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Issue No. 126

April 2010

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Giving peace a chance!

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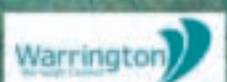
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Editor's Comment

IT is now 10 years since Warrington's pioneering peace centre opened its doors and 17 years since that tragic day when terrorists targeted our town, killing two young boys and injuring more than 50 other shoppers.

As one of the founding Patrons of the Peace Centre it fills me with great pride to witness the fantastic work being done which has helped literally thousands of people over the years.

Having witnessed the atrocity of the bombing as a relatively young reporter all those years ago it is amazing to see how something so evil could result in something so positive.

Being the father of two teenage daughters who weren't even born when the bombs went off, I can not even bare to think what it must feel

like to lose a child in such tragic and chilling circumstances.

To bounce back from something like that shows an enormous amount of courage - to go on and help create something as ground-breaking as the peace centre is an outstanding achievement.

I applaud Colin and Wendy Parry and their dedicated team at the peace centre for their achievements and dealing with their grief with such



dignity. This has helped put Warrington on the world map as a place we can all be truly proud of through their ambassadorial work.

That fateful day on March 20 1993 took two precious lives and scarred many others - but the outcome of that day is a living memorial we should all be proud of.

Congratulations on your 10th anniversary and keep up the good work!



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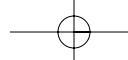
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Giving peace a chance 10 years on!

WARRINGTON'S pioneering Peace Centre is celebrating its 10th anniversary of helping those affected by political violence and racial tensions.

Opened by former Northern Ireland Secretary Mo Mowlam in March 2000, a special peace lecture by Justice Minister Jack Straw marked the 17th anniversary of the IRA bomb attack which claimed the lives of three-year-old Johnathan Ball and 12-year-old Tim Parry following the Bridge Street bombing the day before Mother's Day – seen by many as the major turning point in the peace process.

Having previously been Leader of the House of Commons, Secretary of State for the Foreign and Commonwealth Office and Home Secretary, Jack has significant knowledge of conflict management at international level.

Under the heading "Using Power Properly" Jack spoke about his experience of the rule of law, both in high level international negotiations as Foreign Secretary and in establishing a legal framework in communities which supports people who wish to go about their lives peacefully.

The Lecture is an annual event which is hosted by the Tim Parry Johnathan Ball Foundation, the educational peace charity set up after the death of two young boys.

Foundation Chairman Colin Parry said: "His speech gave an interesting insight into the issues facing politicians when making decisions on conflict and peace at both national

and global level."

The Tim Parry Johnathan Ball Foundation for Peace was set up by Colin and Wendy Parry following the death of their son Tim and 3-year-old Johnathan.

The Peace Centre is a unique legacy and memorial to Tim and Johnathan and was built with local, national and international support. It is a £3m state of the art, fully equipped learning centre where people develop a passion for peace through participating in learning programmes.

The Foundation is now a national charity providing conflict transformation programmes to young people aged 5-25, as well as opportunities for self development to victims and survivors of conflict and terrorism.

The charity aims to inspire people to lead more peaceful lives by participating in educational programmes. This enables them to better understand conflict and by doing so to reduce or eliminate violence from conflict situations affecting them.

Through these innovative educational programmes they are reaching young people who are on the fringes of society, excluded or at risk of social exclusion and helping them to re-engage in learning and social opportunities. They are tackling grass-roots problems in communities which are suffering from racial tension and violence borne out of inter-community prejudice.

They are the only organisation in the UK working with victims and survivors of political violence such as those affected by the Northern Ireland 'Troubles', 7/7 bombings, Bali or



Tim Parry and Jonathan Ball.

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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

IBS Awareness Month

April is IBS Awareness month. IBS or Irritable Bowel Syndrome is a common digestive disorder. One in five readers of this magazine may well have IBS; if not, you most likely will know somebody who does. There is no medical cure for IBS, so use caution when viewing any adverts which claim a cure.

The medical profession diagnose IBS when no physical disease or condition is present thereby excluding other conditions with similar symptoms. It is important to know that you cannot self diagnose IBS, only a medical professional can do that for you. The real and sometimes intense IBS symptoms can be quite frustrating for the sufferer! Simply stated, the motility of the digestive system functions too quickly or too slowly and this causes the physical symptoms of this condition.

The physical symptoms of IBS are wide and diverse and include pain, constipation, frequent diarrhoea, cramping, bloating and many others.

However there are also many emotional aspects of IBS which can have a serious impact not only on the frequency and presentation of physical IBS symptoms, but also influence many areas of the IBS sufferer's life. For example, confidence and self esteem are affected; sleep pattern, sex life, work and home relationships are often impacted by

this distressing condition. Increased absenteeism is often reported from work, college or school. These symptoms can become worse over time, developing further negative thought patterns and expectations. This further impacts the physical symptoms and begins a spiral of increased physical and emotional symptoms.

IBS is no respecter of age, background, gender or race. Years of ongoing continued research has shown that there is no definitive cause and treatments vary. For some, various medications can offer some degree of help.

Medical research studies for over twenty years have also shown that clinical hypnotherapy has a good success rate in helping manage and reduce the symptoms of IBS. This treatment modality has been especially beneficial for those IBS patients who have not had success with other treatment methods.

The use of clinical hypnotherapy for IBS is an area I have studied since 1991. The structured method and processes I developed many years ago are now trusted and used by literally hundreds of hypnotherapists throughout the UK and many different countries.

The National Institute for Health and Clinical Excellence (NICE) 2008 IBS guidelines state hypnotherapy should be

Michael Mahoney is a Clinical Hypnotherapist. He has research, and patient trials experience.



He is a member of the Hypnotherapy Association, an associate of the Primary Care Society for Gastroenterology, he is a non NHS service provider and Private Health Service Provider

Tel: 01925-658322 email timelineservices@aol.com www.michaelmahoneyhypnotherapist.com

a considered treatment option after 12 months of non-effective pharmacological treatment. This is good news and is a positive step forward that in time will eventually filter through to help the sufferer.

Until then, I see GP and consultant referred patients who acknowledge my experience and expertise in this area in addition to word of mouth clients. While IBS can be a very troublesome and distressing condition, for many the symptoms can be reduced and managed by hypnotherapy, and the importance given to IBS can also be reduced so the sufferer does not have to live a life of dread, pain and negative expectation. Instead, comfort, control, confidence and feelings of well-being can often replace the feelings of despair. IBS is just one of many conditions I work with. There are many other conditions of mind, body and emotion which can often be helped with hypnotherapy too.

Contact me on 01925 658322 for an information sheet or to book an appointment.

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Tackling health campaign

WARRINGTON Wolves and the Wolves Foundation have teamed up with NHS Warrington to launch a new Tackling Health campaign.

The new partnership will see all the three organisations working together to promote health messages to fans, highlighting the importance of fitness and good health.

