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MAGAZINE



APRIL 2020
Issue 98

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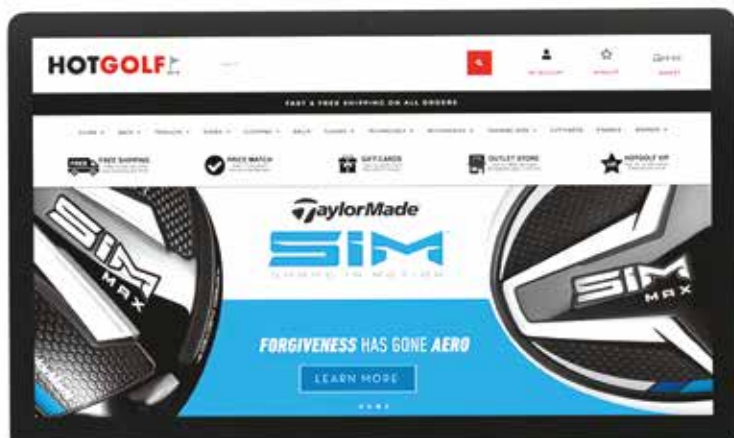
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WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE



16

Holiday Destinations - Azores to UK



20

Auto Review by Tony Yates



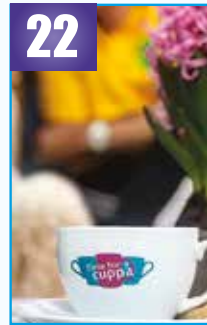
36

Get Your Garden Ready For Spring



50

Hearty Heart Health Dish Recipe



22

Tea's Up Wirral Care Home

Love Wirral The Magazine of Choice for Businesses in Wirral.

Do You Know?	10
Local Community News	14
Holiday Destinations - Azores to UK	16
Auto Review by Tony Yates	20
Please Support Local Charities	28
Yesterday's Wirral - Old Photos	30
Local Community News	34
Get Your Garden Ready For Spring	36
Please Support Local Charities	48
Hearty Heart Healthy Dish - Recipe	50
Local Community News	53
Birkenhead Rotary Club	56
Diary Dates in Wirral 2020	58
Puzzle Corner	60
Please Support Local Charities	58
Diary Dates in Wirral 2019	61
Tea's Up - Wirral Care Home	62

Cover Photograph: The derelict central hydraulic tower at great float birkenhead.



Dear Friends,

It's official, Spring is in the air! The nights are getting lighter, the sun is shining, birds are singing (getting ready to make their nests), and everyone is happier at this time of year.

Now is the time to 'Spring clean' the house, gardens and even the car (Croft Car Sales Valeting). If you need any help, a little or a lot, we have super helpers advertising in this months magazine such as **Wirral Extra-Help**, give yourself a head start!

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Best Wishes

Maxine



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DO YOU KNOW?

1. Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
2. In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."
3. Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
4. Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
5. More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
20. Fingernails grow nearly 4 times faster than toenails!
21. The Pentagon, in Arlington, Virginia, has twice as many bathrooms as is necessary. When it was built in the 1940s, the state of Virginia still had segregation laws requiring separate toilet facilities for blacks and whites.
22. During World War II, condoms were used to cover rifle barrels from being damaged by salt water as the soldiers swam to shore.
23. One barrel of petroleum holds 42 gallons.
24. In 1936, the first practical helicopter was invented. It was the German Focke-Wulf Fw 61..
25. In 1936, the first practical helicopter was invented. It was the German Focke-Wulf Fw 61.



6. A crocodile can't stick its tongue out.
7. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.
8. A shrimp's heart is in its head.
9. People say "Bless you" when you sneeze because when you sneeze, your heart stops for a milli-second.
10. Like fingerprints, everyone's tongue print is different.
11. Money notes are not made from paper, they are made mostly from a special blend of cotton and linen. In 1932, when a shortage of cash occurred in Tenino, Washington, USA, notes were made out of wood for a brief period.
12. Sound travels 15 times faster through steel than through the air.
13. Guinea pigs and rabbits can't sweat.
14. A group of twelve or more cows is called a flink.
15. Cats often rub up against people and furniture to lay their scent and mark their territory. They do it this way, as opposed to the way dogs do it, because they have scent glands in their faces.
16. The 57 on Heinz ketchup bottle represents the varieties of pickle the company once had.
17. Leonardo Da Vinci invented scissors.
18. Chewing gum while peeling onions will keep you from crying!
19. The elephant is the only mammal that can't jump!



26. Dolphins sleep with one eye open!
27. A cockroach will live nine days without its head before it starves to death!
28. The male praying mantis cannot copulate while its head is attached to its body. The female initiates sex by ripping the male's head off.



29. A man named Charles Osborne had the hiccups for 69 years!
30. The placement of a donkey's eyes in its' heads enables it to see all four feet at all times!



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COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!
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Over 150,000 Merseyside children are benefitting from fitness, sports classes & high-quality PE Lessons and that is set to increase.

www.fullofbeansfitness.co.uk <http://www.fullofbeansfitness.co.uk/franchise-opportunity/>

A demand for fitness, sports coaching and high-quality PE lessons for children has led to the expansion of a local sports and coaching business. The move will ensure all schools across Merseyside & Cheshire can benefit from dedicated classes, as obesity levels for the region remain high.

