Ultimate run hero!  
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WE are told by the powers that be, that progress is continuing to be made on Warrington’s Local Plan, which sets out the proposed approach to meeting the borough’s future need for homes, jobs and supporting infrastructure.

Originally it was hoped to produce the plan this autumn but this has now been pushed back to the end of the year, prior to another round of public consultation next year.

In the meantime more and more planning applications are coming in for major developments and housing schemes putting an even greater burden on the town’s already overloaded highways.

The latest population projections – based on mid-2017 – show Warrington with a four per cent increase to 209,700 and I am sure these figures are already outdated.

With many thousands more people commuting into Warrington we have a highway network which simply can not cope any more.

Yes there are works ongoing, along with a new railway station serving the West of the town, but I fear these will be just a sticking plaster if development continues at pace.

Hardly a day passes without reports about traffic congestion following accidents on the motorway network, which on the one hand make Warrington a magnet as a distribution centre but a nightmare when something goes wrong.

We certainly need to see what the PDO is BEFORE we allow any more major developments!

Meanwhile congratulations to Warrington Wolves on reaching Wembley again in Head Coach Steve Price’s first season in charge – hopefully the beginning of another successful period in the club’s history.

His predecessor Tony Smith had a similar start to his career at the club in 2009, going on to see Warrington lifting the famous silverware for the first time since 1974.

This resulted in Wembley almost becoming a second home as Warrington backed up the success in 2010 and 2012, reaching the final again in 2016.

**Deadline for the October issue is September 4**

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**Editor's Comment**

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FORMER soldier Ste Hughes is Warrington’s first ever English Half Marathon “Ultimate Run Hero” after winning a public vote.

Not strictly a runner but a wheelchair athlete, Ste from Appleton, won the public vote from a short-list of five, winning two nights stay at the Village Hotel and free entry to the EHM for life.

But as a veteran of the event who bought life entry for £99 previously, Ste immediately donated the prize to another runner, Elaine Fraser, who has been inspirational on her own health journey while looking after her family.

He also donated his two night stay at the Village Hotel to competition runner-up Robyn Harrison, who suffers from ocular motor apraxia – a condition that affects her eyes - when she was just six months old. Now 17 she’s since suffered from a series of undiagnosed conditions and been told that she probably wouldn’t ever walk. Undeterred, Robyn has now run the Warrington mile and a 10k raising almost £4,000 for the charity ‘Stick n Step.’

Ste, who is now the Ultimate Run Hero, suffered permanent damage to his spine in the forces. He has also had unrelated problems with his brain, undergoing four operations.

Despite his setbacks, which have involved a total of nine operations on his back and brain, he has been undeterred and in April alone, he did two full marathons, a 50 miler and a 100 miler. He is also a Para Nordic sit skier and completed a 34 mile sit ski marathon in Finland - the first UK sit ski athlete to do so.

Next year he is attempting the Official Guinness world record from Land’s End to John O’Groats in his para sports wheelchair helping raise funds for the charity Holidays for Heroes.

Steve spent four years in the army, serving in Germany and Northern Ireland before being discharged on health grounds.

After giving up two of his prizes Steve took up the offer of appearing on the front cover of warrington-worldwide to help with his ongoing fund-raising.

Event director Rob Griffiths said: “I am overwhelmed with the response of the inaugural EHM Run Hero, we had over 3,000 votes over the course of the voting period. Each finalist had a very different and inspiring story to tell, we hope this platform has allowed to raise even more money for their chosen charities. A huge well done to Ste Hughes the EHM Run Hero 2018 , he has taken part in many EHM races leading from the front on two occasions. The charity work he does is inspiring and he is a very worthy winner, once again thanks to all the finalists and Gary for all his support on this.”

Anyone who would like to support his world record attempt next year or help with his fund-raising efforts for Holidays for Heroes can email him at stehughes@ntlworld.com
WARRINGTON’S cycling agent Gary Pemberton took part in a gruelling 400 mile bike ride helping raise funds for the “Children’s Adventure Farm Trust” near Lymm.

Gary, who owns Belvior Estates and Lettings on Sankey Street, Warrington, joined 11 other cyclists and two support vehicles for the charity ride from Basel to Cologne.