The campaign aims to benefit all rugby supporters living in the Warrington area. Numerous players from the Warrington Wolves will be ambassadors for the campaign, involved in talking about various health topics, their own experiences and passing health advice on to fans.

Forthcoming home rugby matches will raise awareness about important health topics such as smoking, bowel cancer, men's health and alcohol. Games will include free giveaways, health information and where to go for advice and half time entertainment suitable for all ages.

Director of the Warrington Wolves Foundation, Neil Kelly, said: "The Wolves Foundation is delighted to be working in partnership with NHS Warrington and the Wolves. By combining the expertise and strengths of our three organisations, we can make a real positive impact on the



health of our town."

Brian Carney, Player Welfare and Services Officer, added: "It is great to see the club getting involved in such an important and necessary campaign. We urge all supporters to take advantage of the services offered on match days and make sure, if nothing else, that you look after your health."

Nicky O'Connor, NHS Warrington's Chief Executive echoed this and commented: "Tackling Health

is an excellent opportunity to actively promote health messages whilst continuing to enhance the health of our local population and communities. We are very much looking forward to working with all parties involved."

Throughout the season fans will be able to get health information from the Warrington Wolves, Wolves Foundation and NHS Warrington's website, plus information and updates will also be available on Facebook.

Residents' DIY play area

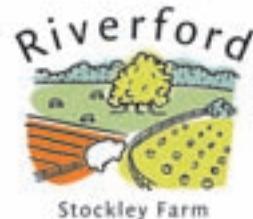
A NEW £130,000 play area has been created in a Warrington Park - funded by the efforts of local people.

The Dorchester Road Residents Association at Great Sankey raised the money in 18 months for the play area on land known locally as The Boat Park, and previously plagued by vandalism and nuisance youths taking drugs and drinking.

Work carried out on the site includes new designs and equipment and removal of old damaged play equipment, untidy bushes and damaged fences.

A variety of fund raising events were held and grants obtained to fund the project.

The improved park has two play areas - one for juniors and one for toddlers.



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The Vikings have landed - and are doing good business

ONE year on from arriving in Warrington, Swedish bank Handelsbanken is going from strength to strength.

Handelsbanken would make its Viking ancestors proud and now has more than 70 branches in Britain.

What makes it unique is that unlike the big high-street banks, which refer all lending decisions to a credit-checking department at head office, each Handelsbanken branch is run by its branch manager, who has the power to make loans - local decisions made by a local manager - helping cut through the red tape.

When a bank can post record results during the worst quarter in living memory for financial markets, while producing higher-than-average returns on equity compared with its peers for a number of years, it must be doing something right.

Handelsbanken posted a 39% quarter-on-quarter jump in operating profits in the fourth quarter of 2008 and has taken up a big chunk of the market share in deposits and new lending in the past year.

Warrington's branch manager Dennis Evans believes much of the bank's success has been down to traditional banking values, where a bank provides a service to its local community.

"This is good old fashioned banking," said Dennis.

"Ninety nine per cent of the decisions are made on the front line at our branch," he added. "There is no point someone sitting in an office in Stockholm making a decision for someone in Warrington. Our decisions are made here at the coalface! Since we launched in Warrington we have been making steady progress. Our staff do not have to work to sales targets, so there is no pressure selling.

"The feedback from our customers has been very positive and we have made a commitment to our local community, sourcing everything possible from the local market.

Handelsbanken offers Corporate banking, typically dealing with established £1m turnover businesses.

Individual banking customers are typically directors, partners in professional practices, senior managers, business owners and local entrepreneurs. In both these areas it can offer the full banking package including internet connectivity.

"Our bank doesn't pay staff bonuses and hasn't had to turn to anybody for help during the current economic downturn either by way of rights issue or asset sale," added Dennis.

The team at Handelsbanken consists of Branch Manager Dennis, Corporate Manager Chris Clarke, Individual Banking Manager Karen McComb and Account Manager Support Jason Burgess. For more details call Dennis on 01925 575705 or visit www.handelsbanken.co.uk/warrington



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How to get more (and better) business referrals

THERE are lots of things we can all do to get more referrals - and better ones too. Here are just a couple of sure-fire tips to get you thinking . . .

1. Business is great!

What's the first thing most of us say when we meet other business people? "How's business?" You've probably already done it today, maybe several times! And what do most of us reply? "Business is great!" - or something along those lines.

As BNI members, we commit to display a positive and supportive attitude with BNI members. So we say business is great. Well, maybe you're having the best business year or month ever. And after all, many people do like to deal with winners.

But hold on a moment: what might "Business is great!" mean to others?

I know what I think when someone tells me that business is great. Either:

- * Well done, you're a BNI member and I am thrilled to bits for you. Or

- * I wish I was as busy as you, you lucky [person]!

But what I am definitely NOT thinking is "Terrific. Now how can I find you more business?"

Of course, I'm not suggesting you plead for more-business-right-now-or-the-family-will-be-forced-to-eat-the-dog. But you DO need to be adding some very important guidance that will help sustain your success. Something like, "Business is great thanks, but an introduction to Joe Black at OneStar would really be

good for me." Or "Business is great but we always welcome new clients. Do you know any solicitors or accountants I could talk to?" Saying ONLY that business is great could actually close down a valuable referral opportunity. Don't let that happen. Stay positive - and go the extra step that'll keep bringing you the referrals you really want.

2. How much?

Have you ever bought anything without knowing how much it cost? Probably only rarely (or only if very drunk... but that might just be me). However we often expect people to refer us to clients, friends and family without knowing the charges for our products or services. It's not WHAT you charge that stops you getting more referrals. It's that people don't KNOW what you charge.

A BNI member who's a software developer told me he wasn't getting many referrals. I suggested that it was because people thought he was expensive. When I asked how much it would cost to do a simple programme, he said "About £500". I then asked five people at the meeting how much they'd expect to pay for such a programme. The LOWEST guess was £10,000. The developer had given the false



If you would be interested in getting more business contact Ewan Sturman at ewan@networkingprofit.co.uk or on 07834 884 237

impression that his services were very costly. Do you think it was easy for his chapter colleagues to find referrals for someone who they thought would cost 20 times his actual price? It's not what you charge that stops you getting referrals; it's that people form their own perceptions about what you charge - and it's up to you to make sure their perceptions match reality!

These two ideas are just two of fifteen little gems that you can obtain on CD or as a download at www.iainandewan.co.uk.

Happy referral-getting!

Inland port to go ahead

INNOVATIVE plans for a £20 million inland port on the Manchester Ship Canal near Warrington have been given the go-ahead - despite fears of an invasion of heavy lorries during the construction period.

Port Warrington will be built on land alongside the canal near Moore Nature Reserve and Acton Grange Viaduct.

But planning chiefs have imposed conditions - including one that a rail link connecting the site to the West Coast Main Line be constructed before the port comes into use.

