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Dear Friends,

Welcome everyone to our first edition of 'Love Wirral' the monthly business and community magazine.

In this magazine we aim to

help businesses by advertising to a wider target at low affordable costs with **NO** monthly contract, as we all know running a business is not for the faint hearted, especially in our current financial climate!

We aim to cover articles such as what's on in Wirral, news, views, competitions and much more...

We have a super competition to win a FREE camera every month - winner will be selected at random - so get emailing your entries! There is also a childrens competition on the Kidz Page!

So if you either have a business that needs a boost in advertising and sales or have an article you would like to share such as an important events in your area, then email or contact one of our sales team.

Maxine







TOP TIPS
TO BATTLE THE FLAB THIS YEAR
p.21

Places to visit in WIRRAL

Centre pages



Love Wirral the New exciting magazine for all businesses in Wirral

Circulation of over 7,500 copies of this **FREE** magazine will be distributed to all Wirral from South Wirral, Whitby area to New Brighton & Birkenhead areas covering all businesses, doctors, opticians, hospitals, fast-food outlets, one-stop shops, dentists, police stations, estate agents, clinics & health centres, libraries, solicitors, builders merchants, public houses & hotels.

"Love Wirral" The Monthly Business & Community Magazine. Telephone: 0151 513 1279 / 07882 703139 or email: lovewirral@mail.com

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Any donations you would like to make would be gratefully received.

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UPCOMING DATES & EVENTS IN WIRRAL

MARCH

1 March

St. David's Day

Wirral Archives Workshops - free

Tel: 0151 606 2929

1 - 3 March

History of Cammell Lairds Shipbuilders

Gladstone Theatre Shows

Tel: 0151 643 8757

29 Feb - 03 Mar

Crown Matrimonial

14 - 17 Mar

Around the World

in 80 Days

20 - 24 Mar

The Sound of Music

29 - 31 Mar

A Night at the Movies

Williamson Art Gallery Exhibitions

Tel: 0151 652 4177

12 Feb - 3 Apr

Lifeboats on Call

25 - 27 Mar

Entries for 2011

Wirral Spring Edition

Spaceport Exhibition

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Jan through to Dec Wallace and Gromit at

Spaceport

Charity Fun Day in aid of Marie Curie Cancer - free entry

11 March

Alder Sports Club, Alder Road, Liverpool

11 am - 5pm

Wedding Fayre at Leasowe Castle

11 March

12 - 4pm

17 March

St Patricks Day

18 March

Mothering Sunday

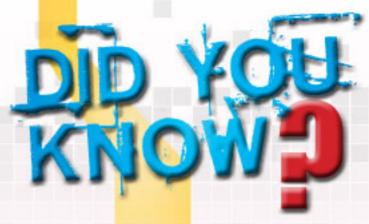
25 March

British Summertime!

APRIL

1 April

Wirral Egg Run



Despite it's small size the peninsula boasts no less than 1,900 listed buildings, 215 churches, 50 towns and villages, 25 conservation areas, 9 scheduled ancient monument sites, 8 sites of special scientific interest, 10 lighthouses, 5 nature reserves, 4 windmills, 4 historic parks, 2 watermills, one castle and one fort.

The peninsula's Leasowe Lighthouse, built in 1763, is the oldest brick built lighthouse in the U.K. The lighthouse was also the first in the country to have a female lighthouse keeper, when Mrs Mary Elizabeth Williams began her service as keeper in 1908.

The Wirral's only recognised holiday resort, New Brighton, is home to the United Kingdom's longest promenade at 3.5 kilometres and was classified as one of the most elegant seaside resorts of the Regency period. The town could boast the highest tower in Britain, the largest theatre stage in the world, the largest open air swimming pool in Europe and Britain's first amusements arcade.

The Wirral Country Park was Britain's first ever designated country park when it was opened in 1973.

The world's first, commercial hovercraft service began on the Wirral Peninsula during the Summer of 1962, when passengers were ferried from the Wirral seaside town of Moreton to Rhyl in North Wales on a Vickers VA - 3 hovercraft.

The Ministry of Defence's tidal activity research for the infamous D - Day landings of June 1944 were all taken at Bidston Observatory.

In 1947 the Mersey Ferries were the first boats in the world to be installed with fog radar navigation systems.



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Places to visit in WIRRAL

Wirral's Peninsula
is the ideal place to
explore it's natural
beauty with coastline
walks and villages set
between the river Dee
and Mersey.
It offers the visitor
unspoilt scenery with
views across to North
Wales and Liverpool.





Bidston Windmill

The current Bidston Windmill was built on Bidston Hill in about 1800 and continued working as a flour mill until 1875.



