

LOVE WIRRAL

MAGAZINE



JANUARY 2019
Issue 83

Monthly Business & Community magazine delivered across Wirral

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Things could have been very different for Shirley (85), when she was diagnosed with dementia. With her family living abroad, it looked like she might have to follow the route of many older people and go into a home.

Yet thanks to an innovative new scheme called **PossAbilities Homeshare**, Shirley offered a vacant room in her home in return for a few hours a week of help around the house and company.

Haylea, a volunteer with Princes Trust, heard about the scheme and was soon matched with Shirley. She said "It's great here, I do a bit of cleaning and put the bins out for Shirley. We like to have tea and make cakes, and then I have my own life too. I live in a great place that I wouldn't normally be able to afford".

Shirley's daughter Brenda praised the scheme "It's not easy when your relative is diagnosed with dementia. It's even harder when you live far away like I do. Homeshare is ideal for older people whether or not they have dementia".

Heather Nielsen, of social enterprise **PossAbilities Homeshare**, said "We are delighted to be working with **Wirral Health & Care** to promote Homeshare across Wirral. We're looking forward to bringing more people together to make lives easier and tackle loneliness".

Every match PossAbilities Homeshare makes has: a month's trial period, safety & background checks and face to face monitoring from start to finish.

If you have a spare room you'd like to put to good use, get in touch for a chat. We'd also love to hear from you if you're happy to chat and could give up to 10 hours a week of help around the house in return for affordable accommodation.



Give us a call today on **01706 626747** to find out how you can help and be helped by Homeshare.

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“Both Alison and I would like you to pass on our thanks and best wishes to all of those involved at Elliott Build & Glaze Ltd in this project, as they have been very attentive and professional, as well as personable, throughout the project.”

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We are very happy with all the work and the high standard that was attained.

O'Mally - Meols

“Scott and the team certainly gave us best in class service whilst they worked on our extension, kitchen and bathrooms. They kept us informed all the way and worked around our diaries to deliver the programme on time. We highly recommend them to anyone.

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WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE



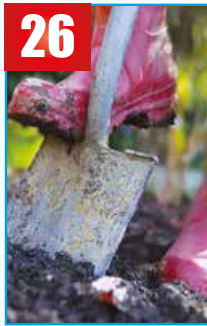
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Entertain With Ease

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Cover photograph
Meols Beach at sunset at low tide.



Dear Friends, January sees us welcome in 2019!

As we close the door on 2018, we look forward to what lies beyond the gateways of 2019; the possibilities suddenly seem endless and the idea of reinvention is ever so enticing.

New beginnings, fresh starts, reaffirmations of love and promises for a brighter future all come to mind as we ring in a New Year. There are the superficial, yet purposeful, promises we make to ourselves. We resolve to get in shape, lose weight, improve our homes, and the like.

We are fortunate to work with lovely highly professional and reliable tradespeople who offer high quality goods and trades at affordable prices - give them a call to help.

Whatever your plans for the New Year, we wish you every success with them and look forward to seeing you next month.

Look out for us on the road in our Love Wirral & Chester van and keep up to date with us on facebook and our facebook group page, twitter & visit us at:

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Best Wishes

Maxine



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

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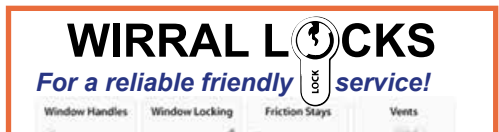
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Anne and Gordon Naylor, June 2017

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David Clyne, October 2017

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DO YOU KNOW?

1. In 4 of the 5 largest cities in the U.S., it's cheaper to rely on Uber than to own a car, a 2018 report found.
2. Lighting hasn't brought down a plane since 1963, due to careful engineering that lets the electric charge of a lightning bolt run through the plane and out of it.
3. For many Icelanders, WW2 is actually known a "the blessed war" because the country has the war to thank for its independence.
4. An IKEA in the Netherlands had to cancel their 1 euro breakfast special because it attracted too many customers and caused traffic jams on the highway.



5. Spinraza, a drug for spinal muscular atrophy, has a list price of \$750,000.
6. All Bran breakfast cereal is only 87% bran.
7. General Electric is the only company remaining from the original Dow Jones index of 1896.
8. As global temperatures rise, flowers are emitting less scent.
9. After just under a year in space, astronaut Scott Kelly's gene expression changed significantly and it's different to his identical twin brother's DNA.