Port Warrington will be built by the Manchester Ship Canal Company as part of the ambitious, £50 million Ocean Gateway project, which will link Manchester and Liverpool along the canal corridor.

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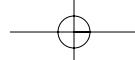
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Sat 27 Mar Martin Simpson

Sun 28 Mar Swan Lake

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Warrington

Pyramid Parr Hall is stepping up to Spring in spectacular style

Now that the Spring season is officially upon us it's time to shake off the cobwebs of a long, cold winter and celebrate with some of Pyramid Parr Hall's freshest, new events!

Gordon Smith

First up it's your chance to experience one of the world's most accurate mediums. Gordon Smith (Parr Hall, Mon 22 Mar, £19.50) has recently been handed the crown as Most Haunted's new presenter. He was named 'The real deal' by Woman's Own. Don't miss the opportunity to see the man who has captivated audiences worldwide.



Freddie Starr

And if it's your funny bone that needs waking up from hibernation, check out the one and only Freddie Starr (Parr Hall, Tues 23 Mar, £18.50). The madcap comedian is back with another unpredictable evening of madness and mayhem as he brings his own brand of outrageous humour to the stage.



Grimethorpe Colliery Band

The most famous colliery band, best-known for providing the BAFTA winning soundtrack to Brassed Off, Grimethorpe Colliery Band, hits town (Parr Hall, Sat 27 Mar, £17/£15). With an international reputation for excellence this will be a show not to miss.



Martin Simpson

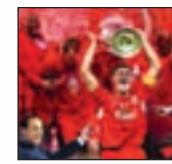
One of the national treasures of English music, multi-award winning Martin Simpson brings his songs of love, loss and home to Pyramid (Pyramid, Sat 27 Mar, £14/£12). Considered a one of England's musical national treasures.



Beating Berlusconi

Fresh from ecstatic reviews and a sell-out performance at Pyramid last season, we are delighted to welcome back Beating Berlusconi! (Pyramid, Fri 16 & Sat 17 Apr, £10/£8). Based on the bizarre true story story, starring Paul Duckworth (Hollyoaks, Backbeat) as a real Liverpool fan who watched the 2005 European Cup Final sitting next to Italian Prime Minister.

This is just a taster of the music, comedy, dance and drama on at Pyramid Parr Hall. See much more online at www.pyramidparrhall.com and don't forget that you can sign up to be first in the know with our FREE enewsletter!



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MBE awarded at home!

A WARRINGTON woman awarded the MBE in the New Year Honours List chose to receive her award not at Buckingham Palace – but at Warrington Town Hall.

Hilary Kerr was included on the list for her services to children and young people with special needs in Warrington.

Although she was invited to London she wanted to receive the award in her home town.

She said: "I was shocked when I heard I was getting the award - I'm not used to getting all this fuss! I am very pleased though and hope it will bring a lot of positive attention to the charities I work with."

Her work to raise money and awareness spans more than 40 years.

Mrs Kerr was instrumental in setting up the Warrington Association for Special Children before becoming a volunteer for Mencap. She has been helping young people with learning disabilities and their families ever since.

The award was presented on behalf of The Queen by Lord Lieutenant for Cheshire, Sir William Bromley Davenport.

Advertiser's announcement

Reflex Nursing - Filling the gap

WARRINGTON based Reflex Nursing & Care was set up as a small Family run business in July 2008 in response to a gap in the market for a quality supplier of Nursing and Care staff to various establishments in the North West.

The gap existed due to numerous existing agencies who just didn't seem to care about what they did and how they did it with the result that service users from the elderly suffering from dementia to younger people with learning difficulties and perhaps severe physical and mental disabilities no longer received the care they rightly deserved because staff were unaware of their conditions or lacked the necessary skills to facilitate the type of care required.

Director Ian Grant said: "At Reflex we pride ourselves on finding out about our service user, whether they are a NHS establishment, a Nursing Home or an individual looking to purchase their own care package we will work with the individual to decide on what's best for them and be flexible in our approach to change with their requirements.

"Recently at the beginning of the swine flu outbreak we were involved with the initial set up and staffing of an anti viral unit helping them to achieve their objective of quickly making the facility available to the public. This involved completing patient questionnaires, directing them to the correct treatment channel and dispensing the 'Tamiflu' drug.

"We also provide specialist care without the specialist price tag such as bespoke 1-1 care which often involves looking after a client's specific and sometimes complicated needs 24 hours a day, 7 days a week. This can drastically reduce the burden on Care Homes and Families and give valuable respite to those concerned.

"Because we're a Family run business we've experienced for ourselves and understand the upset and concern that looking after someone close to you can cause. We firmly believe a common sense approach in conjunction with personal needs and proper assessment can truly make the difference between just looking after someone and real Care. We believe this gives us a unique ability to demonstrate that we're big enough to cope but small enough to care.

He added: "Our Healthcare workers are our biggest asset and are key to our continued success. Indeed since the start of the NHS National Framework contract in October 2009 many of them have pulled out all the stops to accommodate short timescales for us and have gone the extra mile, we're very proud of them. Working with Reflex Nursing & Care can be a very rewarding experience, our people enjoy good rates of weekly pay, update training and a flexible approach to working giving the opportunity to work with various different organisations in different settings or if preferred in a more routine environment, the choice is theirs."

If you're looking for Healthcare Staff whether its RGN's, RMN's, HCA's or Support Workers we're happy to help, equally if your requirement is a little more complex please speak to Reflex Nursing who will be happy to help with a bespoke solution.

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Mrs Kerr receives her MBE from Sir William watched by the Mayor, Coun Brian Axcell.

Reflex

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We're recruiting **RIGHT NOW** in this area, so if you're an experienced Nurse or Carer with relevant training we'd like to hear from you, even if you're already with an agency we think you'll like the way we work.

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Springtime Offers

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Evergreen Cut and Feed Lawn Food 300sqm £9.99 each

Buy one get one FREE

Clematis Montana 3 litre pot £12.99 each

2 for £20.00

Phormium 3 litre pot £14.99 each

Offers available until 30th April 2010 or whilst stocks last. Subject to availability. Prices correct at time of print.

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Council cutbacks condemned by unions

TRADE Union chiefs have slammed Warrington council's cutbacks and wholesale redundancies across all services.

A 30 day consultation period set by the council for a first phase of cuts has left both UNISON and GMB "bewildered" at the proposals and procedures being followed.

In a joint statement UNISON & GMB have written formally to all elected councillors highlighting and challenging the integrity of the consultation which has left many outstanding issues.

Bob Pinnock, GMB branch secretary said: "It is critical that council members are fully aware of all the facts and understand that the trade unions are challenging for all the right reasons."

Restructures

Ian Marks, leader of WBC informed full council that approximately £28 million had been spent over the previous three years on agency staff and consultancy fees. The trade unions have been informed that savings of £30 million have to be made over the coming three years resulting in restructures and proposals which prematurely assume the need to make redundancies and cut services.

