

# LOVE WIRRAL

MAGAZINE



ROTARY  
MEMBERS

APRIL 2023  
Issue 132

Monthly Business & Community magazine delivered across Wirral



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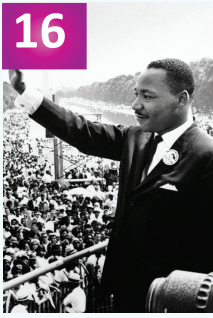
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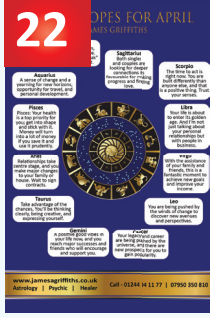
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# WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE



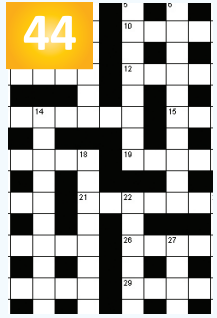
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**Cover Photo:**  
View across West Kirby Marine Lake from the pathway.



Dear Friends,  
Finally the clocks have gone forward and the lighter nights are here! We have had a lot to deal with in the last 12 months! Fuel costs should start coming back down from July so there is a light at the end of the tunnel.

This is the time for spring cleaning and getting stuck into the garden, ready for those lovely summer days and evenings.

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All our magazines are available online - as well as the answers to our puzzle page :o)

Best Wishes  
*Maxine*

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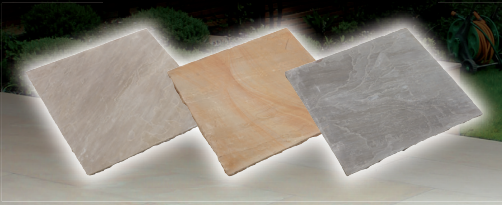


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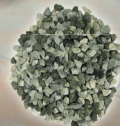
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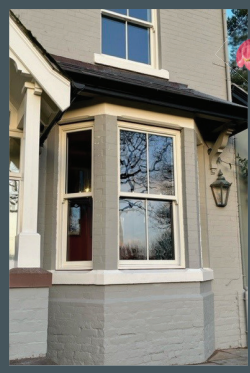




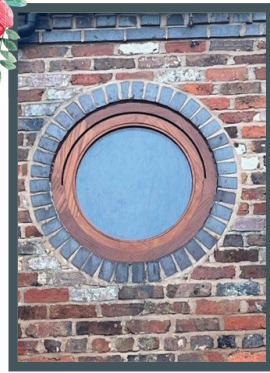


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# DO YOU KNOW?

1. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.

2. The Earth's core is about as hot as the sun.

3. Earth is the only place in the Solar System where water can be present in its three states: solid, liquid and vapour.

4. A Colombian woman was raised by monkeys after being kidnaped and abandoned in the jungle as a child.

5. Jamaica, Colombia and St Lucia are the only countries where a woman is more likely to be a boss than a man.

6. We spend about 10% of our waking hours with our eyes closed, blinking.

7. Breastfeeding a baby may reduce by 22% a woman's risk of developing Alzheimer's disease, a study says.

8. Babies have three times as many taste buds as adults.

9. Graca Machel is the only woman to have been first lady of two separate countries: Mozambique and South Africa.

10. The first president of Zimbabwe, Africa, was President Banana.

11. Canada is the World's Most Educated Country: over half its residents have college degrees.

12. Canada has more lakes than the rest of the world's lakes combined.

13. Owning a cat can reduce the risk of heart attacks and strokes by more than a third, researchers found.

14. Adult cats only meow to communicate with humans.



15. Earthquakes turn water into gold.

16. One pint of donated blood can save up to 3 lives.

17. China is the world's largest exporter and second-largest importer of goods.

18. When Disney released "Princess and the Frog" in 2009, 50 children in the U.S. were hospitalized with salmonella from kissing frogs.

19. Humans shed about 600,000 particles of skin every hour.

20. Many Fish can taste without even opening their mouths.

21. Dogs and cats only sweat from their footpads and nose.

22. Koalas are excellent swimmers.

23. Psychologists examined Internet trolls and found that they are "narcissistic, psychopathic, and sadistic".

24. The "Fi" in "WiFi" doesn't mean anything. It was called it that because it rhymed with "HiFi".

25. If everyone in the world washed their hands properly, a million lives could be saved a year.

26. Every minute, more than 500 hours of video are uploaded to YouTube.

27. Music video 'Gangnam Style' was so popular, it broke YouTube's view counter, which had to be upgraded.

28. In order to legally give someone a tattoo in South Korea, one must obtain a doctor's license.

29. Doritos was originally born from the tortillas leftovers at Disneyland.

30. Papaphobia is the fear of the Pope.





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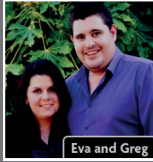
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# THIS MONTH'S HISTORY

This feature each month will give interesting facts from years gone by. See what you remember that happened in your lifetime.

