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DECEMBER 2021
Issue 116

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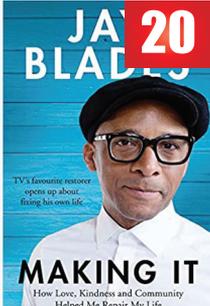


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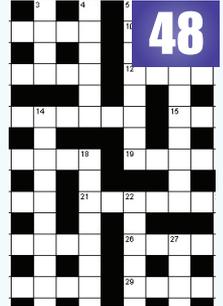
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Cover Photo: Ashton Park,
West Kirby



Dear Friends,

Christmas is on it's way - this year has flown by, I am sure you will agree!

The milder weather has been a bit of a blessing, although that is down to global warming unfortunately. Small changes will make a big difference if we all do them - for example - update your bulbs to led, turn the heating down a degree, plant a tree or two, try to cut down on hot water usage, you will save money as well!

We would like to wish you a very special Christmas and a wonderful New Year! Remember to keep your eye on older neighbours and those alone at this time of year, Christmas can be a very difficult time for some.

Take care and make some beautiful memories!

Best Wishes

Maxine

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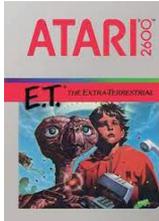
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DO YOU KNOW?

1. Atari had to bury millions of unsold "E.T." game cartridges in a New Mexico desert landfill in 1982.



2. The spray WD-40 got its name because there were forty attempts needed before the creation of the "water displacing" substance.

3. The fastest moving land snake is the Black Mamba, which can move up to 7 miles per hour.

4. In Greece, the climate is so warm that many of the cinemas do not even have roofs.

5. One out of five people that eat ice cream binge on ice cream in the middle of the night. The person is usually between 18 - 24 years old.

6. One of the most dangerous insects in the world is the common housefly. They carry and transmit more diseases than any other animal in the world.



7. Mr. Butts invented the game SCRABBLE. The game was originally called "Criss Cross Words."

8. The colour blue has a calming effect. It causes the brain to release calming hormones

9. On average redheads have 90,000 hairs. People with black hair have about 110,000 hairs.



10. It has been suggested that shepherds are responsible for inventing the game golf. It is said that they used to use their staffs to hit the stones.

11. The Barn Owls hearing is so highly developed that they can hunt for their prey in total darkness.



12. A mother hen turns her egg approximately 50 times in a day. This is so the yolk does not stick to the shell.

13. It is said that grapefruit got its name because it grows like grapes in clusters. One cluster can have up to 25 grapefruits.

14. David McConnell started the California Perfume Company (CPC) in 1886. Today the company is known as Avon, which he named after his favorite playwright William Shakespeare, and Stratford on Avon. **AVON**

15. The reason why bubble gum is pink is because the inventor only had pink colouring left. Ever since then, the colour of bubble gum has been predominantly pink.

16. Jupiter is the fastest rotating planet, which can complete one revolution in less than ten hours.

17. A giraffe is able to clean its ears with its own tongue.

18. In Denmark, people eat about 36 pounds of candy a year. The highest consumption of candy of any country.

19. In the marriage ceremony of the Ancient Inca Indians of Peru, the couple was considered officially wed when they took off their sandals and handed them to each other.

20. A violin actually contains 70 separate pieces of wood.



21. Slinkys were invented by an airplane mechanic; he was playing with engine parts and realized the possible secondary use of one of the springs.

22. In 1916, Charlie Chaplin was making \$10,000 a week, making him the highest paid actor of his time.

23. Diamonds were first discovered in the riverbeds of the Golconda region of India over 4,000 years ago.

24. The papaya tree is known as "the medicinal tree" in some cultures because it's seeds and leaves have been used as ingredients in different medicines.

25. Romans used to believe that walnuts could cure head ailments during the Renaissance, since their shape was similar to that of a brain.





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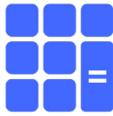
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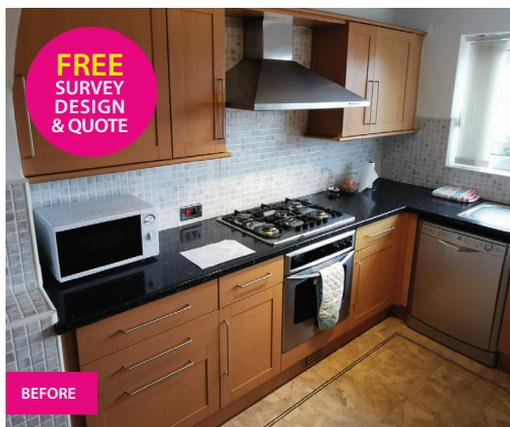
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THIS MONTH'S HISTORY

