

Lymm Life

Magazine

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ISSUE 322 | MAY 2026

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Cyclist prepares for epic ride

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FESTIVAL season is almost upon us with the countdown towards Lymm May Queen, Lymm Festival and Lymm Transport Day.

These are the kind of events which help give Lymm its unique character along with events such as Lymm Duck Race, Lymm Rushbearing and Lymm Dickensian Day.

They are the building blocks which could help Lymm become a Town of Culture, with the bid now formally submitted.

Congratulations to the team behind the bid - and yes I know Lymm is a village - but due to the population size we meet the qualifying criteria to enter this competition, which has a top prize of £3m.

Fingers crossed we get through the qualifying stages and the £60,000 on offer to help put the bid together.

This would be life changing money for the village, where volunteers have worked so hard for many years to create so many activities for residents to enjoy.

Let's also not forget the Lymm Heritage Centre, where else the size of Lymm can boast such a great facility right in the heart of the village?

All these events and activities could not take place without the support of the hard working volunteers who time and again step up and deliver.

What with council cut backs and the ever increasing cost of living crisis being made worse with escalating fuel prices and council tax increases, it is getting harder and harder for charities and community groups to survive.

Here at Lymm Life we are once again proud to be a sponsor of the Lymm Festival as we help promote this community event taking place in June far and wide.

Meanwhile, first up is Lymm May Queen, a traditional family highlight in the village calendar.

The May Queen, Rose Queen and Retinue selections have taken place for the event taking place on Saturday, May 16th.

Good luck to May Queen Summer Eborall, Rose Queen Maggie Lyon and Lymm Prince, Mark Morrison.

As usual, there will be a procession through the village and a festival on the Lymm May Queen field with rides for all ages, a

fabulous variety of live acts in the arena, a wide range of stalls from vendors, charities and local groups and a variety of food vendors on the May Queen Field.

Finally, a big thank you to the local businesses and organisations who continue to support Lymm Life during these testing times.

Producing a free glossy magazine and delivering it to thousands of homes does not come cheap and we haven't put our advertising rates up for more than a decade. So all support is gratefully received.

Deadline for June issue is May 5

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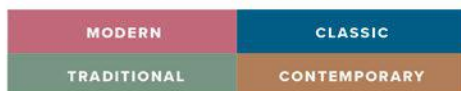
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Cyclist prepares for epic ride from Lymm to Athens for Parkinson's Disease

BORN and raised in Lymm, Rik Hulme is gearing up for an epic three-month, 2,500-mile cycling adventure, starting from Lymm Cross and ending all the way at the Acropolis in Athens, raising funds for Parkinson's Disease.

He plans to camp under the stars most nights along the way and is hoping to raise £2,000 for two charities that have helped his mum since her diagnosis with Parkinson's Disease seven years ago.

He is funding the trip himself, so the funds will be split 50-50 between a local charity based in Warrington called Rock Steady Boxing, which provides specialised strength and coordination training for people with the disease, and Parkinson's UK, one of the main Parkinson's charities, which has helped support his mum and is also spearheading research into finding a cure.

On June 1st, he will be setting off on an epic 2500-mile cycling adventure from Lymm village to Athens in Greece.

Rik said: "It will take me three

months and see me through the mountain ranges, national parks and sprawling cities of 12 European countries, camping under the stars most nights along the way. It's not my first cycling odyssey. I've ridden 500 miles around Northern France and pilgrimed my way through the Camino De Santiago... but this will be my biggest and longest ride to date!

"Seven years ago, my Mum was diagnosed with Parkinson's Disease. While I pedal my way to the Acropolis, I want to raise money for the two charities that have helped her and us over the past few years.

"Rock Steady Boxing (Off The Ropes) is a local non-profit organisation based in Warrington aimed at providing specialist non-contact training sessions for

local people with the disease. The coordination and upper body strength exercises, as well as the tight-knit community of trainers and attendees, have proven incredibly beneficial for my mum. Proceeds will go towards keeping the lights on in the gym and general maintenance of equipment.

"Parkinson's UK is a nationwide charity spearheading awareness, support and research into the disease. They helped support

my mum immediately after her diagnosis by providing assistance in securing additional tech equipment so she could continue doing the job she loves, whilst also providing her with a wealth of resources and local Parkinson's communities to get involved with."

Sponsorship can be donated online here <https://givewheel.com/fundraising/14342/lymm-to-athens-a-2500-mile-cycling-adventure-for-/>

Customers queuing down the street at opening of Lara Patisserie

CUSTOMERS were queuing down the street at the official opening of Lara Patisserie at The Cross, Lymm.

The premises were officially opened by Parish Council Chair Sally Sharma assisted by deputy Ben Selwood.

