



Monthly Business & Community magazine delivered across Wirral





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#### WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE



This month in history



Horoscopes



Rotary Club of Birkenhead



Yesterday's Wirral photos



Puzzle page

#### **Love Wirral**

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Dear Friends,

The end of the school year is upon us!

It is lovely to have the lighter nights, time to enjoy the garden, hopefully BBQ's with family and friends!

Enjoy a wonderful July and don't forget your sunscreen, we are having holiday weather at the moment!

Our magazines are all about promoting our lovely part of the country!

It is important that we use our local tradespeople and high-street shops to keep it that way!

If you are in business and want to attract new customers, why not advertise with us and/or in our Love Chester or Love Wrexham magazines, we offer affordable advertising in our popular magazines - contact details are on our front page.

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

Best Wishes



Circulation of this FREE magazine is distributed to all Wirral areas.

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## DO YOU KNOW?

- In Mexico, artists can pay their taxes with artwork.
- 2. Hiroshima and Nagasaki are not radioactive anymore mostly because the bombs didn't touch the ground but were detonated in the air.



- A survivor of Hiroshima's atomic bombing went to Boston in 1951 and won the Marathon.
- 4. In 15 years of conquest, Alexander The Great never lost a battle.
- 5. In 1998, all 11 members of a soccer team in Africa were killed by lightning while leaving the other team unhurt.
- 6. With a mainland area of 1,073,500 sq miles, Argentina is the eighth-largest country in the world.
- 7. The name "Argentina" comes from the Latin word for silver, argentum. The original European settlers believed the country was full of silver.
- 8. The King James Bible has inspired the lyrics of more pop songs than any other book.



- The 3 tallest statues in the world are of Buddha.
- 10. There is a pilgrimage site in Sri Lanka that is holy to four religions for a "sacred footprint": Hinduism, Islam, Buddhism and Christianity.
- 11. Cuba has one of the highest literacy rates in the world: 99.8%.
- 12. Cubans were prohibited from owning mobile phones until 2008.
- 13. The least corrupt countries in the world are New Zealand and Denmark, according to the Corruptions Perception Index.
- 14. Wherever you are in the state of Florida, never more than 60 miles from the nearest body of salt water.



15. In 1994, a 75-pound bag of cocaine fell out of a plane and landed in the middle of a Florida crime watch meeting.

- Antarctica is the coldest. windiest and 🎙 highest on Earth.
- 17. Antarctica about 1.3 times as large as Europe.



- 18. Brazil is defined as a "federal republic" composed of the Federal District, 26 states, and 5,570 municipalities.
- 19. Brazil was once called "United States of Brazil."
- 20. The Mosque of Paris helped Jews escape the Nazis by giving them Muslim IDs during WW2.
- 21. "Time" is the most commonly used noun in English.
- 22. Unlike many mammals, bears can see in color.
- 23. Nearly one tourist died every week in !! Hawaii, on average, from 2012 to 2015.
- 24. In China, over 35 million people still live in caves.
- 25. In Japan there are more pets than children.
- 26. Nearly 6,000 people per year get hurt or die in the UK after tripping over their trousers or falling down stairs while pulling them up.
- New Zealand was undiscovered and completely devoid of human beings no more than 800 years ago.
- 28. Most of New Zealand's population of 4.5 million is of European descent. The indigenous Maori are the largest minority at almost 15%.
- 29. Frank Sinatra's mother ran an illegal abortion business from her home.
- 30. Japanese Trains are among the world's most punctual: their average delay is just 18 seconds.







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## EMONTH Z 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 JULY

#### 3rd July 1996

It was confirmed that the Stone of Scone, the symbol of the Scottish nation taken by Edward I of England in 1296, was to be returned to Scotland from Westminster Abbey where it had been used in the coronation of 30 British monarchs.

Also known as the Stone of Destiny, is an oblong block of red sandstone that was used originally in the coronation of the monarchs of Scotland and, after the 13th century, the coronation of the monarchs of England, Great Britain and the United Kingdom. It is also known as Jacob's Pillow Stone and the Tanist Stone, and as clach-na-cinneamhain in Scottish Gaelic.