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 DECEMBER



1st December 1990

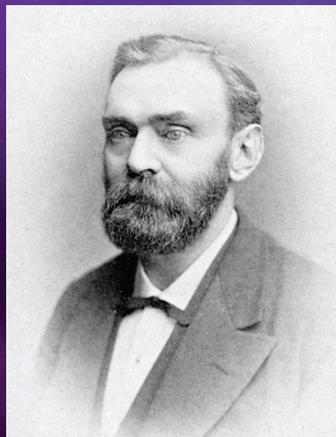
England was connected to mainland Europe for the first time since the Ice Age as engineers drilled through the final wall of rock to join the two halves of the Channel Tunnel and link Britain to France. To a multitude of cheers, the workers celebrated with champagne - the only time alcohol has been allowed underground on the work site. The first Britons walked through the tunnel to have their passports stamped in France. There were similar scenes on the other side as a French party which drove into Folkestone, Kent, headed straight over to customs and immigration officers.

10th December 1901

The first Nobel Peace Prizes were awarded worth \$30,000 each. Alfred Nobel, a Swedish chemist, had died five years earlier leaving the fortune he had amassed from his invention dynamite, to the awarding foundation.

In his last will and testament, he wrote that much of his fortune was to be used to give prizes to those who have done their best for humanity in the field of physics, chemistry, physiology or medicine, literature and peace.

Not everybody was pleased with this. His will was opposed by his relatives and questioned by authorities in various countries. It took four years for his executors to convince all parties to follow Alfred's wishes.



21st December 1988

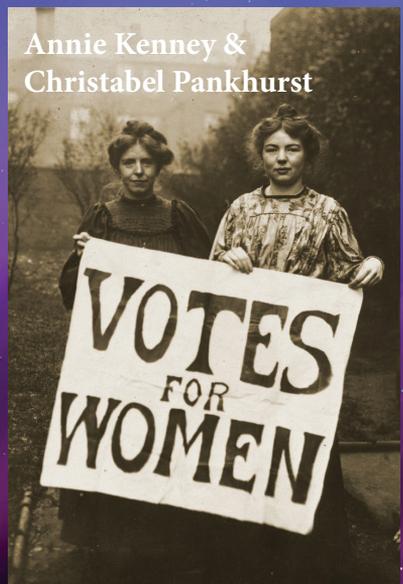
Regularly scheduled Pan Am flight 103, was a jumbo jet bound for New York. While the aircraft was in flight over the Scottish town of Lockerbie, it was destroyed by a bomb that had been planted on board, killing all 243 passengers and 16 crew in what became known as the Lockerbie bombing. Large sections of the aircraft crashed in a residential street in Lockerbie, killing 11 residents. With a total of 270 fatalities, it is the deadliest terrorist attack in the history of the United Kingdom.

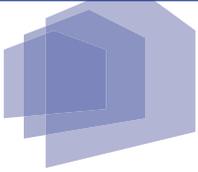


28th December 1918

In 1918 the Representation of the People Act was passed which allowed women over the age of 30 who met a property qualification to vote. Although 8.5 million women met this criteria, it was only about two-thirds of the total population of women in the UK.

The same Act abolished property and other restrictions for men, and extended the vote to virtually all men over the age of 21. Additionally, men in the armed forces could vote from the age of 19. The electorate increased from eight to 21 million, but there was still huge inequality between women and men.





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BOOK REVIEW :
**MAKING IT - How I repaired my
Life by Jay Blades**
(host of The Repair Shop)

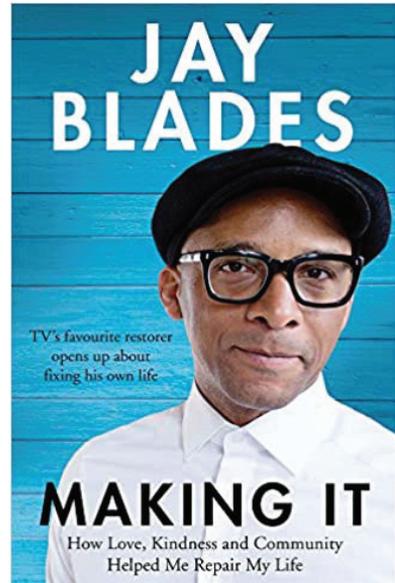
A major issue facing many people both during and following the lockdowns of the pandemic has been how to pursue a more rewarding and worthwhile lifestyle emotionally, socially and financially.

For many the isolation from friends, family and social groups has increased their difficulties in coping with personal struggles. In an absorbing, inspirational book, Jay Blades in “Making It” takes the reader on a meaningful, thought provoking and at times emotionally stirring personal reflection of his ‘chequered lifestyle’. He engages readers with a frank and open insight of his personal strengths and weaknesses during his life’s journey from Hackney where the innocence was ‘beaten out of him’ as he was bullied and beaten up. His life was full of conflict including a beating from the police because of the colour of his skin.