Commenting on the opening of her new business owner Lara Fradgley said: "I've honestly been overwhelmed by the amount of support we've received. It's been amazing to see so many people come through the doors, and the kind words and encouragement have meant so much to me.

"I'm truly grateful to be part of

such a supportive community."

Lara, a qualified pastry chef with 7 years of experience, offers fresh, high quality, baked goods and a cosy artisanal experience, in the heart of her home village.

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"I want all my customers to feel special," added Lara.




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What's On

LYMM PARISH COUNCIL
Next meeting Tuesday May 12th, 7:30pm
Lymm Parish Hall
Check www.lymmparishcouncil.gov.uk for details.

LYMM THURSDAY EVENING BRIDGE CLUB
Lymm Village Hall every Thursday 7pm
Details: 01925 919055

MAPLE LODGE ART GROUP
Meet each Wednesday 9.30am - 11.30pm
Oughtrington Community Centre, Lymm
Details: 01925 755926

ROTARY CLUB OF LYMM
Meets at Warburtons Parish Rooms on the 2nd and 4th Wednesday each month at 8pm
Contact 01925 919053

LOVING HEARTS & HANDS
Knitting for charity at Lymm Methodist Church, 2nd and 4th Thursday each month, 1.30pm - 3pm. Details: 01925 753298

LUNCH AT THE BROW
Eagle Brow Methodist Church
2nd Friday in the month
Light lunches 12 noon till 1.30pm.
All proceeds to The Y Project Room at The Inn

GARDENING CLUB
Meet Third Wednesday of the month
Lymm Baptist Church, Higher Lane. 7.30pm
Visitors welcome. £2 includes tea and cake

LYMM FLORAL ART GROUP
Lymm Village Hall
Third Monday of the month (except August and December) at 7.30pm. Visitors most welcome. Contact: 07876 176501
lymmfloralart.org.uk

LYMM PHOTOGRAPHIC SOCIETY
Every 2nd and 4th Wednesday (ex Aug), 7.30pm
Spread Eagle pub, Eagle Brow.
See our rolling display in Lymm Library
Details: www.lymmphotosoc.org.uk

LYMM HISTORY SOCIETY
Second Monday each month
September to May
Lymm Village Hall - 8pm-9pm
Variety of history talks
Visitors most welcome
www.lymmhistory.club

LYMM WINE AND BEER CIRCLE
3rd Wednesday of the month, 8pm
The Spread Eagle Hotel
Details: 01925 756444
LYMM CONCERT BAND
Rehearsals every Thursday evening
United Reformed Church, 8pm.
Details: 01925 752934

LYMM WI
Every second Wednesday, 2-4pm at Lymm Youth and Community Centre. Visitors welcome.

LYMM AND DISTRICT MIXED VOICE CHOIR
Every Wednesday 7.30 Lymm Methodist Church. Contact 01925 601664.
caih@stones.co.uk

PROBUS CLUB OF LYMM
A small, friendly social club for retired men and women.
Meets on second and fourth Tuesdays at 2:15pm.
Details: www.LymmProbus.club

LYMM DINGLE PROBUS CLUB
A friendly busy social club for retired men. Meets on alternate Thursday afternoons at Lymm Baptist Church.
Details: www.lymmdingleprobus.club
Club secretary 01925 759995

FRIENDS OF LYMM LIBRARY CRAFT GROUP
Lymm Sanctuary Hub
Fridays 1.30-3.00pm
Details: 01925 754016

HEATLEY WI
Meets the second Thursday of each month at St Peters Church Hall, Sandy Ln, Lymm, 7pm
Visitors welcome. Details: 01925 752014

LYMM & THELWALL U3A
Speaker meeting 3rd Thursday of the month (excluding August & December) at Thelwall Parish Hall 10.00am. Prospective members welcome.
www.u3asites.org.uk/lymm-thelwall/home
Contact: enquiries@lymmthelwallu3a.org.uk

New minister joins Lymm United Reformed Church



A New minister is joining Lymm United Reformed Church – the Rev Dr Juan Cruz.

Originally from the Philippines, he joins the church from Aberdeen where he studied for a PhD in theology and taught at the University while serving various churches in the city.

His time will be shared between the United Reformed Churches in

Wilmslow and Macclesfield as well as in Lymm.

He will be leading services at Lymm on May 3 and May 24 and he will also become a familiar face at the Sanctuary Café, adjoining the church.

Accessibility under discussion at Lymm

Lymm Parish Council has teamed up with local charity Warrington Disability Partnership to investigate accessibility issues in the village for residents and visitors.

If you are a resident or visitor to the village with a physical disability, hearing loss, blind or partially sighted, or neuro-diverse, then the Parish Council would like to hear from you.

A small working group of Councillors and residents is being set up in order to identify the issues faced by residents and visitors, and what additional support needs the Parish Council might be able to help with. Although the Parish Council is restricted in what it can achieve, bigger ideas can be brought to the attention of Warrington Borough Council.

