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APPARENTLY we have a high risk of suffering a premature death (under 75) if we live in Warrington according to a new national health study (see page 14).

Warrington has a particularly poor record for premature deaths from heart attacks and strokes.

With another report coming out in quick succession showing Warrington ranking as the fourth most expensive place to die in the North West and another stating that skin cancer is now the most common form of cancer in the town - it all makes very depressing reading.

Sunbeds

Our industrial past may be one reason for the poor premature death rates - but I've no idea why we should be one of the most expensive towns for funeral expenses - and we certainly don't enjoy as much sunshine as other parts of the country, although overuse of sunbeds is also being blamed for the increase.

The clear message is we all have a duty as residents of Warrington to try and improve our health - whether it be by quitting smoking, taking more exercise, losing weight, cutting down on alcohol, having healthier diets and most importantly, especially for men - not ignoring symptoms!

We have an abundance of

facilities in the town, in particular the new multi-million pound Orford Park Jubilee Hub, which is a one stop shop for improving your health! Having lost more than two stones over the past year drop me a line if you want any tips!

Meanwhile, in a time when many businesses have been closing down during the recession it is always pleasing to see a new business opening - or re-opening in the case of the Bella Roma Italian Restaurant on Padgate Lane (see page 16.)

Joint owner Osman Gulum is

well known in the local business community and has also featured on Dragon's Den with his Flower Fountain invention as well as writing his life story "Climbing Mountains" which is an inspirational read.

Welcome back Bella Roma!

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Dentist on top of the world!

LOCAL dentist John Moorhouse is feeling on top of the world after conquering the world's highest mountain, Mount Everest, as he bids to become one of just a handful of people to complete the three poles (Everest is now classed as the 'third' pole) and seven summits!

John from Lymm, Warrington, had to overcome ice falls, huge crevasses and blocks of ice the size of a house which could topple without warning, on his way to the summit, as part of the 60th anniversary expedition following in the footsteps of the late Sir Edmund Hillary, the first man to conquer Everest.

John is no stranger to adventure having already climbed Carstenz pyramid (Australasia), Vinson (Antarctica), Elbrus (Europe) while also being forced off the summit

by bad weather on Aconcagua (S America) and Denali (N. America).

Having now conquered Everest and skiing the last degree to the North Pole in 2006 and the South Pole in 2009, he is one of less than 30 people to have stood on all three poles (Everest is the third pole) - and he still has to climb Kilimanjaro - and attempt his two failed summits again before achieving his dream!

John trekked to basecamp with his partner Karen McGibbon before taking on the summit.

He said: "The hardest challenges were going five times up and down the ice fall between basecamp and 1, crossing the huge crevasses in the ice fall on ladders tied together with two small ropes to hold onto for balance, with blocks of ice the size of houses above the route, with the constant danger of avalanches

from the steep slopes on either side.

"This on top of the attrition to the body of spending weeks above 5000m with the average man losing 15% of their bodyweight.

"The best part was reaching the summit and getting a photo with my eldest daughter, Natasha's, hat she specially made for the trip and getting back to basecamp safely through the icefall for the last time!"

Not content with his achievement John is now lining up his next

challenge - to run the Ultra Trail de Mont Blanc in August, which is a single stage race of 104 miles and 9600 m of positive altitude change. The race starts in Chamonix, goes around the Mont Blanc massif through Italy and Switzerland to finish again in Chamonix.

He is no stranger to these races having done the Marathon des Sables, Amazon Jungle Marathon and Lakeland 100 mile race.

Next up will be to attempt Denali, Aconcagua again and then Kilimanjaro to become one of a handful of people to have completed the three poles and the seven summits.



John Moorhouse 'on top of the world'.



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Hello and welcome to my monthly column . . .

Hypnotes

by Michael Mahoney

Time

As I write this column the early June sun is making a welcome appearance. How much brighter, happier and enjoyable things seem when the sun is shining. The cold windy days of Winter and Spring seem far away, but we know we have to enjoy the sunshine when we can, because sooner than we would like, the warm and hopefully hot sunny days will soon be consigned to memory as autumn is upon us again.

Time passes all too quickly, we look in the mirror and see the grey hairs, the deepening wrinkles and some people become obsessed about them. And yet inside we feel younger, much younger than our years. No matter who I speak to about this, everyone agrees they feel younger inside than their physical years. We are young at heart. Yet time passes ceaselessly. We need to make the most of what we have, and can do. In April I realised a long held dream of mine, to own a training college of hypnotherapy. I now co-own Cheshire College of Hypnotherapy with my partner Cate Todd; it took time, but we finally achieved it.

