything you could want for Christmas including; games, toys, clothes, food and Christmas treats.

A very special guest will also be making an appearance in the grotto. Tickets including a gift are just £3.50 per child.

Christmas Party Nights

Looking to book a Christmas Night out with your friends or colleagues?

LiveWire will be hosting two party nights this December in the fantastic Jubilee Suite in their flagship co-location site, just 5minutes from Warrington's town centre on 12th & 13th December. For just £25.95 per head you can enjoy a delicious three-course sit down meal from LiveWire's Festive Carvery Dinner menu, with stylishly decorated tables, crackers, hats and party novelties followed by filter coffee, speciality tea & after dinner mints.

After dinner the live band will rouse you from your seats and the house DJ will keep you dancing late into the night, with a mix of modern classics and all your favourite Christmas hits.

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Children's Christmas Fun Day

Looking for a family friendly Christmas Show? Come down to Orford Jubilee Neighbourhood Hub on Sunday 14th December at 12.30pm and enjoy a two course carvery lunch followed by an afternoon of festive fun for all the family including; a children's theatre show with music, family participation and much more! Tickets are £10.95 for adults, £7.95 for children and £2.95 for infants.

**To launch your festive season
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or visit [www.livewirewarrington.co.uk/
christmas](http://www.livewirewarrington.co.uk/christmas) for further information.**



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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?

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Head turning designs at London Fashion Week



HEAD turning designs in lingerie, swim wear, ready to wear fashions and accessories were on show when The Cat Walk Edit kick-started London Fashion Week.

More than 50 brands were on show, with models hitting the runway on the hour every hour.

Attendees not only had the chance to see the brands' collections on the catwalk but they could also meet the designers.

There were young designers such as Alina Stanila, Eva Daeche, Bhapinder Ballagun, Jessica Goddard, Olga Profutkina, Emily Patten, Keziah Newlove, Atosa Nikkhah, Mehreen Paracha, Vanessa Ofori, Mahdoussou Diallo and Li Jing.

The ready to wear and accessories catwalk included Little White Lies accessorised with Black & Brown London, Komodo, At Last...London, Girl With Beads, Buenas Noches and Leggsington accessorised with Soundchick Accessories.

Swim and beachwear brands included Amoir Camaira, La La Land accessorised with Delight London, Artemis South, Ines Klim, Bhavna, Mona, Vevie, Buddhafly London, Rose Powder and Emma Iveson.

Two lingerie catwalks included eye catching designs from Petits Bisous, Raine and Bea, Bluebella, Playful Promises, Kiss Me Deadly, Pure Chemistry, La Figurelle, Gilda Pearl, Betty Blue's Loungerie, Emma Harris and Karolina Laskowska.

Founder of The Catwalk Edit, Joseph Bachman, said: "After the huge success of our debut event and the positive response we have received from press, buyers and the participating brands, The Catwalk Edit will be making a return in February with even more designers and catwalk shows."

The backstage creative sponsors for The Catwalk Edit were London Hair Academy, London Beauty School and London Makeup School.

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Sunday 14th December

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Digital Champions ready to help and support people to get online

Having no experience on the computer or the internet is no problem as Golden Gates Housing Trust (GGHT), Warrington Borough Council and Warrington Voluntary Action have launched a campaign to help local people get online through the help of a Digital Champion.

The Digital Champions are a group of skilled volunteers who help others get started online by sharing their basic knowledge of the internet. The eager Champions are waiting to help some of the 19,000* adults in the town who don't have access to the internet or the basic skills they need to make the most of its benefits. And to mark the annual Get Online Week (13 to 19 October) campaign, the partners are making it easier than ever before for local residents to ask for help for themselves, friends or relatives.

The Digital Champions have been fully trained to help you with all basic online needs. Recruited and managed by Warrington Voluntary Action (WVA), the group can provide free, basic support on a one-to-one basis. This means that people can learn at their own pace, allowing them to ask any questions they have along the way. They can help with the basics including how to turn the computer on and off as well as help with searching for information, setting up email addresses, adding attachments, uploading photos, browsing the internet and word processing.

However small your query, whether you need help with buying groceries online, or getting in touch with relatives through social media, the Digital Champions can help!

The Digital Champions are available to work with people in their local communities, whether that's



in a coffee shop, library or community centre.

Get Online Week is a national campaign that aims to engage thousands of people across the country and inspire them to get online and see what the internet could do for them. Throughout the week there will also be a number of initiatives taking place across Warrington. To find out more log onto www.gght.org.uk or visit www.warrington.gov.uk and search for Help and Support to Get Online

During the week GGHT will be offering all residents the opportunity to call into Bank Park House and receive help, information and advice on how to get online, stay safe and access local services as well as using the free Internet Kiosks in the reception area.