Historically, the artefact was kept at the now-ruined Scone Abbey in Scone, near Perth, Scotland. It was seized by Edward I's forces from Scone during the English invasion of Scotland in 1296, and was used in the coronation of the monarchs of England as well as



The Stone of Scone in the Coronation Chair at Westminster Abbey (photo c. 1875 – c. 1885)

the monarchs of Great Britain and the United Kingdom. Its size is 66 cm x 42 cm x 26.7 cm and its weight is approximately 152 kg. A roughly incised cross is on one surface, and an iron ring at each end aids with transport. Monarchs used to sit on the Stone of Scone itself until a wooden platform was added to the Coronation Chair in the 17th century.

In 1996, the British Government returned the stone to Scotland, when not in use at coronations, and it was transported to Edinburgh Castle, where it is now kept with the Scottish Crown Jewels.

The stone was transported to London for King Charles's Coronation, where he too sat on it .

#### 13th July 1923

The British parliament passes a law banning the sale of alcohol to under-18's.

Nancy Witcher Langhorne Astor was an American-born British politician who was the first woman seated as a Member of Parliament, serving from 1919 to 1945. She introduced the Intoxicating Liquor (Sale to Persons under Eighteen) Bill, the first Private Member's Bill by a woman to be passed and become an Act of Parliament. To this day alcohol cannot be sold to anyone under 18.



#### 18th July 1920

750,000 war dead were commemorated with the unveiling of a new national monument in Whitehall, London. The Cenotaph takes its name from the Greek words kenos and taphos meaning empty tomb.

Designed by Sir Edwin Lutyens, the Cenotaph is a work of great geometrical purity and sophistication. Its simplicity and austerity give it a universal quality, memorialising soldiers of all races and religions.

By the end of the First World War over 1,100,000 men from Great Britain and the British Empire had died in the conflict – every community and family sharing to some degree in the grief for those lost lives.

At an early stage in the war a decision had been taken not to repatriate any of the bodies of the fallen, but to bury them in war cemeteries near to where they fell. Furthermore, in the shocking intensity of the warfare on the Western Front, almost half of the fallen had



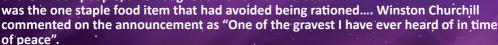
simply disappeared. Many of the dead who were found could not be identified, and had to be interred anonymously.

None of the grieving families had graves to visit at home. Instead, across Britain and its Empire many thousands of war memorials were built in the post-war years, including private memorials to individuals, memorial crosses in parish churchyards, and municipal monuments in almost every town and city. Individual regiments and other military groups and formations built monuments to their dead, several of which are in central London. However, the Cenotaph in Whitehall has always had a pre-eminent place as the nation's main place of commemoration of its war dead.

#### **22nd July 1946**

Due to continuous rainfall Britain's wheat crop was ruined and as a result the government introduced bread rationing.

Announced by the Food Minister in the House of Commons the previous day.... It came as a blow to the morale of the British people; all throughout World War II bread



The average daily allowance for an adult was just 9oz and this was to include bread, flour, cakes, scones and biscuits.... To compensate the meat ration was increased by 2ds worth per week.... This highly unpopular measure was to last for two years before finally coming to an end on the 24th of July 1948.



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## HOROSCOPES FOR JULY

BY JAMES GRIFFITHS

#### Capricorn

You evolve at your own pace, you analyse opportunities before pursuing them, progress with new avenues opening and connecting with influential individuals.

#### **Aquarius**

Overcome obstacles and rejections find resources in unfamiliar energies. Take things step by step and reassure those around you.

#### Pisces

Jupiter offers opportunities for comfortable success. There is challenges, but use past experience to manage them. Take time to consider opportunities.

#### Aries

Focus on self-care. Entertainment and renewed friendships with good times and connections on the horizon, but practical matters may need attention.

#### **Taurus**

Improvements with concrete opportunities for love and projects. Embrace a glamorous lifestyle this month without worry of vanity.