Our training course starts in September, at the moment it seems ages away, but experience tells me, it will be here much sooner

than I imagine. But it is an exciting time. I went into the profession to help people, and now I have the opportunity to train others to help people, in an enjoyable, rewarding and effective way.

Time marches on, the long planned weddings, holidays, family gatherings, years of study and expectation will come and go. The authoress Margaret Peters once said, "Time has a wonderful way to show us what really matters". Who really matters in your life? What really matters in your life?

Ask yourself these questions sometime soon. Recognise who you have and what you have in your life and be grateful for them. Asking yourself these simple questions can bring potentially greater depth to relationships, and value to possessions or skills once taken for granted.

There are 86,400 seconds in each day. We will never get them back, once passed they will never return. If we were given £86,400 to spend each day, we would make sure we spent it. However it is conceivable that soon the money would be wasted on frivolous things, its importance and value would soon diminish. But what would happen if one day we

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He is a member of the Hypnotherapy Association, an associate of the Primary Care Society for Gastroenterology, based at Woolston Surgery, Neighbourhood Hub, Warrington WA1 4PN.

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www.michaelmahoneyhypnotherapist.com

were told the money would run out in 30 days. Would the value change? Would we be more careful with our spending? I suspect we would.

And if that's the case, shouldn't we be just as careful with our time. Shouldn't we be doing something productive, something to make a difference to ourselves and those we love? Perhaps learning new skills, challenging our own barriers and limitations, whether they are real or perceived, something, anything that we can look back on and say, we made a difference. Some would argue perhaps that time wasted is not wasted if we enjoyed wasting it! Personally I would not waste my time trying to convince them otherwise. If you need help to learn how to become more productive, come for a chat, or if you want to learn how to help others in their life by training to become a professional hypnotherapist go to www.thecch.com




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Senior learner of the year!

A WARRINGTON great grandmother who went back to the classroom aged 82 has been named Britain's Senior Learner of the Year.

Margaret Isherwood – now 94 and still learning – collected the award in London as part of the celebrations surrounding Adult Learners' Week.

"All I want for the future is just to keep doing what I am doing and to keep my good health," said Margaret, from Fairfield.

At the age of 82 Margaret began a holistic therapies course with Priestley College and enjoyed it so much she continued learning.

When she developed breathing problems and discovered that Reiki treatment helped, she began a diploma covering all she needed to know about the healing techniques.

That led to more studies as she chalked up qualifications in crystal healing, aromatherapy, Indian head massage, reflexology, holistic facials and hopi ear candles.

There was no stopping Margaret and she continued learning with hot stone therapy and advanced aromatherapy, topping it off with a holistics degree at Halton College and Salford University.



Now she volunteers in various community groups and happily shares her skills in holistic therapies with others.

She runs well-being older peoples' groups, teaches the art of massage to NHS staff at nursing homes and offers holistic skills to various charities.

Wishing to keep in touch with her family more easily, Margaret returned to Priestley College last year, undertaking an "older and bolder" computer course where she learned about email and Facebook.

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New hypnotherapy college opens in town

LOCAL hypnotherapists Michael Mahoney and Cate Todd have brought a leading hypnotherapy training college from Cambridge to Warrington.

Cheshire College of Hypnotherapy will be training individuals to Diploma level commencing in September.

Based at 7 Bold Street, trainees will learn the theory and practical application of hypnotherapy, giving them the relevant tools and qualifications to become practicing hypnotherapists. The qualification offered is at the standard for individuals to be included in the Complementary and Natural Healthcare Council (CNHC), which is funded by the Department for Health.

Michael said, "We decided to acquire the Cambridge College

and continue to run their course as it has a proven track record and excellent reputation, and is a recognised Diploma course." I believe it will bring people and money into the town and provide another avenue of training for those who want a change of career, or, been made redundant, have retired early or simply have an interest in helping others or themselves".

Cate added "In addition to the hypnotherapy training, we are also offering specialist counselling training; an advanced Diploma level course for established counsellors wishing to work with survivors of childhood abuse or

sexual violence. We will also be offering informational training days for qualified hypnotherapists, and evening classes for the public on stress management, self-hypnosis, relaxation, increasing confidence & self-esteem and more."

Within our therapy services, we can work with most problems brought to our door, however, we specialise in offering a combination of counselling and hypnotherapy within one to one sessions for clients who wish to attend either our IBS or Anxiety clinics. In addition we offer a Child & Family service using a family support / therapy model and incorporating other therapeutic approaches where appropriate.

It is worth noting that hypnotherapy was recognised and accepted as a valid treatment option by the British Medical Association (BMA) as long ago as 1955. The term hypnosis was coined by a Scottish Surgeon James

Braid in 1841. The NICE guidelines for Irritable Bowel Syndrome recommend hypnotherapy as treatment option for IBS, an area Michael specialises in.