Anybody who feels they could benefit from the help of a Digital Champion is asked to simply contact Warrington Voluntary Action on 01925 246880 or by logging onto <http://www.warringtonva.org.uk/volunteering/get-online-digital-champions> or emailing events@warringtonva.org.uk

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Top comedians encourage Warrington smokers to quit

LiveWire welcomes Stoptober 2014, with free support and advice to help smokers to quit

During October smokers in Warrington are being encouraged to join up and quit together for Stoptober 2014 – the National 28-day stop smoking challenge from Public Health England – using a range of free resources, advice and an element of Great British humour.

Smokers will get a range of free tools including a new stop smoking pack, a 28-day mobile phone app, text support with daily updates, quitting advice and tips for coping, as well as the encouragement and support from thousands of people quitting together through social media channels.

You can access local free support with LiveWire's stop smoking service, which has free drop-in sessions throughout Warrington. Research shows smokers are four times more likely to quit with the help of a trained advisor. Contact the team on 0300 0030818 to sign up or visit www.livewirewarrington.co.uk/stoptober for further information.

Alongside support, top British comedians including the North West's Paddy McGuinness will bring a touch of the British sense of humour

to help quitters through this challenge.

Dianne Clarke, LiveWire's Area Neighbourhood Wellbeing Manager and Strategic Lead for Healthy Lifestyles said: "Stoptober is a great opportunity for the smokers across Warrington to quit together alongside friends, family and thousands of other people in our area.

"Quitting is the single best thing you can do for your health and with the help of LiveWire's stop smoking service, the campaigns support, advice and humour I'm sure this year will be very successful."

Cllr Pat Wright, executive board member for health, wellbeing and adult services at Warrington Borough Council, said: "We want to help as many people as possible in Warrington to become smokefree and there is a wide range of support available. With the extra support Stoptober provides, this is a great opportunity for smokers to notice the benefits and hopefully become ex-smokers for good."

For further information on your local LiveWire stop smoking service call 0300 0030818 or visit www.livewirewarrington.co.uk/stopsmoking



The Healthy Audio way to tackle IBS

Clinical hypnotherapist Michael Mahoney has been helping people who suffer from Irritable Bowel Syndrome (IBS) with his "Healthy Audio" programme since 1998.

IBS is a common digestive disorder which affects up to 1 in 5 of the population at some time in their lives.

It is no respecter of age, gender or background and there is no medical cure. In fact the medical profession are unsure what causes IBS, but many experts agree it is related to increased sensitivity in the entire gut. It is thought psychological factors can be a causal effect, intense emotional states of stress and anxiety can trigger chemical changes which interfere with the digestive system. Food poisoning is also thought to be a factor, an operation which interferes with the flow of the digestive system, a long course of antibiotics is another suspected causal effect.

However once we experience IBS symptoms which can include pain and cramping, diarrhoea or constipation or both, excessive wind, an urgency to get to the toilet, excessive mucus. Other physical symptoms exist. However a set of emotional conditions often develop as a result, increased anxiety, confidence and self-esteem drops and much more, and negative beliefs begin to be believed which compound the physical and emotional symptoms further.

The medical profession will give you tests to exclude sinister conditions with similar symptoms, medications will be tried with varying degrees of effectiveness. IBS is as frustrating to the medical profession, as it can be debilitating for the sufferer.

And yet the 2008 NICE guidelines quote hypnosis as a treatment after 12 months of non-effective pharmacological treatment.

The hypnosis based IBS Audio Program 100 launched in Warrington by Michael, has been helping IBS sufferers around the world since 1998.



The program helps to change the speed of your digestive system, it calms nerves, reduces stress and IBS anxieties and much more. It is structured, easy and relaxing. After all it's only a thought you have to change. When all else has failed, remember IBS Audio Program 100 from www.healthyaudio.com and don't forget the 10 per cent reader discount offer on page 23.