They completed the 400 gruelling miles over four days, with almost 22,000 feet of climbing through the hills close to the river Rhein.

Belvoir Warrington and the team have been supporting CAFT for over 4 years now with charity events, raising in excess of £11k.

“It was a gruelling ride especially though the hills close to the River Rhein, but it was well worth it to help raise funds for this fabulous charity,” said Gary.

“I would also like to thank everyone who supported us,” he added.
"My course at Warrington & Vale Royal College has given me the confidence to prepare for university."

- Jenna, Aged 33, from Newton-le-Willows

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Clients we’ve helped grow:
THREE recently published independent reports have highlighted Warrington as a hotspot for business leadership and for property investment.

Research undertaken by the Centre for Economics and Business Research has placed Warrington in the top 10 cities in the North of England for producing the directors and business executives of the future.

The findings revealed that the next generation of business leaders is more likely to come from smaller towns than big cities and also indicated a north-south divide, with Warrington bucking the trend being the only location in the North to be ranked in the top 10.

The ranking looked at the seniority of the workforce living in each location, as well as considering their level of educational attainment and pay packages. This was then compared to the location’s economic importance.

Warrington was ranked 8th, London was ranked 9th, Manchester 32nd and Liverpool 38th.


Other research compiled by law firm SAS Daniels LLP, has named Warrington as the most attractive town in the north-west for commercial property investors.

The report declared that Warrington is ‘becoming a hotspot for commercial property investors’ – with average commercial property prices standing at £360,225.

These figures are echoed in a second report produced by Colliers International who confirmed that industrial rents had reached record levels with demand continuing to outstrip supply.

Figures from the advisory firm indicate that rents for industrial and logistics sites of more than 100,000 sq ft in Warrington had increased by 32% in the last five years, rising from £4.75/sq ft in 2013 to a current high of £6.25/sq ft.

John Sullivan, director, industrial and logistics at the North West offices of Colliers in Manchester and Liverpool, commented that “Warrington continues to attract record high rental levels for prime sites in the North West of England because of its strategic positioning at the very heart of the region’s communications network offering occupiers easy access to regional, national and international markets”.

Warrington has long been a hotspot for property investment and it is reassuring to see that it is still topping the tables. It is good to see the town being recognised too for business leadership and business leadership potential. Warrington is an economic powerhouse and Warrington’s framework for growth, Warrington Means Business is in place to ensure that it maintains that status.
WARRINGTON Museum and Art Gallery hosted a very popular private viewing of new photography exhibition, Night Edge.

Part of the Warrington Contemporary Arts Festival, Night Edge is the work of three local artists, Estelle Cadwallader, Eli Regan and Hazel Hughes.

The Warrington and Lymm based photographic artists came together to produce a fascinating body of work telling the story of night, street lighting, partial darkness and moonlight transforming otherwise everyday, dull surroundings into exciting and otherworldly places full of atmosphere and dynamism.

The exhibition charts Warrington local landmarks at night but also the people who inhabit the nocturnal hours – the firefighters, midwives, clock repairers and transient workers.

Using many photographic techniques such as long exposure and painting with light the images draw out a rich colour which seems to be more vibrant against the darkness.

Explaining the works Eli Regan said “There’s a quote by Vincent van Gogh that says: “I often think that the night is more alive and more richly coloured than the day”, and I hope that people come away with this idea too. The night is beautiful: endlessly alluring, random and melancholic.”

Hazel Hughes commented “I’m really pleased with the finished images, but it has certainly whet my appetite for more night-time photography. The night is dark and full of treasures, and we’ve only just begun to discover them.”

In a quirk of fate artist Estelle Cadwallader told how her father, who was at the preview, had been the architect responsible for the design of the very annex the art gallery is housed in.

In addition to their own works the photographers had joined forces with Warrington Youth Club for two workshops held at the Peace Centre where they tutored young people aged 7 to 17 and helped them produce their own display of images and texts.

The exhibition is free to enter and runs until Saturday, September 15.
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Fresh new design for JD Kitchens

WITH 17 years experience in luxury kitchen, office and bedroom design the team at JD Kitchens thought it was about time they turned their creative approach to their own company. They approached local marketing company Forty Communications and design agency Future to work their magic on the rebrand, which has had locals popping their heads around their door in Padgate to say that they love it!