Between them, Michael & Cate have 47 years professional experience in the hypnotherapy and counselling professions. In 2011 they attended the Queens garden party at Buckingham Palace in recognition of Michaels Innovative health solutions, referring to his home use audio programs. Cate has experience in child and family therapy, working within voluntary and statutory children and family services, as well as working with adults and children in private and health arenas. Both Michael & Cate are experienced trainers with a wealth of knowledge between them. They are also members of an established hypnotherapy organisation and the governing body, CNHC.



Michael Mahoney and Cate Todd.

More graduate from MP's jobs club

A total of 22 more people from Warrington have had their employment prospects boosted thanks to the Jobs Club founded by local MP David Mowat.

Of the current jobs club eight have found work and nine have started their own businesses with help from local mentors.

Assisting David Mowat in awarding the certificates was Winning Pitch Chairman John Leach, whose Salford-based business was recently awarded the contract to deliver the GrowthAccelerator Programme in the north of England.

The GrowthAccelerator Programme is designed to help small and medium sized enterprises expand by offering specialist advice and access to sources of finance.

Mr Mowat said: "I wish the latest group of Jobs Club graduates well. Many have already found work, more will do so soon and others have been inspired to start their own businesses.

"We must do all we can to defeat the scourge of unemployment." Winning Pitch Chair John Leach

added: "I'm very impressed by what I've seen today. This group of people are determined to get back in to work and are taking positive steps to make that happen.

"I'm also impressed by the fledgling businesses that have been started by participants. Small businesses play a vital role in our economy and it is great to see people taking the initiative to set up on their own."



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Emmerdale stars shine at Town

WARRINGTON Town FC's charity match against an Emmerdale XI proved to be a huge success attracting a four figure gate to Cantilever Park.

A Warrington Town XI bolstered by former England and Everton legend Peter Reid and former Manchester United and Wales legend Mickey Thomas, took on an Emmerdale side featuring Warrington based actor and Bridgewater High student Luke

Roskell, who plays "bad boy" Sean Spencer, who was joined by James Hooten, who plays Sam Dingle and various other stars from the show, who either took part or showed their support in the 1,000 plus crowd.

Warrington Town manager Shaun Reid pulled on his boots after previously having an arresting experience in the back of a police van thanks to community police support officers Tony Spruce and Tom Reid - with Tom also making his dream debut for Town.

The game was in memory of local mum Kay Carter, who tragically died from breast cancer in December 2011 and was helping raise funds for St Rocco's Hospice and the club's community development programme.

Her husband Ian "Salty" Carter, a retired police officer who now works as a PCSO at Lymm, and colleagues based at Stockton Heath teamed up with Town to stage the charity game, which will help raise funds for St Rocco's Hospice and the club's Community Development Programme.

When Kay died she left two children, Adele, now aged 18 and Aaron, now aged 13. She spent a week in St Rocco's Hospice.

Both youngsters attended the game with their father who presented the cup to Warrington Town skipper for the day Jay McCarten. Town won the game 6-5.



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New Mayor creates history

WARRINGTON'S new mayor Peter Carey is believed to have created history by becoming the first person to work their way up the ladder from being a junior clerk to senior director at the town hall and then going on to become the town's "first citizen."

During his mayoral year Cllr Carey, who represents Fairfield and

Howley, will celebrate 50 years of involvement at the corridors of power, starting off as a junior clerk in the old borough treasury department, working his way up the ladder to the role of finance director in 1988.

In proposing Cllr Carey as mayor, Cllr Mike Hannon, deputy



leader of the council and himself a former mayor, said: "I suspect we are seeing some kind of record being created today."

"I have asked around and can't find any examples of someone who has worked their way up to a senior officer level and then gone on to become mayor of Warrington."

"I believe this a unique occasion and probably a first for local government."

Cllr Hannon recalled how Cllr Carey had started as junior clerk cycling around Warrington and had now progressed through the ranks from "Bike Clip 1 to Ed1," the registration on the Mayoral car.



Above: The official Mayor making party and below left: Cllr Hannon presenting the mayor with his special gift.

To mark the occasion he presented the mayor with a special borough shield with a pair of bicycle clips!

Cllr Carey is the 130th Mayor of Warrington after being sworn in at the council's annual meeting held at the town hall.

He was an Executive Board Member responsible for Corporate Resources prior to his appointment as deputy mayor.

He is a former Board Director of Warrington Wolves and became Honorary Vice President of the Club in 2003. He has also been a Trustee of The Boteler Trust for the past 15 years and is Secretary of the Labour Group on the Borough Council.

The mayor's charities for this year are Multiple Sclerosis (Warrington) and Playability.