Jason Horan, UNISON Joint branch secretary said: "The Trade Unions cannot stand by and watch our members face redundancy when substantial amounts of money are being wasted in agency staff and consultancy fees. We will challenge

robustly at the highest level any proposals that are presented to us."

"The decisions the council are facing are difficult in the present economic climate, however councillors should be asking the questions we are and keeping everyone involved and leading the council through this difficult time.

"Members of the public, which include council employees, will demand answers at the next election and it isn't helpful when squabbling or towing party lines overshadows the human issues.

"Ignoring the trade unions has in the past cost the council substantial

sums in compensation through tribunal proceedings. Should present circumstances continue the Trade Unions will take any necessary action."

Listened

Council leader Ian Marks said: "The budget consultation process has been both detailed and extensive and we have listened very carefully to the views of our staff and the trade unions. Their feedback has resulted in a number of changes to our initial proposals.

"Like many organisations regardless of the sector or size, the borough

council has to supplement its workforce with temporary agency staff from time to time in order to maintain front line services.

"The cost of agency staff is funded within available resources and we keep our agency staffing levels under constant review. In addition like any large organisation there is need to acquire professional advice and input to ensure that the council is meeting all of its legal obligations.

"Warrington is not alone in facing budget challenges - all councils now find themselves in the same position."

Wilf wolfs up 50 years!

BROADCASTER Wilf Broadhurst MBE is celebrating 50 years of commentaries from Warrington Wolves matches to patients in Warrington Hospital.

Wilf started his radio career in 1960 and received his MBE in 2001 for services to hospital broadcasting from Prince Charles.

He was presented with a signed rugby ball and souvenir glass trophy by Warrington Wolves player Lee Briers at Radio General's studios in Warrington Hospital.



Kick Off Summer 2010
at the CPS with Wire FM

Saturday 24th April from 10am til 2pm
Wire FM Radio Road Show live from the CPS Centre

Hundreds of pounds worth of Prizes including a raffle for a signed England Shirt,
Demonstrations & Decorate a Cup Cake

Discounts on the day include: • 10% Off all clothes, shoes and bags at Zarina Boutique
• 10% Off at Cactus Clothing • £5 Off treatments over £25 at Ian Black Hairdressing Salon
(until 30/04/10 pick up a voucher in salon)

Come and sign the good luck England book, which will be sent to the team before they leave for South Africa. Join us and wish the England Football Team good luck from the village of Culcheth

Above Sainsbury's, Common Lane, Culcheth. Telephone 01925 762237
Opening times: Monday - Saturday 9am - 5pm Closed Sundays.



peace **talks**

anniversary edition



The Tim Parry Johnathan Ball
Foundation for Peace

10

Years On



Spring 2010



Message from our Chief Executive

In the past ten years we have developed a fantastic team of experts in conflict transformation who apply their knowledge in creative ways to engage both young people and adults in our programmes. Our expertise is increasingly relevant as we work to tackle key issues affecting society today: prejudice, discrimination and violence within and between our communities.

You can read more about our current work and the launch of our Big Lottery Funded programme, 'REACH', which is working

with challenging young people in Warrington, on page 5.

The 'Survivors for Peace' programme team is dealing with the medium to long term effects of political conflict and terrorism, providing opportunities for victims and survivors to use their experience in a positive way. This programme has worked with over 150 participants and is networked across 180 organisations throughout Europe. You can read more about this on page 7.

The Foundation's team has worked with over 25,000 people and our programmes are based on a proven methodology. They are effective in changing people's behaviours and attitudes. Much has been achieved in the first 10 years, but it's true to say that as we look towards the next decade, there is still much to be done in building relationships and transforming

conflict between differing communities in this and other countries.

Finally, I would like to thank all our supporters and ask you continue to support us in positively changing people's lives.

Clare White

Chief Executive

Welcome to our new members of staff



Anne-Marie Lawrence

Anne-Marie has worked with young people in different capacities and settings for several years, firstly as a sports coach, a teaching assistant, then a mentor and local authority youth worker. After catching the 'travel bug', she spent the next four years working in America, Canada, Austria and the Republic of Ireland.

Anne Marie said: 'Travelling changed my life; I grew so much, learnt so much about life and met some amazing people. I eventually returned home and set up a social enterprise to deliver projects to young people to inspire them to be 'something more than ordinary'. As a project worker on the REACH programme. I feel very proud to be a part of the Foundation and the Warrington Wolves Foundation; it presents a great opportunity to educate young people to create real change for themselves and the world around them'.



Phil McClure

Phil joins us from Greater Merseyside Connexions where for the past seven years he has worked with cohorts of hard to reach young people. As well as providing information, advice and guidance, Phil's role at Connexions saw him develop Positive Activities for Young People programmes across the city. After gaining a degree in Politics, Phil began his career working with young people as a full time volunteer with Doncaster Youth Offending Team. This saw him mentoring young people and providing an adult service to young people in interviews with the police and at court.

He is very excited about the new Reach project, stating: "This is a great opportunity to work with an organisation that can and does make a difference every day. To be able to work on such an exciting project in my hometown, a project that has the chance to make a profound impact on young people and their communities, is a great honour. I know that we have a lot of hard work ahead, but I have no doubt that the experience will be hugely rewarding."



Carrissa Price

Carrissa is a working mum with three boys and has 18 years' administrative experience. She recently returned to Warrington after living in South Wales for three years. Carrissa has previously held positions at Thorn Cross YOI, performing clerical and cashier duties.

She transferred to HM Prison Swansea, and worked closely alongside the Probation Service and Local Police Authorities. "I am ecstatic to have been given this opportunity to work for the Foundation, I take great pride in my work and it's so satisfying to see what a difference our programmes and facilities make to the young people of Warrington."

Anne-Marie, Phil and Carrissa will be working on the 'REACH' programme, which has been funded by The Big Lottery, over the next two years.

Chairman's Report



This year will mark the 15th anniversary that Wendy and I founded the charity with the active support of our fellow Founder Trustees - John Gartside, Mike Sanders and Denis Cooper, it is also the 10th anniversary of the year we opened the Peace Centre.

Looking back all those years ago, it is barely credible that we could have achieved so much from such modest beginnings and frankly, back then I measured our survival in weeks or months rather than years.

And yet even now, despite reaching significant anniversaries and achieving so many successes, I still worry about the Foundation's survival . . . and I always will. So when I reflect on how we enhance our odds of survival, success and growth, I conclude, just as I did in 1995, that there are KEY factors which must be in place:

First, we need a skilled and committed team with a focused, strong leader . . . and we have that team with Clare White as its Head.

Second, we need a strong and well balanced Board of Trustee Directors and I am pleased that long term continuity of service to the Foundation is provided by several trustees, like John Gartside, Dave

Thompson, Charles Agar and Nick Taylor, who are very ably complemented by new and active members, namely Carol Nuttall, Jonathan Ford, Pat Taylor, Diana Terris and Jennifer McDermott.

