

Love Wirral

The Monthly Business & Community Magazine



ROTARY MEMBERS

November 2018
Issue 81

Your **Local** magazine delivered monthly across Wirral

COMPETITION inside to win 6 tickets to see **STAN BOARDMAN** on 10.11.18

P.12

THE GIANTS courtesy of Paul Lee



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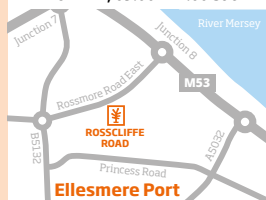


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Auto Review by Tony Yates

Your Garden In November

Eat Healthy At Home Recipe

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Love Wirral

The Magazine of Choice for Businesses in Wirral.

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Hello dear friends!

Children and parents, are looking forward to Halloween and bonfire night - we have listed the times and events run by local Wirral organisations on our **What's on page!** Always a fun break in the cold winter nights!

Spare a thought though to dogs, cats and pets who can be terrified of the noise and smells and please ensure children are well supervised.

Christmas countdown has started! Parties to attend, meals to be eaten and presents to be bought! We have lots of advertisers inside to help you choose lovely gift ideas for Christmas! Gift vouchers for **Pernickety Salon** are always available or why not try **Hover Force** for that fun day out, or a years pass to our wonderful **Chester Zoo!**

We know lots of people start getting stressed at this time of year, so hopefully this might help a little.

Thanks again to all our advertisers, they are all good, reliable people providing excellent services at the right prices!

Keep up to date with us on facebook, twitter & visit us at: www.love-wirral.com

Best Wishes

Maxine



Cover photograph by Paul Lee
Giants at New Brighton Beach
Flickr: [paullee66416](https://www.flickr.com/photos/paullee66416/)

Circulation of this **FREE** magazine is distributed to all Wirral - South Wirral Whitby & Saughall to West Kirby & Birkenhead areas.

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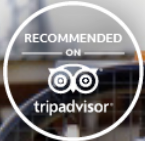
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DO YOU KNOW?

1. Author J. K. Rowling wrote the final chapter of the last Harry Potter book in 1990, 7 years before the release of the first book.
2. The Harry Potter brand has been estimated to be worth as much as US\$15 billion.
3. 77% of Russia is made up of Siberia.
4. In 1963, major league baseball pitcher Gaylord Perry remarked, "They'll put a man on the moon before I hit a home run." On July 20, 1969, an hour after Neil Armstrong set foot on the surface of the moon, Perry hit is first, and only, home run while playing for the San Francisco Giants.
5. The Olympic flag's colors are always red, black, blue, green, and yellow rings on a field of white. This is because at least one of those colors appears on the flag of every nation on the planet.



6. All major league baseball umpires must wear black underwear while on the job in case their pants split.
7. Babe Ruth wore a cabbage leaf under his cap to keep his head cool. He changed it every two innings.
8. There are 336 dimples on a regulation golf ball.
9. The moon is moving away from the Earth at a tiny, although measurable, rate every year. 85 million years ago it was orbiting the Earth about 35 feet from the planet's surface.
10. The star Antares is 60,000 times larger than our sun. If our sun were the size of a softball, the star Antares would be as large as a house.
11. A "jiffy" is an actual unit of time: 1/100th of a second.
12. Leonardo Da Vinci invented scissors.
13. There is enough fuel in full jumbo jet tank to drive an average car four times around the world.
14. Antarctica is the only continent without reptiles or snakes.
15. The cruise liner Queen Elizabeth 2 moves only six inches for each gallon of fuel it burns.
16. A kiss stimulates 29 muscles and chemicals that cause relaxation. Women seem to like light and frequent kisses while men like them more strenuous.
17. According to Chinese acupuncture, there is a point on the head that you can press to control your appetite. It is located in the hollow just in front of the flap of the ear.



18. Our eyes are always the same size from birth, but our nose and ears never stop growing.



19. The katydid bug hears through holes in its hind legs.



20. In Russia there are 9 million more Women than men.

21. There's high-speed Internet on the way up to Mount Everest.

22. Steve Jobs was adopted. His biological father was Abdulfattah Jandali, a Syrian Muslim.



23. Steve Jobs never wrote a single line of programming code.

24. 27,000 trees are felled each day for toilet paper.

25. 95% of all data in the world is still stored on paper. Most of it is never looked at again.

26. Starting 2015, all New York residents must recycle their old electronics like PCs and TVs, or face a US\$100 fine.

27. D-Day was originally set for June 5 but had to be postponed for 24 hours due to bad weather.



28. A snail can sleep for three years.

29. The chicken is one of the few things that man eats before it's born and after it's dead.

30. A pregnant goldfish is called a twit.

31. It is physically impossible for pigs to look up into the sky.



32. Only female mosquitoes bite.

33. Most elephants weigh less than the tongue of the blue whale.



34. A shrimp's heart is in its head.



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at THE GLADSTONE THEATRE, PORT SUNLIGHT

Love Wirral magazine are giving away 6 tickets for a chance to see comedian Stan Boardman live at the Gladstone Theatre.



Just email us the answers to the 3 questions below.

The first 3 emails answered correctly will each win a pair of tickets to the show.

Winners will be notified by either email or telephone by 5th November.
Good Luck!