More than 22000 children leave primary school severely obese. 28% of 2-15years were classed as overweight or obese. At the start of primary school one in 10 children are obese and by the end, that has increased to one in five. Those growing up in the most deprived communities are at the greatest risk. The chances of being obese are about twice that of those who live in the least deprived areas.

Through two new franchises, Wirral based Full of Beans Fitness and Sports Coaching, which runs classes in schools by trained PE Teachers & specialised Sports Coaches, will now cover the whole of the Wirral and south Liverpool. This means that even more children could take part in classes, which not only address fitness levels and sporting ability but also support mental health in young people.

The expansion follows an increase in demand from schools and parents, keen to support children with increased physical activity and improved mental health. Full of Beans also runs out of school classes, popular with parents during the school holidays etc. The original founder, Nicky Adams, sold her first franchise to Lauren Thirsk who set up in South Wirral and her business has doubled every year since.

Founder & Director Nicky Adams says eg "We are seeing first-hand the commitment from our schools in supporting pupils to increase their levels of physical activity and we work them to ensure all children have access to a variety of opportunities to suit the least active to the most sporty. We also offer some amazing mental health and self-development programmes and have achieved some fantastic results.

We are also members of the Children's Activities Association so schools and parents know that we have been vetted in providing high quality services.

As part of the expansion, all Merseyside schools are eligible for a **FREE PE Health Check**.

Lesley Roach, Headteacher, Sacred Heart Catholic Primary school in Liverpool said "As a healthy school we promote the health and well-being of all our pupils in school and for the past year we have worked alongside Jordan and the Full of Beans team. They have delivered a range of extra-curricular clubs which have developed our children's resilience and enabled them to be mentally healthy. The clubs have been tailored to meet the needs of our children and Jordan is passionate about offering new opportunities.

The clubs are very well organised and led by trained staff who are so enthusiastic and have really helped our children to develop their confidence when trying new activities.

Jordan and his team have developed excellent professional relationships with myself, staff and our children and we look forward to continuing to work with them."

Esther one of our children said "Full of Beans and their self development programme, Mini Mermaids, has helped me in so many different ways. First of all, I used to have lots of worries but now I have a lot less. Before this, I was shy with new and unfamiliar people, but now I'm able to communicate with them more freely. Also, it's helped my confidence to grow and I'm excited to try new and different things. The program has helped me understand a bit more about who I am and who I'd like to be. It has helped encourage me to follow my hopes and dreams."



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NEW YORK

New York which is one of the most vibrant and exciting cities in the world.

Whether you have come to the Big Apple for the shopping, architecture, nightlife, Broadway shows or just to stroll through Central Park and soak up the electric atmosphere, it is a city that never disappoints.

You can dine in bustling Chinatown or stylish Greenwich Village or wander through SoHo and Little Italy revelling in their vibrant character. Many of New York's museums and

art galleries have recently been refurbished and the choice of exhibitions, shows and performances on offer is staggering.

Along with the more traditional attractions of the Statue of Liberty, Empire State Building and Brooklyn Bridge you can also visit Ground Zero, take a trip over the city by helicopter, tour around on an open top bus, or see the Manhattan skyline from the river at night. Further afield why not explore the colourful neighbourhoods of Harlem and Queens, which have opened their doors to visitors in recent years.

KING'S WHARF, BERMUDA

Kings Wharf is where most cruise ships dock in Bermuda. This is the original pier or the berth in Royal Naval Dockyard.

Like everywhere in Bermuda, there are various options for everyone and every taste. Another highlight of King's Wharf Bermuda is without a doubt Dolphin Quest: within the maritime museum. You can swim about and interact with Atlantic bottlenose dolphins – truly a fantastic and educative day out for kids and adults alike.

There's plenty more to do than just the beach – maybe a trip to the Clocktower Shopping Mall for souvenirs (or discounted British products) or the Bermuda Arts Centre to check out local artists and their works.

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Ponta Delgada,
on São Miguel Island



LISBON

Lisbon is Portugal's hilly, coastal capital city. From imposing São Jorge Castle, the view encompasses the old city's pastel-colored buildings, Tagus Estuary and Ponte 25 de Abril suspension bridge.

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AutoReview

by **Tony Yates**

Keeping you motoring

New Peugeot 208 GT Line 1.2 PureTech 100 S&S 6-speed manual



This is my first review of 2020 – so let me start with saying I wish you all a very Happy New Year.

Right, now that's out the way, let's get on with this week's review of the new-look Peugeot 208 GT Line. But, before I do, I just wanted to say that over the Christmas & New Year period, I spoke to a lot of people at various shows and celebrations and one of the topics that constantly came up was EVs. Many people have told me that this year they are ditching their petrol engine vehicles and are instead going out to buy their first EV. Now, call me a critic – but we are not there yet, we're close, but it's not all plain sailing quite yet because we need a decent charging infrastructure first, followed by another dozen things.