## THIS DAY IN HISTORY FOR THE MONTH OF APRIL

### 4th April 1949

Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization. The nations united for common military defense against the threat of expansion by Soviet Russia into Western Europe.



*NATO Logo*

Belgium, Canada, Denmark, France, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, the United Kingdom and the United States were the founders.

Within the five months following the signing ceremony, the Treaty was ratified by the parliaments of the interested countries, sealing their membership.

### 4th April 1968

Civil Rights leader Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee.

As head of the Southern Christian Leadership Conference, he had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964.



*Martin Luther King Jr addresses a crowd from the steps of the Lincoln Memorial*

He is best remembered for his "I Have a Dream" speech delivered at the 1963 Civil Rights March on Washington. That march and King's other efforts helped the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. In 1986, Congress established the third Monday in January as a national holiday in his honor.



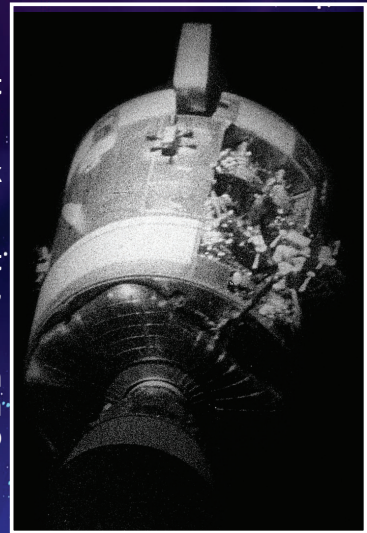
## 11th April 1970

Apollo 13 was launched from Cape Kennedy at 2:13 p.m.

Fifty-six hours into the flight an oxygen tank exploded in the service module.

Astronaut John L. Swigert saw a warning light that accompanied the bang and said, "Houston, we've had a problem here."

Swigert, James A. Lovell and Fred W. Haise then transferred into the lunar module, using it as a "lifeboat" and began a perilous return trip to Earth, splashing down safely on April 17th.

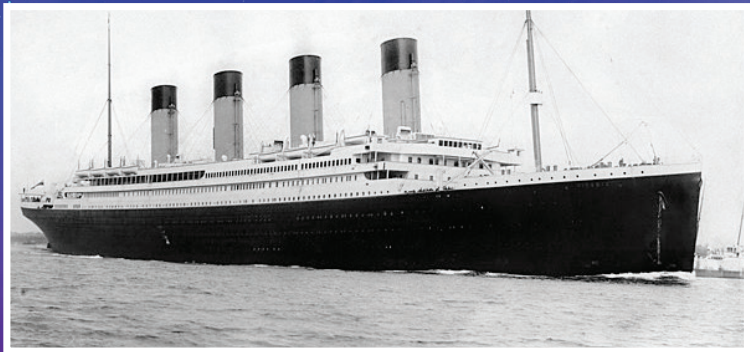


*View of the crippled Service Module after separation.*

## 15th April 1912

In the icy waters off Newfoundland, the luxury liner Titanic with 2,224 people on board sank at 2:27 a.m. after striking an iceberg just before midnight.

Over 1,500 people drowned while 700 were rescued by the liner Carpathia which arrived about two hours after Titanic went down. These statistics make it the deadliest sinking of a single ship up to that time. It remains the deadliest peacetime sinking of an ocean liner or cruise ship.



*Titanic sailing out from Southampton on 10th April 1912*

RMS Titanic was the largest ship afloat at the time she entered service and the second of three Olympic-class ocean liners operated by the White Star Line. She was built by the Harland and Wolff shipyard in Belfast. Thomas Andrews, the chief naval architect of the shipyard, died in the disaster. Titanic was under the command of Captain Edward Smith, who went down with the ship. The ocean liner carried some of the wealthiest people in the world, as well as hundreds of emigrants from Great Britain and Ireland, Scandinavia, and elsewhere throughout Europe, who were seeking a new life in the United States and Canada.

The disaster drew public attention, provided foundational material for the disaster film genre, and has inspired many artistic works.

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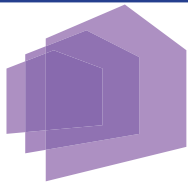
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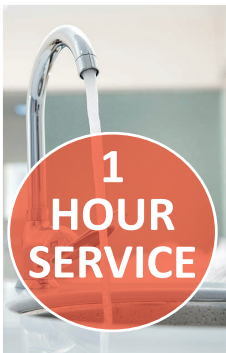
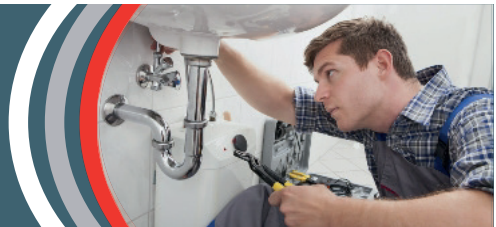
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# HOROSCOPES FOR APRIL

BY JAMES GRIFFITHS

## Capricorn

A strong yearning for union, especially steady and stable. There may be "make-or-break" times if needs are not met.