Also appearing at The Brinley, Runcorn on 25th November.
Tel: 0151 907 8360

Q.1.

What catchphrase is Boardman well known for in his anti-German jokes, during the Second World War?

Q.2.

What job did Boardman do before winning a holiday camp talent contest and breaking into television?

Q.3.

Stan had been a keen footballer in his youth and signed for which 2 football teams as a teenager?

Email us your answers for a chance to win 2 tickets

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NASSAU

Hidden among a group of islands poised between the Atlantic and Caribbean—and only a few hundred miles from the United States' southern coast of Florida—Nassau Paradise Island has sheltered everyone from pirates and freed slaves to blockade runners, rum smugglers and runaway lovers over the centuries. And although times are peaceful now, they still cherish a tradition of people making their own rules under sunny skies.



Musical traditions here reflect both the impact of history on the islands and a homegrown, distinctively national character. All through the islands of The Bahamas, music is woven deeply into the fabric of daily life—so much so that one of the nicknames given to our archipelago is “the Islands of Song”.

COZUMEL

One of the top diving destinations in the world for its bright storybook coral reefs, the island of Cozumel is also home to a variety of natural beaches. Choose a beach with soft white sand for relaxing, or snorkel off a rockier vista. A destination for both adventure and romance, Cozumel has a year-round Caribbean climate, untrammelled jungle and abundant nightlife.



The most common method of transportation to the island is by boat. There is a ferry service that connects Cozumel to Playa del Carmen for pedestrians, and a ferry out of Calica.

The ferry connecting to Playa del Carmen runs quite frequently, there are three ferries on duty.

If you fly into Cancun, take either an airport-shuttle to Playa del Carmen, or a bus from the airport to Cancun City, and then a taxi to Playa.

From Playa del Carmen you can take the ferry to Cozumel.

Once in Cozumel, there are lots of places within walking-distance, or you can take a cab, rent a car, or even a scooter.

Wear really comfortable clothing (beachwear), shoes (flip-flops!), plus sunscreen and repellent.

For all travelers, divers, and snorkelers, please do not touch the marine life or pick them up. Let's work together to preserve this beautiful place.

Organize your day and take care in the sun while you are at the beach to avoid heat stroke; always carry water and a hat or cap with you.

Your holiday will finally finish back in Miami, giving you enough time to take in a few more sites.

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Suzuki Vitara S 1.4 Boosterjet



The so-called Sports Utility Vehicle (SUV) or Crossover has been selling particularly well for a while now, thanks to buyers looking for a car that can tick all the boxes such as; space, practicability, economy and performance.

So, this week I have the rather good looking Suzuki Vitara S on test and I have to say, it's putting on a pretty good show in convincing me that maybe this is the one we really should all be looking at.

Power and Efficiency

The Vitara 'S' is powered by a four-cylinder direct injection turbocharged petrol engine that produces 140ps at 5500rpm and 220Nm of torque between 1500-4000rpm. 0 to 62 mph is dealt with in 10.2 seconds - moving onto a top speed of around 124 mph.

The official fuel economy figures from Suzuki are; 52.3 mpg (combined) with a CO2 rating of 127 g/km - although the best I could get was around 44mpg, but then I was not really trying to get near what Suzuki had said was possible.

On the Road

I like the way the Vitara handles - but I do feel the suspension needs to be a little stiffer - saying that, when the road gets twisty - it is more than capable of holding it's own thanks to the ALLGRIP 4-wheel drive system which in real terms performs well. You also get a lot of information through the steering as to what the wheels are doing on the surface of the road - which all helps in giving you a lot of confidence into the corners. If you do decide to take the Vitara onto a muddy field - or a slippery surface - you can be assured it will do its best to move you along at a reasonable pace, whilst keeping you on the straight and narrow.

Safety and Technology

My test car was fitted with suede seating and red interior accents which lifts even the most boring of interiors – Not that the inside is boring, but you do sense the Vitara was set out to be more practical than luxurious.

Space – well let's just say it has bags of it – along with a decent driving position and plenty of room in the back for three adults – even people who are 6ft plus would have no problem fitting in. The boot is pretty good too with max luggage capacity coming in around 710 litres.

Some of the standard features on the Vitara S include; LED daytime running lights, LED projector headlamps, ALLGRIP 4-wheel drive system, adaptive cruise control, DAB digital radio with 6 speakers, USB, Bluetooth and iPod, driver and passenger front, side and curtain airbags, ABS with EBD, Electronic Stability Program,

Hill Hold Control and Hill Descent, front & rear parking sensors and rear parking camera.

To Sum Up

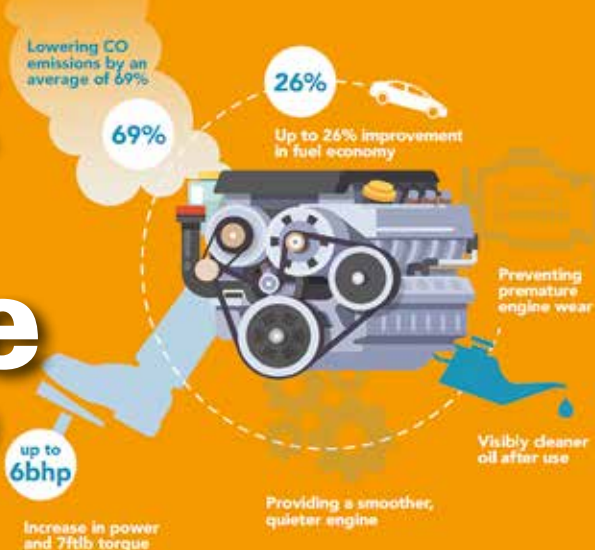
Suzuki have done a fantastic job here – and I expect the Vitara S to sell well in what is now a fast paced SUV market.