So, to align with this – I plan on testing a lot more EVs throughout 2020 which I hope will help you decide if you want to join the 'green revolution' or like me, you think we're just not quite there yet and you would rather wait a little bit longer before you commit to throwing the combustion engine onto the scrapheap

forever. On a personal note; I will always be a petrol head – and when the time comes that the only other option for me is to use a vehicle that's powered solely by battery power - then maybe I just won't bother at all.

Power and Efficiency:

The 1.2-litre PureTech petrol engine has a 0-62 time of around 9.9 seconds and a top speed of 117mph. Fuel consumption is also good, giving a combined figure of 53mpg. So, the next question is; how well does it get a move on? Well, if I'm being honest it moves along quite nicely. That 1.2 petrol engine for me is smooth and silky. The 6-speed gearbox is also slick, and the gear changes are direct and firm. There used to be a time when floppy Peugeot gearchanges were the norm, but not anymore thankfully.

On the road:

The 100PS engine that was fitted to my test car was enthusiastic and pretty much purred its way along. Also, into the corners, the chassis felt

poised and tight, even when dealing with our worst roads. Plus, when the tarmac gets twisty, the little 208 is fun to drive, it's a little corker, giving you maximum grip in and out of every corner. The steering also felt direct and perfectly balanced - with plenty of feedback on what all four corners are doing at any given time.

Interior & Technology:

First off - I'm so glad to see that the designers at Peugeot have finally paid a lot of attention to the detail inside the cabin of the new 208 - thankfully its now refreshing and modern. Also, the seats are comfy once you get the correct adjustment which I found a little annoying to get just right. When it comes to the boot - the space is OK, with more room than I expected there to be if I'm being honest. Trust me on this, you will be very surprised just how much you can fit in. Rear legroom was also not bad.

On the inside:

There's plenty of standard equipment, which includes; managing to fit in a family with minimal effort. Plus; 17" 'Camden' diamond-cut two-tone alloy wheels, gloss black wheel arch extensions, GT Line badging, active safety brake, ABS with EBD, Thatcham Category 1 approved alarm, ESP with Hill Start Assist, Peugeot i-Cockpit 7" colour touchscreen, DAB radio & 6-speakers, automatic headlights and tyre pressure sensors. To find out more, might I suggest you visit www.peugeot.co.uk.

To sum up:

I like the new 208 because of its practicability aspect, plus it's a hoot to drive. It also has bags of power for a small car, along with plenty of space on the inside.

Price: from **£20,700** OTR



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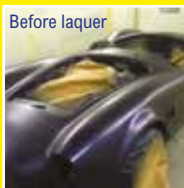
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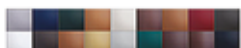
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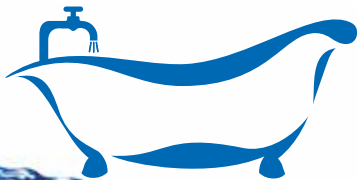
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April



is Make a Will Month with Wirral Hospice St John's



Wirral Hospice St John's has held a special place in the hearts of our whole Wirral community for over 36 years now.

People who have, through family and friends, experienced its specialist medical and nursing care and those who support through volunteering, raising funds and making kind donations are all massive advocates for the hospice.

Although it costs more than £5 million a year to run the hospice, its services are completely free of charge to patients with life-limiting illnesses, alongside appropriate support for their loved ones too. Every single contribution helps Wirral people at their time of most need.

One welcome, and greatly appreciated, source of funds is realised each April when a host of Wirral solicitors partner with the hospice to offer people the chance to make a new, or revise their old, Will.

The participating legal firms offer valuable time and waive their fees to ask people to make a kind contribution to the hospice for the Will-writing service, at a significant discount to the normal cost.

So for a suggested donation of £90 for a single Will or £150 for a double Will, which goes directly to your local adult hospice, you can have peace of mind that all of your assets will go exactly where you wish them to when you're no longer around.

Appointments are available throughout April and fill up really quickly. Early booking is strongly advised and we encourage our supporters to contact the solicitors in March to make their booking. Please quote Wirral Hospice St John's Make a Will Month when booking your consultation.

Why Make A Will?

It's natural for people to believe there's plenty of time before they have to take this important step, but experience tells us that it's never too early. If your Will is not officially drawn up then your assets may be subject to processes under the law which may have negative repercussions for loved ones for many years.

You may already have a Will in place but major changes can happen in life, including marriage, divorce, having children or

even the death of a loved one, which can potentially invalidate some, or all, of a current Will.

Unmarried partners or those who have not registered a civil partnership cannot inherit from each other unless there is a Will in place. Homeowners and people with dependent children are especially encouraged to have an up-to-date Will.

A list of the legal organisations offering the service this April, in partnership with the hospice, appears here.

Legacies

Legacies have become a significant part of hospice income and, although amounts greatly vary according to people's circumstances, Wirral Hospice St John's is extremely grateful when people choose to leave a gift of any size.

Anything that is left to charity is not counted towards the total taxable value of your estate and if you leave at least 10% of your 'net estate' to a charity it can cut inheritance tax from 40% to 36% where that may be applicable.