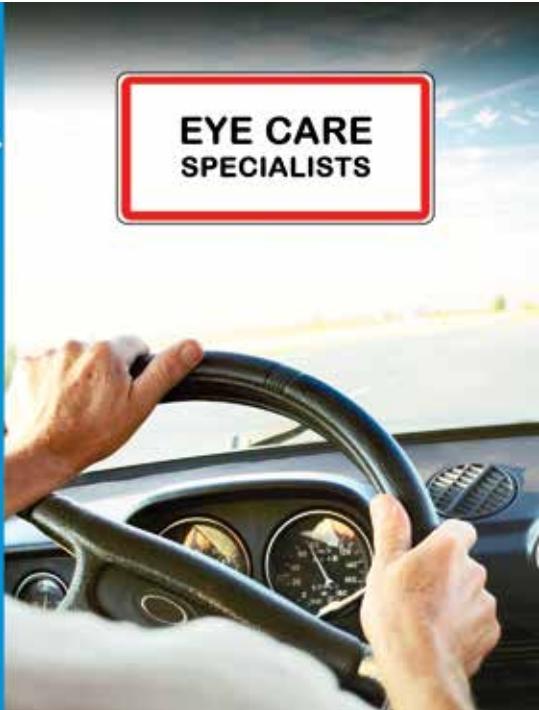
Alternatively you can contact Michael, who is based at the Woolston Hub, directly pn 01925 658322

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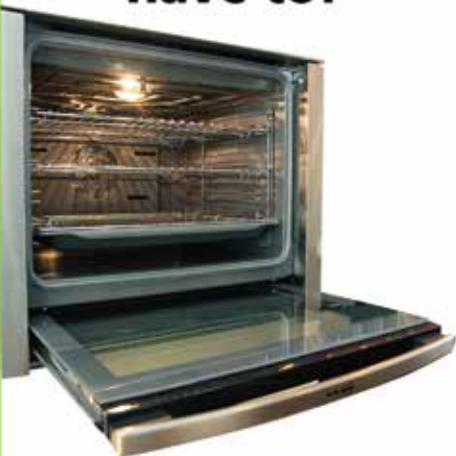
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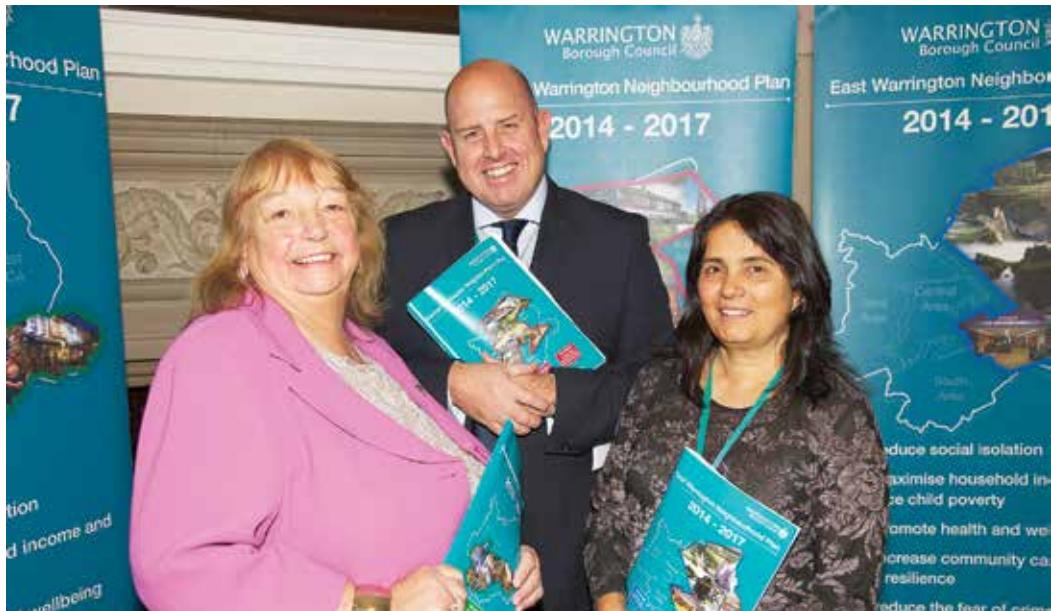
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Community priorities given a boost



The new area plans for Central, East, South and West Warrington have been launched at the Town Hall.

Steve Reddy, director of Families and Wellbeing for Warrington Borough Council, and Cllr Kate Hannon, launched the plans and spoke of all the lives that have been changed as a result of the first area plans. People have attended courses, gained confidence and returned to work, other people have been supported to improve the look of their area by organising litter picks.

The plans are a result of working with the local community and partners to develop priorities for the area. Each plan is different depending on the needs of the area, but have five similar priorities:

- Reducing social isolation
- Maximising household income
- Promoting health and welling
- Building community capacity and resilience
- Building community cohesion

Ruth Whitworth, area manager for the West area for Warrington Borough Council, is already working with the West area board and local residents to develop projects to respond to these priorities. Members of the board have been out in the area on a number of getting to know you days. On these days they have been engaging people in the projects and also finding out a little more about what is happening in the area. In Burtonwood it was noted that there is little for teenagers to do, so work is being developed to have some sessions for teenagers in the local area. In Westbrook, it was noted that the water is disappearing for the ducks at Ladywood, and supporters are looking at how to improve this situation.