## Aquarius

A sense of change and a yearning for new horizons, opportunity for travel, and personal development.

## Pisces

Pisces: Your health is a top priority for you; get into shape and stick with it.

Money will turn into a lot of money if you save it and use it prudently.

## Aries

Relationships take centre stage, and you make major changes to your family or house. Wait to sign contracts.

## Taurus

Take advantage of the chances, You'll be thinking clearly, being creative, and expressing yourself.

## Gemini

A positive good vibes in your life now, and you reach major successes and friends who will encourage and support you.

## Sagittarius

Both singles and couples are looking for deeper connections its favourable for making progress and finding love.

## Scorpio

The time to act is right now. You are built differently than anyone else, and that is a positive thing. Trust your senses.

## Libra

Your life is about to enter its golden age. And I'm not just talking about your personal relationships but with people in business.

## Virgo

With the assistance of your family and friends, this is a fantastic moment to achieve new goals and improve your income.

## Leo

You are being pushed by the winds of change to discover new avenues and perspectives.

## Cancer

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## URSULA WILDE - Local Author

This is my biography of being brought up in a family business of motor pioneers. My grandfather built the 1st garage on the A41 in Bromborough, our family have a long history of living in the area.

I also sang in the Liverpool club scene under the name of "Sheena" at the start of the Merseybeat era, working and friends with The Beatles, Cliff Richard, Jimmy Tarbuck and Des O'Connor - to name a few.



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# The Rotary Club of Birkenhead

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**Rotarian Norman Jones is presently training for a 10K run taking place in Sefton Park, Liverpool on May 7<sup>th</sup> to commemorate his 75<sup>th</sup> Birthday and raising funds for local organisations supported by Birkenhead Rotary.**

Norman has a Crowdfunding page; <https://www.crowdfunder.co.uk/my-75th-birthday-commemoration-10k-run> and has a target of £2,000.

## Earthquake Disaster Collection



Once again, the Tesco Bidston store allowed Birkenhead's Rotarians to collect, this time for ShelterBox, the disaster relief charity – partnered with Rotary. The charity was already assisting in Turkey and Syria following the terrible earthquake, as the public supported the Club's collection, which raised over £700 and together with other donations, reached over £1,000.

## Visit to Recycling Centre - Veolia



As well as supporting charitable and other organisations, Rotarians also attend interesting vocational sites. The most recent was a visit organised by Rotarian Ron Warne, chair of the Club's Environment Committee, to the Merseyside Veolia Recycling Centre in Gillmoss Liverpool.

Apart from viewing the amazing machinery sorting the various waste items brought in, Rotarians were surprised to learn that what they had thought was recyclable was not! Also they were advised not to squash drink cans, as they then become difficult for the automatic sorting machine to recognise. A further important consideration was that Merseyside no longer sends general waste to landfill, it is incinerated elsewhere and even that waste is re-used.

One important point was acknowledged and that was Birkenhead's Rotarians live in different county areas and so Merseyside and Cheshire have differing recycling systems for collection and recycling and general waste. Even so, all found the visit very interesting and helpful and came away with some helpful leaflets providing guidance on recycling.

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### JOHN GORMAN: THE WIRRAL WONDER!

Hoylake's John Gorman has just returned from the Bristol Slapstick Comedy Festival where he was a guest for the second year running. Last year he appeared with Chris Tarrant, Sally James and Bob Carolgees in a reunion of the stars of the classic 1980s kids' TV show *Tiswas*. This year John took to the stage with his old colleagues Mike McCartney and Roger McGough for a live celebration of their legendary comedy group *The Scaffold* hosted by comedian Harry Hill.

Back in the sixties, John, Mike and Roger found fame performing comedy first in Liverpool then all around the country. They even went on to notch up a string of hit singles such as *Thank U Very Much* and *Lily the Pink*. John modestly says he cannot believe how interest in their work has been growing again in recent years with a boxset of their recordings and a TV documentary both in the works. Comedy fans however know the renewed attention is long overdue and that the Scaffs are one of the UK's great comedy teams who deserve to be recognised alongside contemporaries such as *Monty Python*, the *Goodies* and the *Bonzo Dog Band*. And not only that, both Mike and John are now Wirral residents!