Please do note that if you further choose to leave something to the hospice, or any other charity, in your will it is totally for your discretion and completely confidential between you and your solicitor, there is absolutely no obligation to leave a gift in your Will to the hospice.

There are different ways of leaving a gift in your Will;

Residual legacy: A gift of the remainder or share of your estate, after all other gifts are given and debts cleared

Pecuniary legacy: A gift of a fixed sum of money

Specific legacy: A gift of a particular named item such as jewellery, a painting, a car or such like.

In April 2019, around 140 people drew up their Wills which, in itself, raised over £16,000 in massively important donations to Wirral Hospice St John's.

To find out more information Julia Evans at *Wirral Hospice St John's* in the following ways;

Call: 0151 343 0778 **or Email:** juliae@wirralhospice.org
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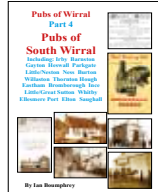
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Left: 1834. **Eastham** windmill was originally sited in Carlett Park but in 1834 it was taken down and moved to the Chester side of Eastham Village. One of the sails was blown off during a gale in the last century so the miller removed the opposite sail. This worked well until a storm in 1895 blew the remaining two sails down, and the miller used them to repair his other mill at **Willaston**. This photograph shows how the mill looked without any sails at the turn of the century. This mill was demolished in the 1930s. In 1932 a transport cafe was built on the site adjoining the mill by Cartwright Bros. This was later to become **The Little Chef** in the 1970s. Today it is better known as **Starbucks** on A41.



Above and far right: C1905. Looking down Ferry Road, **Eastham** with Lock Road on the right where the shed advertises a "covered bicycle stand". The pony and trap probably belonged to the photographer, **F. Walker** of Little Sutton, whose wife was sitting in the trap. The tea rooms, pictured above in Ferry Road, are here called **Greenwoods**, ready for any visitors to the Ferry from **Liverpool** and **Seacombe**.

Right: The sign above the door reads 'RV 1733' and probably refers to Richard Vernon. In 1822 records show that it was named 'The White Horse' but by 1850 it had changed to 'The Nag's Head' in **Willaston**. In the 1930s the building was structurally altered. See below photograph. Wm. Delamere was the victualler as well as the shopkeeper. George Barnes was the licensee in this 1910 photograph.



Left: Taken in the early 1930s. The Nag's Head has undergone major alterations from the inn pictured above. The house plate was repositioned to the centre, all the front windows have been altered and the brickwork pebble-dashed. The building to the right which was once owned by the bailiff had been demolished, the road widened and Cannell Court Flats built on the site.



Right: Looking along Chester Road, **Little Sutton** where there is now a set of traffic lights, turning right into Ledsham Road. Walkers Lane is on the left of the photo by the light coloured car. This was named after the local chemist and photographer whose shop was situated at the corner C1932.



Above: Stanley Lane in **Eastham** at the turn of the century. Eastham village school is seen behind the four boys on the right. The other boys are sitting on a sandstone outcrop in front of Laurel Cottage. St. Mary's Church is situated to the right behind the sandstone wall.

Below: The original village Inn stood opposite the Hooton Arms in **Eastham**. Pictured here in 1906 the Hooton Arms was once the school masters house and the school was the adjacent old barn with thatched roof and mud floor.



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As well as being a fine and historic instrument, the St James' organ is highly unusual in that it is much older than the church itself! The organ was originally installed in the church of St John

Egremont in Wallasey when that church was built in 1833. St James' was not built until 1856. But after St John's was made redundant in 2004 its organ was transferred to St James' where it has since been used for many prestigious recitals and festivals.

Revd Heather Atkinson, the vicar of St James' New Brighton, said *"The listing of our church's organ is a great honour, but also a responsibility. We will ensure it is lovingly maintained and used to enhance our worship and to bring the pleasure of organ music to a wider audience."*

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The sun is shining, birds are singing and it's time for your garden to come back from the winter weather. Your garden needs some help getting back in shape, though, so it's time to get the supplies from the garden centres, pull out the tools from the shed and get to work.

Here are some tips for your getting your spring garden green and beautiful by the time the season reaches its peak:

Clean out the garden

It's time to clean your garden and remove all the debris (leaves, leftover branches, etc.) Get rid of weeds, making sure that you get the roots so they won't grow back. This is also a good time to sharpen your garden tools, if needed, because you're going to require them for plant maintenance and soil care.

Revitalise the soil

Because your soil is likely dried out and packed after winter, it's time to add moisture. Add organic material like compost or manure. You might need to test the soil to see what nutrients it needs, so you give it the right mixture. You might also need to add more fertilizer to increase the health of the soil and increase the life of your plants.



Trim old plants

Plants that survived the winter will need to be pruned so they'll grow anew in the spring. Make sure to wait until mid-April or May in case there's an unexpected freeze. Blooming plants should be pruned right after they bloom to avoid cutting off future flowers. Summer plants should be pruned in early spring.

Add mulch

In addition to fertilizers and organic materials, you should think about adding mulch to your flower beds and garden. One to three inches of mulch helps to prevent weeds and diseases. It also keeps the moisture in the garden and maintains the temperature. The rule of thumb is to keep the mulch a few inches from the plant stems to prevent roots from rotting.