10. Amazon's largest warehouse is the size of 17 American football fields.


11. All galaxies, regardless of size, rotate once every billion years.

12. Dynamite was originally going to be called 'Nobel's Safety Powder'.



13. A report found that the free weights at the gym have 362 times more bacteria than a toilet seat.

14. When you first meet people it is common to forget their names - a phenomenon called the 'next-in-line' effect. This is because people are too worried about themselves, and what they'll say next, to focus on remembering the names of people they're introduced to.

15.  Until 1948, 7-Up contained "lithium citrate", a mood stabilizer used to treat bipolar disorder.

16. Actor Frankie Muniz suffers from long term memory loss and doesn't remember being on Malcolm in the Middle.



17. In the late Middle Ages, books were so valuable that libraries would chain them to the bookcase. This was widely practiced until the 18th century.
18. The first woman to cycle round the world learnt to ride a bike a few days before she set off.



19. When Czechoslovakia split, it split not only the country, but also the national anthem, which had verses both in Czech and Slovak language.

20. Three of the four members of Metallica divorced their wives during the recording of The Black Album due to its troubled production.



21. A cyberchondriac is someone who scours the Internet looking for details of their illnesses.
22. Cologne was originally produced as protection against the plague. It was widely believed that bad-smelling air spread the disease.
23. Installed in 1410, the world's oldest astronomical clock still in operation is in Prague.

24. The world's most expensive perfume is Clive Christian No 1 Passant Guardant. It costs \$143,000 for 30ml and comes in a flask studded with 2,000 diamonds.



25. Ben & Jerry learned how to make ice cream by taking a \$5 correspondence course offered by Penn State, because one of them couldn't get into medical school and the other couldn't sell enough pottery.
26. Dostoevsky wrote "The Gambler" to pay off his gambling debts.
27. Sweden has a ski-through McDonald's.





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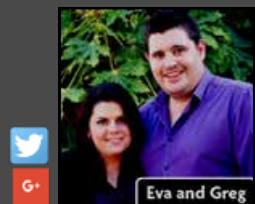
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HOLIDAY DESTINATIONS

LAS VEGAS

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Jet to **LAS VEGAS** and enjoy an exhilarating stay for 3 nights and see the attractions. Las Vegas has a skyline like no other city. The Strip's neon glow can be seen from across the valley. And with views this spectacular, it'd be a shame not to feast your eyes on the best places.

Las Vegas, in Nevada's Mojave Desert, is a resort city famed for its vibrant nightlife, centred around 24-hour casinos and other entertainment options. Its main street and focal point is the Strip, just over 4 miles long. This boulevard is home to themed hotels with elaborate displays such as fountains synchronized to music as well as replicas of an Egyptian pyramid, the Venetian Grand Canal, and the Eiffel Tower.

You could always squeeze into your 3 days a trip to the Grand Canyon West Rim and Hoover Dam Tour from Las Vegas with Optional Skywalk for only £111.57.

MIAMI

This will be your second stop. There are so many sights to see and places to go in Miami. From world-renowned museums to their beautiful parks, beaches, and cultural centres, there is something sure to please the kid in everyone. In fact, you won't believe how many fun things are absolutely free. Miami near perfect weather makes it the ideal place to create great childhood memories during every season of the year.

COZUMEL

Will be your third port of call, 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.

becoming a stopping point for treasure-laden Spanish galleons returning to Spain. King Philip II of Spain granted Havana the title of City in 1592.



HAVANA - CUBA

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.

HAVANA - CUBA

The city of Havana was founded by the Spanish in the 16th century and due to its strategic location it served as a springboard for the Spanish conquest of the Americas,

Havana is no longer frozen in time, at least not completely. With Cuba's guarded openness to private enterprise grabbing hold, classic American cars and salsa singers now share the cityscape with new and inventive offerings in food, culture, night life and hospitality. This confounding capital, a mix of past and present, freedom and restriction has come alive.

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

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Love Wirral magazine can honestly recommend these apartments as we took the photographs whilst staying on holiday.



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AutoReview

by **Tony Yates**

Keeping you motoring

SEAT Arona SE Technology Lux 1.6 TDI 115PS 6-speed manual



This month's road test puts me into a car that many of you probably don't even realise exists! This is a car that sits very quietly in the shadows of many other cars on the road, and I doubt that some of you have ever seen it on the road yet. Well the reason for this is that while most of you will go with what's currently in fashion, and what's hip, there are some of you out there like me that need a car to do exactly what it says on the tin – and the new Seat Arona is exactly that sort of car – so get your head down and read on.