The new logo, which adorns their vans, shop and website fits beautifully with engineer owner Dave Charlton’s favourite kitchen range, Next125.

Dove explained: “Next 125 is the next step in luxury. German engineered designs are finished to the highest specification with the attention to detail promising quality and perfection. With real wood veneers, high gloss lacquers and glass fronts the quality of the materials is outstanding, and we wanted this to be reflected in our new look”.

And it’s not just the exterior of the shop that has had a refit, they’ve taken it inside too, with several new kitchen displays and new technology from Neff, Quooker and Nikla Tesla that customers can try for themselves.

“We want to surprise and delight our customers and give them more than what they expect. The space saving innovations and creativity of the Next125 range, coupled with the beautiful contemporary finish are a perfect match for us”.

JD Kitchens offer a free home measure consultation service with no obligation and no hard sell. They are open Monday-Saturday and can-do evening appointments on request. Call today 01925 636997.

‘Love local business’ – a chance to showcase products and services

WARRINGTON lifestyle provider LiveWire is to hold an event to enable businesses to showcase their products and services. The event on Sunday, November 25, will be at the Orford Jubilee Neighbourhood Hub from 10am to 3pm. It is described as “the perfect spot for local entrepreneurs, self-employed and small businesses to showcase their products and services.”

The Love Local Business Show will be free to attend and will present an opportunity for small local businesses, local entrepreneurs and local people who are self-employed to promote what they offer – free of charge.

Wendy Molyneux, LiveWire’s strategic library manager, said: “LiveWire is delighted to announce this new opportunity for small businesses.

“The event is part of LiveWire’s commitment to support the growth of Warrington’s local economy and to help small businesses make their dreams of a thriving business a reality.

“Creating opportunities for businesses to gain new customers, open the door to new markets and help our local businesses achieve their ambitions is a key drive behind this event.

“The event is an opportunity for local businesses from Warrington and the surrounding area to come together, to get connected, to create new opportunities and to showcase their products and services to local residents.

“Whether an individual, family business, local shop, online business, wholesaler, business service or small manufacturer, we would love to hear from businesses who would like to be involved – get in touch to book a stand.”

Any business interested in having a stand at the Love Local Business Show should contact Wendy Molyneux at LiveWire by emailing wmolyneux@livewirewarrington.org or phone 01925 912653 or 07730 075966.
Return of Lymm Rushbearing Festival

THE ancient Lymm Rushbearing Festival returned to the village after an absence of two years, following a new route through the Dingle.

Organiser Chris Limb decided to stop the tradition two years ago due to the rising cost of road closures.

But he decided to revive it this year, using a route which didn’t involve road closures, with the parade of bull rushes taking place through the Dingle, to a special service at St Mary’s Church.

Members of the Parish Council, were joined by Lymm Morris, Bollin Morris and Lymm Jubilee WI and members of the public.

Lymm Rushbearing was reborn in the early 1970s (having probably died out in the early years of the century, possibly during the First World War) and has been held on the second Sunday in August, although it has over the years been held on other days. For many years in the twentieth century Rushbearing Monday was a local bank holiday.

Ormerod’s late Victorian history of Cheshire refers to the festival taking place in many communities on or near to the feast of the parish’s patron saint – hence Lymm’s tradition of having the festival during the summer holiday period and close to the feast of the Assumption of Saint Mary.

Although the carrying of fresh rushes to church (normally on a horse-drawn cart) was a central feature, and the replacement of the old rushes upon the earthen church floor a very practical necessity in former days, this gathering of locals also involved festivities including not only the procession and Morris dancing but also sports, fairground stalls, and very full public houses!
New Digital hub to open in Pyramid Arts Centre

A NEW Digital Hub is set to open in Warrington’s Pyramid Arts Centre providing co-working space for the town’s digital and creative talent.

Culture Warrington will work alongside digital agency Carpe Diem to transform the Pyramid into a centre for Performance, Music and Digital arts following an extensive refit to create bespoke co-working space for the town’s burgeoning digital and creative talent.

The new partnership will provide fledgling digital and creative companies in Warrington with a boost following the new collaboration.