Cllr Carey said: "I am looking

forward to my mayoral year, representing the people of Warrington and getting out in the community to meet people who carry out such valuable work in our community."

Tributes were also paid to retiring mayor Cllr Steve Wright and his mayoress wife Julie on their "excellent year in office."

Cllr Ted Finnegan is this year's Deputy Mayor - for the second time after losing his seat at Latchford West during his year of office, before being re-elected at the last elections to represent Grappenhall and Thelwall.

Mayor's Chaplin for the year is borough minister Rev Stephen Kingsnorth.

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Wallys love Warrington Market!



WARRINGTON Market enjoyed a fun-filled two weeks taking part in the national Love Your Local Market fortnight.

The front of Warrington market was transformed into a live sized game of 'Where's Wally' as the market celebrated the last day of the campaign.

The celebrations, broad cast live on Radio Warrington, the town's community radio station, were also recognised by national organisers as being some of the best market events in the country and were featured at the House of Commons in front of MPs and market leaders.

During the event the market gave young entrepreneurs the chance to "test trade" ideas and products at the teenage market event. The event attracted a large crowd into the town centre with shoppers being entertained by Titan the Robot and the Zimmers from Britain's got talent.

The Mayor of Warrington, Cllr Peter Carey, presented the Zimmers with a souvenir of Warrington and thanked them for travelling 300 miles to perform for the people of Warrington.

Other highlights included the Warrington Food Festival, guided history tours, and a chance for new business start-ups to try out a stall for free.

Cllr Mike Hannon, deputy leader of the council, said: "It's been a great two weeks for the market - a big thank you goes to all involved and to Warrington residents who have really made it such a success."



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Disability Awareness Day wi

THE 22nd annual Disability Awareness Day at Walton Hall and Gardens on Sunday July 14 will also mark the 60th anniversary of the Multiple Sclerosis Society.

The "Inspirational and motivating" Disability Awareness Day (DAD), sponsored by Your Housing Group, will be the climax of a week long of activities and will include a family fun day from 10am till 5pm.

A huge tented village will house the exhibition with over 250 exhibitors promoting independent living, supporting activities include a wide range of performing arts, inclusive sports, and children's and family entertainments. Over 25,000 visitors are expected to travel to Warrington from across the UK and beyond. Organised by Warrington Disability Partnership, DAD will be the finale of a week consisting of 12 complementary events that will attract thousands of other visitors.

Inclusive Arts is just one of the highlights of the event with disabled performers and an exhibition of artwork produced by disabled artists. This year's Sports Zone will include archery, rifle shooting, climbing wall, wheelchair basketball, golf, sailing and scuba diving, with the opportunity to do a taster dive in the onsite temporary swimming pool. Children and families won't be stuck for things to do with entertainers and a funfair.

With a free accessible Park & Ride service from the Old Greenall Brewery

Top marketing award for oven cleaning boss

A WARRINGTON business owner has scooped a national accolade for PR and marketing excellence thanks to **warrington-worldwide** and its associated titles.

Paul Clark, 50, franchise owner of Ovenu Warrington, the professional oven valeting company, was awarded a PR and Marketing Excellence award at the Ovenu national conference. The award was made for his awareness and fundraising initiatives on behalf of local charities, including Warrington Hedgehog Rescue, which was produced by and featured on **warrington-worldwide**.

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site and A Free bus from Warrington Bus Interchange, British Sign Language Interpreters, a scooter and wheelchair loans service, trained assistants, the event is built on promoting inclusion and independence.

The strap line for this year's event is "promoting independence throughout life and work".

Event founder Dave Thompson MBE DL and Chairman of WDP said: "Overall DAD focusses on what disabled people can do, not what we can't do!"

A special VIP reception at the hall will also mark the 60th anniversary of the Multiple Sclerosis Society.

Paul said: "I am delighted to win the award for marketing and PR. It's a real honour to have the work I've been doing recognised at a national level."

Paul's business provides an environmentally-friendly oven cleaning service to residential properties and businesses including letting agents, private landlords and local schools across Warrington and surrounding areas.

Paul said that since he started his business in 2007 he had always been helped and supported by the team at **Warrington Worldwide**.

"I got lots of help and advice with my adverts and editorials that were

produced for me. As my business has grown and developed into one of Warrington's household names I have always had the backing from **warrington worldwide**. This has been in many forms, from helpful friendly advice, advice about marketing my business, help with charity promotions and fund raising that I try to get involved in and I have had invitations to networking events."

Paul has advertised his business online and in the Lymm Life, Village Life and Culcheth Life titles every month since launching his business six years ago!

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More chance of dying in Warrington

WARRINGTON has one of the worst premature death rates in the country for heart disease and strokes - ranking 15th out of 15 with similar authorities - with health chiefs admitting more needs to be done to improve public health in the town.