Plant new flowers and shrubs

Once you've gotten the garden in shape and handled all of the old plants, it's time to turn your attention to new plants. Some recommendations for good spring plants include:

Pansies

Snapdragons

Vegetables like lettuce, peas and arugula - (rocket)

Redbuds

Transplanting tomato plants from indoor pots to outside

Lilacs

Tulips

You should lean towards planting more perennials rather than annuals, because annuals have to be replaced every year. This means you're making an investment in plants that will die every year and require replacement. Perennials, on the other hand, last for two to three years and usually survive winter frosts.

What to do for the rest of Spring

Once your spring garden is up and running again, it's time to look to the future and decide what to do with your garden next. It will need some care so it stays colourful and beautiful throughout the season. Here are some quick tips for garden maintenance throughout the rest of the season:

Mid-Spring:

Consider new flower beds.

Plant some hardy annuals.

Transplant seeds.

Mulch.

Late Spring:

Deadhead and remove bulbs.

Prune flowering shrubs.



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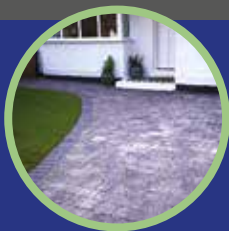
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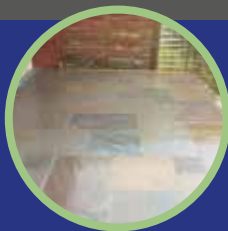
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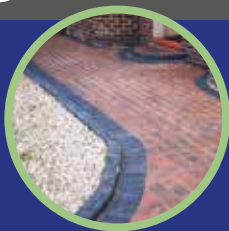
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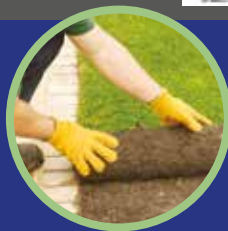
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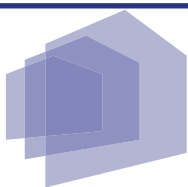
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O'Mally - Meols

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NHS Rainbow Badges launched at CWP



Cheshire and Wirral Partnership NHS Foundation Trust (CWP) has signed up to the national rainbow badge scheme to coincide with LGBT+ History Month, reinforcing the Trust's commitment to being a diverse and inclusive employer and care provider.

The Rainbow Badge Initiative, which originated at Evelina London Children's Hospital, aims to make a positive difference by promoting a message of inclusion. The badge is a simple, visual symbol identifying that, if an NHS staff member or volunteer is wearing one, they are a person who an LGBT+ person (or their friends or family members) can talk to about issues relating to sexuality and gender identity.

To support the initiative, CWP has launched a training programme to provide staff and volunteers wearing the badges with the knowledge and awareness to support LGBT+ people with any issues they may face.

Philip Makin, Equality, Diversity & Inclusion Coordinator for CWP, said: "I'm delighted to say that CWP is signed up to the NHS Rainbow Badge Initiative. The badge is

a way for us at CWP to demonstrate that we are aware of the issues LGBT+ people can face when accessing our services and also as staff and volunteers. It shows that the wearer is there to listen without judgement and signpost to further support if needed."

To receive their badge, CWP staff are required to complete the online training and give their own pledge.

Chief executive Sheena Cumiskey said: "It's been fantastic to see how many people have already signed up to be a badge wearer. Our staff's enthusiasm for the initiative continues to demonstrate that we take Equality, Diversity & Inclusion seriously in helping people to be the best they can be."



Photo above: Members of CWP's executive board with their Rainbow Badges

Left:
NHS Rainbow badge



white feather home

WILLASTON VILLAGE GREEN
interiors | gifts | design

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£420 TOWARDS MAGGIE'S WELL DONE**

maggie's
People with cancer
need places like these

white feather home

WILLASTON VILLAGE GREEN
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White Feather Home and Gifts is situated in a beautiful 16th century building in the heart of Willaston Village on the Wirral, Cheshire. Identical twins, Jilly Parker and Jayne Millington run the business together, Jilly herself lives in the village and Jayne just a couple of miles away. The lovely shop is full of inspiring gift ideas and beautiful products for the home. The shop has a very relaxed, informal atmosphere and browsers are most welcome. It is situated opposite the Village Green, helping to create a quaint scene in this historical village.

Jilly and Jayne pride themselves that White Feather always delivers a happy friendly service to all their customers. They also offer advice on interior design... which is a passion of theirs. All their products are personally selected to ensure that you can always find that something really special and unique.

Jilly and Jayne look forward to welcoming you in their shop very soon.

Follow us on



Opening Times: 1pm - 5pm Tuesday to Friday & Saturday 12:00pm - 4:00pm

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HEARTY HEART - *Healthy Dishes*

It may sound contrary to your healthy eating plan, but the human body actually needs some types of fat for heart and brain health. One common source is cooking oil, such as olive oil.