18

Power and Efficiency:

The Arona I currently have on test is powered by a 115PS, 1.6 TDI - four-cylinder diesel engine with a 6-speed manual gearbox and a respectable top speed of around 115mph, plus a 0-62 time of 10.3 seconds. Fuel consumption is also very good with a combined figure of 65.7 mpg.

On the road:

I like the way the Arona handles – it feels very well balanced. Also, when the road gets twisty it's more than capable of holding its own. The steering also feels light and agile – and when you hook all this up to its fantastic 6-speed gearbox – you really can't go wrong, and it's no exaggeration for me to say that I think the Arona is the better car here when you compare it to some of its rivals.

Interior & Technology

As with all Seat's, the interior is of a good standard – but, as I have said many times, Seat is a part of VW group, so it will last for years. The seating is actually rather good even after a long journey, and the dials and switches are laid out very well and are very clear and precise.

Some of the standard equipment across the range includes; Bi-colour roof, Halogen front headlights, Front fog lights with cornering, Function, LED Daytime Running Lights (DRLs), LED taillights, Rear fog lights, Black roof rails, Body-coloured door handles, Electrically adjustable door mirrors, FM/AM radio, DAB (digital audio broadcasting) Six speakers, Bluetooth, Colour: 6.5" colour touchscreen + USB port + Aux-in, Dimming interior rear view mirror, Interior ambient lighting, Interior Chrome Pack, Air conditioning, Electric front and rear windows, Cruise control, Auto-headlights, Comfort suspension, Driver and front passenger airbags, Front side and curtain airbags, Active front head restraints, Anti-lock brake system (ABS), Electronic Stability Control (ESC) with Emergency Brake

Assist (EBA) and Hill hold control.

Plus it doesn't stop there either – as this is the SE Technology Lux version, you also get additional features such as; Beats Audio: 300w subwoofer, 18" space-saving spare wheel, Luggage compartment lining, Heated front seats, Heated washer nozzles, Adaptive Cruise Control and KESSY (Keyless Entry and Go)

To sum up:

I'm going to give the Arona five stars in this test (which is rare for me), not only because I like it a lot - but because I believe it's worth every penny. Next time you are out looking for a new compact SUV, try looking that little bit harder because as I have shown here today, the Arona is a brilliant buy.

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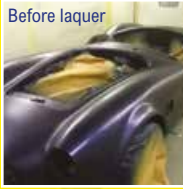
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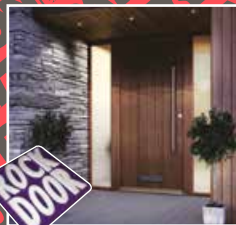
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Cheshire Wildlife Trust given £143,000 to help local volunteers make a real difference in their community

Cheshire Wildlife Trust has been given £143,000 National Lottery funding from Sport England to help local volunteers make a positive contribution to their community using sport and activity. The project, Go Wild – Get Fit, will improve physical activity levels of more than 200 people currently furthest away from the job market and living in Chester, Ellesmere Port, Northwich and Winsford. Volunteers will have opportunity to take part in a range of nature-based activities during the programme including, practical conservation, wildlife surveying and monitoring and nature walks. The programme also offers opportunities for training in wildlife skills and broader life skills.

Go Wild – Get Fit is funded through Sport England's 'Opportunity Fund', which aims to encourage people to volunteer to help tackle challenges their communities face. Projects are being funded in areas that may experience economic disadvantage, ranging from inner-city areas with high levels of crime and social exclusion, to remote rural areas with few services. Through getting involved, the volunteers will also benefit by developing their own skills and confidence, and experience improved wellbeing. These new projects aim to explore how the outdoors and the environment may motivate people to get involved in volunteering, and how volunteering we can help create new opportunities for people to get active.

Cheshire Wildlife Trust promotes wildlife and wild places across Cheshire. Increasingly the contribution of wildlife and the outdoors to people's health is being recognised and so the Trust has run a successful health and wellbeing programme, helping people to feel better through nature for the last two years.