Readers familiar with Jay’s presentation skills can assimilate his recall of his experiences in life in the text. His emotional detachment from his “absent father”, bullying and racism at secondary school, his range of work, his encounters with physical violence, his gift of the gab, wandering eye for the ladies and other experiences leading to being homeless with no purpose in life.

His personal philosophy that “with care and love anything can be mended” is a key theme of the free flowing text. Jay does not bemoan his hardships as a child but terms his experiences “the time of his life”. He has great praise for the positive influences of his mother, his maternal grandmother in Barbados, and in particular his mother’s boyfriend Lloyd Macfarlane. It was Lloyd, the male role model he desperately sought, who extended his positive experiences and had a profound impact on him. These positive influences enabled him to have the base to overcome the demons in his lifestyle and to blossom, initially as a person and later as a television star.

His experiences as a young man illustrate clearly his vulnerability, even when he became a Dad with his partner Marie. By the age of 21 he was living in the Salvation Army hostel in the Elephant and Castle in London. His experiences may well resonate with readers, either personally or by their awareness of young people who ‘have lost their way in life’.



It was a privilege to read the details of the influence that a “kind hearted guy” Michael Arlington had on Jay by changing his pathway in life by getting him to work as a volunteer with the Cyrenians. Readers will gain greatly from the recollections of Jay on the influence on his life of the new “positive experiences” as he puts his vast personal strengths to good use in helping the homeless and uncared for. It is an inspiring and emotional journey as Jay eventually blossoms as a truly positive personality as a television star.

I am certain that many readers will be familiar with Jay’s outstanding contribution as the presenter of “The Repair Shop” (BBC). In the programme he co-ordinates the work of a team of expert crafts people as they work to restore viewers’ treasured “family heirlooms” which have seen “better days”. A key feature of the programme is Jay’s positive pragmatism, kindness and ability to empathise and connect with the individual or family seeking ‘expert help’ to repair an object which has a ‘significant meaning or memory’ within their lives. As he comments in the introduction of the book, “I’m the jovial geezer in the flat cap who greets nervous visitors ...”, without fully acknowledging his role as the generator of warmth and positive empathy.

Within his other TV programme, Jay’s Yorkshire Workshop, Jay demonstrates his personal awareness and gratitude for the support he received from others in the community to turn his own life around. Jay and his team ‘give back’ by paying tribute to the work of unsung heroes within the community. For instance, in a recent programme his team re-made a rocking horse for a couple who had fostered over 130 children. The programme generates real life experiences focused on wonderful family reflections that trigger treasured and precious memories linked to an object that needs careful repairing. It frequently results emotional floods of tears for visitors and members of the repair team as the repaired artefacts are unveiled.

This is an enthralling story of the real life journey of a boy from the tough streets of Hackney, who faced emotional difficulties, vulnerability, and personal difficulties including a mental health breakdown. Undoubtedly, the support of his mother and significant others enabled his personal strengths including kindness, warmth, determination and tenacity to enable him to conquer his frustrations and blossom as a positive influence on others. As Jay emphasises, with care and love anything can be mended. A truly beneficial book which will be a great boost for readers of all age as they re-engage with their lives and communities.

Reviewer - John T Morris BA(Hons), MEd, MPhil, DipPsych, CertEd.
John specialises in developing positive growth mindsets to promote motivation, determination, resilience, tenacity and trust to improve attitude and performance levels in sport, education, work and life situations.

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is a collection of poems by Andrew Greenhalgh.

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Words from the Night

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A Few More Words



Each poem is unique and reflects Andrew's feelings and emotions over the course of many years. Andrew felt that each poem should be given a number, instead of a title, thereby allowing the reader to determine the essence of each poem without being tied to an individual title.

“Words of passion” review by Michael Bond

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Copies are current available on several online UK bookstores, including, [amazon.com](https://www.amazon.com) Book Depository, and Blackwell's, as well as international stores in Australia, Canada, the US.

Book ordering information:

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Mental Health Organisation invests in Cutting-Edge Tech to improve Overall Service

A leading provider in talking therapies – Insight IAPT – has partnered with health tech organisation Limbic to develop an AI referral tool that will provide easier access to their service for users and free up over 7,300 hours per year for their therapists.



Currently, mild to moderate mental health conditions like depression, anxiety, stress, and insomnia are at an all-time high, and NHS-funded therapy providers like Insight IAPT are seeing increased numbers of patients referred into their service. Technology like Limbic's conversational AI tool will allow therapists to provide the best level of service to patients whilst reducing waiting times for treatment.