Standard car price (on-the-road) **£22,249**



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COMMUNITY NEWS

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Willaston WW1 Commemoration Weekend 9th-11th November 2018

Willaston will be commemorating the centenary of the end of the First World War with a programme of activities designed to remember those in our village who lost their lives and to celebrate those who returned and the end of hostilities.

At the end of October, silhouettes will appear in public places throughout the village to represent those that did not return, and a Commemorative Walk will be available describing Willaston in 1918 and telling the stories of some of those from our village who died during the war.

A series of events will take place over the weekend as follows:

Concert featuring Alex McMillan on the organ and the City of Chester Male Voice Choir – Friday 9th November at 7.30pm at Christ Church. Tickets cost £12 which includes a glass of wine and tickets are available after 1st October from Jill Lessels (0151 327 1283), Alan Roberts (0151 327 4600) or White Feather Home.

Film – Oh What A Lovely War – Saturday 10th November at 7pm in the Methodist Chapel. Entrance is free but an entrance ticket is needed. Tickets are, available after 1st October from Jill Lessels or Sheila Smith (0151 327 7400).

Children's Art session – Saturday 10th November from 9.30am -5pm in the Methodist Chapel. This will feature WW1 work already done by local children but will also encourage other children to contribute. The Chapel will also be open on Sunday 11th November for viewing the work.

Exhibition about Willaston from 1914 to 1925, showing the effects of the war on our community. Saturday 10th and Sunday 11th November from 11am to 3pm in the Memorial Hall.

The uniformed organisations parade and commemorative service will take place on Sunday 11th November with the two minute silence held by the war memorial at 11am, followed by a service in Christ Church. The parade will then walk up to Hadlow Road Station before being dismissed.

Celebratory event at Hadlow Road Station from 12.30pm to 3.30pm featuring music and entertainment from the era, along with poems and WW1 letters sent home being read.

The weekend's activities have been put together by a community sub-group led by Willaston Residents' and Countryside Society, working with representatives from Christ Church, Friends of Hadlow Road Station, Royal British Legion, Willaston Festival Society, Willaston Methodist Chapel, Lest We Forget Research Group, 1st Willaston Scout Group and Girlguiding Wirral Heritage Advisers. All profits from the weekend will go to The Poppy Appeal.



For more information, contact Sarah Shannon, Willaston Residents' and Countryside Society on 0151 327 5318 or email iansarah.shannon1@virginmedia.com

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

Grab some art and help some hearts -



National charity launching art inspired fundraising campaign where YOU can bag a piece of original celebrity art.

Heart Research UK's 'anonymous heART' project will see hundreds of unique, original pieces of artwork be created on A5 postcards by international artists, designers and celebrities. These will go up for auction on eBay, giving you the chance to own a piece of history, whilst supporting vital medical research.

The anonymous heART project will see some of the biggest names across politics, entertainment and the arts, such as Nicola Sturgeon, Jo Brand, Nick Cave and Gillian Anderson, create one-of-a-kind pieces which will go up for auction on eBay between Friday 2 November and Sunday 11 November, making the perfect unique Christmas present this year.

The twist? Though the list of artists will be available to all bidders, the artist of each individual piece will be kept anonymous, only being revealed after the auction is over. Could you bag yourself an original masterpiece for a bargain price?

With 500 pieces of one-of-a-kind artwork expected from contributors across the globe, there's a piece of art for everyone, and all the money raised will fund Heart Research UK's pioneering medical research into the prevention, treatment and cure of heart disease. Barbara Harpham, Chief Executive of Heart Research UK, said: "The anonymous heART project is one of the most exciting campaigns we've ever run. The quantity and quality of the artwork that we have received from

artists, designers and celebrities all over the world has been astounding.

"What makes this project so special is that everyone has the chance to own a piece of iconic art; it really is making high class art available to all.

"All of the money we raise will help us continue our ground-breaking medical research, helping us benefit patients as soon as possible."



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Now you could use your skills to make a difference to a child or teenagers life in Wirral.

Wirral Foster Carer Sharon said, "My kids had grown up and moved out and my weekends were spare and I missed doing family stuff. I'd been thinking for years about

fostering but wasn't sure if I'd be suitable, I finally made the call...they were looking for someone just like me, it all fitted together."

If you have room in your home and in your heart, the time could be right to foster a child or youngster in Wirral.

Foster Carers come from all walks of life, take the next step... get in touch with Wirral Council's Fostering team www.wirral.gov.uk/fostering to find out more. They can even arrange for you to chat to one of their existing Foster Carers to find out about the application process, day to day fostering, preparing for your first foster child or any other questions you may have.