Cllr Denis McAllister said: "In 2024, I had an accident which

led to surgery on my leg and a subsequent 10-week recovery spent largely in a wheelchair. It was the first time that I experienced having my mobility restricted in such a way and rapidly understood the limitations it imposes on one. These were things that I had heard about but didn't properly appreciate until I experienced them for myself. I then decided that I would use my role as a councillor to engage with people for whom these are everyday problems."

If you would like to be involved or want to make a contribution, please get in touch with: Cllr Denis McAllister 07977 970 238 e: dmcallister@lymmparishcouncil.gov.uk or Cllr Jenna Brown 07483 218 630 e: jbrown@lymmparishcouncil.gov.uk



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Everyone at the farm would like to congratulate Gary and the team on 25 years of Lymm Life!



Rugby Club receives King's Award for Voluntary Service trophy

LADY Redmond, the King's Lord Lieutenant of Cheshire, visited Lymm Rugby Club to present David Simpson, the club's Chairman, with the 'King's Award for Voluntary Service' trophy and the certificate personally signed by King Charles III.

As she made the presentation in front of 120 volunteers from the club, and regarded as the equivalent of an MBE for volunteer groups, Lady Redmond stated that the Award is a rare, much-coveted honour, achieved only by special organisations and is for in perpetuity.

"Everyone involved here should be immensely proud of what has been achieved," she announced.

"I am delighted to present the King's Award to Lymm Rugby Club. What an example you are, not only to sports organisations but to community groups throughout the UK. This recognition is richly deserved and the work you do here is outstanding.

"The King is personally involved in selecting all awardees and wishes me to pass on his sincerest congratulations."

Club Chair David Simpson responded, "We could not be prouder or happier to accept this Award from the King and Lady

Redmond. "On behalf of all our volunteers and members, we are both honoured and humbled to be recognised in this way," he concluded.



Warehouse plan approved



PLANS to allow a scaffolding company to have a new warehouse and storage facilities on the former Broomeedge Nurseries site on green belt land in Lymm have been approved by Warrington planners.

The application by Lymm Scaffolding for the Broomeedge Nurseries site on Burford Lane, Lymm, is effectively for two warehouse buildings, after a previous application for four warehouses was refused last year.

It relates to an irregularly shaped site comprising approximately 3980m² of a larger site which is owned by the applicant. The site is situated in the Green Belt to the eastern side of Burford Lane in the Broomeedge area of Warrington. The site lies outside the Green Belt settlement village of Broomeedge and was formerly in use as a commercial horticultural

Nursery and contained a number of greenhouses which have fallen into disrepair, a number of workshops plus a steel framed part brick building located towards the centre of the site plus areas of hardstanding. The north part of the site appears to be degraded and is overgrown with rubble mounds towards the northern boundary.

In relation to a site's lawful use, it should be noted that a previous Certificate of Lawfulness has been granted on application 2024/01145/CLDE to show that the site has been used for commercial storage purposes for a period in excess of 10 years and one of the Greenhouses has consent to be demolished (2025/00958/DEM).

Warrington Borough Council planners approved the application under delegated powers.

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Dental Practice celebrates 20 years of serving the community

GRAPPENHALL Dental Practice is proud to be celebrating its 20th anniversary, marking two decades of providing high-quality, affordable dental care to patients across Grappenhall and the surrounding communities.

Since opening its doors in April 2006, the practice has grown from a small local clinic into a trusted and well-established dental provider, known for its commitment to patient care, clinical excellence, and a friendly, welcoming environment. Over the past 20 years, the team has treated thousands of patients, who have remained with the practice for generations.

A key part of the practice's philosophy has been making dental care accessible and affordable. While not an NHS practice, Grappenhall Dental Practice offers pricing that is comparable to NHS rates, helping ensure that high-quality dental treatment remains within reach for as many people as possible.

"Reaching this milestone is a moment of real pride for everyone involved," said Principal Dentist and owner Dr Andrew Brown. "We are incredibly grateful to our patients for their continued trust and support over the years. Our focus has always been on delivering high-quality, patient-centred care that is also accessible and affordable, and we look forward to continuing that for many years to come."

NHS dentistry has failed the

community of Warrington over the past 2 decades but thanks to Dr Brown and his team the people of Warrington have had access to affordable care.

They are also very proud to still be seeing children under 16 free of charge for 20 years after promising this to families that were unsure about leaving NHS dental care. (conditions apply)

The practice also prioritises convenience and responsiveness, offering same-day emergency appointments whenever possible to ensure patients receive prompt care when they need it most. In addition, fully accessible downstairs surgeries are available, making the practice welcoming and practical for patients with mobility needs.