Of the cooking oils most commonly used such as olive oil, canola oil, peanut oil and various vegetable oils, olive oil contains the

most monounsaturated fat, which is widely recognised for its potential role in reducing the risk of coronary heart disease. In fact, beginning in 2016, olive oils will display the Heart Association's Heart Check-Mark to alert consumers about olive oil's heart-healthy benefits.

Day Boat Cod with Melted Tomatoes and Shaved Fennel and Orange Salad

Serves: 4

Olive Oil

Salt and Pepper, to taste

4 Cod filets (6 ounces each)

Olive Oil Melted Tomatoes

Orange, Fennel and Olive Oil Salad

4 Lemons, cut into eighths

Heat oven to 400 F.

Heat medium sized saute pan on high. Add olive oil and heat. Salt and pepper cod. Add cod to hot oil and sear very hard on one side, until fish is golden brown and crisp.

Transfer the cod to a baking sheet that has been brushed with olive oil. Place cod in oven until it starts to flake, about 12 minutes. Remove cod from oven and keep warm.

Using spoon, portion Olive Oil Melted Tomatoes onto four large dinner plates. Allow some flavored oil to puddle on to the plate. Carefully transfer cod on top of warm tomatoes.

Then top cod with Orange, Fennel and Olive Oil Salad. Squeeze lemon wedge over entire plate.

Lemon, Basil & Garlic Roasted Asparagus

3 Tablespoons Italian Parsley Leaves, finely sliced

1 Lemon, zested

1 Large Garlic Clove, minced

24 Large Asparagus Stalks (snap bottoms of individual stalks)

1/4 cup extra-virgin olive oil

salt and pepper, to taste

Heat oven to 400 F.

Combine parsley, lemon zest and garlic. Set aside.

Place asparagus on sheet pan in one layer and

drizzle with olive oil. Season with salt and pepper.

Roast 15-20 minutes. Sprinkle with parsley mixture

and place back in oven for 3-5 minutes.



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Order a veg box for delivery or collection. It's picked, packed and ready to go.
www.bwgardens.co.uk/veg-box-scheme
 click on 'Sign Up Here'

Veg Boxes SMALL

(1-2 people)

Will contain on average 6 vegetables including potato, carrots, and onion most weeks.

£11.50

Plus **FREE** delivery

Veg Boxes MEDIUM

(2-3 people)

Will contain on average 8 vegetables including potato, carrot, onion and cabbage most weeks.

£16.50

Plus **FREE** delivery

Veg Boxes BUMPER

(3-4 people)

Will contain on average 8 vegetables with larger portions including potato, carrot, onion and cabbage most weeks.

£18.50

Plus **FREE** delivery

Salad Box

(2-3 people)

Will contain a variety of lettuce and 5 other seasonal salad items.

£12.00

Plus **FREE** delivery

Fruit Box

(1-2 people)

Will always contain bananas and 2 other seasonal fruits.

£7.75

Plus **FREE** delivery

Fruit Bumper

(3-4 people)

Will contain Bananas + 3 other seasonal fruit varieties.

£11.25

Plus **FREE** delivery



COMMUNITY NEWS

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Bridge Community Farms volunteer appointed as one of Cheshire's new Deputy Lieutenants



A Bridge Community Farms volunteer has recently been appointed as one of the county's six new Deputy Lieutenants.

Sandra Verity, who lives in Beeston, is a volunteer driver for the popular Ellesmere Post based charity which runs a community farm and a fresh organically grown vegetable box scheme across the region.

She also sits on one of the charity's monthly management committees and regularly helps out on their market stalls. The Lord-Lieutenant is Her Majesty The Queen's Representative in Cheshire. He is able to appoint a number of Deputy Lieutenants to assist in carrying out his many and varied duties.

Deputy Lieutenants are nominated by the Lord Lieutenant to assist with their duties which include advising on official events to the county such as those which warrant a Royal visit.

The commission of appointment is made by the appropriate Government Minister by command of Her Majesty The Queen.

Francis Ball, founder of Bridge Community Farm, said: "We're absolutely delighted that one of our most stalwart volunteers, Sandra Verity, has been appointed Deputy Lieutenant of Cheshire.

"Sandra is a popular member of our Better Lives Veg Box Scheme and regularly helps to deliver our organically grown veg boxes to our customers across the region."

Sandra, who grew up on an organic farm, said: "I got involved with Bridge Community Farms for a number of reasons.

"Mainly it was their approach to supporting young people and their families in a community context, giving access to fresh air and learning to nurture, grow and, where appropriate, eat plants; leading to improved mental and physical wellbeing.

"I also liked their determination to extend the wellness message to the wider Cheshire and Wirral Community through their Veg Box scheme, giving access to fresh, organically grown fruit and vegetables while also supporting a local charity.

"I love meeting our customers and many are fascinated to know how many items are grown by us in Ellesmere Port."

Bridge Community Farms, based in Mill Lane, off Overpool Road, in Ellesmere Port, is looking for more people who can offer their time and expertise, help with sponsorship of their Better Lives Veg Boxes or can offer financial support for a young person on a work placement or for a Better Lives Veg Box to be delivered to a homeless charity.

They also need more delivery drivers who can work 8.30am-11.30am every Tuesday, café staff and volunteers who can help man their various market stalls across the region. Expenses are paid to all volunteers.