Insight IAPT – which stands for Improving Access to Psychological Therapies – previously ran 60-minute assessments for all patients, meaning that people with complex mental health challenges are given the same amount of time as those with milder symptoms.

The new online tool combines conversational AI with evidenced-based IAPT guidelines to gather essential information and screen if a patient is displaying mild or complex symptoms, with those showing mild symptoms receiving a more suitable 20-minute assessment.

By automating these early steps in accessing the service, it is thought that over 7,300 hours of therapist time will be freed up each year, allowing them to focus on reducing waiting times for patients and helping them access the level of support they need more quickly.

Adam Crampsie, Chief Executive of Insight IAPT said: “We are thrilled to be investing in this type of technology, to help as many people access our service as quickly as possible. We treat such a wide range of conditions, with varying complexities, that is why it is so important we can give everyone the right level of treatment at the right time.

“Limbic's new AI referral tool on the Insight IAPT website will help people looking for support understand the process and be signposted to the relevant part of our service much quicker. This means we can save our therapists time, so they can focus on helping people feel better.”

Ross Harper, CEO and Co-Founder of Limbic said: “We are only just beginning to see the ramifications of the pandemic on mental health services. Not only are patient referrals at an all time high, and expected to continue rising, but the way that care is delivered has also changed. Many organisations have implemented permanent flexible working policies and are looking for ways to reduce staff workload and increase service capacity. Digital solutions - particularly AI - are well placed to bridge these gaps in a clinical setting while also maintaining the highest quality of care and patient satisfaction. We are delighted to be partnering with Insight IAPT, providing our solutions to their network and helping them to optimise their care delivery during this critical time for mental health services.”

Anyone who feels they are struggling with their mental health can access the new referral tool on the Insight IAPT website – www.insightiapt.org

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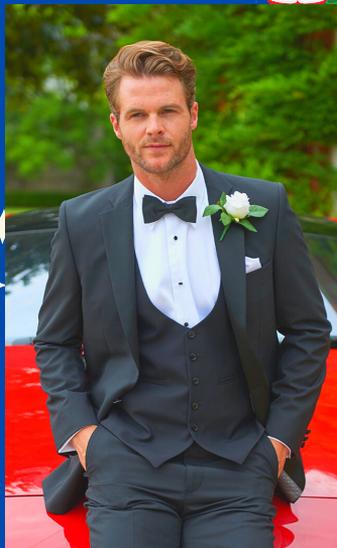
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Santa Visits during December



Birkenhead Rotarians are once again on hand to assist Santa with his private visits to Claire House and also collections at local supermarkets, although this year adhering to any restrictions regarding the pandemic.

The supermarket visits are as follows, with huge thanks to Sainsbury's Store at Upton and Prenton and the Tesco Store at Bidston, for agreeing to the sleigh collections in aid of charities and organisations supported by the Club.

SAINSBURY'S UPTON – Saturday 11th December and Sunday 12th December

SAINSBURY'S PRENTON – Sunday 19th December

TESCO BIDSTON – Friday 17th December and Saturday 18th December

As Santa is pretty busy at this time of year, he may not be at each event all day but he will be parking his sleigh at the supermarkets.



Garden Party update

As a result of a previous fundraising event – a garden party in the home of Rotarians Maria and Norman Jones, £1,000 has been donated to Claire House. Pictured from the left is; President of Birkenhead Rotary Graham Connolly, Rotarian Norman Jones, Cora Shafto, Claire House Community Fundraiser and President Elect Lionel Bolland.

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New parks and dockside walkways being delivered along Northbank at Wirral Waters

Parks, green spaces, dockside walkways and cycle routes are transforming the Northbank waterfront at Wirral Waters, sitting alongside the new homes now arriving onsite.

Extensive public realm infrastructure work began on site earlier this year, following the appointment of contractor Eric Wright Civil Engineering (EWCE) by Peel L&P.



Large sections of a new dock edge walkway are now complete, ultimately opening up public access to the dockside of East Float for the first time in over a century. This 'upper boardwalk' pedestrian and cycleway link will create an attractive thoroughfare for residents alongside the water's edge.

The first of two small residential parks, which have been designed to create green open spaces at the heart of this new mixed neighbourhood, is also shortly to complete. The parks are adjacent to the very first residential developments at Wirral Waters, the 500 home Legacy project due on site shortly, and East Float, a joint venture between Peel L&P and House by Urban Splash.

A series of four contemporary squares, currently under construction, will connect the Dock Road pedestrian and cycleway public realm works through to the dock edge, improving connectivity.

The new neighbourhood being created at Northbank has been designed to facilitate an open, mixed and connected community, which improves the health and wellbeing of existing and new residents and encourages active travel.