As part of its continued growth and investment in patient care, the practice has recently installed a fourth surgery, significantly increasing capacity and allowing the team to welcome more new patients than ever before.

Throughout its history, Grappenhall Dental Practice has embraced advancements in dental technology and techniques, ensuring patients benefit from modern, effective treatments. From routine

check-ups and preventative care to cosmetic and restorative procedures, the practice continues to evolve to meet the changing needs of its community.

"Our patients are at the heart of everything we do," added Andrew. "This anniversary is not just about celebrating our history, but also about looking ahead—expanding our services, welcoming new patients, and continuing to provide the highest standard of care."

Grappenhall Dental Practice remains committed to maintaining its reputation for excellence, investing in its team, and delivering a positive dental experience for every patient. Geographic Reference

Grappenhall Dental Practice is a long-established dental clinic based in Grappenhall, Cheshire, offering a full range of dental services

including preventative, general, and cosmetic dentistry. The practice is dedicated to providing personalised, affordable care in a comfortable and professional setting, with accessible facilities and flexible appointment options.



LYMM FESTIVAL

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Lymm High is winning at arts!

STAFF and students at Lymm High School are celebrating after receiving a prestigious Platinum Artsmark Award.

The Performing Arts and Visual Arts departments received the Artsmark accreditation earlier this year. Artsmark is the only creative quality standard for schools, accredited by Arts Council England. It transforms teaching through creativity, empowering teachers with the skills they need to embed arts, culture and creativity across the whole curriculum, and is proven to support student outcomes and wellbeing.

As of September 2024, 51% of Artsmark schools have achieved Artsmark Silver, 40% Artsmark Gold and Lymm High is among just 9% of schools that hold Artsmark Platinum status.

To achieve the prestigious Award, Lymm High had to create a 2-year plan to develop its arts and cultural provision across a broad and ambitious curriculum. Some professional support was also provided through an immersive learning programme from Artsmark's delivery partner, Goldsmiths, University of London.

Artsmark schools gain access to exceptional resources as well as networks of the country's most treasured cultural organisations, helping them develop and strengthen their arts provision. As such, Artsmark can help unlock the potential of young people, help to develop character and talent, and increase their knowledge and understanding.

"The Platinum Artsmark Award

is the result of the hard work and dedication of our wonderful students and teachers who continually showcase how important the arts are in education, and in personal development", said Head of Performing Arts, Mrs Rachel Richards. "Our Arts ambassadors are advocates for creativity, exploration through artistic expression and leadership, and they are the reason why the arts are thriving at Lymm High School. We are all very proud of their commitment and achievement, and this award is thoroughly deserved by all!"

The Artsmark Assessor commended Lymm High on its student-led approach to a successful Artsmark journey. Student representation, voice and ownership were key elements in the strategy. Arts ambassadors, for example, take an active role in activities undertaken particularly with community and external partners. The Performing Arts department's collaboration with Chester University on its 'Dreams of a generation' performance was highlighted as demonstrating the power of collaborations and the ongoing potential of the student-centred approach.

Performing Arts ambassadors lead workshops, dance and drama clubs, and direct productions. Visual Arts ambassadors help with the larger whole-school projects, such as the annual Fashion show, Remembrance Day installations, and community-led



projects, such as the Christmas Tree Festival and Care Home art projects.

Mrs Sarah Taylor, Head of Visual Arts, said: "Visual arts play a vital and transformative role within the school, creating an environment where creativity, confidence, communication and individual expression can flourish. Students build resilience and independence as well as learn to take creative risks, reflect on their progress, and embrace experimentation, all of which positively impact their wider learning. Art also contributes significantly to students' wellbeing and provides a space for mindfulness and emotional expression."

Students' artwork enhances the school environment, celebrates diversity, and sparks meaningful conversations. Annual exhibitions and displays, such as the one in main reception, give students a platform to be seen and valued. This reinforces a culture where creativity is recognised and respected", said Mrs Taylor. "Ultimately, visual arts empower our students to think

critically, see differently, and engage more deeply with the world – skills that will benefit them far beyond their time at school."

On receiving the award, Headteacher Mr Gwyn Williams said: "We're extremely proud of achieving our Artsmark Platinum Award. We are committed to delivering a high-quality arts and cultural education."

Dr Darren Henley OBE, Chief Executive of Arts Council England, said: "I would like to congratulate Lymm High School on their Artsmark Award. Creative activities and cultural experiences enrich our lives, open our minds to new possibilities and help us make sense of the world around us. As an awarded Artsmark school, you're demonstrating that by offering a broad, ambitious and creative curriculum, your young people will develop character and resilience, increasing their knowledge, curiosity and skills that will remain with them through to adult life."