Thursaston Beach

Fishermans Cottage on the beach at Thurstaston, Wirral. Ideal for a walk any time of the year.



Hadlow Station.

Preserved 1950's Rail Station situated on the Wirral Way Walk and Cycle Trail in Willaston, Wirral.

COUNTRYSIDE Walks & Rides

Wirral has nearly 80 miles of public rights of way, parks and countryside.

You can pick up four leaflets

on Wirral walks at one-stop shops, country parks such as Eastham where a ranger information centre is available, libraries or online at www.wirral.gov.uk

Enjoying the Walks & Rides you will no doubt come across quaint country villages and pubs, such as Thornton Hough village which has a village green as its focal point. Another fine example is Brimstage which has Brimstage Hall Craft Centre available for all to visit.



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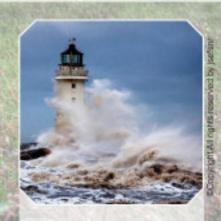
Roman Boathouse -Birkenhead Park.

Sir Josephs Paxton's design, of woodland and lakes inspired New York Central Park.



Microlite Gliders over Parkgate.

Gliders enjoying the views that Parkgate has to offer with views across to North Wales.



Perch Rock Lighthouse

A stormy day on the coast at New Brighton beach with the sea battering the lighthouse.



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Now below are 10 general tips to guide you on your way!

- First and Foremost start **eating right**, this means no chocolate no crisps no 50% off dominos JUST DON'T DO IT.! If you are unsure of exactly the best way to eat right join a slimming club.
 - Join a Gym yes that's right join a gym!
- Use the gym! as silly as this may sound a lot of us think by being a member of a gym or telling people we are a member then that's enough, well its not. 3 times a week for 30 minutes is the minimum you should attend the gym.
- Generally **be more active.** Walk the dog more, walk to the shops, even better walk to the gym!
- Always start your day with a **healthy breakfast** that provides a slow sustained form of energy release, porridge oats are great for this!
- As well as cardiovascular workouts use weights too, remember the more muscle tissue you have the more calories you can consume day to day. Also as we get older our muscle tissue gradually deteriorates naturally so a little weight training combats this.
- Small regular meals are the best way to eat healthy DO NOT STARVE YOURSELF, 3 smaller meals per day with a healthy snack between is the best (a healthy meal could be a chicken stir fry with 1 teaspoon of olive oil & some fresh chillies, a healthy snack should be something like a riveta with a small amount of low fat cheese spread).
- Eat a wide variety of vegetables & fruit we all know this is a big one, fruit & veg are full of vitamins, minerals, anti oxidants & fibre great for fighting against free radicals and chronic illnesses. Blueberries contain flavonoids that can improve circulation and help defend against infection, Broccoli is rich in the antioxidants vitamin C and beta-carotene, as well as folate, all of which can protect against cardiovascular disease and cancer, Tomatoes are rich in lycopene, a powerful antioxidant that can protect against harmful free radicals.
- Set yourself personal goals whether you have just booked a holiday or have a wedding to attend or just want to drop a few inches of your waist set yourself this goal, write it out and stick it on your bedroom door so every time you wake up you start your day thinking about this.
- Get involved fun events are a great way to stay active and keep you interested whether its a 10 k run or a fun run these are all things to work towards as well. Most of these events are or can be for a charity so you will be doing some good as well.



NEXT MONTH

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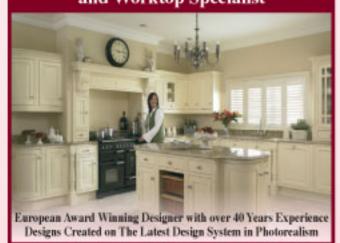
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Young Drivers Hit By Rising Car Insurance!

In the last two years young drivers have witnessed a large increase in their motor insurance. That's a 90% increase according to the AA.

Payments have risen by an average of £1,427 to £3,163 for men under 22. Young female drivers insurance has also surged up by £850, all of this is due to the EU ruling which will force insurance companies to charge male and female drivers the same premiums.

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Frodsham Brewery is a small micro brewery run by Barrie 'the brewer' & his wife Hazel. Brewing began in 2005 and since then has won many awards. It has a growing reputation for quality ales and a world wide fan base.

Initially based in Ellesmere Port and known as 'Stationhouse Brewery' it won a bronze medal for Buzzin at the Great British Beer Festival just before the move to Frodsham in 2007.