"When people volunteer in sport and physical activity there is a dual benefit – volunteers help others in their communities get active, as well as benefitting themselves" said Phil Smith, Sport England's Director of Sport. "Volunteering can do wonders for job and career prospects, mental health and making friends. It's why volunteering sits at the heart of Sport England's new strategy, towards an active nation. We're delighted to be helping Cheshire Wildlife Trust enable more volunteers to be the catalysts for change in their neighbourhood.

"It's one of 37 projects in which Sport England has invested in to test different approaches to encourage new audiences to volunteer and benefit their community and others through social action, sport and physical activity. These projects will test various different approaches, with the ultimate aim being a larger number and more diverse volunteers. We are targeting people who are currently less likely to volunteer in sport, such as women, disabled people, people from BAME groups and people on a low income."



The next meeting of Neston Civic Society is an illustrated talk by Glynn D. Parry - 'The Big Ditch: a cruise along the Manchester Ship Canal'.

The talk is at 7.30 p.m. on Thursday 17 January at the United Reformed Church Hall, Moorside Lane Neston CH64 6UZ.

After the talk, complimentary coffee, tea and biscuits will be served.

Visitors are most welcome, for £1.

Contact Janet Griffiths email janet.griffiths.ncs@gmail.com

The Society recently donated £1000 from the Ruby Holloway Bequest for two new seats in the refurbished Sytchcroft Park in Neston.

Photos show the Thelwall viaduct from the Manchester Ship canal; and Treasurer Janet Griffiths and Chairman Rob Ward at the formal opening of Sytchcroft Park.





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What to do in the Garden in January

In frosty weather little can be done in the garden. The ground is too hard to dig or plant and the lawn should not be walked

on. Although there is very little work to do, January ushers in the beginning of a new year that is full of promise in the garden.

English Countryside Winter Scene

Despite the low temperatures and short daylight hours, there are some useful tasks that can be done. If the weather is mild, you can still plant roses and bare rooted shrubs and trees. At this time of year a heated greenhouse has great appeal, especially when the weather is too cold and wet to work outside. The warmth of a heated cold-frame or greenhouse or even a sunny indoor window enables you to sow annuals that need a long growing season and start of those early vegetable crops. Roots of favourite herbs, can also be lifted and brought indoors, to provide fresh shoots and leaves for winter flavour.



Winter digging is necessary for beds and borders that need to be planted in early spring. The earlier this is done the better, allowing time for frosts to act and break down the soil. The longer any rough clods of soil are exposed to frost, the easier it will be to get a fine tilth in spring. While digging, it is a good idea to work in plenty of well-rotted manure or garden compost at the same time, thus improving the soil's texture and richness.



If you have planted any trees or shrubs during the winter months, check that they haven't been lifted by frost. Once lifted, they can rock in the wind and their roots will be slower to get established. Re-firm the plants by pressing down on the surrounding soil with your feet. You may also need to stake any tall or exposed plants to prevent further wind rock.

If the surface of water features or a pond has frozen solid, and particularly if it contains fish, break the ice with care. If the ice is very thick, use a little boiling water rather than a hammer, to avoid shock waves which can kill the creatures beneath.

Planning Next Season's Garden

The long winter evenings provide plenty of time to browse through seed catalogues and plan new projects in the garden. Late January to early February is an ideal time to visit garden centres to buy seeds, tubers and bulbs for the coming season. If you are ordering products from a seed catalogue, or over the internet, it should be done as early as possible or they may arrive too late for their proper sowing or planting dates.



Maintain and Check Garden Tools and Equipment

Make sure that mechanical equipment such as mowers, rotovators, edgers, strimmers and hedge trimmers are in good working order. If any need repairing or sharpening, take them in for servicing by a professional.





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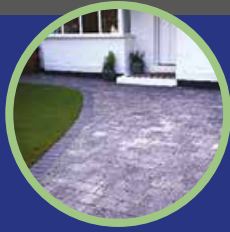
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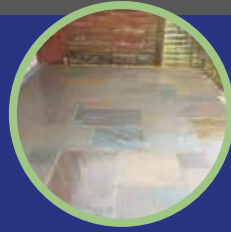



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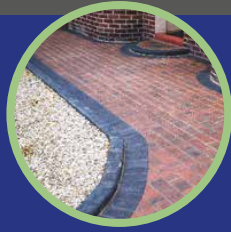
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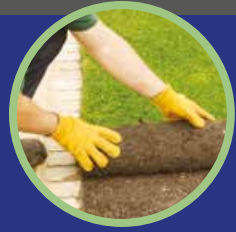
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Road) you cross a footbridge over a track and immediately turn left down steps and over a stile at the bottom. Turn right and follow the track straight ahead which narrows to a footpath. After less than half a mile turn right following the main pathway. You will eventually emerge on Gorstons Lane where you turn left, keeping the houses on your right. At the end of the road turn right following the road and keeping the school on your left hand side. Follow Woodfall Lane downhill, at the main road turn right then follow the road (Bull Hill) to the left continuing downhill until you reach a roundabout. Cross the roundabout and continue down Bull Hill then Marshlands Lane until you reach the Dee Marshes.