"Lessons in Sixth Form foster an atmosphere of curiosity and high quality learning. Students are highly motivated." *

lymmhigh.org.uk

* Ofsted 2024



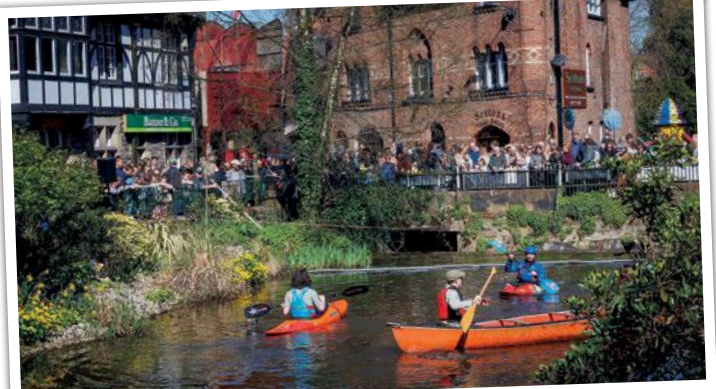
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Thousands flock into

THOUSANDS of people flocked into Lymm village for the annual duck race, which was blessed with sunshine on the Easter Bank Holiday Monday.

Organised by Lymm & District Roundtable, the event helps raise thousands of pounds for local good causes as plastic ducks, sponsored by villagers and local businesses, were poured into the lower dam.

The glorious Spring Bank Holiday weekend weather ensured a bumper turnout as youngsters enjoyed fairground rides in the village centre before and after the big event.



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village for duck race

Pictures: John Hopkins



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Lymm's bid for UK Town of Culture 2028 officially submitted

LYMM has taken a proud and ambitious step onto the national stage with the formal submission of its Expression of Interest to become the UK's first-ever Town of Culture in 2028.

The bid, with a top prize of £3m, reflects months of collaboration across the parish: conversations in living rooms and classrooms, lunchtime chats at local cafés, ideas shared during walks along the canal and Dam, and input from the volunteers, event organisers and creative groups who keep Lymm's cultural life thriving year after year.

Submitted by the Lymm Town of Culture Partnership, with Lymm Parish Council as the Accountable Body, the proposal brings together festivals, heritage organisations, schools, youth groups, arts organisations, sports clubs, traders, faith venues and dozens of community volunteers.

A Story in Three Parts: "Lymm – Then, Now, Next"

The bid is rooted in a simple but powerful storytelling frame.

Then: A village shaped by water, engineering, craft, and generations of people arriving and making Lymm their home.

Now: A thriving community where more than 12,600 residents share events, traditions, green spaces, neighbourhoods and ideas – and where culture happens everywhere, from school halls to ginnels to the canal towpath.

Next: A Town of Culture year designed to make taking part feel easier and more welcoming for everyone. A year that removes

barriers, shares responsibility, and gives newcomers and long timers alike the confidence to try something new.

This approach inspired a bid with a deep community focus: small pop ups in everyday spaces, better access information, a friendlier hosting model, low sensory and relaxed options, shared technical kit to support groups, and real responsibility for Lymm's young people.

A Signature Moment: Voices on the Water

One proposed highlight is "Voices on the Water" – an atmospheric dusk gathering of lanterns and spoken stories shared along the canal or, if needed, around the Dam and green spaces. Whatever the route, the intention remains the same: a calm, beautiful, village-wide moment of reflection and connection.

Young People at the Heart of the Plan

The proposal puts youth at the centre of Lymm's cultural future. It builds on the growing involvement of young curators, volunteers and performers, offering:

- Real leadership roles
- Digital storytelling and trail creation
- Hands on event and production experience



- A Youth Editorial Board with influence over how events are presented and explained

The aim is not only to support young people but to let them actively shape Lymm's cultural identity.

Anna Leaver, Lead Bid Writer, said: "This bid is woven from the voices, ideas and hopes of people across Lymm. It grew from conversations on the canal path, chats in the Village Stores, classroom workshops, festival meetings and doorstep catch ups. Writing it has been a privilege because it represents something far bigger than a document – it represents a community coming together to say: this is who we are, and this is what we can do. Whatever happens next, Lymm has already shown its remarkable spirit."

Councillor Sally Sharma, Chair of Lymm Parish Council, said: "We are immensely proud to submit this

bid on behalf of the parish. Lymm has always had a strong cultural heartbeat – from our festivals to our heritage celebrations to the countless groups run by dedicated volunteers. This process has demonstrated just how connected, creative and committed our community is. We are ready for the next step."

Next Steps in the Competition

A national shortlist is expected in the spring. Shortlisted towns will receive development funding of £60,000 to prepare their full bid over the summer and autumn. The final UK Town of Culture 2028 winner will be announced next year.

Regardless of the outcome, Lymm's bid has already strengthened connections, sparked new ideas and set out a shared vision for the village's cultural future.