New figures published by Public Health England show Warrington ranking 119th out of 150 local authorities for premature deaths from heart disease and strokes and 82nd from overall premature deaths.

The borough's director of public health, Dr Rita Robertson, emphasised that more action is needed to address the rate of cardio-vascular disease in Warrington - and stressed the need for at-risk members of the public to move towards healthier lifestyles.

The town's Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy had already identified a reduction in CVD (cardio-vascular disease) mortality as a key priority.

Dr Rita Robertson said: "Local rates of CVD have decreased considerably over the past ten years, but not as much as we would have wanted.

"The main factors associated with an increased risk of developing CVD are smoking, poor diet, lack of physical activity, excessive consumption of alcohol and high blood pressure. So the good news is that these risk factors can be addressed through health improvement interventions and individual lifestyle changes. Much of the preventative work done locally is aimed at reducing these risk factors, and work is targeted to

populations known to be at greatest risk.

"We know that many of these risk factors have improved in recent years. For example, smoking prevalence has reduced, both in adults, young people and pregnant women. The latest rate amongst pregnant women in Warrington is 9%, which is the lowest it has ever been and much lower than that of England as a whole."

She said Warrington was working hard to tackle heart disease and stroke.

Warrington Borough Council received a Public Health Grant of just over £10m in 2013/14 to undertake its new public health function. Of this, over £4.1m will be spent on addressing CVD and its associated risk factors, and investing in "upstream interventions" to ensure children and young people are given the best start in life. The remaining allocation will be used to address other important issues like sexual health, health protection, substance misuse, mental health and emotional wellbeing, and in supporting the local NHS with Public Health issues.

"Addressing the concerns raised by these figures will require a joint effort between the health authorities and members of the public. I'm confident that with the measures we already have in place, and the new funding, the council will be able to help Warrington's residents look after their health better, leading to a healthier lifestyle that reduces the risk of heart disease and stroke."

The health league figures can be found at www.longerlives.phe.org.uk.

Political opponents celebrate 30 years



THEY may be from opposition parties but long serving councillors Sheila Woodyatt and Mike Hannon are celebrating 30 years of uninterrupted service on Warrington Borough Council.

While Sheila is in the blue corner and at one time was the only Tory member of the council, Mike has been in the red corner and is currently deputy leader of the council - while both are former mayors.

As the longest serving members they are the "Mother and Father" of the council and while they may not always agree on politics they have the utmost respect for each other.

To mark the occasion they had a quiet celebration at the town hall mayour making event, which marked their 30th anniversary, handing out chocolates to fellow members of the council.

Mike said: "We have not always seen eye to eye but we have an honest respect for each other."

Sheila added: "Our politics may be different but we both have a common theme of serving the people of Warrington."



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Charlie Lee, an oyster seller on Warrington market in the 1940's posted messages every day to customers on a blackboard. Markets have always been a place to interact and meet other people.... Just like facebook!!

World Cup tour leads the way

HUNDREDS of people came out to see the Rugby League World Cup trophy as it toured Warrington visiting LiveWire leisure centres and libraries, Birchwood shopping centre and the Padgate campus.

People at each venue took part in a free raffle to win 2 tickets to the Samoa v New Zealand game at The Halliwell Jones Stadium on October 27, which were donated courtesy of the Warrington Borough Council consortium group.

Highlight of tour was when the town came together to celebrate Samoan Independence Day.

During an event in Golden Square there was a non-stop queue of people lining up to have their photograph taken with the prestigious trophy.

Warrington Wolves players Tyrone McCarthy, Rhys Evans and James Laithwaite came down to sign autographs, and children had their faces painted and were entertained by Grubber, the official RLWC2013 mascot.

The party then continued into the evening at a Samoan beach party at Orford Jubilee Neighbourhood Hub. The centre was decorated in Samoan colours and families enjoyed a disco in the pool, beach volleyball and the chance to meet Samoan representative Faa'vae Gagamoe.

Meanwhile Warrington gained

national recognition for being ahead of the pack with RLWC celebrations and for the support the town has shown to Samoa.

Jan Souness, Chair of the local RLWC2013, said: "I'm delighted we have been recognised nationally for being the town leading the way for other host towns and cities. The trophy tour and Samoan Independence Day was brilliant and we hope everyone continues to show their support to Samoa and comes to a match when they touch down in October."



Pyramid shortlisted for prestigious award

THE Pyramid Centre has been shortlisted for a prestigious National Lottery Award and is asking for support to be voted as the UK's favourite arts project.

The arts centre fought off competition from 900 other good causes to make it through to the final seven in the Best Arts Project category, and is the only project in the North West to be shortlisted.