John, Mike and Roger first appeared on stage together in 1962 at Hope Hall, a venue which then evolved to become Liverpool's famous *Everyman Theatre*. At the time John was working as a Post Office engineer, Roger as a teacher in Kirkby and Mike as a ladies' hairdresser at Andre Bernard's salon in Liverpool city centre (alongside future *Professionals* star Lewis Collins and then aspiring stand up Jimmy Tarbuck). John, Mike and Roger returned to the *Everyman* in October 2022 for two sell out 60th anniversary performances. As the host of the shows Spencer Leigh pointed out this makes the *Scaffold* the 1960s group that has survived longest with the same line-up.

For their reunion shows, the boys dusted off some classic comedy sketches, told stories of their adventures over the years and of course treated the audience to a rendition of their number one hit single *Lily the Pink* (complete with new verses poking fun at both Rishi Sunak and Vladimir Putin!) No wonder both performances ended with standing ovations and that there is now talk of further shows in London for Liverpool born impresario Bill Kenwright.

Despite being a few years past retirement age, there is therefore no sign of John Gorman slowing down. Back in the Wirral, he has joined forces with local storyteller Sue Povall to form a new group, *Wirral Wonderers*, who perform regularly at the Williamson Art Gallery in Birkenhead to raise money for *Claire House Children's Hospice*. And so he continues to be an inspiration to everyone both in the Wirral and beyond. And an extremely funny one at that!

**Forthcoming Wirral Wonderers shows at the Williamson Art Gallery, Slaty Road, Birkenhead will be held at 2pm on Saturdays 15th April, 20th May & 17th June.**





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### THE GRAND NATIONAL LOCAL MERSEYSIDE HISTORY

By John Fowler



You cannot mention local history for Merseyside without referring to the Grand National, as it is the largest event in Liverpool for the fact it is watched by an estimate of 500 to 600 million people in over 140 countries. It has been part of our culture since 1839, mainly because so many people, who do not normally follow horse racing or betting, become involved in the race.

Nowadays it seems to be more popular than ever, drawing vast crowds into the city, which boosts the local economy. There appears to be a great excitement in the air, with the city buzzing with anticipation, and you never hear anything but good about the Scousers' hospitality for the visitors. None more so than in 1997, when there was a bomb scare, and the course had to be evacuated quickly, with cars and coaches locked in the course grounds, leaving some 20,000 people stranded for the weekend. With limited accommodation available in the city, local residents opened their doors and took in many of the stranded. The race was run on the Monday, and I wouldn't be surprised if many of the jockeys were then overweight with the scouse they had eaten.

Everybody has a story to tell about their own Grand National experience, and there are many books telling the history of the actual races. Nearly every workplace ran a sweepstake, which meant most people had an interest. When once-a-year gamblers put a bet on, they usually picked their horse by the name, if it vaguely meant anything to them, though many just used a pin. There was always the know-all who claimed they knew the winner.

One of the great characters in the fifties was a tipster called Prince Monolulu, who was probably no more a prince than his pop-star namesake. He was dressed flamboyantly and used to say "I gotta a horse." Most of his clients probably couldn't count to twenty without taking their shoes off. Apparently his real name was Peter, and if his middle name was George, he would have been known as P, GEE, GEE tips. (I'll get my coat). My mate, who knew nothing about horse racing, did a £1 Yankee bet (4 horses), and they all won. The Bookie said he had won £525, but as he did not have that kind of money in the shop, he would have to come back the next day. My mate, who took no nonsense from anybody, said "if you are going to mess me about, I'll have my £1 back."

When I was a youngster in the Fifties, we lived near Aintree, and we used to go to the main road to spot any posh cars going past. It was exciting to see a Rolls Royce, but we never really saw anybody famous. I never went to the races until I was an adult, but we, as a family, used to go to Jump Sunday, when the course was open to the public to walk the course and inspect the jumps. It was always a good day, with side shows, entertainers, vendors, and a funfair. We also went to a Military Tattoo there, which was very exciting for children.

There has been lots of show business people associated with the National and none more so, than Gregory Peck, the famous Hollywood actor who was at his peak, when his horse was favourite. Apparently it came nowhere as it “chickened” out. Peck thought he should have been “seeded”. (I’ll get my coat).

The weirdest thing, regarding the National that ever happened to me was back in the Seventies. My wife and I had some friends visiting from Canada, so we took them for a drink to the Bold Hotel in Lord Street, Southport. Sitting quietly in the lounge, we suddenly heard a bit of a commotion outside. Looking out the window, we saw a small crowd gathering but we didn’t know was going on. We joked with our friends that we had laid on a reception for them.

Without any warning, a horse appeared in the lobby of the hotel, and we couldn’t believe it when we learnt it was Red Rum, who had won the National that afternoon. It was a great thrill to see him up close, and then his trainer led him into the back of the hotel. Little did we know then that he was to become the greatest steeplechaser in history.