#### Gemini

Conflicting feelings between confidence and discouragement may arise, but utilise relationships to reach your goals. Connect with friends and clarify your ideas to find solutions.

#### Sagittarius

You overcome obstacles, but Mars in Virgo on the 11th brings obligations. Lucky energies inspire genius and help you meet influential people.

#### Scorpio

Find clarity amidst tension. Potential to negotiate favourable deals. State your wishes confidently.

#### Libra

You achieve your goals, but there are obstacles.
Adjustments may seem dull, but they'll lead to success.

#### Virgo

Opportunities for expansion and relationships can help you see clearly. Try to overcome fears and accept what is offered.

#### Leo

Boosts of self-confidence. Listen to others and don't defend ideas too aggressively. Find opportunities for evolution with wisdom.

#### Cancer

Jupiter and a lucky star bring stronger opportunities. Take risks and pursue ambitions to free yourself from hindrances. Taking action brings support.

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## Radio Clatterbridge

Following on from our introductory article from last month's Love Wirral magazine, we thought we'd update you on recent events at Radio Clatterbridge — which broadcasts online and on 1386am to the Health Park and Clatterbridge Cancer Centre, Liverpool.

On Saturday 13th May between 10am and midday, presenter Dave Adams and his request team held an 'In the Mix Eurovision Special '.



Joining Dave, to celebrate the day, was Carol Croston who delighted the team as she was suitably dressed in her 'You'll Never Sing Alone' t-shirt and Deely Bopper spheres secured to her head. Peter Mallon imparted a plethora of Eurovision knowledge and Uber Eurovision fan and semifinal ticket holder; Mark Jones shared his experience of spending time over the previous few days



Presenter Dave Adams with the NOW Eurovision CD which formed part of the show



in the Eurovision Village. Phil Price disclosed his memories of watching the event since the competition's inception in 1956 too. Chair, Steve Evans a convert back to the euphoria of the contest, was on hand to take plenty of pictures and supplied the Eurovision balloons – who knows where he got them from!

Aside from Eurovision, on Sunday 4th June presenter Jake McElvogue, conducted his first ever interview with his old school friend and now popular chart-topping singer Bronnie Hughes, who sang a few years ago with Little Mix at Prenton Park, the home of Tranmere Rovers.

If you'd like to consider volunteering for Radio Clatterbridge, go to the website and apply at: Volunteer — Radio Clatterbridge





Above - Singer Bronnie Hughes and presenter Jake McElvoque

Left - Part of the membership celebrate Eurovision with a meal out the night before the final. L-R Martin Kirby, Debbs McDermid, Steve Evans, Mandy Shepherd, Mike Shepherd & Dave Adams.

	10"	12"
Margherita	£5.50	£7.00
BBQ Chicken	£6.50	£8.50
Veg	£7.00	£8.50
Mushrooms, Onions, Sweetcorn Peppers, Olives, Tomatoes	pers, Olives,	Tomatoes
Pepperoni	£6.50	£8.50
Meat Feast	£7.50	£9.50
Chicken, Ham, Pepperoni, Salami		
Create Your Own	£5.50	£7.00
	+80p	+£1.00
Any Pizza	per topping	per topping
Can Be Calzone	£1.0	£1.00 Extra
Garlic Bread	£4.50	£6.50
<b>Cheese Garlic Bread</b>	£5.50	£7.00
Nutella Pizza	£5.00	£6.50

	Mushroom & Onion Gravy £1.70 Homemade Tartar Sauce £0.70	
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# DESSERTS

Cookie Dough	Pineapple Fritter	Banana Fritter	Chocolate Fudge Cake	Red Velvet Cake	
£4.50	£3.50	£3.50	£3.50	£3.50	