The news comes after homegrown digital agency Carpe Diem signed terms with creative arts and heritage provider Culture Warrington to move into the arts centre, based in the heart of the town centre, where Carpe Diem will set up the new digital hub.

The deal will see the agency move to the Pyramid’s top floor from its current offices at The Base, in Dallam Lane, having doubled in size whilst tenants there.

The move should be completed by October this year following an extensive refit in preparation for the facility to reflect Pyramid’s renewed focus on Performance, Music and Digital.

Emma Hutchinson, Managing Director of Culture Warrington, added: “This new collaboration with Carpe Diem is a real game-changer for Warrington and helps us to re-establish the Pyramid Arts Centre as a beacon for the town’s digital and creative identity.

“It marks the first phase of some really ambitious plans we have to transform the Pyramid offer to one of creative arts acceleration and incubation – a place that champions the arts for all ages, giving local and international talent a platform to experiment, evolve and launch.”

Bill Carr, Carpe Diem’s CEO, is a regular investor in disruptive tech and digital innovation and the Institute of Directors Chair for Cheshire. He brokered the deal alongside Carpe Diem’s Managing Creative Director Saul Peake and the team at Culture Warrington.

“We’ve been ‘Warrington-and-proud’ for more than 20 years, but this move is one that excites me more than any before,” said Bill. “We’re absolutely delighted to be working with Culture Warrington on this project.

“We’ve fought for the visibility and potential of Warrington’s amazing tech community and now we can realise those aims with a dedicated destination.

“Together with Culture Warrington, we aim to make the top floor of the Pyramid a home for anyone interested in digital technology; initially as a co-working space with regular events and then as a space for support, debate and guidance for companies looking to transform through tech.

“From there, the goal is to evolve our own consultancy-led offer, before launching accelerator programmes for start-up digital businesses.”

With an initial membership capped at 50, interested companies and individuals can register as potential members of the digital hub, or apply for more information via the website at www.carpe-diem.co.uk.

Rock ‘n’ roll horror storms into town

THE Parr Hall will be taken over by the darkest of magic next year as a smash-hit stage show moves into Warrington town.

Blood-curdling comedy and dare-devil circus acts will take centre stage on February 10 as rock ‘n’ roll spectacular The Circus of Horrors returns once again to Warrington. The global phenomenon that is The Circus of Horrors needs no introduction. From storming its way to the semi-finals of Britain’s Got Talent in 2011 to drawing in crowds all over the world, this spectacular show has become the ring leader of all circus acts.

But – for those of you who haven’t seen it – imagine if Quentin Tarantino had directed Cirque du Soleil: you’d only be halfway there.

Now, this unholy team of sword swallowers, crossbow and knife-throwing vixens, flaming hula-hooping divas, whirlwind acrobats and twisted contortionists are back in town with a brand new show.

Psycho Asylum presents an amazing amalgamation of bizarre and daring circus acts, driven by a rock ‘n’ roll soundscape to create a spine-tingling show that will have you on the edge of your seat – when you’re not falling off it with laughter.

Tickets are on sale now at www.pyramidparrhall.com or by calling Box Office on 01925 442345.
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Youngsters flocked to the annual VPX event at Warrington’s Victoria Park in their thousands. A long queue was waiting at the gates as the event, now in its 11th year, officially opened, providing free entertainment for young people. The brainchild of local PCSO Tony Spruce and his former colleague Tom Reid, supported by Paul Flannery from LiveWire and a host of other key partners in the community, including Cheshire Police and Warrington Borough Council, the free event takes place Tuesdays during the August school holidays, from 11am to 4pm.

Thanking all those who support the event Tony hopes it will be another record breaking success after attracting around 13,000 visitors last year. Police and Crime Commissioner David Keane, who provided funding towards the event, said: “VPX is a fantastic partnership event which provides an opportunity for young people across the whole of Cheshire to stay active during their summer break.

“Engaging with young people is a vital part of the work that PCSOs and officers undertake, and by encouraging young people to participate in activities such as VPX, we can make a real difference to local communities.

“I’d like to thank the PCSOs and officers involved in VPX who show a huge amount of dedication and work hard every year to ensure the event is a success.