There was a rumour he went up to the bar and the barman said “I believe you won the big race today.” Red Rum nodded, and the barman said. “Well, why the long face?”

(Where’s my coat?)

## Wirral Bird Club

### “RSPB Burton Mere Wetlands”

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Come and hear about the 12 years of BMW and the plans for the future.

The above photograph, of Burton Mere Wetlands in Autumn, was taken by Paul Jubb.

**This illustrated presentation will take place at St Bridget’s Church Centre, Church Road, West Kirby, Wirral, CH48 7HL.**

**Visitors are very welcome, and the cost is £4.00, which includes tea/coffee and biscuits.**

**This is not a ticket event - please just come along.**

**Details of further illustrated presentations and field trips can be found on our website at [www.wirralbirdclub.com](http://www.wirralbirdclub.com) or by ringing Bill on 07795 148 140.**



## Book review:

### **MAKING THE OUTDOORS A BIGGER PART OF YOUR LIFE**

#### **The Outdoors Fix**

**Author - Liv Bolton**

**Publisher - Vertebrate Publishing**

Evidence shows that an increasing number of individuals, families and groups of friends are seeking “opportunities” to become more active in the outdoors. Activities can range from walking, cycling, running, fresh water swimming, golf, ball games, gardening at home or on an allotment, abseiling, etc. **Liv Bolton in her book “The Outdoor Fix”** has compiled an inspirational collection of reflections, by ordinary people, of how the outdoors has become a “change maker” and bigger part of their lives.



**The engaging, thought provoking and free flowing style of the text generates an enthusiasm and desire to get outside and “get moving”.** The personal implications and impact of the Covid pandemic, in particular lockdowns, isolation and working from home, have generated a radical evaluation by many of their “lifestyle”. This has resulted in a “change in direction” of work / life balance. In fact an increasing number are making the outdoors a “bigger part of their life” to promote well being, fitness, mental health, and experience, “the buzz” of adventure. **The adrenalin of active participation, interaction with others and friendship can create a “way around insurmountable barriers”**

**Readers will gain inspiration from the anecdotal reflections of thirty contributors whose stories Liv has collated and categorized within six themes,** career changers; community builders; the movers; after work adventure seekers; wildlife warriors; and big trip adventurers. Within all of the “stories” of change and coming to terms with personal issues, and evidence of individuals re-generating a buzz of excitement and experiencing the “feel good” moments when achieving a physical challenge, overcoming personal barriers to participation or taking the “plunge” as first steps in promoting confidence, determination, drive and tenacity.

**In a thought provoking, compelling and at times riveting style, Liv relates the heartening experiences of how “getting outdoors” made a positive impact on their thought processes. The experiences create what psychoanalysts term a “change in mindset” or the “get up and go” directional change in lifestyle.** Ben relates how his life was transformed when he became a volunteer ranger for the Pentland Hills Ranger Service and his enthusiasm for the hills became a full time post. **Helen’s story relates how she created a new career as a mountain leader in Eryri (Snowdon), which has enabled her to contribute and “give back” within her “new community”.** Helen’s love of the Rhinogydd mountain range is where she comes to terms with her experience of difficult times, seeks comfort and puts “issues into perspective”. Readers will gain from her comments which highlight how “Eryri” stretches you physically, mentally and visually whilst slowing you down to appreciate the “wonders of the area” to put problems aside. **Kenny’s story is more emotionally challenging as he describes his life as a drug addict as “wasting his life”, emphasising the impact this had on his mental health.** He describes in vivid terms how his “new fixation” on fitness “turned his life around” in a new career as a photographer in the outdoors. The story of Harrison’s journey from alcoholism to experience “a second chance” on the hills to be the “person he’s always wanted to be” is both challenging and poignant in this period of economic difficulties, rising mental health illness, increasing levels of homelessness and isolation.



The extensive range of stories give examples of how the outdoors can give individuals the freedom to reflect , re-discover themselves and take on a new challenge. Becky used redundancy as the catalyst for a career change, others used the outdoors to “break down barriers” to create opportunities to find their “true self”, or made financial sacrifices to “experience levels of happiness and satisfaction” that money can’t buy. Waking up to the possibilities of “adventure” are described in an inspirational and insightful manner within the stories. **The text highlights how a new experience or extending new friendships can “change your perspective on life”.** The reflective thinking within the stories will stimulate how “the outdoors” can be a solace and possibly the answer to achieving inner peace.