“They were looking for someone just like me, it all fitted together”
Sharon, Wirral Foster Carer

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YOUR GARDEN IN NOVEMBER

Autumn is coming, with its shorter and colder days. Winter is fast approaching. What should you do for your garden in autumn? Prepare it for the winter of course!

Plant, transplant, transplant

Autumn is the ideal season for transplanting trees and transplanting plants because the land is sufficiently wet due to regular rainfall. As the soil is still warm with the summer ending and the autumn starting, the plants still have time to adapt to a new place and to form new roots.

New plants can be transplanted in the fall without any worry. It's your last chance before winter to bring a touch of color to your garden. Autumn is the perfect season to plant roses, for example, before the first frosts.

Plant bulbs

You can also plant bulbs in autumn so that their flowers germinate with the arrival of spring and color your garden. Orientation is crucial for these spring heralds to bloom beautifully.

If the soil is cool and wet in the spring, it may be dry and porous in the summer, during their dormancy period. The bulbs should be planted in the ground at a depth of about two to three times their size.



Cut herbaceous perennials, shrubs and bushes

When shrubs turn yellow, their stems bend to the ground or begin to wither, it is time to cut them. Indeed, plants begin to bring sap back to their own roots. If they are not cut, they may be wasted.

Shrubs and bushes can be cut to about a quarter of their size. This varies, however, depending on the type of shrub or bush. You can find more information on plant tags or by inquiring at your local garden centre.

Trim the hedges

Hedgerows should be cut one last time in the fall to prevent rotting with moisture accumulation.

Cut evergreen hedges as much as possible, being careful not to form holes, otherwise they will not grow back in the winter and they will look bare.

Also clear the hedges of fallen tree leaves, otherwise they will not breathe well, will not absorb daylight and may rot.

Maintain the lawn

In winter, rain, cold and lack of sunshine degrade the lawn. That's why she needs to be pampered before the cold weather arrives. When leaves fall in autumn, they should be regularly raked from the lawn. If you leave them, the lawn will lack light, which will encourage the formation of dry brown plots and also moss.

Mow your lawn for the last time in early November. Be careful not to mow it at a height of less than 5 cm as a longer grass absorbs a small amount of light better. It will be more resistant to weeds and frothing.

The use of an autumn fertilizer is also recommended. Autumn fertilizers usually contain little nitrogen and a lot of potassium. This amount of potassium helps strengthen the turf and improve its resistance to freezing. In the fall, avoid using traditional lawn fertilizers because their high nitrogen content is such that the grass grows faster, which increases the sensitivity of the grass to frost.

Naturally, here are some other small things to remember to anticipate the first frosts:

- ❁ Flower beds, roses and other non-frost resistant plants should be covered with twigs, leaves or wrapped in bubble wrap or similar material.
- ❁ Clean summer bulbs like dahlias and keep them in a well ventilated cardboard in your cellar.
- ❁ Take the potted plants indoors or place them in the shelter.
- ❁ Disconnect incoming water and empty faucets and sprinklers to prevent frost damage.
- ❁ Remove the pumps from the tanks and, if necessary, install an anti-freeze pump.

With the arrival of winter, we can rest gardening tasks. But beware, it will soon be time to recover!



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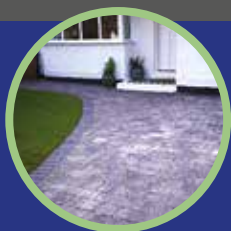
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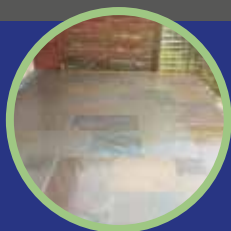
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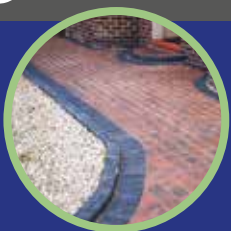
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‘Down and dirty’ volunteers ‘scrubbed-up nicely’ with the help of local personal trainer.



A group of staff and volunteers from Cheshire Autism Practical Support (ChAPS) got ‘down and dirty’ to complete the Tough Mudder North West and raise over £2,000 for the charity.

Team leader Tom Makin-Bell and local fitness ace and personal trainer James Nickson from Frodsham’s very own Turnup Training, put together a team of ten people to take on the event which consists of a ten-mile run along with 22 military assault course obstacles – and plenty of mud! The challenge took place at Cholmondeley Castle near Malpas, raising funds for the ChAPS charity which helps people on the autism spectrum across Cheshire.

Tom Makin-Bell said: “Most of the people on this team are from families with autism or are supporters of our charity so for us to get ten people to turn up on the day is a massive achievement.

“For those people to then go on and help each other around this challenging course is a huge deal considering that most of them hadn’t met when we started training six months ago.”

The team were trained by James, who runs the Turnup Training fitness studio five minutes from the town centre. He said: “When I met this bunch for the first time, I didn’t know any of them and they were all of different ages, abilities and fitness levels plus I’d never done a Tough Mudder before myself.

“So we concentrated on developing core fitness and communication to enable them to more easily help each other around.