The move to Lady Heyes Craft Centre provided the opportunity to open a shop and develop a range of bottled conditioned beers to complement the beer casks supplied to pubs across Cheshire, North Wales, Merseyside, Greater Manchester and South Lancashire. To celebrate the move the brewery changed its name to Frodsham Brewery.

The brewery produces an extensive range of beers both in casks and in bottles and continues to win prizes and medals - nationally, regionally and at local beer festivals. The beers are made from pure ingredients - water, malt, yeast and hops. Each beer is individually designed from original recipes and never blended nor copied.

Our motto is 'we produce beers of distinction, honest and true – brewed for flavour not for strength'. Why not visit the shop to see for yourself and try a sample.

Our bottle beers are all bottle conditioned – currently there are 16 varieties from light summer ales to a winter warmer, including a mild, stout, brown ale, wheat beer, fruit beer, Indian Pale Ale and many different bitters. As well as having many interesting varieties and flavours each beer has an interesting story behind its name – some are based on the histories of the local villages e.g. Iron Man is named after Helsby, an iron age fort with the iconic man's face on the hill, and Frodsham 800 to celebrate 800 years since Frodsham got its Charter.

Also available are cheese, chutney and mustard made with our beer. A range of boxed beers are available and make the perfect gift especially if you personalise the bottle labels.





Shop open every day 10am – 4pm Bottle Conditioned Beers

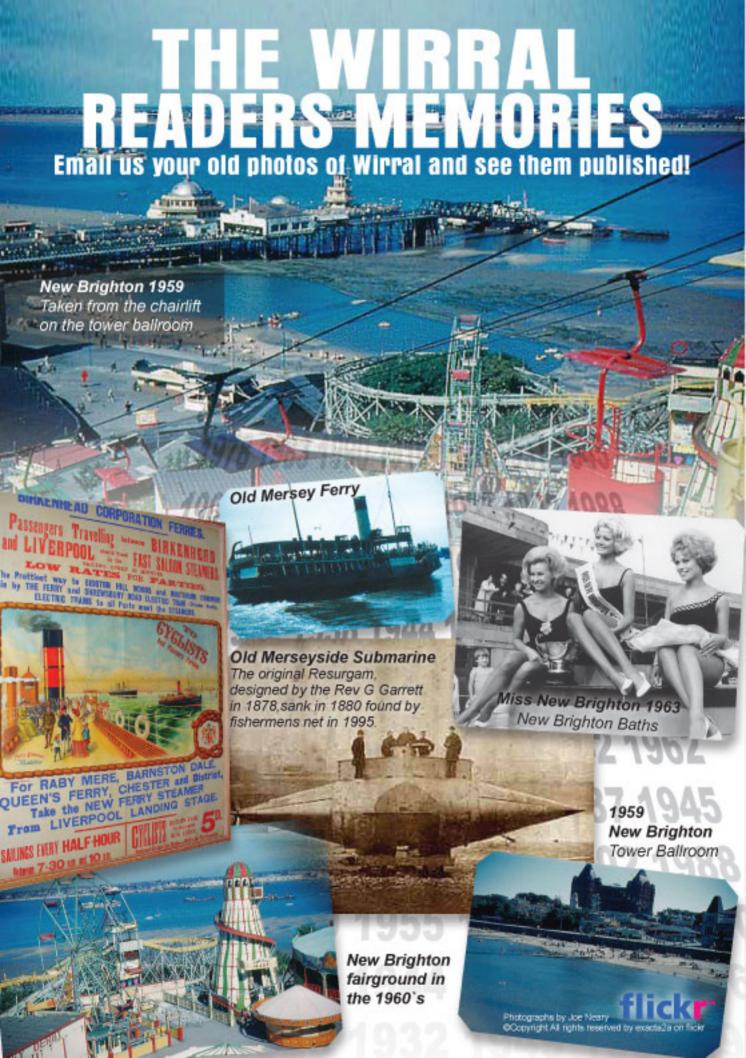
Cheese, chutney and mustard all made with Frodsham Brewery Beer

FRODSHAM BREWERY

Lady Heyes Craft Centre, Kingsley Road, FRODSHAM, WA6 6SU

Tel: 01928 787917 / 07776 391196

www.frodshambrewery.co.uk enquire@frodshambrewery.co.uk





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Words can go across and down only. Words do not overlap or share letters

S	j	W	٧	У	W	n	m
h	d	h	0	r	S	е	k
е	n	q	-1	p	i	_	j
е	g	m	Z	Z		t	t
p	0	f	-1	n	t	-1	h
t	а	С	0	W	q	h	е
Z	t	٧	m	f	m	Z	n
n	f	С	С	t	k	-1	Z

cow goat hen horse pig sheep

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