National Lottery funding radically transformed two disused buildings into Pyramid, a cutting edge centre for the arts which opened in 2002. It was the catalyst in creating Warrington's Cultural Quarter and for the physical regeneration of the town centre. With seven different performance spaces, it hosts the very best in comedy, dance, drama and music and encourages anyone of any ability to become involved with the arts.

Last year, Pyramid celebrated 10 years of being Warrington's dedicated venue for the arts, something which wouldn't have been possible without £2.4 million


of National Lottery funding. Pyramid is at the heart of the Warrington community and is key for the many people who engage in weekly or daily classes.

Jan Souness, MD of Culture Warrington said: "We are absolutely delighted to have been shortlisted for this prestigious award. Pyramid is one of three venues managed by Culture Warrington that offers accessible arts opportunities for the entire community. Without National Lottery funding, Pyramid would not be here, and this nomination is also a credit to Warrington Borough Council and all those who had the vision to create the Pyramid and support the activities and events and to the exceptional team that work hard to offer something for everyone at this unique venue."

Voting for the finals lasts until midnight on Wednesday 24 July. To register your vote for Culture Warrington's Pyramid call 0844 836 9672 or log on to www.lotterygoodcauses.org.uk/awards.

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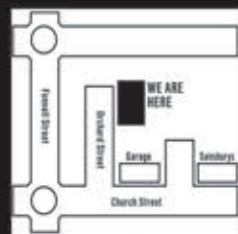
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Bedroom Tax - A Tax on the vulnerable?

by Jonathan Starr

At the beginning of April new rules were brought in which affect the amount of Housing benefit which may be paid to tenants of social housing who are of working age.

This 'Bedroom Tax' applies if you are found to be 'under-occupying' your house and as a penalty for doing so you could face a reduction of either 14 or 25%. In the amount of housing benefit you receive. Whether you are 'under-occupying' is determined by a government formula which looks at your household and determines how many bedrooms you need. If you have more bedrooms than this formula says you require you will be seen as 'under-occupying.'

Whilst it can be accepted that in these difficult economic times cuts are an inevitability, is a reduction in an individuals Housing benefit really the way to do it?

The 'Bedroom Tax' mirrors

largely the method for determining Housing benefit for tenants of private landlords but could see a large number of vulnerable people faced with losing the roof over their heads. With Local Authorities and Housing Associations across the country starting to issue possession proceedings and individuals falling behind with their rent one has to question the long term effect these changes will have. Whilst many individuals will be able to make cut backs to cover the rent shortfall there will be a significant amount of individuals -and families- who cannot. The net effect of this is logically that they will have to find alternative affordable accommodation, which is easier said than done, or face homelessness. The latter would put a strain on the homelessness services provided by each local authority to assist in finding accommodation

which in turn will place a strain on the public purse.

Providers of Social Housing exist to provide accommodation to those vulnerable people who now face eviction because of a bedroom tax they are largely powerless to avoid. With a lack of appropriate accommodation and policies which limit moving properties while rent arrears are in existence it would appear that the bedroom tax is a ticking time bomb waiting to destroy the tenancies of vulnerable individuals.

If you are facing difficulties with your rent, threatened with court proceedings or are having difficulties with any housing issue please speak to one of our advisors today who will be more than happy to assist. Legal Aid funding may be available to eligible individuals.



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Village Hotel show support for Town

WARRINGTON Town FC have teamed up with The Village Hotel who have signed up to become the club's official hotel partner for the forthcoming season.

As well as sponsoring the club, the hotel has agreed to donate the club's man-of-match awards as well as hosting the monthly "Live Wire" business networking events.

Club Chairman Gary Skentelbery said: "We are delighted to welcome the Village Hotel on board as our official partner for the forthcoming season.

"It is great to be associated with the De Vere brand and has provided the club with a major boost for the forthcoming season.

"The networking events are proving to be very popular and provide a great opportunity for our directors, sponsors, Vice Presidents

and members of the local business community to meet up on a regular basis to explore mutual business benefits, in superb surroundings with great hospitality.

Hotel General Manager Donn Timmons said: "We are delighted to be working in partnership with Warrington Town FC and their associated sponsors.

"By supporting the Live Wire Networking events it provides us with a great opportunity to showcase our facilities to the local business community.

"We have been impressed by the ambitions of the football club and wish them every success for the forthcoming season.

"A successful football team in Warrington can only benefit the local community."



General Manager Donn Timmons with Warrington's Manager Shaun Reid.

Wire swoop for Wharton

WARRINGTON Town have swooped to sign Radcliffe Borough's young striker Ben Wharton for a nominal fee to strengthen their attacking options for the forthcoming season.

Wharton, aged 22, found the back of the net 18 times last season at Radcliffe and Warrington are confident he will be a 20 goal plus striker next season.