The charity offers training and life skills to children and young people who are struggling to thrive in a standard academic environment while ongoing guidance, support and work experience is also available to the unemployed.

The charity also runs weekly Bright Life groups to reduce social isolation in the community including a weekly crafts session every Thursday 12-2pm (cost £2.50) and a weekly woodworking group every Thursday 12-3pm (cost £3.50).

For more information visit <https://bwgardens.co.uk/> or call 07446 699995.



Photo of Sandra Verity with a Bridge Farm Veg Box

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ROTARY ISLAND DISCS



Birkenhead Rotarians welcomed a very special guest, Dame Lorna Muirhead, an Honorary Member of the Club, for its most recent presentation of Rotary Island Discs, expertly organised as always by Simon Tomlinson and David Martin.

Guests, including Dame Lorna's husband Ronald, heard some beautiful music and the moving recording of Churchill's speech "We shall fight them on the beaches", chosen by Dame Lorna. Recounting a very happy childhood in Shropshire spent listening to and enjoying male voice choirs and opera courtesy of her parents, provided her with the appreciation of such music.

With thoughts of becoming a doctor, Dame Lorna subsequently became a midwife and met her husband to be Ronald. They

moved to Liverpool, where Dame Lorna spent many years in Liverpool Maternity Hospital and Liverpool Women's Hospital. She served as President of the Royal College of Midwives for 8 years and, between 2006 and 2017 served as Lord Lieutenant of Merseyside.

Spanning those years Dame Lorna picked just 8 of the recordings she loved, although these regularly change. Living in Liverpool she wished to list a Beatles song..."In My Life" with other pieces including the Trumpet Voluntary, March of the Huguenots and Myfanwy.

Rotarians now look forward to hearing the next person to be featured and their special recordings.

COMMUNITY DONATIONS



Birkenhead Rotarian Lionel Bolland is pictured presenting funds to Salvation Army Major Jonathan Hamilton, who is also a Rotarian with the North Wirral Club.

Birkenhead Rotary donated £500 to be shared between the Vincent Street Christmas meal and the Rock Ferry Dementia Care.

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www.ukunitarians.org.uk/wirral/



DIARY DATES APRIL

2020

1st April - 30th April 2020 Wirral Hospice St John's Make a Will Month

Wirral Hospice St John's,
Mount Road, Hr Bebington,
Wirral, CH63 6JE

When:

1 April to 30 April
9:00am to 5:00pm

Every:

Monday, Tuesday, Wednesday,
Thursday, Friday, Saturday, Sunday

Next On:

April 1st 2020 at 9:00am

Contact:

fundraising@wirralhospice.org

0151 343 0778

Friday 10th April 2020 19:30 Lionel -

A Tribute to Lionel Richie

Floral Pavilion Theatre
Marine Promenade, New Brighton
CH45 2JS Tel: 0151 666 0000

Following his recent appearances with Lionel Richie himself on ITV's 'Sunday Night At The Palladium' and the 'Graham Norton Show' for the BBC, Malcolm Pitt delivers a powerhouse and breathtaking performance in this high octane show celebrating the music of Lionel Richie and the Commodores. This award winning five star production also features a stellar line-up of world class musicians including musical director, Jonny Miller from Talon.



Saturday 11th April 2020 20:00

Tickets £20.00 (£18.00 conc)
Eclipse - Pink Floyd Experience

Floral Pavilion Theatre
Marine Promenade, New Brighton
CH45 2JS Tel: 0151 666 0000

Back for another year! Including

a complete performance of Pink Floyd's epoch-making album, The Dark Side of the Moon, plus music from The Wall, Wish You Were Here and The Division Bell, the show includes spectacular multi-media and laser effects to provide the perfect backdrop for this wonderful music. You won't hear this music played better anywhere in the UK. Not to be missed for any Floyd fan.



Sunday 19th April 2020 The Coastal Wirral Wedding Show 11:00am until 3:00pm

Wallasey Town Hall
Brighton Street, Wallasey
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0151 528 9989

Come and enjoy The Coastal Wirral Wedding Show the biggest & best Wirral Wedding Show! Situated on the stunning coastline on the Wirral Peninsula with stunning views of Liverpool!! An independent Wedding Show hosting 50+ hand picked unique wedding suppliers, all the very latest in wedding trends and fashion, groovy live music, delicious food and drink from our vendors and everything you need to plan your dream wedding! Bring your bridal party, groomsmen and loved ones and enjoy planning your wedding the fun way!!

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Sunday 26th April 2020 Cheshire Wedding Fayre at Manley Mere Wedding venue on the lake

Manley Lane, Frodsham WA6 0PE

12:00pm til 3:00pm
Minimum Age: 18

Based in the heart of Cheshire and not only a venue for sailing, water sports and adventures, Manley Mere is a unique Lakeside Wedding Venue! Meet up to 30 local and friendly wedding businesses in the outdoor and indoor wedding locations each with its own unique character including: The Mere Summer House, The Lakeside Conservatory, The Chameleon and Garden Room and The Lakeside Octagon.