“Although on the day we were there to get ‘down and dirty’, I think they all scrubbed up really well!” Tom and James were joined in the team by Jenn Whiting, Chris Peters, Rachael Butler, Darrell Lockett, Luke Peel,

John Forest, Daniel Batterton and Chris O’Connor. Suzanne Robinson and Barry Quinn also completed all the training but unfortunately had to pull out at the last minute due to injury.

And a smaller team from ChAPS is now set for another event – ‘Hellrunner’, a ‘Hell Up North’ event taking place in Delamere Forest in Cheshire on October 13th. This event is a full-length half marathon with multiple landscape obstacles and huge amounts of mud.

To support the team in their Tough Mudder fundraising visit: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=ChallengeChAPS&isTeam=true>

To find out more about how ChAPS can help people on the autism spectrum and their families visit <http://www.cheshireautism.org.uk/>

To make a donation to ChAPS as part of their ‘Hellrunner’ challenge go to: <https://uk.virginmoneygiving.com/fundraiser-portal/fundraiserPage?pagel=969784>

To find out more about how James Nickson and Turnup Training can help you go to: <http://www.turnuptraining.co.uk/>





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Port Sunlight **A new app celebrating** **Illuminated and Factory.**

Unilever brands, such as Persil and Sunlight Soap, have been used in homes across the world since the 1880's, from the company's early days as Lever Brothers, through to the present day.

To celebrate 130 years of Port Sunlight, Unilever's historical home, Unilever Archives and Records Management team has launched a new app about the history of the company in Port Sunlight village, the factory and the brands made here.

Showcasing just a few of the wonderful items from our collections, Port Sunlight Illuminated offers you a taste of the enormous wealth of material we hold in the Unilever collections.



Features include:

- Images and information about some of the iconic brands from Unilever made in Port Sunlight
- Pictures of the Port Sunlight factory in its early years
- An introduction to one of Unilever's founders- William Lever
- An interactive map of Port Sunlight Village and factory, brought to life with multi-media images
- The opportunity to explore some of Unilever's older brands - do you remember using them?
- A timeline of events and innovations at Port Sunlight factory from 1880 to the present day

This is a free download available on Apple and Google Play. Make a virtual visit to Port Sunlight's past and download the Port Sunlight Illuminated app for free from the App Store or Google Play.



Port Sunlight Wharf
circa 1890





We are opposite the new LIDL in Birkenhead

The redevelopment of Oxton Road started in 2004, the shops were mostly run down and some were slowly crumbling due to being left by their owners, Bryant Glass was about to be sold and the Squash club and adjoining shops were abandoned and left to rot. A few stalwart shop owners were clinging on and maintaining a presence in the face of the dereliction. The first purchase was made which was no 132 and the shop demolished to reveal the magnificent terraced house behind it which was completely restored, slowly each shop was brought back into life and let to hard working businesses and at the same time the facing land was purchased by a Southern company with the idea of total re-development. This didn't happen and after much wrangling the whole project came to a grinding halt and hit the Financial crisis, deteriorating through neglect, fire, exploding scooters and fly tippers, and still



the shopkeepers soldiered on. 3 years ago we caught a whiff of the name Lidl and found out they were interested so with the help of the council, we moved heaven & earth to make sure it happened, yes it did take 3 years from inception and the last 18 months were the worst as we lost all parking and had to accommodate vast amounts of builders vans with virtually no passing trade. Then finally on 22nd of February, opening day, shiny new building, 127 car parking spaces for Lidl's customers (you can nip across to the shops, the manager is very helpful) we are back in business, just about in one piece, *pay us a visit, you'll love the shops and the regeneration, it can be done, you just need patience and the will to win.*



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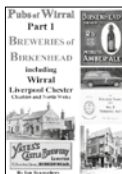
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Above: Although posted in 1942, this postcard was printed before war broke out as it shows the Crescent West Kirby was still two-way traffic (it became one-way in 1938) there was no shortage of garments in Jones'

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 Fruiters.



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 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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Pineapple Parfait

Pineapple Parfait

Total time: 10 minutes

Servings: 1

- 1 jar (23.5 ounces) Dole Pineapple Chunks
- 2 tablespoons Greek yogurt
- 2 vanilla wafers, crushed

Measure 1/2 cup drained fruit.

Spoon pineapple chunks into dessert glass. Spoon yogurt over pineapple. Sprinkle crushed wafers on top.

Orange Chipotle Avocado Toast

Total time: 10 minutes

Servings: 1

- 1 slice whole wheat bread
- 1/2 avocado, diced or smashed salt and pepper
- 1/3 cup Mandarin Oranges, drained
- 1/2 teaspoon chipotle peppers in adobo sauce, finely chopped
- 1/4 lime

Lightly toast whole-wheat bread and top with diced avocado. Season with salt and pepper, to taste.

In medium bowl, toss oranges with chipotle peppers.

Spoon oranges over avocado toast and finish with a squeeze of lime.

Orange Chipotle Avocado Toast

Even if you've mastered the art of a smart workday lunch and can pick the most nutritious items on a restaurant menu like a pro, eating healthy at home is an unexpected downfall many people face.

When you find the chance to take a break from the busy pace of life and spend some time at home, it can be easy to slip into an all-indulgence mindset. Just remember that doesn't have to mean going all-out on junk food.

Enjoy the comforts of home and keep your eating on track with these helpful tips.