Third, we've always known that we must identify and build strategic partnerships with like-minded organisations and we've pursued this objective from the very beginning – internally with our Peace Centre partners, the NSPCC and Warrington Youth Club, and externally with organisations that work for peace and reconciliation regionally, nationally and in other European countries which have experienced politically motivated violence, just as we have.

Partner organisations don't have to mirror our work or indeed our working methods, and in some cases they may not even match our philosophy or agenda for change . . . but nonetheless, we accommodate these differences for the greater good and benefit of those with whom we work . . . because we're serious about the business of peace and reconciliation building. Consequently, co-operating with, and learning from, partner organisations in meeting the multi faceted needs of our participants . . . be they from Britain, Ireland, the rest of Europe or beyond, is crucial.

I want to place on record how delighted and proud I am that the Foundation's boundaries now stretch much further than Warrington and Ireland. We're helping communities and schools in other towns, cities and regions across the UK, and in doing so, we're engaging in conflicts that present 21st century threats to this country. Notwithstanding this extension of

our reach however, I look forward, as I say every year at this time, to welcoming overseas participants to the Peace Centre and building on the Foundation's credentials as an international and unique contributor to peace building.

Colin Parry

Chairman



New Promotional DVD

The Foundation has been rather reticent about shouting about its achievements. However this year, which marks the 10th anniversary of the Peace Centre opening, we have decided to do just that. Using the skills of TV presenter Nicky Campbell and Ken Horn from Horn Productions Ltd, who generously donated their time, the Foundation has been able to make a new DVD to showcase its work, achievements and hopes for the future.

The Foundation was set up in April 1995 and moved into the Peace Centre after it was officially opened by HRH the Duchess of Kent on 20th March 2000. Ten years later, we have grown from being a local charity to a charity working with both young people and adults regionally, nationally and internationally. We have been nominated for National Awards and posted on Government websites as an example of best practice, and although we are proud of what we have achieved, helping young people and victims of political violence to turn their lives around has given us the greatest satisfaction.

**The Foundation would like to thank everybody involved in the making of this DVD.
The DVD can be seen on our website www.foundation4peace.org**



Ken Horn



Nicky Campbell

Priesthorpe High School

Written by Mr Button, Priesthorpe High School, Leeds

February saw 14 more students from Priesthorpe High School take part in the Leadership Development course at the Peace Centre. This work forms part of the continued commitment between the Foundation and the School to work with pupils from a diverse range of backgrounds become more skilled in leadership and conflict transformation. The pupils are then encouraged to take these new skills back into school to help challenge ideas, beliefs and behaviours which have become sources of tension and conflict between groups within the school.

The 44 students who attended last year's course are already busy at work within the School. They are currently meeting on a weekly basis and are working toward delivering a 'whole school' event based around conflict transformation later on this year. Alongside this they are working with their peers and have been using the skills learnt during their time with the Foundation as a source of inspiration to not only change aspects of their behavior but also that of others.

The new intake of students has just finished an extremely challenging and rewarding week of intense work. This incredibly valuable experience has revealed not only a diversity of attitude and beliefs within the school but also within the communities the students come from. During this time they have explored approaches to challenging and transforming the reasons for conflict and addressing this at its roots.

Our School is indebted to the Foundation for its support over the past year. In particular to the hard work and dedication of Kelly and Jon. We are already seeing the fruits of their work now, and in the future we will see the impact it makes within the school. The next step is to bring other staff up to date with what we are trying to achieve via a staff training day, in which we hope some of our student 'leaders' will take an active role. They are a shining example of what can be achieved and we hope that their good work will flourish and grow over time.

Quotes from Priesthorpe Students

Everyone has a voice, a right to be heard and shouldn't be ashamed of who they are. If I have the chance to do it all again, I wouldn't change a thing. I believe this course will definitely benefit me in my future as a doctor. **Aliya**

I met Colin Parry who is the founder of the Foundation. His speech was truly heart warming and left a huge impact on me. It was not only a privilege but an honour to meet a man so determined and willing to make an impact on the community in memory of his son.

I am taking away a variety of skills and qualities that I hope to put into practice in the future. **Saanya**

I came here for a new outlook on life. I have had a bad experience in school and wanted to gain confidence so I can learn and teach others about conflict in lots of ways. Even if you're a negative person, little changes make a difference.

The Foundation is amazing and I'm glad I had the opportunity to come as it's taught me right from wrong. **Kurtis**

You helped me to think about a different way of looking at life. **Aliya**

I think that racism should be avoided in all aspects of life and people like me should stand up to it no matter who or what skin colour they are. I also think we should listen to people's opinions. **Katy**

I'm proud of my contribution; I'm calmer and less anti school after taking part in the Leadership Course. I now have more reasons to resolve an argument without resorting to violence. **Tom**

I am going to take my skills to teach others which will hopefully reduce conflict and ignorance and create great leaders in school and the community. **Laura**

I've learned how to listen to others...but also how to speak my mind

Gujinder



Young people celebrate their achievements

During August, young volunteers from across Warrington came together and took over the Peace Centre to host an event. Staff and young people from three organisations - The Foundation, NSPCC and Warrington Youth Club - worked together to create a day packed with activities for all ages to enjoy.

The 'ACE' programme (Achieve, Celebrate, and Experience) was run 'by young people for young people' and provided opportunities for participants between 7-20 years of age to experience new activities. Workshops varied from sport, art and music to juggling, circus skills and problem solving. In the evening the young people celebrated their achievements and talents with a barbecue and disco provided by young local bands.

Speaking of the event, lead volunteer Gemma Benns said: "ACE was a great opportunity for young people in Warrington to participate in new activities and to show what they are capable of, I am proud to be part of such a fantastic team of young volunteers."



Inspire and empower

'REACH' is a brand new project that aims to inspire and empower its participants to make a positive impact within their own community and tackle the negative stereotyping of young people in the town.

Delivered in partnership with The Warrington Wolves Foundation and funded by a grant from the Big Lottery Fund, the programme is accredited by the Open College Network and incorporates subjects such as conflict transformation, leadership, self awareness and identity, prejudice and discrimination, alongside a number of practical skills in areas such as art,

sport, music and media. Participants will be actively involved in planning, developing and delivering community projects.

Through the community volunteering element of the programme, the young people will be able to work with different generations within the town to deliver events that will unite the community. They will be trained and supported throughout by project workers Phil McClure and Ann-Marie Lawrence and programme manager Kelly Simcock. Mentors from the local business community will assist in

the planning and development of the community projects.

The young people will be actively engaged in evaluating the REACH programme and will report their findings, experiences and learning through a best practice annual conference, where they will share examples and stories of how they have used the skills they have acquired.