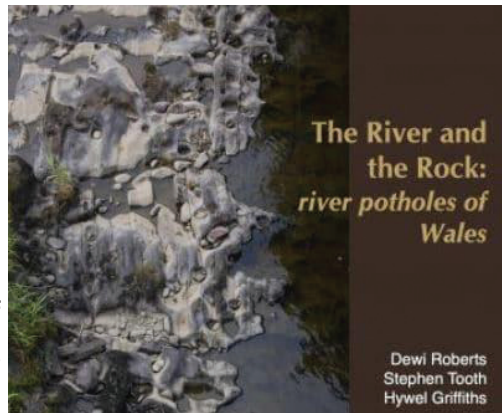
**Liv Bolton has produced an outstanding and inspirational text.** In addition to the compelling stories, the book provides a range of exhilarating photographs alongside “essential guidance” and practical tips to inspire and enable readers to appreciate the wonders of the outdoors and “make it part of your life”. A great read.

## The River and the Rock

**Authors - Dewi Roberts, Stephen Tooth and Hywei Griffiths**

**Publisher - Gwasg Carreg Gwalch**

Wales (Cymru) is a major attraction to walkers of all ages and abilities, due to the vast wealth of mountains, hills, valleys, coastal areas, and networks of truly stunning rivers. Visitors to Wales speak in glowing terms of the wonder and splendour of the mountain ranges alongside the extent of waterfalls, rapids and gorges. **As a consequence, Wales has become a major tourist attraction creating opportunities for visitors, and keen walkers, to explore and enjoy the beauty of the country alongside the rich culture, based on the Welsh language, speciality foods and warmth of the “Croeso” (Welcome).**



In an outstanding scientific and historical analysis within a beautifully illustrated text, “**The River and the Rock**”, by Dewi Roberts, Stephen Tooth and Hywel Griffiths, have focused on raising awareness of the significance of river potholes in terms of the geomorphological processes involved in their formation and development. Then, using their extensive scientific and practical knowledge, the authors take readers on an engaging, and at times awe inspiring, journey within Wales and beyond to illustrate how pothole features have provided inspiration for writers, artists and visitors. **The free flowing style of the authors, linked to pictorial evidence, creates a compelling insight and compelling guide to a “truly fascinating world of potholes”.**

Potholes are formed when sediment and other materials carried by a river “scour the bedrock of the river” resulting in round or oval shaped holes, as pebbles “spin around and erode hollows”. **The authors enthuse readers by their illustrations of how local people at Mallwyd (Gwynedd) on the Afon Dyfi exploited “bedrock geomorphological features” by engaging in a range of techniques to catch fish.** Sometimes, as the authors illustrate techniques were supplemented by “Cewyll” (Wooden Cages) to fill in beds to catch the salmon as they tried to “leap up the waterfall”.

The skills of the authors linked to insightful photographs illustrate clearly how, as the potholes increase in size, debris becomes trapped and this supports further erosion, transportation and deposition frequently creating sculpted forms. **Readers may be**

aware of the "aesthetic qualities" generated by the abrasive actions of silt, sand and gravel at a range of locations. The authors point to sites located near the Devil's Punchbowl at Pontarfynach (Devil's Bridge) near Aberystwyth, The Afon Llugwy near Betws-y-Coed and Blaenhafren in Powys. In addition, the stunning photographs of underwater sculpted forms on the Afon (River) Twymyn, Pistyll Rhaeadr and Pont Hyllfan, all in Powys, the River Eden at Kikby Stephen (Cumbria, Barton Creek (Texas) and Bourke's Luck (South Africa) are all illuminating insights into the fascinating world of potholes that are continually being created by the action of river flow and sediment passing over rock.

Readers will find this outstanding text with details of locations including grid references of locations in Eryri (Snowdon), Ceredigion, Maldwyn (Montgomeryshire), Powys and Carmarthenshire, with a wealth of photographic evidence, an inspiration to get out and observe the "wonders of the outdoors". A major asset in the text is the glossary which provides a good grounding for greater understanding of the key processes and landforms associated with different river types in Wales and other areas. The authors are to be congratulated on this outstanding book which will be a great asset for all who "enjoy the outside" and students of geography and geology at all levels.

### About the reviewer

**John T Morris BA(Hons), MEd, MPhil, DipPsych, CertEd.**

John taught physical education in an Inner London secondary school and fitness at the Middle Row Boxing Club. On moving to Wales, he was headteacher of three specialist centres for young people in North Wales, fitness and weight coach in Wrexham, fitness coach at Wrexham RFC and with the WRU. John is a "regular" walker having completed Offa's Dyke, Hadrian's Wall, Anglesey Coast Line, Ceredigion coastal path, Scafell Pike, Ben Nevis, Carrantoothil, Y Wyddfa, Lugnaquilla (Wicklow), Slieve Donard, Purple Mountain, Pen-y-Fan, Corn Du, Mountains of Mourne, Three Bens (Clifden), Keswick and many others.



## Community



SERVICES  
RETURN  
TO NESTON

Neston Town Council made a commitment to bring Post Office services back to Neston after working with our CW & C Ward Councillor Keith Millar, and having further discussions with the Post Office and Sainsbury's, these services have returned.