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Turn right out of the pub and go straight on passing the bottom of Marshlands Lane and follow the track ahead keeping the Marshes on your left. The track becomes a footpath, then over a stile and into open ground crossing three wooden foot bridges before becoming a footpath on the edge of the marshes. Follow the footpath which can be boggy or overgrown at times until you reach a track where you have to turn right away from the marshes. When you reach the road turn left onto Manorial Road South and continue straight ahead eventually onto Manorial Road. At the end of the road take the footpath on the left and this brings you back to the marshes and onto the Parade at Parkgate.

300 yards on the right is the **Ship Hotel**. The hotel dates from 1787 when it was known as the Princess Royal after a locally-built ship. The hotel bar serves food all day and features historic photos of old Parkgate. Beers include Brimstage Trappers Hat plus three guests.



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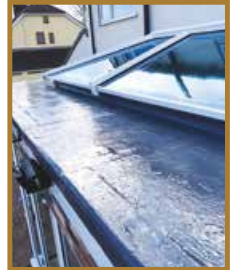
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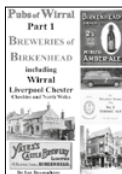
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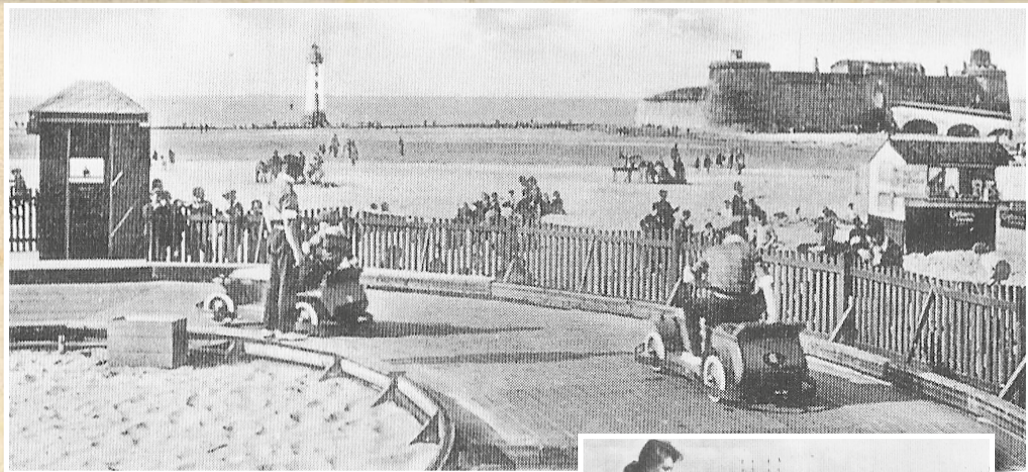
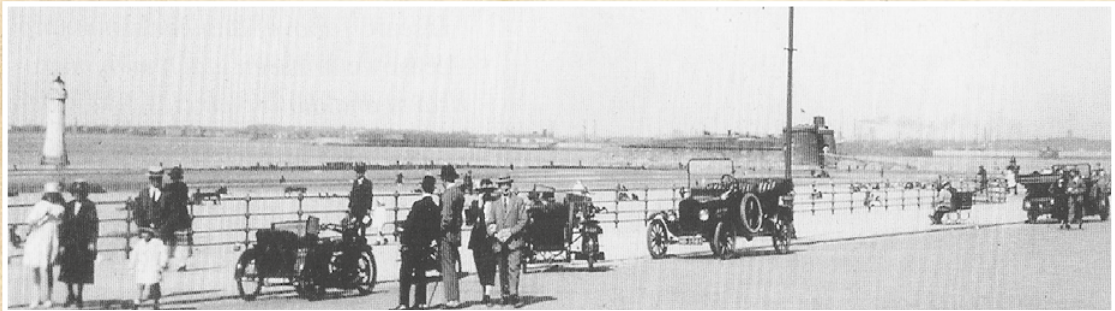
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Below: 1922. Fresh air on **New Brighton Promenade** - pedestrians plus two cars without tops and two motor cycles with side-cars.