Make a Peace Pledge!

What is it?

To celebrate the 10th anniversary of the opening of the Peace Centre, and as part of this year's events, we are inviting all of the people who participate in and support our work to be a part of our 'Make a Peace Pledge' project. The project has been inspired by the positive actions already undertaken by many of the people who have participated in our programmes over the last 10 years and it will run across the whole of the Foundation and the Peace Centre partners. It will be an opportunity for everyone involved in or who supports the work of the Foundation to make a promise or "Peace Pledge" to do something positive over the coming year, including you!

We want people to write their pledges on a paper leaf that will then be hung on a 'tree' inside the Peace Centre. The tree has been designed by young people and over the course of the anniversary year, we would like you to think about the little changes you could make to make a positive contribution in your family, community or society as a whole! During the next twelve months the tree will become fully populated with the leaves, sharing the hopes and ambitions of everyone we work with. The tree will begin the year bare and by autumn, when the leaves are falling outside, our peace tree will be blossoming!!



The 'Peace Pledge' you make can be absolutely anything and you can make as many pledges as you like.

How do I get involved?

Think about what contribution you can make to do something positive for yourself, your family or your community.

- Step 1: To make your 'Peace Pledge', think about what positive action you would like to take in 2010.
- Step 2: Cut out the template leaf below and write your 'Peace Pledge' and sign your name to it (you can just put your first name if you wish).
- Step 3: Send your completed 'Peace Pledge' to 'Make a Peace Pledge', The Tim Parry Johnathan Ball Foundation, The Peace Centre, Peace Drive, Warrington, WA5 1HQ.

Once received we will laminate your pledges and add them to the Peace Pledge Tree at the Centre.

Some examples of pledges

Alan P:
To promote understanding

Annie:
I'm going to speak at a conference about Peace

Mo Norton:
To help educate a child

Young person:
I will learn to listen to other peoples points of view

International Victims of Terrorism meet in Salamanca, Spain

Jo Dover, Pam White and Susan Verghese travelled to the old university city of Salamanca in Western Spain in February to attend the 6th International Congress for Victims of Terrorism.

Victims from all over the world congregated for three days in the medieval city to listen to the stories of people affected by terrorist incidents such as 9/11, bomb attacks in Madrid, Omagh and Israel, ETA attacks, hostage-taking by FARC of a Colombian congressman and the French airliner that was blown up over the Tenere desert.

Pam White spoke of the impact of being affected by the IRA bombing of Harrods in 1983, where she was sent in as a police officer to evacuate the area and was caught up in the explosion. The Congress was attended by many high ranking officials from national, regional and local government and was formally opened by the Prince and Princess of Asturia. On the second day, an event was held in Salamanca's Plaza Mayor (Main Square) to pay tribute to victims of terrorism all over the world.



Over 3000 members of the public attended the event to show their respect for and solidarity with the victims. On the final day, the Foundation delegates travelled back to Madrid and were able to visit the memorials to the 2004 Madrid train bomb attacks at Retiro Park and Atocha train station. The next Congress will be held in New York after the 10th anniversary of 9/11.



Congratulations!

Congratulations to John Kobia who became a British Citizen at a Ceremony held at the Warrington Town Hall on 1st February 2010. John joined the Foundation two years ago and works on the Survivors for Peace Programme. Originally from Sierra Leone, he came to the UK eight years ago to study Peace and Conflict Resolution at the University of Bradford. This recognition means he can continue to do the positive work with victims and survivors of conflict and terrorism. John said 'I feel honoured and humbled for this opportunity to play a full part in society as a British Citizen. I have always been a great admirer of the democratic values and principles of fairness and freedom on which this country is based. My naturalisation gives me the opportunity to contribute towards building a just, inclusive and peaceful society'.

Network of Associations of Victims of Terrorism Conference, Paris

On 18th and 19th September 2009, the Network of Associations of Victims of Terrorism (formerly VNET) held a European Congress at the French National Assembly in Paris. The event was organised to mark the 20th anniversary of the UTA DC-10 aircraft bombing and as a forum for the voices of European victims of terrorism to be heard and acknowledged.

Rosie Aubrey, programme worker for Survivors for Peace Programme, was invited to join the delegation along with Pam White, one of our participants who spoke about her experiences. The theme for the event was "Terrorism and Society". The event explored how communities respond to and are affected by conflict and acts of terrorism. The congress heard from twelve victims who shared their stories and spoke of the challenges they had experienced in dealing with their experiences. The conference heard from victims from Columbia, France, Spain, Italy and Northern Ireland and was a poignant reminder of the impact of such devastating events.

The event was held over two days and included a series of round table discussions about terrorism and society which was an opportunity for victims to share their experiences. A common theme shared by all the speakers was the lack of understanding and acknowledgement received from the general public, which compounded feelings of isolation. The conference highlighted the important role victims could play in educating wider society about the human impact of traumatic events.

To mark the 20th anniversary of the UTA DC-10 Aircraft Bombing, a series of memorial events were held across Paris to commemorate the many lives lost and affected by the UTA incident and in remembrance of all victims of terrorism.



Jo's swim for peace

All of our staff 'go the extra mile' for the Foundation but Jo had to go even further and make it TWO. It was a big challenge and everyone thought she was insane but she did it and had enough energy and enthusiasm to keep going.

Jo said: "Wendy approached me one day to tell me that several team members were taking part in the English Half Marathon and asked if I would like to join them. After I stopped laughing I thought that, while I was definitely not a runner, I could do something to raise money as well and started to think

about what challenge I could give myself. I decided that I would swim two miles (129 lengths of the pool at the David Lloyd Centre) as this seemed like a good challenging distance. My aim was to raise £200 if possible and in the first week of fundraising I hit that target. Wendy joked with me that I would raise £1000 at that rate and I laughed it off, saying I would be happy to raise £500 if I got lucky. I was so surprised and delighted when the final total came to £2000. It was lovely to receive such support from everyone and it certainly helped me to focus on my training. I managed to complete the 2



miles in 1 hour 33 minutes and 3 seconds which was almost half an hour faster than I had expected! Thank you to everyone who sponsored me and helped the Foundation."

Family Fun Day at David Lloyd



Families from Warrington joined the Foundation team and volunteers at David Lloyd's Health Club to commemorate and celebrate the 'International Day of Peace'. A climbing wall, giant obstacle course, surfing machine, bungee trampoline and many more attractions kept visitors entertained for hours.

The first 'International Day of Peace' was celebrated in September 1982 and provided an opportunity for individuals, organisations and nations to create practical acts of peace on a shared date. It was established by a United Nations resolution in 1981 to coincide with the opening of the General Assembly and in 2002 'September 21st' was officially declared the permanent date for the International Day of Peace. Since its inception it has grown to include millions of people in all parts of the world, and each year events are organised to commemorate and celebrate this day.