If you would like to find out more about what is happening in your area, please contact Ruth Whitworth at rwhitworth@warrington-worldwide.co.uk

Central Area Local Fund

Grants for Community Projects from £50 to £5000



Do you have a community project in need of funding?

Warrington Borough Council's Central Area Local fund can offer grants from £50 to £5000 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 central area plan. For example:

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

How do I apply?

Call Lyn Mullen on 01925 256908 or email lmullen@warrington.gov.uk.

Who will determine if we can get a grant?

Grants are awarded by the Central Area Neighbourhood Board.

Good luck!

WARRINGTON
Borough Council



It's 'Happy Hour'!

at The Victory Pub

"We've introduced some amazing offers for autumn weekends in the Victory Pub & Kitchen, to help everyone save some pennies now that Christmas is lurking on the horizon..."

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Plus we're doing double stamps on our Yellow Card loyalty card during all the key sporting events throughout the month, so we're still THE place in Warrington to watch live sport.

October also sees your last chance to try your favourite Victory dish before we change to our brand new winter menu- launching soon!

Is a busy old month, just the way we like it. Come and be a part of it at Victory Pub & Kitchen, Village Urban Resort Warrington, we'll look forward to seeing you!

Jack Hughes
Victory Pub & Kitchen Manager
De Vere Village Urban Resort - Warrington
Centre Park
Warrington
WA1 1QA





Wendi Peters' Chocolate Chip Muffins

Ingredients

Wright's Chocolate Fudge Cake Mix 500g
 Water 200ml
 Vegetable Oil 60ml (4tbsp)
 Milk Chocolate Chips

For the topping:

Butter or Margarine 200g
 Icing Sugar 200g
 Cocoa Powder 2 heaped tbsp
 Hot Water 1tbsp
 Sprinkles of your choice –
 (we used coloured balls)

Method (Makes 12 muffins):

- Place the cake mix, water and oil into a bowl and mix well for 1-2 minutes.
- Place 12 paper muffin cases into a baking tray and spoon the cake batter evenly between the cases.
- Sprinkle a small handful of chocolate chips evenly on top of the batter in each of the muffin cases.
- Bake at 200°C (390°F), gas mark 6, for approximately 20-25 minutes or until springy

to touch.

- Allow to cool before decorating each muffin.
- For the 'topping', mix the cocoa powder to paste with the hot water. Sieve the icing sugar into a mixing bowl; add the butter or margarine and the cocoa paste until smooth and pipe onto the cakes.
- Decorate with your topping of choice.
- Alternatively you can use a 'ready-made' chocolate topping / frosting.



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Floods and ice – beware the hidden dangers

Don't underestimate the power of floodwater or the dangers of ice – that's the warning from drowning prevention charity the Royal Life Saving Society UK.

Winter weather will soon begin to take its grip on the UK and the society is urging people to stay safe during cold and very wet weather.

The charity is reminding people to listen to advice when it comes to entering floodwater and venturing onto frozen water as these conditions can pose a real threat to life.

RLSS UK's director of lifesaving, Adrian Lole, said: "Drowning is not just a tragic outcome of accidents during hot, summer weather – don't underestimate the power of floodwater or dangers of ice. Winter weather often brings floods and, during the colder months, lakes, ponds and canals can freeze over. These conditions can be very dangerous and create a significant risk of drowning if safety advice is not taken."

More than 12 per cent of the population live in areas at risk of flooding and, tragically, drownings take place each year.

But, lives lost in times of flood are preventable if people listen to lifesaving messages on flood hazards and what to do before, during and after floods.

The society has issued some quick tips to save lives:

* Never try to walk or drive through floodwater –



six inches of fast flowing water can knock an adult over and two feet of water will float a car

* Never try to swim through fast flowing water or flood water – you may get swept away or be struck or caught up in an object in the water.

* Never allow children or pets to go near or play in flood water. It is hazardous and may be contaminated with chemicals.

* Keep an eye on weather reports for flooding in your area. Do not travel in heavy rainstorms unless absolutely necessary.

* Prepare a flood kit in case your home floods or you are trapped in a vehicle for any period – this can contain a change of clothing, wellies, waterproofs and blankets as well as a torch, charged mobile, radio, medication and a first aid kit and a list of useful numbers, including flood alert lines.

* Teach children not to go on to frozen water under any circumstances

* Pets should be kept on leads when near frozen water and owners should not throw objects onto ice for them to retrieve.

More advice is available from the society's website www.rlss.org.uk



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