Lymm Runners go "Goggins" again for The Walton Centre Charity

Lymm Runners are preparing to take on their gruelling "Goggins" challenge again, after raising an impressive £18,820 for The Walton Centre Charity last year.

The previous event, held in 2025 from the 4th to 6th of April, saw runners complete the demanding format of four miles every four hours for 48 hours, totalling 48 miles. The club comfortably exceeded its £10,000 target, thanks to strong support from the local community.

The challenge was organised by club member Rich Waggett, inspired by his own experience of life-changing neurosurgery at The Walton Centre in Liverpool.

Rich said that several other members of the club had also received treatment there, adding, "This was our way of giving something back."

Around 20 runners completed the full 48-hour endurance test, while many others took part in

one or more of the four-mile runs. Throughout the weekend, groups wearing distinctive blue Goggins shirts became a familiar sight around Lymm, with Maple Lodge Scout Hut on Pepper Street serving as the event hub. The challenge concluded with more than 100 runners, friends and supporters gathering to cheer participants across the finish line.

Madeleine Fletcher, Head of Fundraising at The Walton Centre

Charity, said the total would "make a real difference to patients and staff."

Following the success of Goggins 2025, the next Goggins Challenge will take place from the 1st to the 3rd of May 2026 and is sponsored this year by Kids Planet Nurseries.

Donations can be made online at: www.thewaltoncentrecharity.org/fundraisers/lymm-runners-goggins-2026



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Robert Moffat Memorial 10K race raises over £1,000 for CAFT

A mild and cloudy start for the 17th Robert Moffat Memorial 10K race in High Legh, brought out over 525 runners – creating a terrific buzz in the village.

Winner Robert Whitby of Macclesfield Harriers came in at 33 minutes 33 seconds, with second placed Chris Collins close behind in 33.57 and Lymm Runner Jonathan Smith a mere 21 seconds later.

Louise Whittaker of Cheshire Dragons was the first female home in 38 minutes 27 seconds, followed by Lucie Davies of Warrington AC in 38.47 and Sophie Mellor just 10 seconds afterwards.

Although runners came from all over Cheshire, as a popular local race, a massive 78 Lymm Runners entered, and all finishers received an impressive and environmentally friendly slate medal.

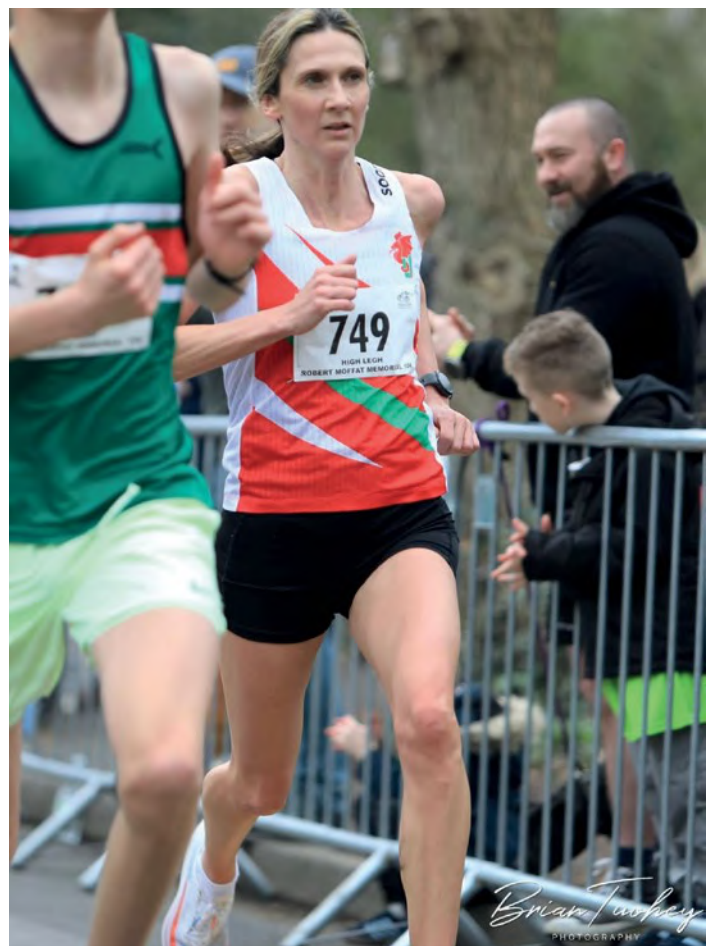
The runners were supported, as ever, by a super-efficient organising team, friendly marshals on the course, local High Legh residents, and some generous sponsors.

The race, of course, isn't just a fun morning out, it also benefits the local community as proceeds go towards High Legh projects and High Legh Primary School (via the PTA) which also serves as the Race HQ.

Many runners also took advantage of the option to donate to the wonderful local children's charity, CAFT, in lieu of a T shirt, resulting in a huge donation of over £1072.00 for CAFT.