## DRINKS

Milkshake	Fruit Shoot	Water	Bottles 1.25/1.51	Cans
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Fish Cake	£2.00
Homemade Savoury	£2.00
Fish Bites (8)	£6.00
Mini Cod, Chips & Peas	£5.50
Crab Claws	£5.50
PLEASE NOTE: Extra care is always taken to ensure all our fish is boneless, however we can't be 100% sure that some bones won't be found	all our fish is sure that some
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Steak & Kidney, Meat & Potato Chicken & Mushroom, Beef & Onion	Onion
Chips with Curry/Gravy/M Peas £3.50	<b>I Peas</b> £3.50
Pie Dinner	£6.00
Sausage Dinner	£6.00
Fish Dinner	£9.50
Chip Barm	£2.80
Scallops	£2.00
Sausages Small £1.00	Large £1.80
Battered Sausages	1 000 63 000
Small £1.20	Large £2.00

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# STARTERS

Chicken Nuggets (10)	Duck Rolls	Jalapeno Bites	Halloumi Fries	Onion Rings (8)	Spring Rolls	Fries Medium £2.00	
£5.00	£4.50	£4.00	£5.00	£2.50	£3.50	Large £3.00	

## KEBABS

alloumi Kebab	onner, Lamb, Chicken, Kofte, 2 Pittas & C	lixed Kebab	Skewer £5.50 2 Skewers	amb Kebab Skewer £6.50 2 Skewers	hicken Kebab Skewer £5.50 2 Skewers	onner Kebab	<b>eggie Kebab</b> nion, Peppers, Tomato, Mushroom	
£5.50	Thips	£15.00	£7.50	£9.00	£8.50	£7.00	£7.00	
		en, Kofte, 2 Pittas & Ch	≥n, Kofte, 2 Pittas & C	2 Skewers 2, Kofte, 2 Pittas & C	2 Skewers 2 Skewers 2 Fittas & C	2 Skewers 2 Skewers 2 Skewers 2 Skewers	2 Skewers 2 Skewers 2 Skewers 5 Skewers 6 Cl	o, Mushroom  2 Skewers 2 Skewers 2 Skewers 5 2 Skewers 6 Citas & Ci

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5 N H H

# WRAPS

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# BURGERS

to any Wrap

£2.00

Cod Burger	Bacon Burger	Hawaiian Burger	Zinger Burger	Halloumi Burger	Donner Burger	Veggie Burger	Chicken Burger	1/2lb Cheese Burger	1/4lb Cheese Burger	1/2lb Beef Burger	1/4lb Beef Burger
£5.00	£5.00	£5.00	£4.50	£6.00	£5.00	£3.50	£4.50	£5.50	£4.50	£5.00	£4.00

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#### Community



## Initiative to support care for vulnerable people shortlisted for national award



A digital tool designed to support care for autistic people and those with intellectual disabilities has been shortlisted for a national award.

Developed by staff at Cheshire and Wirral Partnership NHS Foundation Trust (CWP), the Dynamic Support Database - Clinical Support Tool (DSD-CST) has been shortlisted in the 'Future NHS' category of the NHS Parliamentary Awards. The awards ceremony will be held in London on Wednesday 5 July, the NHS' 75th birthday. The team will represent the north west in the category as the regional champion after five local MPs nominated the project.

The tool ensures data is constantly monitored for people who have been diagnosed with autism and people with intellectual disabilities and escalates their relative risk of admission to hospital. This importantly supports patient safety, helping to keep people well at home.

The tool uses a rating system, based on the latest best practice guidance and research, to ensure that people receive the best and most relevant support for their needs. It clinically prioritises people at risk of admission to hospital, ensuring that increased levels of support are provided to reduce the risk of a hospital stay.

Dr Ceri Woodrow, consultant clinical psychologist, CWP who has led the project said: "It is an honour to be nominated for a Parliamentary Award and I would like to say a very special thanks to the team behind the DSD-CST.

"Their amazing efforts will really make a difference to autistic people and people with learning disabilities, ensuring they receive the right care, at the right time in the right place".

The initiative has been recognised by the Parliamentary Awards as it has led to a range of improvements including; easy access to intensive support for people who need it, reduced the number of inpatient admissions by 80% and reduced the length of time in hospital, helping people to get home quicker and back to their normal lives.