The lighthouse is seen on the left and Perch Rock on the right.



Above: 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.

Right: An unusual view of **New Brighton baths** showing how popular these open-air baths were. The large Wilkie's Circus tent is seen in the distance on the promenade.





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: 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 below how the roundabout used to be like.



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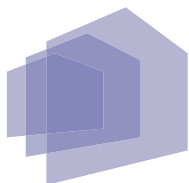
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Entertain with Ease

If gatherings with family and friends are the fabric that weaves each holiday season together, the mouthwatering foods that accompany these celebrations are what brings everyone to the table.

For seasoned pros and home cooks alike, holiday entertaining is an opportunity to gift loved ones with a taste of festive fun. A few simple tips will help make it easy to cook up one delicious holiday season.

- Plan a menu that lets you enjoy the party, too. Serve a simple main course, and let the smaller dishes and desserts be the heroes of the holiday. Flavourful finger foods, appetisers and sweets are easily prepared and guests can serve themselves.
- Keep your kitchen stocked with a few key ingredients that can be used in a variety of dishes. For example, Philadelphia Cream Cheese makes the holidays because it's perfect in rich cheesecake and other desserts, but it also lends a creamy texture to appetisers and main dishes.
- Remember that special can be simple, and recipes do not need to be complex to be guest-worthy. Take care to offer a diverse selection to satisfy a range of tastes and dietary needs, and guests will be eager to enjoy the bounty of your efforts.
- If you'll be hosting or attending multiple events, work ahead. You can make the same dish more than once for different groups of people. Look for recipes you can prep or cook and freeze ahead of time, so you can shop once and make the most of your kitchen time.



Classic Cheesecake

Prep time: **20 minutes**

Total time: **5 hours, 45 minutes** (inc. refrigerating)

Makes: **16 servings**

- 1 1/2 cups digestive biscuit crumbs**
- 3 tablespoons sugar**
- 1/3 cup butter or margarine, melted**
- 4 packages (8 ounces each) PHILADELPHIA Cream Cheese, softened**
- 1 cup sugar**
- 1 teaspoon vanilla**
- 4 eggs**
- 1 cup canned cherries**



HEAT oven to 325°F.

MIX digestive crumbs, 3 tablespoons sugar and butter; press onto bottom of 9-inch springform pan.

BEAT cream cheese, 1 cup sugar and vanilla with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 1 hour or until centre is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours. Top with canned cherries, if desired.

Finger Foods for a Crowd

During the holiday season, mix-and-mingle parties lend a sense of gaiety and make it easier for busy guests to come and go. However, planning the menu for these more casual events can be tricky.

When the hors d'oeuvres are served in place of a sit-down meal, make sure your guests have plenty to eat. If serving a full dinner, take the time of the meal into account to make sure no one fills up on appetisers or becomes too hungry while waiting for dinner.

Use this guide to help plan the quantity and variety of appetisers you need to serve a spread of finger foods and appetisers at a party or to accompany an early or late dinner.



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The Rotary Club of Birkenhead

Telephone Club Secretary on
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Service before self

Rotary Thanks For Public Support



The Rotary Club of Birkenhead thanks all those who supported its collections for Rotary supported charities and projects over the festive period. These included Birkenhead, during the Christmas Lights event, the Sainsbury's stores in Prenton and Upton

and the Tesco Store in Bidston. Alongside those trips with Santa, his sleigh and Elves, visits were made to Claire House Children's Hospice, schools and the Mayor of Wirral's Tea Dance in Wallasey Town Hall.

Woodchurch High School Interact Club



Members from the Woodchurch High School Interact Club are pictured displaying a cheque for the amazing amount of £1,395.88 - the proceeds of their charity fundraising for Ronald McDonald Houses.

Megan Owen from the Ronald McDonald charity is pictured far left with second from the right Rotarian Jill Mackeen and Birkenhead Rotary Club President Bob Hall.

The Ronald McDonald House at Arrowse Park Hospital is situated inside the hospital itself, although other houses are purpose built.

It is in the first floor, providing 7 en-suite rooms in which families can relax, away from the busy ward but still be close to their sick child's bed.