EWCE were also responsible for the public realm improvement works which took place earlier this year to the walking and cycling route that marks the boundary of the Northbank neighbourhood. This included the construction of 590 metres of shared cycleway and footpath next to the A5139 Dock Road, between East Float Apartments and Duke Street, as well as landscaping, street trees, boundary treatments, new street lighting columns and digital infrastructure.

The public realm works have been assisted by a £6m grant awarded in the Autumn of 2019 from Homes England's Housing Infrastructure Fund (HIF) to Peel L&P. The grant, which is one of the biggest HIF grants to be awarded in the North West, has helped fund essential remediation, infrastructure and public realm works at Wirral Waters, including cycling and pedestrian routes, to support over 1,000 new homes being delivered across the Northbank neighbourhood.

Sophie White, Director of Infrastructure Grants at Homes England, said: *"We are committed to working with ambitious local authority partners seeking to meet their local housing needs through delivery of key infrastructure. This £6m funding from the Housing Infrastructure Fund will help to fund essential infrastructure works at Wirral Waters, including green transport routes, and support the creation of new homes in the area."*

Richard Mawdsley, Director of Development at Wirral Waters, also commented: *"At Northbank we are creating a neighbourhood with community, green public spaces and connectivity embedded in its foundations so that it becomes a place that enhances the quality of people's lives."*

"This is the first residential development we are delivering at Wirral Waters and you can now see it coming together on the ground. It's already becoming a great place to walk and cycle and it's exciting to see that life is beginning to return to this traditional dockland area once again."

Alan Evans, Director of Regeneration and Place at Wirral Council, said: *"It's incredibly exciting to see this area developing, making a tangible difference to the lives of our residents and businesses. Working with our partners across the Liverpool City Region, Homes England, Peel L&P, and the Council, we are starting to deliver real transformation in this area across the infrastructure, the buildings and public space."*



"Providing active travel options and high quality green spaces for our residents is an essential part of our regeneration programme and it is fantastic to see this being demonstrated in the new neighbourhood at Northbank."



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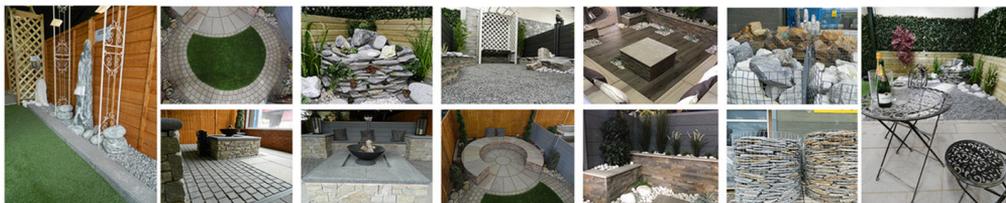


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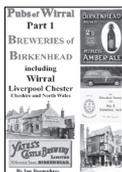


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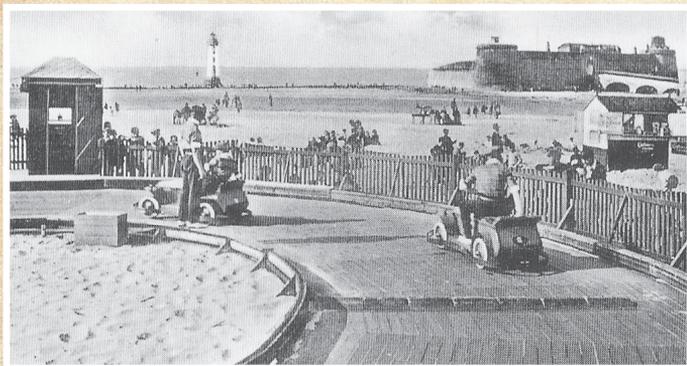
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Left: 1933. Mr Maxwell's Kiddies' Motor Speedway is seen on the sand at **New Brighton**. This popular wooden based track was set up in front of the Queen's Hotel at the bottom of Waterloo Road. Fort Perch Battery is seen on the right with the lighthouse on the left and one of the huts on the right to advertise New Brighton Rock. Mr Maxwell also owned the boating lake in the grounds of the New Brighton Tower.