Winner Robert Whitby



First female home, Louise Whittaker of Cheshire Dragons



Martial Arts club closes after 42 years



LYMM'S Gen'Dai Martial Arts Club has closed following the retirement of founder Dave Shipton.

The club, founded in 1984, has taught hundreds of local people in self-defence, discipline, respect, confidence and fitness.

Many returned for the final club session to say goodbye to Dave and to look back fondly on their time with the club.

One member said: "Each lesson taught discipline and respect, but also how to show good sportsmanship, how to get up when you're knocked down and how to defend yourself."

Dave Shipton is not only the founder and Sensei of Gen'Dai, but he's a former national champion, achieving 5th Dan. For those who

don't know, 5th Dan is a level of skill in Karate, often considered senior master level.

Dave trained under Sensei Keinosuke Enoeda, an 8th Dan Shotokan karate master, who was the former instructor to the Karate Union of Great Britain.

The last session saw the return of many students, some that had left in the last year and some returning after almost a decade. Many of these ex-students came for the whole session, training for one last time, some came in for the end just to say goodbye.

Everyone got a chance to chat with Dave before the club closed.

Hospice volunteer celebrates 104th birthday



Lymm resident Gladys Taylor has reached a remarkable new milestone, celebrating her 104th birthday recently with the same infectious energy that has made her a local legend.

Surrounded by friends, family, and fellow volunteers, Gladys was treated to a surprise party at the St Rocco's Hospice charity shop on The Cross, where she remarkably still works once a week.

Born on 12 April 1922, Gladys grew up in Altrincham before moving to the Oughtlington area of Lymm over 80 years ago. For decades, she was a familiar face on Mill Lane, where she ran a successful hairdressing business.

Today, she is better known as the village's oldest volunteer, affectionately referring to herself as the "fashion consultant" at the hospice shop.

Beyond her work at the charity shop, Gladys remains an active

and inspiring pillar of the local community. She is a dedicated member of the Heatley Women's Institute (WI) in Lymm, where her positive outlook and sharp wit continue to motivate fellow members.

Her secret to such a long and healthy life? Gladys credits:

A sensible diet and daily walks.

A firm rule never to worry about things you cannot change.

The joy of "meeting all the lovely people" in her life.

The birthday festivities began early with a surprise party featuring a custom cake, cards, and flowers provided by the team at St Rocco's and the local radio station Mix 56, which counts Gladys as one of its most loyal listeners.

"All these lovely people making a fuss just for me," Gladys said during the celebrations. "Aren't they kind, just wonderful. Thank you all for thinking of me".



Divorce Column

By Peter Wilkinson
Divorce Lawyer at Chambers Fletcher Solicitors

No Fault Divorce

Divorce law in England & Wales changed in a big way 4 years ago—yet in my experience there are still people who are oblivious to it.

So-called 'no-fault divorce' was introduced in April 2022. Under the old law, anyone seeking a divorce had to plead that their marriage had irretrievably broken down and then go on to evidence this by relying on one or more of five "facts": namely, adultery, unreasonable behaviour, desertion, or a period of separation (either two years with consent, or five years with or without consent).

In practice, the old law often meant one party assigning blame but that has now gone. Although in many cases one party does feel that the other is to blame, under the new law there is no longer any need to point the finger. In fact, not only is there no need, there is no mechanism within the divorce process for doing so.

Today, a divorce application simply includes a statement by the applicant that the marriage has broken down irretrievably, and which statement is taken as conclusive. No detail. No blame. No argument.

The ability to contest a divorce has also been dramatically reduced. A respondent can only contest on limited grounds, namely no jurisdiction, invalid marriage, or that the marriage has already legally ended. In the absence of these the divorce will proceed.

But—and this is crucial—while under the new law obtaining a divorce is more straightforward, the same cannot always be said for resolving finances or child arrangements. These issues remain entirely separate from the divorce and are often where the real complexity lies.

No-fault divorce has made the process for legally ending a marriage simpler and, in many cases, less confrontational. But it is only one part of a much bigger picture arising from marriage breakdown and getting the right advice at the outset with respect to the whole picture can make a significant difference to the shape of things to come.

For expert advice and assistance regarding divorce and related matters please get in touch - whatever your circumstances we can help.

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Five hidden signs of Prostate disease

By Dr Ovais Qureshi MBChB, MRCP, IBLM, Chief Medical Officer myGP Clinic

I've been practising medicine for over a decade, and one pattern I see repeatedly is this: men arrive at my clinic having quietly lived with prostate symptoms without ever getting checked. They do this not because they're careless but because the signs are easy to explain away, and nobody had told them what to look for.

The fact most men don't know is that the prostate grows continuously throughout a man's life, and by his 50s, half of all men will have an enlarged one. This is why most men may put symptoms simply down to old age.