The tool has also been recommended by NHS England and adopted by other areas of the country. These include local areas like Greater Manchester, but also stretch as far away as Dorset and Cornwall. It has been presented at multiple conferences to share good practice and is available, free of charge, for all NHS staff.

It also won 'Mental Health Innovation of the Year' in 2022 in the Health Service Journal (HSJ) National awards.

Tim Welch, chief executive, CWP said: "On behalf of everyone at CWP I would like to congratulate everyone involved in the Dynamic Support Database – Clinical Support Tool project.

"Their hard work and dedication to improving the lives of people in the neurodivergent community sets a very high standard for everyone working in health and social care.

"Ensuring we offer the best possible care to the communities we serve is the number one priority at CWP, and this project extends that philosophy to the whole of the North West and beyond."



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The Rotary Club of Birkenhead has had a long association with The Port Sunlight Lyceum Brass Band, presenting a number of concerts featuring the Band. Now, as Band members celebrate its 50<sup>th</sup> anniversary, Birkenhead's Rotarians present a concert that also raises charitable funds. Tickets are available at £11.50 from the Box Office, Gladstone Theatre or via the online link below.

https://bit.ly/3ouu4t1



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Rotarians are pictured by President Lionel raising funds at a recent car boot sale. The proceeds were over £450, so well worth the very early start.



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Above: Although posted in 1942, this postcard was printed before war broke out as it shows the Crescent West Kirby was still two-way traffic (it became one-way in 1938) there was no shortage of garments in Jones' window on the right. The Christian Institute is the tall half-timbered building in the distance which fronted onto Grange Road and the Blenheim Cafe was to the right which later became Blenheim Fruiterers.



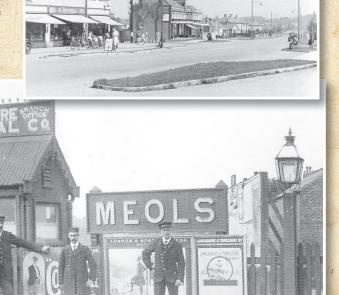
Above: 1950. The New Inn is seen in Greasby Road, Greasby. This Birkenhead Brewery pub was replaced with the Red Cat in 1964. There was a gap in the wall on the right which led to the Cross Gardens. The road here was widened in 1967.



Above: 1953. Teapot Row in the distance, where Greasby Road bends to the left, was demolished in the first road-widening in this part of Greasby in 1960.

The Coach and Horses Inn, extreme left, is still there today but the buildings to the right, Hugh Rowe's Saddler's shop and the smithy were demolished in the second road-widening scheme in 1967.

Right: 1949. Looking along Greasby Road, Greasby towards Upton with a notable lack of vehicles on the road.



Above: 1919. The Station Master; staff and dog pose for a photograph on the platform of Meols Station.

The slope on the left led up to Birkenhead Road.

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#### Community

#### MY MATE

#### BY JOHN FOWLER

Where are you this morning? Hiding in a tree?

You know I can't spy you, but you can see me. I can feel your presence, It really lifts me up.

Metaphorically speaking, we drink from the same cup.

When I go into my garden, I know that you are there,

You always keep your distance, but I feel you really care.

I wish that I could hold you, for a time or two.

But you stay about a yard away, I guess that's what suits you.

You show warmth, but elusive, and never too downtrodden

You are someone I can talk too, My mate ---- Mr Robin.



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Stuart Lyons & Michelle Walklett

WIRRAL CHARITY GAINS NATIONAL ACCREDITATION TO DELIVER BESPOKE AUTISM TRAINING TO CARE PROVIDERS ACROSS THE UK

A Wirral charity specialising in autism support has gained national accreditation for its bespoke staff training programme.



Bromborough-based Autism Together has seen its new course, titled the Autism Together Model (ATM), receive approval from the British Institute for Learning Disabilities (BILD).

BILD certifies that the needs of people with learning disabilities are properly understood and met, while ensuring the quality of related services are maintained to exacting standards.