When you're spending time with family

It's easy to catch a carefree spirit while you're running the bases in an impromptu game of backyard baseball or being tempted by yet another imaginary dessert from the kiddie kitchen. When playtime winds down for dinner, there's no reason for the fun to stop. Have kids get hands-on to help assemble a healthy meal everyone can enjoy. Skip the cutting, peeling and mess by using fruit to prepare salads, desserts and even main dishes that satisfy the whole family's sweet tooth.

When you're tackling chores

From seasonal landscaping to the myriad projects you've been putting off, the list of chores around the house may seem never-ending. Remember to stay hydrated, especially if you're working outdoors, and be sure you make time to eat, even if it's just a quick bite to keep you fueled. Air-popped crackers and hummus is a smart alternative to chips and dip, or get your pick-me-up from a handful of nuts and a serving of sweet, juicy fruit.

When you want to be a couch potato

When a new TV season begins this Winter, keep your guilty pleasure in check with quick, healthy dishes to enjoy as you binge watch your favourite shows. Keep your kitchen stocked with ingredients such as high quality, ready-to-eat fruit so you can create quick and easy snacks with a serving of fruit in between episodes or during a commercial break.



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BEBINGTON VILLAGE - HIGHER BEBINGTON - BRIMSTAGE - THORNTON HOUGH - RABY, 4 HISTORIC PUBS
5.6 MILES ALONG ROADS AND COUNTRY FOOTPATHS



Start at the **Rose & Crown** in Bebington Village (bus routes 410, 487/8, 464). This former coaching inn was built in 1732 and is now a thriving suburban pub serving up to four Thwaites beers. Cross the road outside the pub and walk down to the roundabout to the right and

turn left up Heath Road. Follow the road passing Wirral Grammar schools on your left and continue along the main road onto Teehey Lane. When you reach a row of shops on your right, turn left up Village Road immediately before The Acorn pub.

As you walk up Village Road you pass Victoria Hall on your right. This village hall, described as an architectural gem, was built in 1897 from Storeton stone quarried a few hundred yards away and was the venue for a Beatles concert in August 1962. Further on



your right is Royal Oak Chambers, originally a pub which was closed in the late 1950s and replaced by the nearby Acorn. Continue up Village Road passing the George on the left

until you reach the **Travellers Rest** at the top of the road. Reputedly over 300 years old, this cosy pub is decorated throughout with brasses and bric-a-brac. The beers are mainly well known brands with a guest ale often from local micro-breweries. At lunchtime the emphasis is on food (no food Sun), but in the evening this is very much a traditional pub.

Cross the main Mount Road. Walk down Rest Hill Road for 100 yards and as you reach the end of the woods turn left onto the footpath and follow this along the edge of the woods. When you reach a gate to private property, take the public footpath on the right and follow this until it emerges on Red Hill Road. Turn right and in front of you, slightly to the left, cross a stile and follow the public footpath across a field, a wooden bridge and then two more fields until you reach Brimstage Lane.

Follow the road ahead, going under the motorway, cross an avenue of trees with a World War 2 pillbox on the right and as you enter Brimstage village you pass farm buildings on your left where Brimstage Brewery is located. Cross the main road and turn right and after a few yards turn left to Brimstage Hall Courtyard. Turn right in front of the buildings, cross

the car park and the stile immediately opposite then cross the field and back onto the main road.

Follow the footpath straight on turning left into Talbot Avenue and then after 10 yards left again onto a signposted footpath. After a few hundred yards where the main track turns left, take the narrow footpath straight on along the left hand side of one field and across the centre of the next onto a tree lined private avenue which leads to Thornton Manor. Cross the avenue and follow the public footpath across further fields until you reach a second tree lined avenue (Grange Drive) where you turn right and then after a few yards, turn left up the made up track eventually reaching farm gates. Pass to the right of the gates and carry on past the farm buildings until you reach the main road in Thornton Hough, Lever's model village for its executive workers.

Turn right you will see the **Seven Stars**, built in the 1850s, a focal point for locals, walkers and cyclists.

The pub has a comfortable single bar and lounge area with the emphasis on meals and three rotating guest beers often from local breweries.



Turn right out of the pub and right again down Church Road, passing the church on your right before turning left onto Raby Road. Follow the road to Raby where you will see the **Wheatsheaf** across the green.

The **'Thatch'** was rebuilt following a fire in 1611 and has been a pub for 350 years, Wirral's oldest pub. The walls are decorated with old photographs of Raby. The bar has nine hand pumps with four guest beers including locally brewed Brimstage Trappers Hat. Food is served in the bar until 5pm.



Buses (route 84/85) run hourly to Heswall, Spital and Bromborough but in the evening or Sunday you will need to retrace your walk to Thornton Hough for the 487/8 bus between Neston and Birkenhead.

CAMRA WIRRAL MEETS AT 8.30PM ON THE SECOND THURSDAY OF EACH MONTH IN THE UPSTAIRS ROOM IN GALLAGHERS. EVERYONE IS WELCOME. YOU CAN GET MORE DETAILS OF WIRRAL PUBS AT WWW.WHATPUB.COM

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.



Have you ever been involved in a Christmas Shoebox appeal?