“It’s clear to see the positive impact events such as VPX are having on tackling anti-social behavior and helping to keep young people safe.”
Youngsters flock to another successful VPX

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WARRINGTON  Market has launched a new “Instant Shopper Rewards Scheme” to reward loyal customers and to attract more shoppers into the heart of the town.

The instant rewards will be available on a daily basis by simply signing up for the rewards scheme online or at individual stalls, for those who have no regular internet access.

Members will just then have to show their Instant Shopper Rewards Scheme card to qualify for instant discounts and offers.

Each of the market’s 50 plus stalls will display chalk boards with their daily or weekly offers.

Members will also go into regular draws to win shopping vouchers of £50 every week in August and £100 worth of vouchers every month from September 1st, when the new temporary market will celebrate its 1st birthday.

The rewards scheme was launched at a special VIP event. Guests included Warrington Borough Council leader Cllr Terry O’Neill, who welcomed the scheme.

Market Manager Andy Ward said he believed the scheme was “pretty unique in the market world and possibly the country.”

“People don’t have to collect points they can just sign up for the scheme, visit the market and instantly get special offers.”

To sign up for the scheme visit https://www.facebook.com/tonMarketsInstantShopperRewards/

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BUSINESSES in Warrington town centre have appointed not-for-profit environmental trust Groundwork to deliver a £1.8 million business improvement scheme.

The town has joined more than 200 other city and town centres who have chosen to implement a Business Improvement District (BID) since 2005. Others include Manchester, Liverpool and Altrincham.

The BID in Warrington will represent a major change in how the town centre is managed, enabling and empowering businesses to take control.

Groundwork’s appointment follows an open and independently managed tender process, conducted during June and July. Groundwork are widely regarded as industry leading experts in managing Business Improvement Districts, with experience going back to 2005, shortly after the legislation for BIDs was first introduced.

The BID project is set to create an additional £1.8million of investment in the town centre. This will be used to deliver a number of key aims, including: a better marketed town centre that generates increased footfall, a safer and more secure town centre and a cleaner and greener town, with enhanced support for local businesses to prosper and grow.

Chairperson of the Warrington BID steering group, Dawn Smyth, said: “The BID will create a close working partnership with companies and important stakeholders, including Warrington Borough Council, bringing a new vitality to our town centre. “Warrington town centre has faced a range of challenges in recent years, but we believe that with Groundwork leading the delivery of the Warrington BID, we will be able to turn around the fortunes of the town centre over the coming years.”

Groundwork’s director of business, Greville Kelly, said: “We are really excited to have this opportunity to work with Warrington town centre businesses and to help realise the aims and objectives of the BID. The challenges faced by high streets are well documented. However, we believe that the delivery of the BID, combined with wider capital investments from the private and public sector will create an exciting future for Warrington town centre to look forward to.”

Initial priorities will include setting up the BID Board, delivering new investment for Christmas and new planning work to enhance safety and security across the town centre.

The BID will be funded through a small levy (1.5% of a premises rateable value) to be paid by all premises with a rateable value greater than £12,000.

A NEW plan to demolish the historic Lymm Hotel and replace it with a care home, retirement apartments and children’s nursery has been submitted to Warrington Borough Council.

In the new proposal, the number of apartments has been reduced from 52 to 45 and the number of care home places from 72 to 66. But the size of the children’s nursery is unclear – although it was originally for 120 places.

Residents are angry that the new scheme has been submitted when many people are away for the summer holidays. They are worried about the lack of clarity over the size of the children’s nursery, which was always one of the most contentious parts of the scheme as many people felt there was no need for one at all. The original scheme infuriated residents.

They raised many issues – but the major ones were the impact of several hundred vehicle movement a day, the “woefully inadequate” parking provision of just 74 places and the inadequacy of local bus services.

But there is also the loss of one of Lymm’s most historic buildings, where Pele and the Brazil World Cup team stayed in 1966.
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Family celebrates raising £1170 for the British Heart Foundation

A WOOLSTON family has raised a phenomenal £1170 by holding a Charity Disco Night in memory of a loving husband, Dad and Grandad, Alan Roughley to support the British Heart Foundation’s (BHF) life saving research.