This recognition means Autism Together's course is now a viable alternative to existing training courses for staff working in care, offering a specific slant towards autism support.

The course does this by marrying the organisation's existing methodology, known as the Together Approach, with a Positive Behaviour Support (PBS) philosophy to help understand how a person's autism diagnosis and their environment can jointly impact on their behaviour.

Bromborough-based Autism Together was founded in 1968 and the charity currently employs around 800 staff, supporting over 400 autistic adults and many more autistic children and their families, through services across Wirral, Cheshire and North Wales.

Stuart Lyons is Autism Together's Senior Behavioural Specialist and, alongside Autism Training & Advisory Service Manager Michelle Walklett, has pioneered this course and brought it to successful national accreditation in just two years.

Stuart says: "Our ATM course teaches staff that when an autistic person displays behaviours that challenge others, this is a valid attempt to get a need met when environmental barriers, skill deficits or communication issues are blocking the way.

"The benefit of the ATM course curriculum is that it enables staff to 'join the dots' of all the different aspects of autism and behavioural support, while promoting quality of life for people they support and gaining important approaches to use in their jobs each day."

Autism Together believes there are further benefits in developing its own training model, in terms of increased organisational reputation, sustainability and growth.

The course and its accreditation should help further raise the organisation's profile as a leading specialist autism support organisation with commissioners, inspectors, local authorities and peer organisations.

Michelle explains: "ATM will save the organisation over £13,000 a year in costs of external training resources and licensing, as we are now able to deliver everything in-house.

"What's more, we will now have the opportunity to deliver to and licence other organisations to use the Autism Together Model, by accessing training directly from our charity.

"This training will take the form of 1 to 4 day courses, annual refreshers, train the trainers, trainer relicensing and course workbooks, enabling Autism Together to access a new funding stream to invest in future projects with few overheads, as the workforce and resources required are already available to us."

Autism Together plans to begin rolling out ATM training to other organisations from autumn 2023.

To find out more about the Autism Together Model, get the latest news or express interest in the training course, visit the dedicated ATM website: autismtogethermodel.co.uk.



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12					13			
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29								

#### Down

- Arranger (9)
- Nab (5)
- Required (9)
- Overweight (5)
- 6 Killers (9)
- 7 Ringworm bush (5)
- 8 Temporarily expel (7)
- 9 Worked the soil (6)
- 15 One who relies on another's support (9)
- 17 Encountered generally (9)
- 18 An abnormal condition of the lungs (9)
- 19 Dry (7)
- 21 Capable of killing (6)
- 23 Adult females (5)
- 24 Intelligent (5)
- 26 San Antonio fort (5)

#### Across

- 1 Dissenters (14)
- 10 Metal bar (5)
- 11 Glades (9)
- 12 Midday meals (7)
- 13 Raise up (7)
- 14 Confused (5)

- 16 Catch (9)
- 19 Plant adapted for limited water (9)
- 20 A type of floral leaf (5)
- 22 Reverses the tape to the beginning (7)
- 25 One who examines processes (7)
- 27 Not extreme in climate (9)
- 28 Sporting venue (5)
- 29 In accordance with fundamental law (14)

#### **Sudoku Puzzle**

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#### **RULES**

#### by John Fowler

"What's up, my old Porky Chops?"

"Just a minute, why do you call me that? Are you trying to belittle me, Oh Handsomeness?"

"The thing is, if you eat like a pig, you'll look like a pig."

"On that theory, with all this new fancy food you consume, you will soon look like an Avocado."

"Look Tubs, I am on a special diet, like most footballers are on now. You should be on it. Your body is as swollen as a blind cobbler's thumb."

"Look, Bossman, I have heard a rumour that you are going to sack someone with a bad posture. I have got a hunch it must be me."

"Enough of your daft jokes. How did you get on with that task I set you, to study all the Laws of the game, especially the offside rule with all this VAR nonsense."

"Well, there are 72 laws or rules, so there is a lot to read."

"What number are you up to?"

"I'm up to number 5."