Last year Teams4U distributed 38,000 gift-filled shoeboxes to Belarus, Bosnia, the Ukraine and Romania. The Teams4U charity also works throughout the year with the local people in these countries to help improve the quality of their lives. From 2018 Teams4U will be operating on the Wirral with their own warehouse collecting shoeboxes for children.

Dave Cooke, the founder of the original Christmas Shoebox Charity has never been a stranger to risks or the dedication it takes to start up a charity! In 1990, after seeing the images break of the orphans from Ceausescu's regime in Romania, he decided, with the help of some friends, to get an aid wagon together and drive it across Europe, hoping the medical supplies, beds, blankets and clothes would radically change the horrific conditions in which these children were living. What he didn't know (and no-one knew) was that the few thousand shoebox gifts that went across with the convoy from Wrexham would grow into the biggest shoebox programme in the world!

In 1994 Operation Christmas Child was amalgamated with the American-led International Charity Samaritan's Purse. Dave resigned from his job as Contracts Manager for a Window Installation company and became SP's Overseas Projects Manager, delivering shoeboxes all across the world whilst developing their Soccer programme and Second Chance programme; taking sports and games to street-children and juvenile convicts.

From those years pioneering new programmes and visiting new countries grew the seeds for Teams4U. Seeing children without family or community, traumatised through abuse, war and poverty, laugh and play again through the sports programmes empowered Dave to make that the focus of T4U. Dave founded Teams4U in 2006 after experiencing the atrocities of the Beslan crisis in 2004 when over 300 people were killed in a school attack in Russia. From his experience working as an International Projects Manager for SP, he was invited to take a team of volunteers into Beslan to be part of the rehabilitation process there. Out of that harrowing situation, Dave realised the difference short-term teams can make and wanted to set up an organisation that

could give anyone the opportunity of travelling abroad to assist children in crisis.

"I want to give people who aren't able to give up their day-to-day lives the opportunity to go overseas and make a difference. Most of us have jobs, families, mortgages and bills to pay. We can't all spend months or years abroad. But I don't want that to stop people from travelling to the third world, getting off the tourist route, and meeting the needs of the children there. From whatever walk or stage of life you're in, I want to give you the opportunity to travel with Teams4U " Dave Cooke

Meanwhile, if you don't fancy volunteering abroad the Charity has returned to the simple model of giving a shoebox for a boy, a girl or a family box at Christmastime. If you would like any more information about how you can help or would like to volunteer in our Wirral Warehouse, please contact **Anne Preston** (Email anne_preston22@hotmail.co.uk or Telephone 0151 645 2351)



Dave Cooke, the founder of the original Christmas Shoebox Charity



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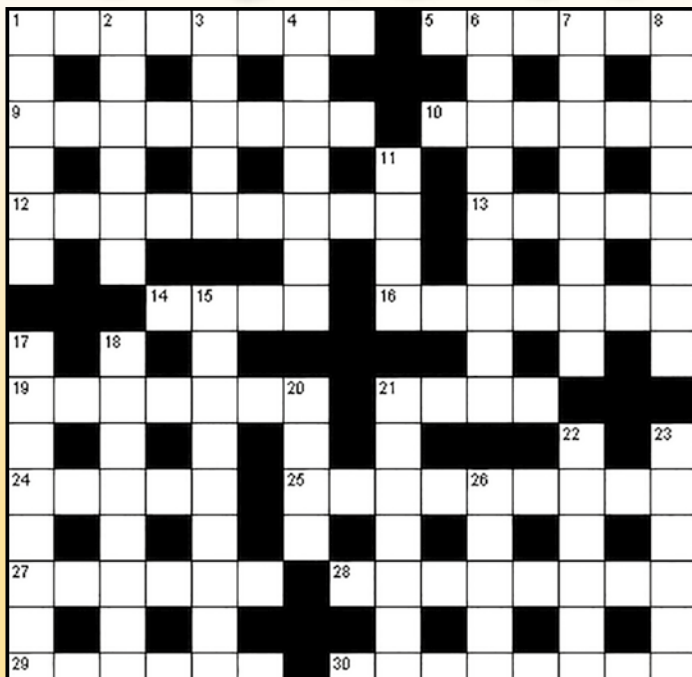
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PUZZLE CORNER



Down

1. Fought in armor (6)
2. Anagram of "Cartel" (6)
3. Holdup (5)
4. Put to death (7)
6. Information (9)
7. Journalist (8)
8. A socially awkward or tactless act (8)
11. A single time (4)
15. Repeat (9)
17. Morbid (8)
18. The driver of a train (8)
20. Fortitude and determination (4)
21. Silver hake (7)
22. A range of mountains (6)
23. Fanatic (6)
26. He told fables (5)

Across

- | | | |
|--------------------------------|-------------------------------------|---------------------------------------|
| 1. Headscarf (8) | 14. Tall woody plant (4) | 27. Medicine that causes vomiting (6) |
| 5. Passes around or avoids (6) | 16. Infinite (7) | 28. Troubadour (8) |
| 9. Having a disposition to (8) | 19. Pursuit of animals for food (7) | 29. A viral disease (6) |
| 10. Force somebody (6) | 21. At which time (4) | 30. Egg-shaped vegetable (8) |
| 12. Acid reflux (9) | 24. Pee (5) | |
| 13. The words of a song (5) | 25. Not genuine (9) | |