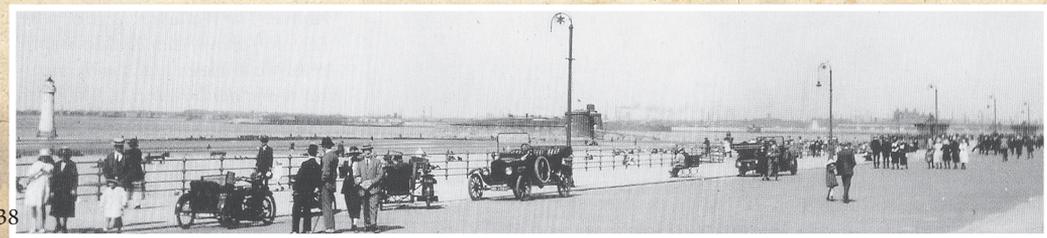
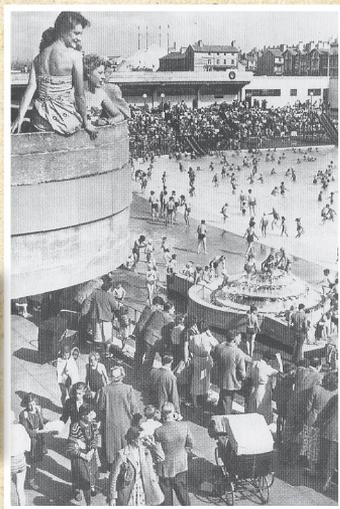


Left: 1926. The bunting is out and the crowds are gathering for the opening of the Capitol Cinema **Liscard Village** on 4th September 1926 with the film **Midnight Sun** featuring **Laura La Plante** and **Pat O'Malley**.

Right: 1932. The oil tanker **British Commander** rammed **Egremont Pier** 21st May 1932, separating the pier from the landing stage.



Below: 1922. Fresh air on **New Brighton Promenade** - pedestrians plus two cars without tops and two motor cycles with side-cars. The lighthouse is seen on the left and **Perch Rock** on the right.



Right: 1959. A postcard of **Liscard Roundabout** - Later replaced with traffic lights.



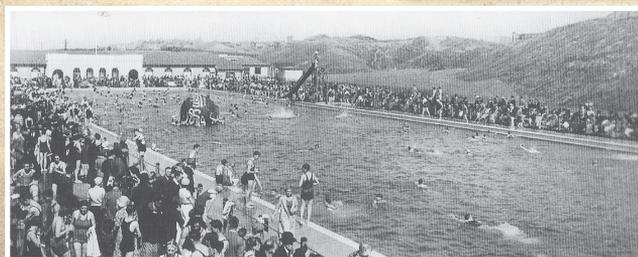
Below: 1935. The kidney-shaped roundabout is seen marked out in the centre of Moreton with the previous small roundabout to the left of the boy on the delivery bike. The **Coach and Horses Hotel** is seen behind. (See inset photo of original roundabout).



Inset Photo as the roundabout used to be like.



Right: 1931. This was a view of the **New Brighton Pier** after it had been opened in 1931 following extensive repairs and improvements - this included the bandstand seen left.



Left: 1932. The **Wallasey Derby Baths**, so named after Lord Derby who opened them in 8th June 1932, cost £35,000, and were more popular with the locals than New Brighton baths.



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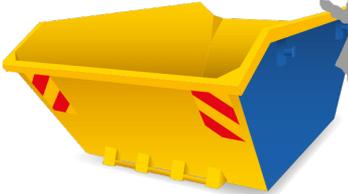
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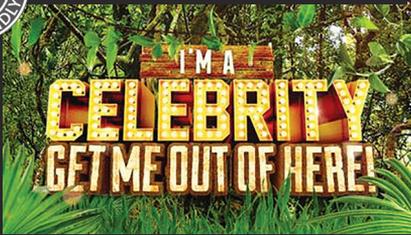
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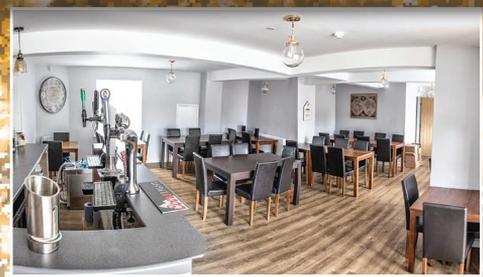
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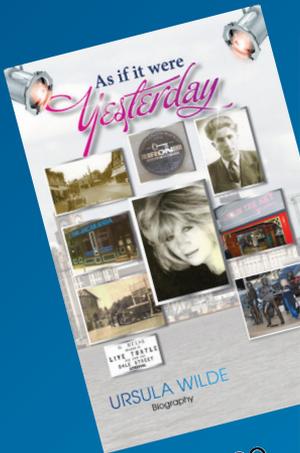
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URSULA WILDE - Local Author

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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Well, here we are almost at the end of 2021 and what an awful past 21 months we have all had.

BUT let's not dwell on what has been, let's look forward to what is to come and it is officially the season that we can now mention THAT word....CHRISTMAS!

Yes, with the festive season almost upon us it is time to get into the spirit of the season and embrace all that this season has to offer, from mulled wine to pantomime season...this is the season to be Jolly.