Warrington's Director of Football Toby Macormac said: "Our manager Shaun Reid and myself watched Ben a few times last season and we had no doubt that he would be a fantastic addition to the team.

"We can see him scoring 20 plus goals next season which alongside our other strikers should put us right where we need to be. Radcliffe Borough have been thoroughly professional throughout discussions and I thank them for that."

Ben started out at Stockport County's youth academy and came through the ranks. After he was released at the age of 16 he signed a YTS for Rochdale. He came off the bench against Accrington Stanley to make his debut. Wharton was released at the end of the 07-08 season and then signed for Northwich Victoria in October 2008, and Buxton in November 2008 before joining Radcliffe in March 2009.

Open top celebration for young Wire



Green light for reserves

WARRINGTON Town's development of local young talent received a major boost when the club's application to run a reserve team in the Cheshire League was approved – despite opposition from two local clubs.

Following the league's AGM it was agreed to increase the Cheshire League second division to 17 teams, to accommodate Warrington's proposed new reserve team and two other successful applicants Sale Town and Barnton Wanderers.

Warrington have decided to reform a reserve team to help with the club's youth development following a highly successful season for the Unders 18s, who secured a league and cup double.

The reserve team will provide a stepping stone to help keep the older players in the youth team together, while also providing important match day action for fringe members of the first team squad, or for players coming back after injury.

Director of Football Toby Macormac said: "We are delighted to have had our application to re-join the Cheshire League accepted.

"It will provide the ideal platform for our youth development and provide a natural route of progression at the club.

Golden chance

GOLDEN Gates Housing Trust (GGHT) have teamed up with Warrington Town Football Club to provide one of their tenants with the chance to play for their home town team.

Residents aged 16 and over who live in a GGHT property are being given an exclusive opportunity to show off their footballing skills to the club's managers and coaches during a trial day at Cantilever Park on Saturday, July 27.

Anyone showing natural ability will be invited along to take part in round two at a later date and move a step closer to becoming a semi-professional footballer for the club.

GGHT Chair, Roy Smith, commented: "It is great to be able to announce the launch of this competition. Our community partnership with Warrington Town FC plays a key role in helping us to promote health and physical activity and has already brought a number of benefits to our tenants and their families. With over 11,000 residents living in our homes we hope that this competition will help the club unearth a star of the future."

Residents who meet the entry criteria can reserve a place at the trial by contacting the Trust's Tenant Participation Team free on 0800 25 26 27 or by emailing tenant.participation@gght.org.uk before Monday, July 15.

Under the community partnership between GGHT and Warrington Town FC, the Trust's tenants can also receive discounted admission to all of the club's home games and reductions in the cost of places on their multi sport camps.

WARRINGTON Town's Youth team celebrated their league and cup double with an open top bus ride courtesy of Network Warrington.

The youngsters who won the Northwest Youth Alliance League title and the Neil Thomason League Cup travelled from Network Warrington's bus depot on Wilderspool Causeway over Bridgefoot and then up Wilderspool Causeway to Priestley College - who sponsor the team.

The event was to celebrate the Under 18s lifting the league title in only their second full season, while also successfully defending the Neil Thomason Cup for a second successive season.

A number of the team are also students at Priestley College, who have also agreed to sponsor the club's newly formed reserve team next season.

Meanwhile the club's Youth team will be travelling to Lisburn in Northern Ireland on August 3rd to take on Crewe United in the Styles & Co Peace Cup as they bid to make it a hat-trick of cup successes.

Last season's match at Cantilever Park ended goalless, with Warrington allowing their Irish friends to take the trophy back to Lisburn.

Meanwhile following a 25 per cent increase in season ticket sales the club has decided to extend their Early Bird season ticket offer until the end of June with adult season tickets on offer at £99 (£120) and concessions at £75 (£90).

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Rugby stars show off their soccer skills!

Pictures: John Hopkins

WARRINGTON Wolves' Skipper Adrian Morley led a team of sporting legends from the world of Rugby League and football in a special charity match at Warrington Town's Cantilever Park.

Morley, who hasn't played football since his school days, was in goal for his team which included team mates, Chris Riley, Micky Higham and Stefan Ratchford, alongside soccer legends Peter Reid and Paul Merson, along with Warrington Town manager Shaun Reid.

The All Stars, who won a closely contested game 6-5, were led by Coronation Street star Alan Halsall, who plays Tyrone Dobbs.

A number of other stars watched from the sidelines.

Money raised from the event is being donated to the Joining Jack charity which is being backed by a number of Rugby League stars.



Bees keep Steve busy as wasp season wings in!