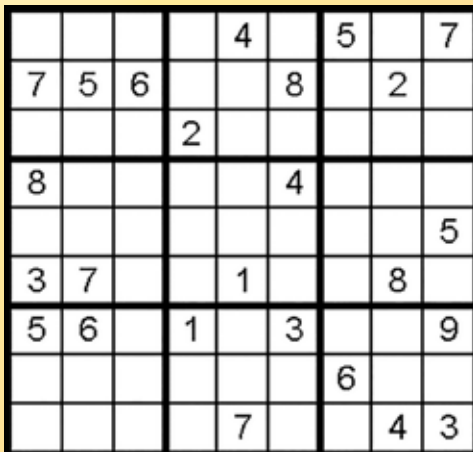
Sudoku Puzzle

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: **Easy**.

Solutions can be found on our website:
www.love-wirral.com



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to unlock the door



and given 60 minutes



then escape!



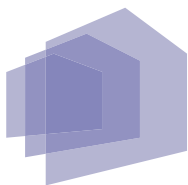
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2018



1st June - 31st Dec 2018

Dazzle Ferry

Birkenhead Park, Birkenhead Park, Birkenhead, Merseyside, CH41 8AU

Liverpool Biennial, 14-18 NOW WW1 Centenary Art Commissions and Tate Liverpool have commissioned one of the major figures of British pop art, Sir Peter Blake, to 'dazzle' a Mersey Ferry in partnership with Merseytravel and National Museums Liverpool.



Sun 28th October - Sat 3rd Nov

International Tennis | GB Pro-Series Wirral

Wirral Tennis & Leisure Centre, Valley Rd, Birkenhead CH41 7EJ

Women's International Pro Tennis returns to the Wirral, having increased the event's prize pot from \$15,000 to \$25,000. With an expected high contingent of British players competing both in singles and doubles, the event provides the local community the opportunity to watch world-class tennis, while at the same time provide a platform for up and coming players to hone their skills and climb up the rankings.

Hosted at Wirral Tennis & Leisure Centre, entry for spectators is free.



Thursday 1st November 2018
The Breck Needs You!

Knabesborough Road, Wallasey CH44 2BG. 10:00am - 2:00pm

Join the Rangers in a range of tasks to improve The Breck.

Saturday 3rd November 7pm

Firework Display - Central Park Wallasey

Central Park, Wallasey CH44 9BX

Wirral Councils Firework Display for Central Park - Wallasey will take place on Saturday 3rd November 2018.

Display will start at 6.30pm



Saturday 3rd November 2108

Firework Display - OC Club

28 Bridle Road, Bromborough Wirral CH62 6AR. 0151 328 5690

Adults £10.00 - Children £6.00 Under 2's FREE

This event is tickets only - You must purchase your tickets before the evening.

- BBQ Available (not included in ticket price)
- Childs entertainer 5:30-7:30pm
- Bonfire lighting at 7:30pm
- Fireworks at 8pm
- Leigh Paul main bar DJ

Saturday 10th November 2108

Comedian Stan Boardman at The Gladstone Theatre

Greendale Rd, Birkenhead, Wirral CH62 4XB 0151 643 8757

Tickets £20.00 + £1.60 standard

Ticket Helpline: 0151 643 8757

Or WIN Tickets via our Competition



Wed 14th Nov 11:00am - 3pm

Dogs trust Community Event

Courtney Park Community Centre, Courtney Rd, Rock Ferry CH42 1QS

At our Community Events, a veterinary nurse will carry out basic health checks including nail clipping, and they will check eyes, ears, teeth and weight, to make sure your dog is happy, fit and healthy...

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Mon 19th Nov 10:30am - 12pm

Health walk Eastham / Dibbinsdale

Bromborough Library, 31 Allport Ln, Birkenhead, Wirral CH62 7HR,

Join us for a Health Walk each Monday at 10.30am.

Meet at Bromborough Library.

Arrive at 10.15am if new to register.

We walk 3 miles through either Eastham Country Park or Dibbinsdale, beginning at the Library and ending in the village for a coffee.

The aim is to walk at a pace which will help you improve your health without being too much for you.



The Rotary Club of Birkenhead

Telephone Club Secretary on
0151 652 8170



Service before self

Birkenhead Rotary Launches Youth Club Minibus Appeal

Birkenhead Rotary Club, commemorating its 90th year, is well on the way to raising the £12K needed for the Shaftesbury Youth Club minibus and a huge effort came from Rotarian Norman Jones, pictured below. Norman ran in the Hoylake 10K event recently and, as Love Wirral goes to print, he has raised over £2,000 in sponsorship.



Macmillan Coffee Morning



**WE ARE
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A coffee morning held at the home of Shirley and Hugh not only provided some gorgeous cakes for supporters but also raised to date £860 for Macmillan Cancer Support. Shirley is pictured third from the left, together with Marion, Club President Bob Hall and Jill Mackeen far right.

FUN as well as fundraising

Club members and their guests enjoyed a wonderful heritage weekend, with visits to Windsor Castle, The Royal Mews and Buckingham Palace. Pictured right is the stunning Gold Coach, used in Coronations and other commemorations.



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