Some of the people participating on behalf of the Foundation and their times

Clare White	2.38
Ceri Baker	1.56
Steve Lunn	2.01
Mark Ralph	1.52
Matthew Dyson	1.54
Darryl Cann	1.57
Rob Fellows	2.22
Richard Delooze	2.22
Michael Horrocks	1.54
David Hargreaves	1.49
Kate Cassim	2.25
Ann Snagg	2.5
Martin Snagg	2.18
Paul Gaskell	1.48
Lynn Hitchen	
Lee Jackson	
Paul Lawson	
Rosie Aubrey	2.19
David McNicholl	
Kerry Gibson	
Kelly Simcock	2.05
Justin Wylie	
Anne Bateson	
Barry Taylor	1.49
Sarah Taylor	2.11
Carl Marsh	1.41
Karen McManus	
Emily Chadwick	2.15
Steven Hanson	
Michelle Quaresma	2.4
Kerrie Darbyshire	
Karl Davies	
Diana Terris	
Ian Marks	
Mark Parker	



New Balance Half Marathon

On 4th October the Foundation took part in Warrington's first Half Marathon and, with the help of NWDA who sponsored the places of 38 volunteers and 8 Foundation members of staff, we managed to raise a staggering £13,000.

Two of the participants were Barry Taylor and his daughter Sarah, a sports injury graduate. Barry, a general surgeon at Warrington Hospital, treated Tim after the Warrington bombing and has remained friends with Colin and Wendy Parry over the past seventeen years. Barry and Sarah had aimed to raise £1000 but, amazingly, raised double that figure.



Boogie Wonderland

The Foundation's Charity Christmas Party, held at the Peace Centre on Saturday 5th December, was once again a resounding success.

Sponsored by Forshaw Davies Ridgway LLP Solicitors, Taylorshaw Ltd, Set Produce and TPB Foods Ltd, 200 guests enjoyed a 4-course meal, fantastic entertainment by the Mississippi Soul Man and disco by our own in house DJ, Dave McNichol, who helped everyone party till the early hours of the morning.

Wendy Parry said: "This was our second Christmas Party at the Peace Centre and proved to be an excellent venue. We were delighted with the complimentary comments we received and a number of groups have already booked for next year's event".

Jonathan Ford Accountants:

"We had a great night at the Christmas Party. After just two years it has already become a permanent fixture in our Christmas Calendar"

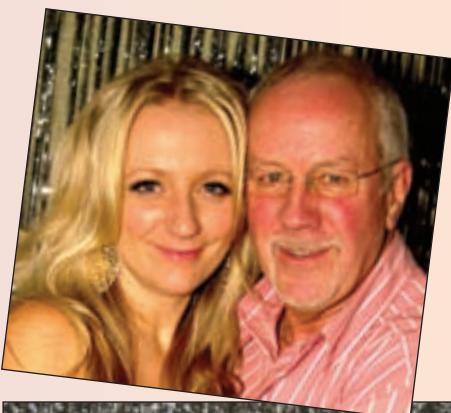
Jane, Debbie and the Little Acorns Team:

"It was brilliant night again, fantastic food, excellent entertainment and an amazing atmosphere"

Malcolm & Laurie Ross:

"It was a great idea to have our Rotary Christmas Party at the Peace Centre. The atmosphere and decor were fantastic, the meal was excellent and the entertainer, the Mississippi Soul Man, lived up to our expectations as we boogied the night away. We will definitely be back for Christmas 2010 and it's great to also support such a worthwhile cause."

Next year's Christmas Party will take place on Saturday 4th December.



The Valentine's Charity Ball



On Saturday 13th February, the Foundation hosted its annual Charity Ball at the Park Royal Hotel, Stretton, raising over £10,000 to continue funding its work with young people throughout the North West.

250 guests attended the event and MC Paul Crone from Granada TV, JK as Robbie Williams and DJ Dave McNichol made sure that everyone had a great time.

Dennis Evans of Handlesbanken said:

"A fantastic night, the best I've been to in a long time. When this also results in the raising of funds for the most worthy of causes then things don't get any better than this. I will now probably wish the next 12 months away until the next Ball!!"

Tim Roberts MD of I-Com International

"This was the best Ball yet and what an entertainer - almost as good as the real Robbie Williams. My guests' comments were fantastic on how much they enjoyed the evening, celebrating Valentine's Day and all for a good cause. Please put me down for a table next year."

Ian Marks Leader of Warrington Borough Council:

"The fact that the room was full to capacity on Saturday night shows that people in Warrington want to support the Foundation. The DVD on the work of the Foundation was an inspiration to us all and showed a real commitment to improving the lives of young people."

Jeni Underhill -M&S Money

The Valentine's Ball was fantastic! My two tables of guests had a great time. You successfully ensured that the event was hugely entertaining, whilst at the same time providing a clear message about the really important work that your team are delivering. My guests felt privileged to be there.

If you would like further information about the Foundation's events, please contact Wendy on 01925 581234.

Events for 2010

Warrington First Business Club Charity Event



Wednesday May 19th

Warrington First will be hosting their first Charity event at the Peace Centre on behalf of the Foundation. Tickets will be £10 and include food.

For more information regarding Warrington First Business Club call Andrew Aldridge on 01925 230000.

Annual Charity Golf Day



Wednesday 16th June at Warrington Golf Club.

£360 per team of 4 includes lunch, dinner and entertainment provided by the hilarious MC & comedian Malcolm Lord.

New Balance Half Marathon 2010



Sunday 3rd October at Victoria Park Warrington

If you would like to run on behalf of the Foundation we have 50 charity places available.

Jane McDonald Performing 'One Night Only'



Date to be confirmed

Jane will be performing her concert entitled 'One Night Only', at the Parr Hall in aid of the Foundation. The concert will take place towards the end of the year.

Christmas Party



Saturday 4th December
The Peace Centre.

Tables of 10 are available at £35 per person. This price includes food, live entertainment & Disco.

For further information please ring 01925 581234 /581231 or email wendy.parry@foundation4peace.org

GCA Donation

The Foundation and two other Warrington based charities each received a donation of £1300 thanks to the generosity of GCA employees. The money was raised through a combination of their annual Summer Ball and various raffles during 2009.



Wendy Parry said: "GCA have continued to support our work over the past few years and we appreciate their dedication to the young people and adults that we work with. GCA staff members should be congratulated on their hard work and generosity to local Charities.

Peter Ratcliffe said: "All three charities do a tremendous amount of good work in the local area and GCA are happy to be associated with them."



GCA's Peter Ratcliffe is joined by (L-R) Wendy Parry, Jill Oakes (Families United), Angela Hyatt and Tracy Segar (WASC).

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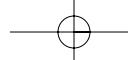
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Knockout success for heroes

A SPORTSMAN'S evening organised by Warrington Freemasons was a knockout success raising more than £3,000 for Help for Heroes.