The Post Office is available in the Upper Community Office on the top level of Sainsbury's car park.

**Opening hours each week are: Tuesday 2.30pm to 4.30pm  
Friday 9.30am to 11.30am**

**The usual Post Office deposit/withdrawal banking services will be available.**



**talking  
together**

**wirral**



### Feeling Low or Worried Isn't Just Part of Getting Older, Experts Say.

A local mental health service provider is raising awareness of the signs that an older person may be struggling with their mental health, calling for more 'normalisation' of talking therapies amongst older age groups.

Talking Together Wirral provides free, confidential NHS talking therapies across the region, and has seen a trend of older people just 'accepting' their low mood, worrying, or anxiety as part of getting old. The organisation wants to normalise talking about mental health amongst this group, raising awareness of the signs that someone is struggling so they can access the help they need to feel better.

Symptoms to look out for include cancelling plans; not answering the phone or replying to messages; drinking or smoking more than usual; or talking about feeling hopeless, helpless or worthless. Talking Together Wirral is asking people to be aware of these signs in loved ones and to direct them to its website, or to speak to their GP to get the help they need.

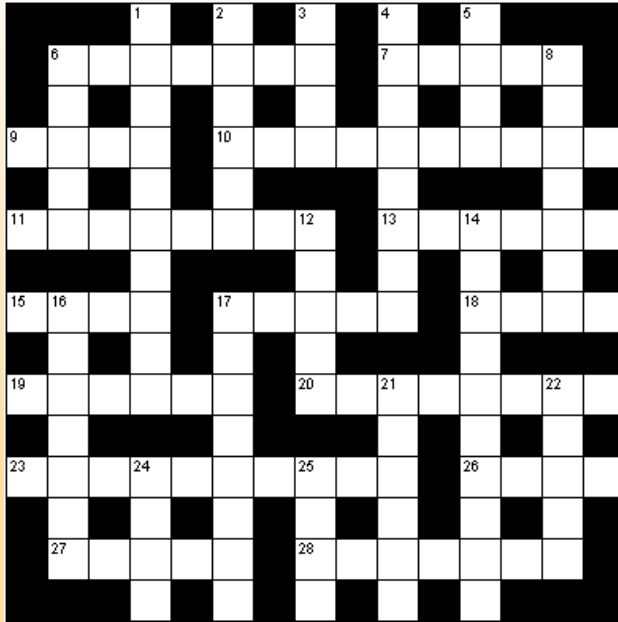
Talking Together Wirral has launched a campaign to raise awareness of their service, and the signs that someone may be struggling – with posters appearing on local bus routes and leaflets being delivered across the region. The service offers a range of talking therapies, depending on the needs of the person – including counselling, cognitive behavioural therapy, and other more specialist types of therapy.

Samantha Lee, Community Development Team Manager at Talking Together Wirral, said: "You don't have to have hit rock bottom to see a therapist or talk to someone. We want to raise awareness that while it's perfectly normal to feel a bit low when getting older, you don't just have to accept it – help is available.

"Talking therapies are proven to work, and success is even higher for older people. Therefore, it's vital that everyone accesses the support they need as soon as they need it – so they can start to begin to feel more like themselves again."

**Anyone who is struggling and would like to speak to someone can contact their GP, call 0151 649 1859, or visit [www.talkingtogetherwirral.org](http://www.talkingtogetherwirral.org).**

# PUZZLE CORNER



## Down

- 1 A form of Hindi (10)
- 2 Arachnid (6)
- 3 Type of cheese (4)
- 4 Sowing (8)
- 5 Backside (4)
- 6 Wait on (5)
- 8 Noisy party (7)
- 12 Summoned sufficient courage (5)
- 14 Inoculates (10)
- 16 Related to language (7)
- 17 Type of synthetic rubber (8)
- 21 Imbedded (6)
- 22 Linger or dally (5)
- 24 A climbing plant (4)
- 25 Gusto (4)

## Across

- 6 Slid (7)
- 7 Stringed instruments (3)
- 9 Poke (4)
- 10 Leather-clad vixen (10)
- 11 Determined the size or amount (8)

- 13 March aggressively into another's territory (6)
- 15 Green seaweed (4)
- 17 Another name for Norway (5)
- 18 Gears (4)
- 19 A blue dye (6)
- 20 They pull teeth (8)

- 23 Crushes (10)
- 26 Nimbus (4)
- 27 Cloth made from flax (5)
- 28 The landscape (7)

## Sudoku Puzzle

How to play:

The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid.

There is only one correct solution to each sudoku. Good luck!

Difficulty level: Medium.

Solutions can be found on our website

7				5			
6		3		9		5	
9		1		8			
					6		2
8				6	7		3
			3				4
		4		5	2		6
				9			
1				6			8

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## **POST MATCH INTERVIEW - by John Fowler**

"I am feeling a little depressed today, Prince of all Bosses"

"Cheer up, Lardness, things could be worse."