As a Blogger, I get invited to a lot of events and launches and I can safely say that this is the most important season of all, from those cold nights, where you can lay by the fire to the enchantment of lights, ofcourse, we must not forget mentioning Christmas morning with your loved ones and somehow all the squabbles and disappointment of the year seems to be forgotten about.

It is the time of year to walk in the fallen leaves and (hopefully) make a snow man in the snow and not forgetting taking a walk in Storeton Woods and enjoying the crisp mornings of freshness and the autumnal colours or take a stroll around Birkenhead Park and break away from the day to day noises and surroundings of busy life and switch off into a blissful world.

So here are some of the Festive season highlights in and around Wirral that you can Enjoy:

After last year's postponement, Dreamworld, in association with the Gladstone Theatre in Port Sunlight, are putting on "Jack and the Beanstalk" from the **11th – 31st December 2021.**

Starring X Factor's Jessica Jones as Jill.

Will Jack succeed? Will those magic beans make a difference? Will it all end happily ever after? You will have to find out by going and getting your tickets.



Independent Wirral at Woodside Ferry Village are hosting their first ever Christmas market **every Saturday and Sunday** during the festive period between **11am and 6pm** with 24 Wooden Chalets to choose from and a wide range of festive gifts. With all the stalls and the beautiful backdrops there is sure to be something you can find there that will suit all ages.

Birkenhead Priory host their own Christmas Market on the **8th December** situated in the 12 Century Benedictine Priory, this intimate feel event has over 50 stalls for you to choose from and best of all, entry is absolutely free.

Over in Liverpool at the M&S Bank Arena, Shone Productions present Cinderella, starring Leanne Campbell from Radio City 96.7 as Cinderella and X Factor Hunk David Heath as Prince Charming, also starring in the production is Comedy Legend Bippo.

Will Cinderella get her Prince Charming? Will Prince Charming find his girl? Or will the Ugly Sisters succeed in their Wicked Plans?

Tickets are selling fast, So make sure that you get your tickets to the ball.



I am very fortunate to be asked to Host the Mini Monsters Christmas Ball over in Grand Central Hall on the **12th December between 11am – 4pm**, following the success of their Halloween ball this is one that is sure not to miss, with party games and a visit from Santa. Ticket information is available via TicketQuarter

You can find all the latest on what is happening and the latest reviews on my Facebook Page. Simply search “**Walker’s Words**” and give it a like!

And that is it for 2021!.

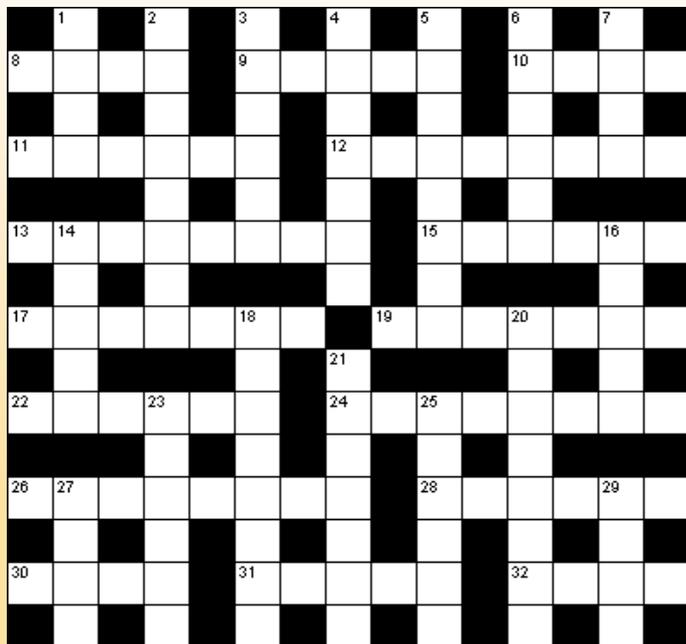
All that is left to say to you all is, whatever you are doing this festive season, stay safe have a wonderful time, make some excellent memories and most of all have fun!



Until Next Year, Ian X



PUZZLE CORNER



Down

- 1 Prefix indicating change (4)
- 2 Dress shop (8)
- 3 Breed of penguin (6)
- 4 Type of nut (7)
- 5 Legislator (8)
- 6 Shaman (6)
- 7 Skid (4)
- 14 Genus of rhubarb (5)
- 16 Courageous (5)
- 18 Grazing lands (8)
- 20 In a rage (8)
- 21 Hemophiliac (slang) (7)
- 23 Boarded (6)
- 25 Makes angry (6)
- 27 Light or tulip (4)
- 29 Current (4)

Across

- 8 Note (4)
- 9 A literary genre (5)
- 10 Tools for punching small holes (4)
- 11 A finger or toe (6)
- 12 Labelled with digits (8)
- 13 Often (8)
- 15 Having rounded protuberances (6)
- 17 An acknowledgement of payment (7)
- 19 Not a departure (7)
- 22 A scornful smile (6)
- 24 Blast offs (8)
- 26 Perfect or complete (8)

- 28 Burns (6)
- 30 Fruit of the blackthorn bush (4)
- 31 Exercise (5)
- 32 Taro (4)

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

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

HAVE YOU BEEN THE VICTIM OF MEDICAL NEGLIGENCE?