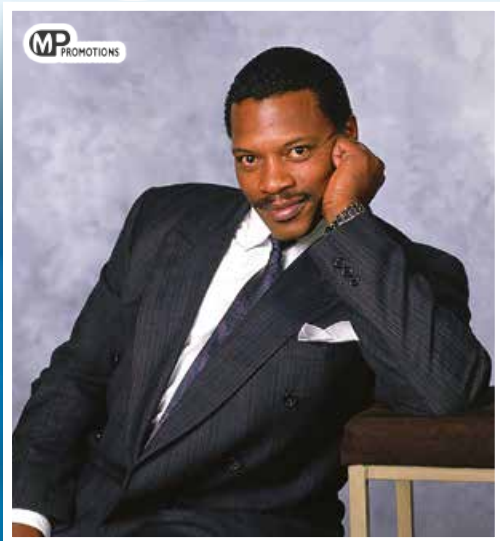
The now world-wide charity was set up originally in the U.S supported by McDonald's and that is the case with the Arrow Park Hospital House with 34 McDonald's outlets regularly fundraising. McDonalds also have collection facilities and those funds go to support the national organisation, which does not receive any NHS funding but is supported in other ways, such as providing accommodation.

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PLEASE SUPPORT LOCAL CHARITIES

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

Local volunteer appeals for support with British Heart Foundation fundraising group in Wirral

Jenni Bowden is calling on the people in the area to help beat heart break forever by joining a new fundraising group in support of the British Heart Foundation.

Around 44,000 people across Wirral are fighting a daily battle with heart and circulatory disease. Each year these devastating conditions claim the lives of more than 1000 people in Wirral alone.

Fundraising groups are the face of the BHF in their local communities. From running fundraising events, to supporting schools and local businesses, organising collections or running marathons, they are a fantastic way to support the charities vital work.

Three years ago Jenni's dad, Phil sadly died of a sudden heart attack. Following her tragic experience Jenny joined the BHF.

Jenni says; "my dad was so fit and healthy, so when he had a heart attack it was a massive shock for us all. It was then I decided to join the BHF as a volunteer. I want to raise funds and awareness so that other people don't have to go through the same life shattering experience that my family did. It would be great to get new members on board in Wirral, we organise events and hold collections and have fun. I have even started running marathons which is something I never thought I would do. And we do all this while raising funds for such important lifesaving research" Being part of the Group is a way to meet new people, make great friends, get involved in your local community, all whilst helping to fund pioneering research into better understanding and treating heart and circulatory disease and most importantly, having FUN!

Hayley Gough, Fundraising Manager in Wirral for the BHF said "Wirral is such a wonderful community and we are so excited to expand the local group and start up new ones. Heart and circulatory disease is Merseyside's biggest killer. I think everyone knows somebody who has been impacted by heart and circulatory disease which is why our fundraising groups are so important. Without them, we wouldn't be able to carry on funding our lifesaving research"

For more information about joining the group call Hayley Gough on **07768 980 727** or email goughh@bhf.org.uk



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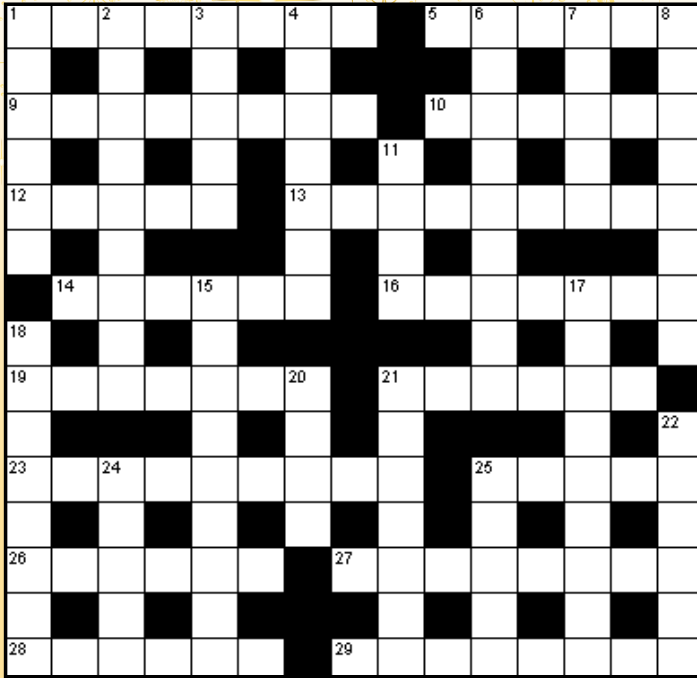