"What! You've had all week!

"There are some big words, your Handsomeness. But I have got some good news for you."

"You're retiring?"

"Oh, Mr. Debonair, you are so witty. I have come up with a training exercise for the lads to help them stay onside when VAR checks every inch of the body that could be over the line across the pitch."

"Oh, Chubbs, you just keep on impressing me. I could recommend you take up a post with a very big European team."

"I know who you mean, but I can't speak Catalan."

"Go on about this training routine."

"I draw a line across the pitch in the foam the refs use, then I get the lads to stand on it, and then they have to bend their toes backwards so they don't protude over the line, and so they stay onside."

"Sounds a bit awkward, what's the results been like?"

"Well, they are getting used to it, so next week I am going to try it with their boots on!"

Pablo looks to the ceiling in exasperation.

"Why me, Lord, why me?"



#### **Book review:**

#### **Creating Great Things from Humble Beginnings**

## My Story Author - Emile Heskey with Dean Eldredge Publisher - Pitch Publishing Ltd

The key feature of a number of current television programmes is to help others to "triumph over adversity". In addition, many individuals gain confidence and motivational skills from reading how individuals, and on occasions communities, overcome hardship by tenacity and grit. My Story by Emile Heskey and Dean Eldredge is an all embracing "blow by blow" account of his journey from "humble beginnings" to stardom as an outstanding, trophy winning, professional footballer for clubs including Leicester and Liverpool. In addition he gained 62 caps for England



Throughout the text, Emile comes across as an individual who shelters from "grabbing sensational headlines". This is evident as he recalls his time at Leicester in the "rip roaring" 1990s and his successful partnership at Liverpool with Michael Owen. There is no arrogance within his recollections, as he recalls his interactions with his team mates at many clubs, particularly Leicester and Liverpool. As Martin O'Neill highlights within an impressive foreword, Emile fulfilled his boyhood ambition by becoming a top class player at the very highest level. He talks with pride of playing for top class sides, experiences "that never leaves your heart". His personal generosity was shown when he donated a considerable sum of money, some reporters say £100,000, to help Leicester when they were in financial difficulties.

Readers may well consider it unfortunate that the co-authors, who discuss in an excellent style the problem of racism in the chapter "We Can Talk, But It's Time to Act" avoid in depth analysis of some key points made within the text, which highlight additional key issues impacting upon the mental well being, personal development and long term health of players of all ages. For example, he highlights the personal skills of managerial and coaching staff such as Martin O'Neill, John Robertson, and Gerard Houllier, which he contrasts with the "shouting style" of Phil Thompson, who would sometimes "go over the top". Emile questions the attitude of some coaches in the 1980s and 90s in the way they spoke to young players. He notes that the "effing and blinding" had a negative attitude on some of his friends, but fortunately he took the attitude it could go in "one ear and out the other".

The authors comment on the "drinking school" at Leicester City and that "these boys could put it away", but come training and match day they would be on the ball. This raised a number of issues that, unfortunately, are not addressed. Evidence from other clubs during this period was that the heavy drinking of dominant characters in the dressing room could negatively influence other players in terms of "social/group bullying". It is disappointing that the authors fail to reflect on the extensive research indicating the "positive influence" of foreign players with regard to changing attitudes to "diet and excess alcohol" alongside counselling and more extensive physical testing of fitness levels.

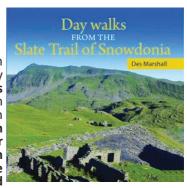
Currently, considerable attention is focussed on the impact of heading the ball on the mental health of players who have retired from the professional game. The issues of players "playing through injury" or receiving medical "support" such as cortisone injections is raised within a short paragraph by the authors. Emile focuses on the power of Steve

Walsh at Leicester, "You couldn't bully that guy, he was made of granite". However, the authors note that Steve Walsh took injections and tablets just to get through the "pain threshold" to keep playing. It is emotionally distressing to read the authors comments that "the guy struggles to walk or bend down nowadays". He attributes the accumulation of problems to the "level of sacrifice he put in for the cause". It is disappointing that no reference was made to reflect on the limited specialist injury advice available and the resultant impact on the lifestyle of players following retirement.