"How could things be any worse?"

"Well it could be me who's depressed. You have got to cheer up as you will be doing the post match TV interview on Saturday, and I want you to get it word perfect, so we are going to have a little rehearsal."

"But we don't know the result of the match."

"It doesn't matter, you just talk in meaningless jargon. There are two things you need to know about carrying out an interview. One is a good memory."

"What's the other?"

"I've forgotten. But the main thing is that I want you to have a clear head and know what you are talking about, so I am banning you from going to the "Slug and Lettuce" for the next few days."

"I am not bothered about going to the pub, because I've suddenly realised how much I am stagnating intellectually so I am going to quench my thirst for knowledge by reading to stimulate my brain so I can throw off the shackles of apathy."

"You're broke aren't you? My little Versuvius."

"How did you guess, and why did you call me that name?"

"Well you are just like a little volcano. Big and wide, but most of the time dormant, and even when you are working, you just sit there and smoke. Anyway, my old Tubsy, back to this interview, I want you to put up a good show for the glory and honour of the Club."

"They will get nothing from me, your Highness. Just my name rank and serial number. From my army training you know."

"It is not that kind of interview. Look, I will give you some cards for you to study and no matter what the questions are, just quote these tried and tested answers. Here we go --- I am proud of the boys, they showed character, we will stick together, we were asking all the questions, something to build on, and all the players have bought in to the new manager's project."

"But that's all bull."

"We know that, they know that, but it fills in 5 minutes of TV time. What if the interviewer tries to throw you off course and trick you with an awkward question. For example, if he said your coaching was out of date, your players were not motivated, and they were not reaching their full potential and you were not popular with the fans. How would you react to that? What would your reply be?"

"I hope your bottom falls off."

After a pause and a deep sigh from Pablo.

"On second thoughts, perhaps you better not do the interview."





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# Sunbirds

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Feb 7th  
Mar 23rd  
Mar 24th  
Mar 25th  
Mar 31st  
Apr 1st  
Apr 8th  
Apr 14th  
Apr 15th  
Apr 16th  
Apr 21st  
Apr 22nd  
Apr 30th  
May 5th  
May 6th  
May 7th  
Aug 31st  
Sep 2nd  
Oct 20th  
Oct 21st  
Oct 22nd  
Oct 23rd  
Nov 9th  
Nov 11th

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**HERTFORD**  
**LEEDS**  
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**SHREWSBURY**  
**MANCHESTER**  
**CHESTER**  
**LANCASTER**  
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**GRIMSBY**  
**MILTON KEYNES**  
**ST ALBANS**  
**CARLISLE**  
**SETTLE**  
**WORTHING**  
**PORTSMOUTH**  
**CHIPPENHAM**  
**GUILDFORD**  
**PRESTON**  
**BEDFORD**

Pavilion (with Sad Café)  
Riverhead (with Sad Café)  
Temperance  
The Brook  
Madding Crowd  
Chambers  
Corn Exchange  
Old Woollen  
West Hampstead Arts Club  
The Buttermarket  
Lions Den  
Alexanders  
Grand Theatre  
Music & Arts Centre  
Whistle Weekender  
Docks Academy  
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Old Fire Station  
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web site: <http://www.yesterdayswirral.co.uk>



Children are pictured enjoying themselves on New Brighton beach in 1898. New Brighton Pier is in the background and below the sign for 'Oysters' on the right is the lower part of the 'Ham & Egg Parade' pictured below. Many of the Victorian ladies are dressed in black.



The infamous Ham and Egg Parade (otherwise known as the Aquarium Parade or Teapot Row) is viewed from the shadows of New Brighton Pier in 1906.

This four-storied building was built on two levels with the lower level containing the notorious shops and so called tea-rooms where shop keepers would accost passers by. Following a local referendum on 27th January 1906 the Wallasey Corporation purchased the parade properties and demolished them.



Banks Road, West Kirby is pictured here in 1906 with Dee Lane in the distance and The Crescent off to the right of the Cafe sign. Further to the right are the single story shops of Quellyn Robert's Wine & Spirits store at No. 3 (renumbered No. 7) and John Taylor's Confectionery next door which is now Lingham's Bookshop. These shops were built in the garden of the first house and others have subsequently been built in the gardens of the houses on the right.



The YMCA building in Grange Road, Birkenhead, is pictured in 1908.

It was opened in 1890, but will be remembered for being the venue on 25th January 1908 for Baden-Powell's inaugural speech for the funding of the Boy Scout movement.

The plaque which commemorated the event is now situated at the present YMCA building in Whetstone Lane.

Because of this link with the Boy Scouts, the Borough was asked to host the International Jamboree on the 21st anniversary which was held at Arrowe Park in 1929.

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