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PUZZLE CORNER



Quick Crossword Puzzle

Down

1. Hurting (6)
2. Extremely funny (9)
3. Suite (5)
4. Temporary housing (7)
6. Scenery (9)
7. Desert plants (5)
8. On tenterhooks (8)
11. At peace (4)
15. Attaché case (9)
17. Profitable (9)
18. Counsel (8)
20. A girl's toy (4)
21. Ask someone to marry you (7)
22. Canadian two dollar coin (6)
24. Reddish (5)
25. Ruler or chieftain (5)

Across

1. A short pithy saying (8)
5. Locations (6)
9. Sacred (8)
10. Noshes (6)
12. Geeks (5)
13. Occur (9)
14. Terrorist (6)
16. A childhood disease (7)
19. Annul (7)
21. Sermonize (6)
23. A large, flat, thin case (9)
25. San Antonio fort (5)

26. Vampires (6)
27. Funny guy (8)
28. An armless couch (6)
29. Backside (8)

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

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Wirral CH45 2JS

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Tuesday 1st January 2019
Pedal Away ride - 10am - 12pm

Meet outside Guinea Gap Leisure
Centre, Riverview Rd, Wallasey
CH44 6PX
Couple-cycling-Wirral-Way

Every Tuesday meet at 10am at
Guinea Gap for an easy cycle ride.

Thursday 10th January 2019
January Craft and Create
Quentin Blake @ Lady Lever
Art Gallery

Lady Lever Art Gallery, Port
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Drop into the Lady Lever for
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Thursday 10th January 2019
The Breck Needs You!
10:00am - 2:00pm

The Breck, Knaresborough Rd,
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Tasks will include tree thinning,
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Sunday 13th January 2019
West Kirby Beach Clean
10:00am - 12:00pm

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It's a family friendly morning on
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Monday 14th January 2019
Young at Heart Club
2:00pm - 4:00pm

St John's Church Centre, School Ln,
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Includes quizzes, internet tuition,
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Contact Tim Smith for more
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Tuesday 15th January 2019
Pedal Away ride
10:00am - 12:00pm

Meet outside Guinea Gap Leisure
Centre, Riverview Rd, Wallasey
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Every Tuesday meet at 10am at
Guinea Gap for an easy cycle ride.



Wednesday 16th January 2019
Shackleton and his 1914-17
Trans-Antarctic Expedition
8:00pm - 10:00pm

Bebington Civic Centre,
Civic Way, Birkenhead,
Bebington, Wirral CH63

Every Tuesday meet at 10am at
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Thursday 17th January 2019
Adult Painting course
10:00am - 12:00pm

Williamson Art Gallery & Museum,
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WIRRAL CARE HOME RAISE FUNDS FOR NIGHT SHELTER WITH FESTIVE FAMILY DAY

Residents from a Wirral care home are supporting a local youth charity with money raised at a Christmas family day.

The Hazelwell, a residential, nursing, palliative and respite care home in Heswall, has previously helped the YMCA in Birkenhead by donating new hats, scarfs, gloves and other items to help people, without a home or shelter, deal with the freezing cold temperatures earlier this year.

The Christmas family day was a fun festive get-together for residents and their families, past residents and staff, to sing songs, play games, take part in a raffle and enjoy Christmassy food and drinks. It was also a chance for friends to chat and swap presents.

The residents collectively decided that they would give the money raised to the night shelter at the YMCA, a Christian charity founded by philanthropist Sir George Williams in 1844, the oldest and largest youth charity in the world.

Its mission is to allow young people to belong, contribute and thrive in their local communities. The Hazelwell care home manager Kathryn McGuinness said: "The Hazelwell is extremely pleased to be able to do our bit to support the local YMCA in any way we can."

"Our family day was a lovely warm and happy occasion, with lots of smiles and laughter, and so it feels fitting that the money raised at this event should go to helping young people who might not be so lucky to have friends and family to support them right now."

"We hope that the money raised by The Hazelwell will go some way to ensuring the young people that the YMCA help have a happier Christmas."

For more information about The Hazelwell contact Kathryn on 0151 342 9654, email info@thehazelwell.com or visit www.thehazelwell.com



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