Jennifer McDonald lost her dad on August 8, 1998 suddenly due to ischaemic heart disease and severe coronary artery atheroma, neither of which were diagnosed conditions.

He was 45 years old when he died and lived a normal, healthy life. As this year marked 20 years since Jenny and her family lost Alan, together with her mum Anne and brother Chris, the family decided to do something positive.

“Dad was a fun loving person who loved being around his family and friends so holding a party in his memory seemed like the perfect idea” said Jenny.

The charity disco took place at the Woolston Social Club in Warrington when 102 family and friends attended the event.

“It was amazing to see all those that meant something to our Dad come together to celebrate his life. We raised £1170 from selling tickets to the event, a raffle, auction, stand up bingo and my daughter and nephew offered hair colouring on the night for a small donation.”

Every three minutes someone loses their life to heart and circulatory disease which devastates the lives of those they leave behind. Thanks to the public’s generosity, the BHF is funding research central to discovering vital treatments for people living with these conditions.

Jenny who organised the event, said “We are delighted to have raised an incredible £1170 for the BHF’s life saving research. Although we know that cannot bring our Dad back, its an amazing feeling to be able to donate this money to the British Heart Foundation to help save another life and prevent another family going through the heart ache that we have.”

Leah Goodhind, BHF Fundraising Manager for Cheshire, said: “We never cease to be amazed by the extraordinary ways people like Jenny fundraise for the BHF and we’re incredibly grateful to them for raising £1170.

“We urgently need more people to join our fight for every heartbeat and help power our life saving research. That’s why we’re calling on everyone across the UK to organise their own fundraising event to help support our vital work.”

For inspiration and everything you need to organise a successful event, sign up to get your for free fundraising pack by visiting www.bhf.org.uk/yourway.

Colleagues complete cycling challenge for charity

THREE colleagues from MKM Building Supplies took part in a gruelling charity bike ride helping raise around £1,000 for Warrington Disability Partnership.

David Harari, Ian Greenhough and Hayley Welbourne from MKM Building Supplies on Winwick Road, Warrington, took on a gruelling 160 mile bike ride from their head office in Hull to Warrington, finishing at Walton Gardens during this year’s Disability Awareness Day.

The ride was part of the company’s fundraising for Warrington Disability Partnership - their chosen charity of the year.

“The trio set off on the Friday and followed the Trans Pennine Trail most of the way. Dave said the toughest stretch was over the Peak District. When the team arrived at Walton Gardens they said they were looking forward to a well-deserved hot bath.

Dave Thompson, Chief Executive at Warrington Disability Partnership expressed thanks to everyone involved, David, Ian and Hayley, plus their backup crew.

“It was a great physical effort given over three days, and during one of the hottest periods we have had in years, not ideal for this type of physical endurance. Well done to the team," he said.

There is still time to make a donation via http://uk.virginmoneygiving.com/Team/MKMWarrington

Development of new build team at FDR law

WARRINGTON based full service law firm, FDR Law has announced the expansion of the New Build legal team.

The new department encompasses the existing Plot Purchases legal team that has delivered residential conveyancing services to people buying new build properties across the UK for many years.

In addition, the New Build team, headed up by Chris Illingworth, Senior Associate Solicitor, will work with the FDR Law Real Estate team to provide builders and housing developers with legal services from land acquisition stage to property sales.

Chris said: “We pride ourselves at FDR Law on continually delivering a good quality service to all our conveyancing clients. The legal requirements for a new build property are more complex than that of an existing property, and the individual teams have demonstrated time and time again that they have the skills and expertise required.

The expansion of the New Build team and working more closely with our Commercial teams only strengthens our commitment and service offering in this sector.”

The New Build team will operate from the FDR Law Commercial offices at 21 Bold Street in Warrington providing national support.

Commenting on the development, CEO Mark Lockett said: “The demand for our services in the residential conveyancing and commercial property has grown substantially and is part down to the Government initiatives to increase the production of the number of new homes built in the UK each year. Expanding our existing plot team into the New Build department means we are better placed to support our house building clients from land purchase to house sale and private clients buying new homes.”
EMDR Psychotherapy for trauma and anxiety is now available in Lymm

IF you haven’t heard of EMDR Psychotherapy, you’re probably not alone, but it has fast become a widely used and effective treatment, helping people deal with traumatic memories, anxiety, depression and stress.