Five signs I'd want you to take seriously

1. Your urine stream has quietly changed

Nothing dramatic - just a little weaker, or a little slower, maybe you have to wait a moment before it starts, or you feel as though you never fully empty. As this creeps up over months, most men assume it's simply ageing and carry on however it's a sign that your prostate is quietly enlarging and pressing on the urethra. I'd rather know about it early.

2. You're waking up in the night to urinate more than once

One trip per night is ok but if you're making two or three bathroom visits between midnight and morning, that's worth raising with a doctor. An enlarged prostate can reduce how much the bladder holds overnight. Not to mention that fragmented sleep does real

damage to your heart, hormones, and mental health over time.

3. Sex feels different

This is the symptom men most rarely mention. Pain during or after ejaculation, a noticeable drop in ejaculatory force, blood in semen, or worsening erections can all point to prostate inflammation or, in some cases, early cancer. Stress and age take the blame far more often than they should. If something has changed, please tell your doctor.

4. A persistent ache in your lower back, pelvis, or hips

If it doesn't improve with rest or painkillers, pay attention. Pelvic and lower back discomfort is a recognised symptom of prostatitis, and when prostate cancer spreads beyond the gland, the bones of the pelvis and spine are frequently the first place it travels. It's probably something else entirely - but this is exactly the kind of symptom I want my patients to mention, especially in combination with the other symptoms.

5. You just feel off

If you're feeling tiredness in a way you can't explain, make sure

you get this checked. A persistent, low-grade fatigue that sleep doesn't fix, combined with a quiet sense that something isn't quite right. As a GP, when a patient tells me they "just don't feel like themselves," I listen carefully. Your body often signals a problem long before the tests confirm it.

What I'd recommend you do

Go and speak to your own GP. A PSA blood test and a brief physical examination can tell us a great deal. If you're over 50, over 40 with a family history of prostate cancer, I would encourage you not to wait for symptoms before having

this conversation.

If there is any concern at all, your GP will refer you for an MRI. A multiparametric prostate MRI is now the gold standard for good reason it gives us a precise, detailed picture of the gland without going straight to biopsy. It picks up significant cancers early, rules out unnecessary worry when everything looks fine, and means that if a biopsy is needed, it will be targeted and accurate.

Prostate cancer detected early is nearly always curable.

The most important thing you can do today is simply book the appointment.



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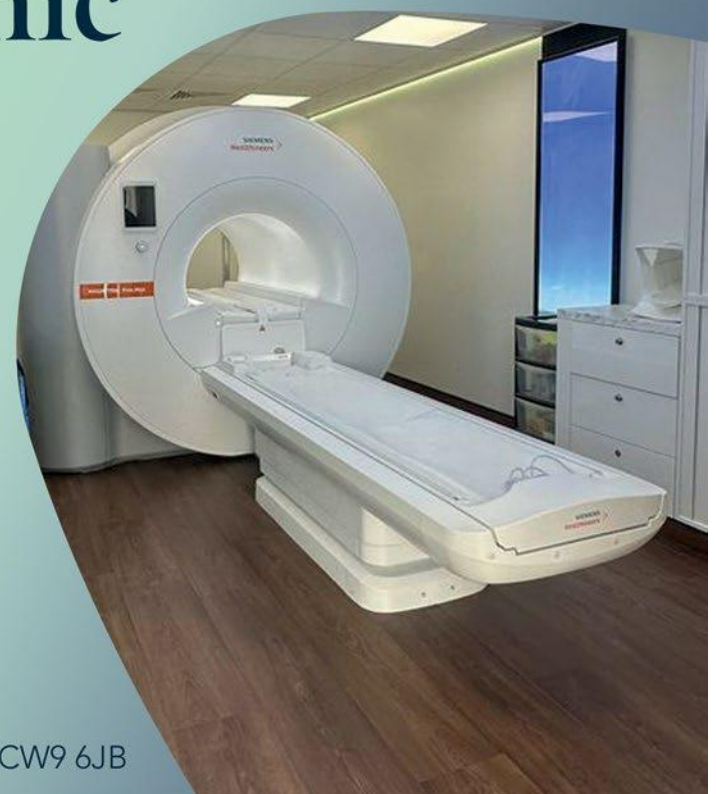
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Obituary

Jeanne Artingstall

The funeral has taken place of Jeanne Artingstall, who passed away peacefully at home on March 3 at the age of 90.

Jeanne was born in Lymm and lived in the village all her life, whilst being a committed member of the congregation of St Peter's Church in Oughtrington.

She is survived by her children Liz and Mark, grandchildren and great grandchildren.

The service was held at St Peter's on March 26 with the interment at Altrincham Crematorium led by Fr Geoffrey Hardman and Fr Edmund Betts.




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