Among the sporting memorabilia auctioned on the night was a boxing glove worn by former world heavyweight champion Mike Tyson and signed by him and a framed set of signed photographs of former British heavyweight boxing champion Henry Cooper.

The star sporting guest of the night was Warrington born footballer Steve Kindon. Steve knew he was in for a home-town welcome but the night brought back many memories of his youth for he went to school in Woolston and then the Wade Deacon in Widnes with Ian Boswell who is the chairman of the

Warrington Group of Masonic Lodges. There was also time for Steve to chat with his teenage "mate", Chris Eyles, who was one of the evening's organisers.

At the start of the evening in Warrington Masonic Hall the sell-out audience heard from former soldier and Warrington Freemason Lt Col Les Taylor Duff who told of the important work being undertaken for members of our Armed Forces when they return home injured and for the families of those who have laid down their lives for their country.

Before his after-dinner speech Steve helped Dave Tabron with the auction

£1.2m revamp for hall

THE £1.2 million re-development of Warrington's Parr Hall will start around the middle of the month and will take more than six months to complete.

It will mean the town's premier concert venue will be closed until the autumn, although the adjoining Pyramid arts centre will be unaffected.

Coun Ian Marks, leader of the borough council, said: "There will be new, more comfortable seating, a bar will be added on the circle floor for the first time and the bar facilities on the ground-floor will be improved. The decor will be lightened up and changed from the colour scheme that was more appropriate for the Victorian era. A big opening event is planned for the autumn and the intention is to position the hall as a major entertainment venue in the north west. We have already been putting on more attractive acts and we expect to improve them still further. Many people are still not aware of what good acts we now stage."

An earlier phase of improvement was completed last year, with improvements to lighting and sound facilities and this has already made the hall more suitable for larger shows.

A photograph of two middle-aged men in dark suits and ties. The man on the left is smiling broadly and holding a bright red boxing glove against his chest. The man on the right is also smiling and looking towards the camera. They appear to be at a formal event, possibly a charity function, given the formal attire and the playful prop of the boxing glove.

Nice to see you again "mate". Steve Kindon gives Chris Eyres a friendly tap with the boxing glove used by former world heavyweight boxing champion Mike Tyson.

of sporting goods which included a signed Warrington Wolves ball, a signed Everton ball, a day at Donnington driving a racing car, a day at the races, a round of golf, tickets for the races and a match at Lancashire County Cricket Club. The highest bid of the night was for four people to attend a Bolton Wanderers game with special hospitality including a meal.

The Mike Tyson boxing glove was bought for £210 by Freemason Tom Moulder and his son Alan who thought that it was "a good investment".

Steve told the audience how he was brought up watching his uncle play rugby league and his father play rugby union. But after seeing the World Cup he decided he wanted to play football and just 18 months after his debut on a soccer pitch in

Padgate was playing in the First Division with Burnley. With more than 160 first-class goals to his credit, this former striker/left winger starred with Wolves - where he earned the nickname "The Tank" for his bustling style - Burnley and Huddersfield in the 70's and 80's and he also won caps for England in the youth team, the under-23's and England B.

under 23's and England B. For seven years running, he gained the title of the fastest footballer in Britain at the annual competition at the Meadowbank Stadium.

It will be some time before it is known exactly how much was raised on the night but organiser Vic Charlesworth is confident that it will be more than £3,000 which will be presented to Help for Heroes.

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Financially yours

By David Watkinson

Approaching the budget and the new tax year

As we approach the budget and the start of the new tax year we already know much of what is in store for us next year.

Inflation erodes the value of money. Therefore, the value of personal allowances falls unless they are increased in line with inflation. This was recognised by Parliament many years ago when they said that unless the Chancellor says otherwise then all allowances will automatically increase in line with retail prices.

This year, Alistair Darling says 'No'. Alistair says that you are stuck with what you have! He also says that, generally, tax bands and tax rates will all remain the same. This means, of course, that most of you will not notice much difference in your take-home pay, other than you can buy that bit less with it.

High earners will, however, notice a difference.

Firstly, people earning over £100,000 will have their personal allowance progressively withdrawn as their earnings increase. Secondly, an additional rate of tax of 50% will apply to earnings above £150,000. Some

may welcome the return of this real progression in tax, whilst others may remember with dread those pre Margaret Thatcher days of 80% and above taxation. You will all have a chance to express your views on this very soon!

If you operate through a Limited Company, then the proposed increase in the small companies rate of Corporation Tax has been postponed again, which means that the small companies rate will remain at 21% for a further year. The main rate of Corporation tax also remains the same at 28%.

Taxation on spending, however, has recently increased and will continue to increase in some cases in the new tax year. On 31st December, the standard rate of VAT reverted from the temporary rate of 15% to the former rate of 17.5%. This represents an increase in retail prices of over 2%, which will make the freezing of personal allowances hurt even more.

However, there are even bigger changes, and they are generally all upwards. One is the rate of road fund



David Watkinson and Margaret Black

licence payable. Any vehicle with an emission of 151g/km will have to pay more next year, some by as much as 7%. Additionally, there is a new tax on new vehicles (the 'showroom' tax) which will increase the price of new vehicles by up to £950!

This budget is, of course, just before a General Election. Many people are suggesting that whoever wins that election will have to have another budget later in the year. If they are right then we may all need to wait a bit longer before we know the full amount of tax that we will be paying next year.

WatkinsonBlack are pleased to advise on these matters. Please note that these ideas are intended to inform rather than advise and you should always obtain professional advice before taking any action.

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1. Pour 6-8tablespoons of Olive oil into bowl
2. Grate Lemon & Lime Zest until you see the white of the flesh
3. Add zest to olive oil
4. Peel garlic and crush garlic using the back of your chopping knife, then chop until fine and add to oil marinade
5. Chop red chillies removing seeds if you don't want to make to hot.... And add to marinade
6. Squeeze the juices from lemon and lime into marinade and mix well and season with salt & pepper
7. Finely chop half of the coriander and add to marinade, leaving remaining to add to finished dish
8. Add skinless and boneless chicken fillets to marinade and leave in fridge covered over night
9. Remove and ideally chargrill or barbecue for an average of 4-6 minutes on each side, or oven bake on 180c for 16 - 20 minutes pending on size of chicken fillets
10. Always, ensure your meat is cooked through before eating, and serve with fresh salad and Pitta breads or with lemon infused rice as a Thai dish for a dinner party.

Urgent News

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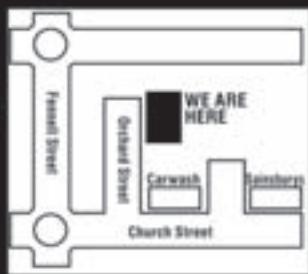
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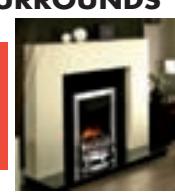
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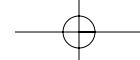
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