EMDR, or Eye Movement Desensitisation Reprocessing Psychotherapy is a one-to-one form of therapy that’s non-invasive; doesn’t rely on the use of drugs and is recognised by the NHS as a way of reducing the symptoms of PTSD.

Dr Art O’Malley is an expert in the field and Lymm Osteopathic Practice are delighted to welcome him to their team at the practice in Grammar School Road, Lymm.

As a doctor, consultant child and adolescent psychiatrist and EMDR consultant, he sees patients with a wide variety of trauma and anxiety related issues including flashbacks, panic attacks, sleep disorders, phobias and addictions.

He has also devised treatment methods for posttraumatic growth to help develop mental toughness, emotional resilience and optimal functioning. These can be used in business and sports environments or wherever anxiety can affect performance.

The therapy was first invented in 1987 by Dr Francine Shapiro, when she noticed that walking in a park generated rapid eye movements which lessened disturbing thoughts and emotions.

Clinicians and researchers worldwide over the last 30 years have used this basic principle to develop ways of reprocessing and diminishing stressful memories so that they can be replaced with more positive beliefs. As an example, a rape victim may think that the attack was their fault. Reprocessing the Memory using EMDR Psychotherapy allows them to believe that they were not to blame for their attacker’s actions.

As with all disciplines of this nature, it is important to ensure that the therapist is fully qualified and competent to carry out the treatment.

Dr Art O’Malley has been accredited since 2008 and has presented widely in the field of trauma, neglect, attachment and personality disorders, emotional dysregulation in ADHD and is an expert in Autism Spectrum Disorders diagnosis and management.

He also supervises therapists toward accreditation as both Practitioners and consultants in EMDR.

If you feel that EMDR Psychotherapy could benefit you, and want to know more, or, to arrange an appointment for an initial assessment with Dr O’Malley, call Lymm Osteopathic Practice on 01925 752264. They are always happy to work with you and find the health solution that’s perfect for you.
NOW is the perfect time to buy an annual money-saving bus pass for children going to college and school using Warrington’s Own Buses Touch & Go app.

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Warrington’s Own Buses Managing Director Ben Wakerley, said: “These period tickets are great value. Paying on the go for customers has never been easier, with the added value of saving money.

“When I first joined the company just over one year ago, one of the main elements of feedback I heard from customers was that they wanted a simpler way to pay for their Touch & Go tickets.

“I’m really pleased that we’re making it easier for our customers with the new smartcard and app.

“It is also great news that we’ve been able to reduce ticket prices, combining convenience with great value.”

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Mayor launches Latchford Duck Race

MAYOR of Warrington Cllr Karen Mundry was on hand to launch the third annual Latchford Duck race which helps raise funds for the local community.

The Mayor was joined by her husband and fellow Latchford East ward Cllr. Hans Mundry at the event which takes place at Warrington Rowing Club, on the banks of the River Mersey, each year.

Local businesses, including warrington-worldwide, sponsored large “corporate ducks” while 1,000 smaller ducks were purchased by members of the public.

Heritage Day to focus on RAF Padgate

THE first-ever Padgate Heritage Day takes place on Saturday, September 8 – and the focus will be on RAF Padgate.

Thousands of recruits were trained at the former RAF Padgate camp and the Spitfire which was on display at the entrance to the camp is still operational today.

Many celebrities went through the camp, including rock musician Bill Wyman, cricketer Fred Truman and entertainers Ronnie Corbett and Sir Bruce Forsyth. Even George Formby entertained there.

Padgate was only a village from 1838 when Christ Church was built, helped by funding from William Beamont, who was the first Mayor of Warrington and is buried in the graveyard.

Heritage Day will see more than 40 display boards showing photographs, articles, maps dating back to the 1800’s, etc. There will be tours of the church and the graveyard where there are numerous military graves and the graves of notable people.

The day, at Christ Church, Padgate, will be a family event and will start at 10am.

It has been organised by the Friends of Christ Church Graveyard, supported by Poulton-with-Fearnhead Parish Council and the Parochial Church Council.