This eye opening text raises a number of issues which players such as Emile have endured "in silence". Emile comes across as a generous, yet humble person, who was frequently not given credit for his contribution to the "team effort" and the "goals he created for others" becoming in many ways, an "unsung hero". His personality is exemplified when he expresses his gratitude to the "generations who fought hard to create a better life for us" and displays his love for his present family who inspire him to always do his best . Well worth reading.

#### Day Walks from the Slate Trail of Snowdonia Author - Des Marshall Publisher - Llygad Gwalch Cyf

The area of Eryri (Snowdonia) is full to overflowing with natural beauty alongside evidence of manual toiling by workers in the slate industry. Des Marshall's "Day Walks from the Slate Trail of Snowdonia" has produced an exhilarating and stimulating range of 17 walks based on the slate quarrying area of Eryri(Snowdonia). In addition to detailing the walks, the author enlightens the reader regarding the formation, extraction and use of Welsh slate. He emphasises how roofing slates from the Snowdonia quarries were regarded as the finest and



most durable in the world and created a major industry in the remote highlands.

The Slate Trail of 17 walks is overall, an 85 mile long path, which transverses the seven main slate areas of North Wales, including the Ogwen Valley, Dinorwig, Nantlle, Cwmystradllyn, Cwm Pennant, Blaenau Ffestiniog, Abergynolwyn and Aberllefenni. The main period of quarrying was from the early 18th century until the early and mid 20th century. Thriving towns and villages such as Bethesda, Nant Peris, Llanberis, Nantlle, Blaenau Ffestiniog, Abergynolwyn and Corris were dynamic communities rich in culture and the Welsh language with over 18,000 men employed in the major quarries. In addition there were over 500 smaller mines and quarries, many in isolated areas, linked by paths between villages and hamlets, which form the basis of this spectacular "Slate Trail"

The walks start with the "majestic" Chwarel y Penrhyn (Penryn Quarry). This quarry was infamous as the scene for the longest industrial dispute in British Industrial history, lasting for three years from November 1900. The dispute exposed how the Quarry owners paid the workers minimum wages, failed to improve conditions of working and attempted to undermine the natural Welsh language by appointing monoglot English speaking managers. The route taken enables the reader to appreciate the outstanding features of Pen yr Ole Wen, Glyder Fawr, Glyder Fach and Mynydd Perfedd. Des Marshall's ability to intertwine key aspects of social history with details of the walk alongside outstanding photographs are an illuminating features of the text This initial walk is a "pleasant introduction" to the natural beauty of the area and recognises the contribution of the "Zip World" projects to re-generate employment in the areas around Bethesda, Ogwen and Penrhyn.

Walkers of all abilities will be amazed at the beauty of the area whilst respecting the

physical toiling and poverty that communities endured to make slates. It was the strength of their community activities based on their Welsh language, rich culture of music and literature and non conformist chapels, which enabled them to "create great things from humble beginnings". Des Marshall poignantly notes when walking the Dinorwig Quarry, "it beggars belief that everything seen on the spoil heaps has been put there by human endeavour. In this respect Readers may well be emotionally disturbed or chastend by the Memorial to the Quarry workers (Cofeb y Chwarelwyr).

This is a truly outstanding book which opens up pathways for walking and extending insight and awareness of the impact of social history within areas highlighting the tenacity and grit of the working people to create success from humble beginnings. Des Marshall brings each walk alive with historical and cultural asides which are enhanced by outstanding photographic evidence. A great handbook for walkers 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 training coach in Queens Park Wrexham, fitness coach at Wrexham RFC and with the WRU. John was consultant adviser on addressing motivation and mindsets in schools in Birmingham, Walsall, Salford, Bedfordshire, Cardiff and Ceredigion, and a range of colleges of FE, across England and Wales



#### Community

#### Wirral Bird Club

"Crane Spotting"

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

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