LOCAL pest controller Steve Caslin has been kept busy in the spring and early summer, collecting honey bee swarms and bumble bee nests - relocating them unharmed back into nature.

Steve said: "I relocate the bumble nests - unharmed, to places who are kind enough to accept them. Allotments always welcome them as they are "super pollinators" of tomato plants. Many thanks as usual to Brian Webber who has allowed me to place many colonies in Moore Nature Reserve and Warrington Borough Council for giving excellent advice to residents with bee problems. Bees are protected and must never be treated with insecticides except in extreme cases.

Steve added: "Wasp season is upon us once again and the colonies of this rather unpopular insect are growing daily. Wasps nests can be treated with insecticide and once destroyed, the nest can be left in place as it's never used again. Have you ever noticed grooves in wooden garden furniture

and fencing? Wasps remove very fine layers of wood and mix it with saliva to make their paper nests."

Atlas Environmental Solutions are a Warrington based company, trusted by local people. Please be wary of some of the out of town or price comparison companies, their attitude tends to change once at your home and some have been known to be quite intimidating! Atlas charge just £35 for wasp treatment, it's guaranteed and only safe chemicals are used.

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By David Watkinson

Tax relief on expenses

If your contract of employment specifically requires you to work at or from your home, and have no alternative but to do so, you may be able to get tax relief on some of your household expenses.

When you can get tax relief for household expenses?

In order to get tax relief then it must be a requirement of your employment that you work from home, with absolutely no element of choice. You can get tax relief on the additional expenses incurred in working from home, typically the extra cost of gas and electricity used, and the cost of business telephone calls

You won't be able to get relief on expenses that you are paying anyway such as your mortgage or council tax. You also won't be able to get relief for expenses that relate to both business and private use, the most common being your telephone line rental, or internet access.

How much relief you can get?

From 2012-13 onwards, for payments of up to £4.00 per week, or £18 per month for monthly paid employees, you don't need to provide

any records of the household expenses you're claiming relief for. For amounts above £4.00 you will need supporting evidence to show that the amount you are claiming is no more than the additional household expenses you have actually incurred.

The guideline rate for 2008-09 to 2011-12 was £3.00 per week and for 2007-08 it was £2.00 per week.

What if you choose to work at home?

If it is not a requirement of your employment that you work from home then both you and your employer may agree that you can voluntarily work at home. This may constitute a homeworking arrangement. To do so you don't have to work at home every day but there must be a regular pattern. For example, the arrangement may state that you work for two days at home and for three days at your employer's premises each week. The work you do at home must be work that you're required to do as part of your employment.

If you've got an arrangement like that, your employer can contribute towards your expenses of working at home and you will not have to pay



any tax or National Insurance on the contributions. The amount that the employer can contribute tax free is again £4.00 per week from 2012-13 without any supporting documentation, although they can pay more than this but you will need to provide evidence of the additional expenditure.

However, if your employer doesn't contribute then you will not be able to get tax relief.

If you are self employed as opposed to employed then the conditions are less stringent. We will deal with these in a later article.

WatkinsonBlack are pleased to advise on these and other matters. They have considerable experience in all areas of taxation and business services, including providing a very cost-effective payroll bureau service. If you want to arrange a no-obligation initial meeting on any taxation or accounting 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.

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Wendy Parry awarded OBE

WARRINGTON'S Wendy Parry, the mother of IRA bomb victim Tim Parry, has been awarded the OBE - 20 years after the death of her son. The award was announced in the Queen's Birthday Honours.

Mrs Parry has, with her husband, Colin, worked tirelessly in the years since the Bridge Street bombing tragedy to raise funds for the Tim Parry Johnathan Ball Foundation for Peace, the charity they created in memory of their son.

The award comes 18 years after the foundation was formed to carry out programmes supporting the victims of terrorism internationally.

Reader's letter

Send your correspondence to The Editor
warrington-worldwide.co.uk
New Media Centre, Old Road
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or email:
info@warrington-worldwide.co.uk

In praise of the NHS
Patricia Skentelbery, Lymm

WE seem to be going through one of those periods when the NHS is coming in for some criticism.

Whether this is justified in other areas, I do not know, but I think it important to let people know that in the Warrington and Halton areas we are in safe hands.

I have been undergoing a lengthy course of treatment at Warrington and Halton General hospitals and have received nothing but superb treatment from the doctors, nurses and other staff.

In particular I would like to praise Loraine, Ruth and all the team on Ward A3, the PIU unit at Halton for their skill, care, friendliness and good humour. They have made what could have been a most difficult time in my life almost a pleasure.

Also, the A&E department at Warrington, who have stepped in twice with emergency treatment quickly and efficiently.

Other patients I have met during my course of treatment have, without exception, shared my view that we are indeed fortunate to have such a wonderful health service.

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