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Another VAT fiasco!

By David Watkinson

Yet another recent case illustrates the dangers of getting VAT wrong, this one costing the taxpayer a huge £258,000. As with the world renowned Jaffa Cake case, the current case hinges on interpretation and also involves chocolate. Unlike Jaffa, this time HMRC won.

Kinnerton Confectionery Ltd sells a range of confectionery and chocolate products aimed primarily at children. But then Kinnerton diversified, ever so slightly, and created an “allergen-free chocolate bar” that is “ideal for cakes and desserts”. It was this product that was the subject of the dispute.

Chocolates and chocolate bars are confectionery, and thus standard rated. However, ingredients for making cakes are zero rated. A bar of chocolate must, therefore, be standard rated when held out for sale as confectionery but may be zero rated when held out for sale as cooking chocolate (ie an ingredient).

Kinnerton developed the product as a nut, gluten, egg and dairy-free chocolate bar, and then developed some wording for the packaging that largely mirrored the wording used by other cooking chocolate manufacturers. It is on this basis that Kinnerton believed they had a strong argument for zero rating the product, and proceeded to do so.

HMRC challenged the VAT treatment, essentially on the basis that the product wasn’t overtly marketed or sold as a cooking ingredient, and was often sold alongside items of confectionery. They argued that merely stating that it was suitable for use in cooking didn’t equate to cooking being the primary purpose of the product.

The tribunal judge agreed with HMRC’s arguments and concluded the bar should be standard rated. He said that “VAT law does not prevent Kinnerton (or any other manufacturer) from making an allergen-free chocolate and holding it out for sale as cooking chocolate, but that is not what has happened in this case.” He further commented that an advert for the product “did not say that it was cooking chocolate but that it was ideal for cooking”. He also commented that the word “confectionery” was in the company’s name and that this might influence consumers.

These narrow distinctions are what cost Kinnerton over £1/4m! Perhaps a few tweaks in the wording on the product’s packaging, together with a change of name to exclude that word, could have resulted in the case going the other way as it is accepted that any allergen-free chocolate bar that is genuinely held out for sale as cooking chocolate should be zero rated.

Another example of the utter stupidity of VAT law, when the VAT liability is decided not by the product but by it’s wrapping!

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

Warrington Wolves
get that Wembley feeling again!

Pictures Eddie Whitham

WARRINGTON Wolves will play Catalans in the 2018 Challenge Cup final at Wembley after comfortably dispatching Leeds 48-12 in the semi-final at the University of Bolton Stadium.

It means Warrington are going to Wembley for the fifth time in 10 years, as they hope to add to their wins in 2009, 2010 and 2012 as they bid to make up for the disappointment of losing out to Hull in 2016.

It sees Head Coach, Steve Price, taking the club to Wembley during his first season in charge, just like his predecessor Tony Smith did in 2009.
Fit to Tackle participants lose 44.5 stone

THE latest participants on LiveWire and Warrington Wolves’ Fit to Tackle programme lost an incredible 44.5 stone between them.

The 25 men and 13 women – who completed the Fit to Tackle programme managed to shed the weight, thanks to the rugby themed sports activities and nutritional advice provided.

Over a 12 week period they were put through their paces with up to three sessions a week of intense training at both the Halliwell Jones Stadium and Orford Jubilee Neighbourhood Hub.

A cardiologist from Liverpool University, Dr Scott Murray, visited during the programme to raise awareness of nutrition and healthy eating.

The exercise and nutrition advice has enabled at least 27 of the participants to lose at least five per cent of their body weight.

Tom Kearney, a coach on the programme, said: “We’ve seen an incredible weight loss on this Fit to Tackle programme.

“The participants worked amazingly hard to reach their targets and really enjoyed all of the activities provided.

“We’ve seen so many people on this programme work closely together as a team and make long-lasting friendships with people who were strangers 12 weeks ago.

“I’m really proud of what they’ve achieved. Hopefully they’ve now got all the skills necessary to lead a happy and healthy lifestyle.”

Residents interested in joining the next free 12-week Fit to Tackle course, can register by visiting the LiveWire website: https://livewirewarrington.co.uk/lifestyle/lose-weight/fit-to-tackle.
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