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giving
nature
a home

Feeding your garden birds is more important than ever this winter, says the RSPB



image courtesy of Ben Andrews (rspb images.com)

- **Birds look to garden feeders as natural food supplies run low**
- **Learn which kitchen scraps and leftovers can be tasty treats for birds**
- **Watching the nature on our doorsteps has been reducing stress**

Over the events of the past 18 months, we've seen how important the natural world is to our mental health and wellbeing. Interest in garden birds and other wildlife has soared, with the number of people using the RSPB's online bird identification tool shooting up by 95% in 2020.

Taking the time to feed your feathered friends at a bird table or window feeder can help reduce stress and only does it benefit over 60% of the UK feeding their garden suggests that this million birds a year.



image courtesy of Jenny Tweedie (rspb images.com)

to watch which make use of your feeder, can often help restore calm. Not humans, but with population regularly helps around 196

According to the RSPB, keeping your feeders and water trays topped up is important at this time of year to help your garden birds survive through the winter as natural food sources run low. Providing high-energy food will help your local birds build up the fat reserves they need to keep warm, and as a result your garden could soon become a hive of activity.

What's more, for those without a garden, window feeders can prove just as popular with your feathered friends. Check out the RSPB's handy guide to making a recycled window feeder from objects found around your home.



image courtesy of Ben Andrew (rspb images.com)

Thankfully, if your bird feed supplies are running low, your cupboards can hold the answer to attracting our feathered friends to your garden. According to the RSPB, fruits like apples and pears, even when they're past their best, can be snapped up by blackbirds and thrushes, while grated mild cheese can be a fantastic source of energy and protein for a range of birds. Cooked pastry, defrosted peas or unsalted bacon leftovers are also great options, as well as cooked rice, pasta and the inside of potatoes providing a great energy source.

With a range of options birds into your garden, people across the country and ensure fresh water brings the toughest and

The charity, who have in garden bird numbers on hand to provide top wildlife to your garden as Garden Birdwatch



Chris Gomersall (rspb-images.com)

to help tempt your local the RSPB is urging to stock up their feeders is available as winter coldest months for birds.

been monitoring trends for over 40 years, are tips on how to attract part of their popular Big survey.

To take part in the Big Garden Birdwatch, which runs from Friday 28 January to Sunday 30 January 2022, visit www.rspb.org.uk/birdwatch or text BIRD to 70030 for your FREE guide, which includes a bird identification chart, top tips for your birdwatch and RSPB shop voucher.



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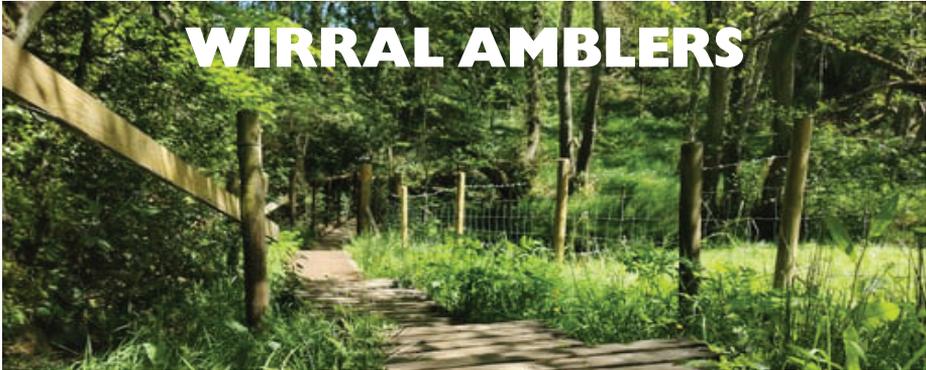


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| SAT 04 DEC 2021 | SOUTHAMPTON ENGINE ROOMS | SUN 19 DEC 2021 | MANCHESTER O ₂ RITZ |
| SUN 05 DEC 2021 | READING SUB 89 | TUE 21 DEC 2021 | HOLMFIRTH PICTURE DROME |
| FRI 10 DEC 2021 | LONDON ISLINGTON ASSEMBLY HALLS | WED 22 DEC 2021 | BURY ST EDMUNDS THE APEX |
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