

## LEPEOPLE

To order photos ring Debbie on 01772 838026

## BIG DAY OUT

# The festival for people wanting to turn over new leaves in life

**Ex-Everton footballer Neil Robinson was in Lancaster last Saturday in the latest leg of his UK tour sharing his insights on fitness and health on a plant-based diet at the North West Vegan Festival**



Chef Flexi and Julia Dennis from St Best Caribbean Caterers with their vegan patties

## Vegan Festival

FORMER Everton fullback Neil Robinson stopped off in Lancashire on his UK current tour to argue that a 100 per cent plant-based diet is actually beneficial to his longevity and well-being without undermining his fitness and performances.

The ex-Toffee, who played in the 1977 League Cup Final, became veggie at age 13 for ethical reasons – four years before signing as a professional footballer for his beloved Everton – he lived within the shadow of the famous old stadium.

He retired from professional football in 1990 and was a veggie/vegan throughout his entire professional playing career – saying he was always one of the fittest at his clubs.

Jenny Little, a spokeswoman for VegfestUK, proclaimed the event a massive success.

She said: “It was the biggest vegan event in Lancaster yet with more than 100 stalls filled with a wide range of vegan clothing, accessories, food, make up and skin care, and lots of very worthy animal rights and animal welfare stands, including the IAPWA (International Aid for the Protection and Welfare of Animals) stall for whom the festival was a benefit.

“There were also many vegan and animal-related talks and presentations during the afternoon, plus a vegan beer and wine festival took place down the road in the Gregson Centre that attracted many people, as there were also vegan films showing in their small cinema all day.

“Some musicians from the Preston vegan band Mobius Loop also came to the Gregson Centre to play in the evening, as the beer and wine festival continued until midnight.

“Despite the wet weather, over 1,100 people from as far away as Scotland attended the festival, which was an improvement on the 900 people who came to much smaller vegan fair that one of us co-organised in Lancaster two years ago.

“We spoke to a lot of non vegans who had come along, which is great.

“We were very honoured that the world’s first vegan professional footballer, Neil Robinson, who used to play for Everton and Swansea City, attended and gave a talk which was the best attended talk of the day.

“Neil will be giving another talk at another larger vegan event we are co-organising, the Northern Vegan Festival in the giant Empress Ballroom in the Blackpool Winter Gardens on Saturday, September 13.”



Seaneen Price, 19, and Jessica Cain, 18



John Davis, Elaine Docherty, Mimi Reid and Emma Blackwood from The Edinburgh and Glasgow Vegan Group



Olivia Stage, Isa Patel and Michelle Leedy from Olivia's Soaps



Michelle Holmes with her Vegan T-shirts



Chrissy Levland and Kelly Slade from The Vegan Tuck Box Company