Sunday 26th April 2020 Spring Plant Hunters' Fair at Cholmondeley Castle Gardens

Cholmondeley Castle Gardens,
Cholmondeley, Malpas, Cheshire,
SY14 8AH 10:00 - 17:00

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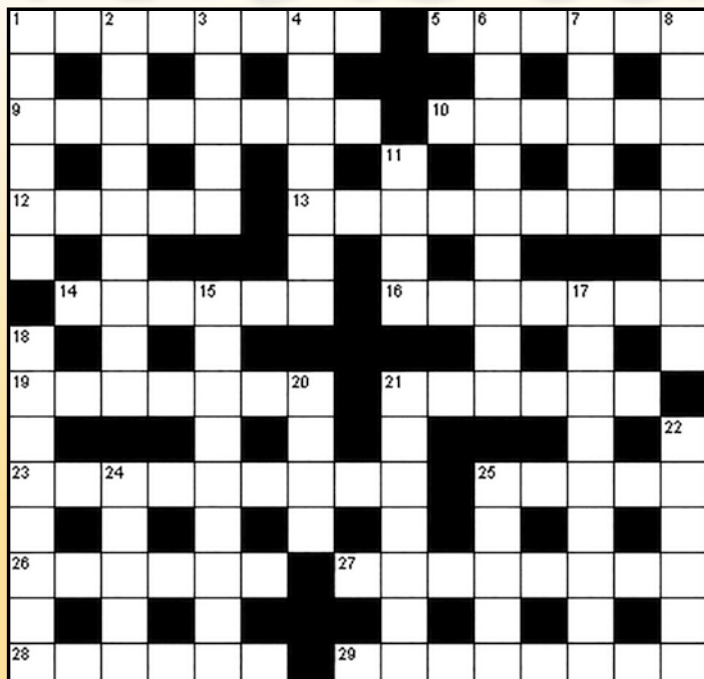
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PUZZLE CORNER



Down

1. Annoy (6)
2. Meddle (9)
3. The tamarack tree (5)
4. Small bag (7)
6. Swellheaded (9)
7. Publish (5)
8. Pastor (8)
11. Expectorated (4)
15. Sickened (9)
17. Convenient for use (9)
18. Turnip cabbage (8)
20. Place to hibernate (4)
21. Often done in a stolen car (7)
22. Appraise (6)
24. Primitive weapon (5)
25. Transparent (5)

Across

- | | | |
|------------------------|----------------------------------|-----------------------------|
| 1. Without agony (8) | 14. Inner part of a seed (6) | 25. Wireless telephones (5) |
| 5. Boredom (6) | 16. Something a chemist does (7) | 26. Heads off (6) |
| 9. Soak (8) | 19. Uneven (7) | 27. Agreeable (8) |
| 10. Make less taut (6) | 21. A dog-like mammal (6) | 28. Wear away (6) |
| 12. Our planet (5) | 23. Nonindulgence (9) | 29. Brave (8) |
| 13. Joy (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: **Hard**.

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

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

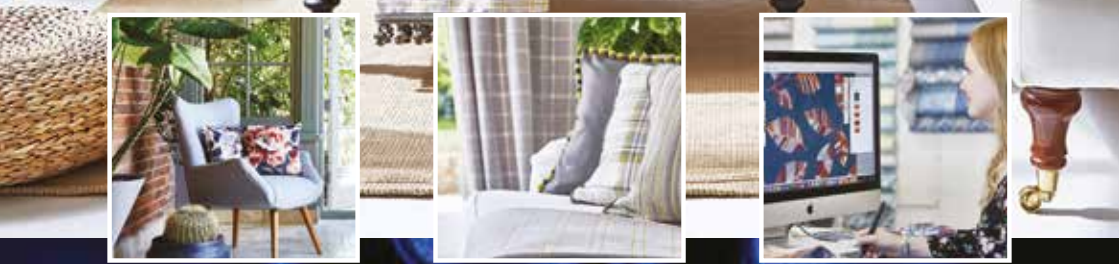


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TEA'S UP: WIRRAL CARE HOME RAISES £100 WITH A CUPPA IN AID OF DEMENTIA NURSES



Staff at a Wirral care home raised £100 this week for specialist dementia nurses who support families across the UK.

The team at The Hazelwell, which offers residential, nursing, palliative and respite care in Heswall, added their support to charity Dementia UK's 'Time for a Cuppa' campaign.

Run by Dementia UK, the fundraiser encourages people to get together with colleagues, friends and family over a cuppa and share cake, whilst raising money to help specialist nurses help more families facing dementia.

The Hazelwell is built on the former site of Cleaver Hospital in Oldfield Road and opened in 2016, catering for up to 55 residents. The home plans to open a new dementia suite this summer which will follow the latest guidance in best practice for the care of patients with dementia.

The Hazelwell care home manager Sue Ball said: "Staff and residents from The Hazelwell

enjoyed taking part in this worthy cause to help support dementia nurses around the country. Specialist nursing really does make all the difference as dementia can be a very challenging condition for the individual.

"Dementia nurses not only work alongside people with dementia but their families, giving them one-to-one support, expert guidance and practical solutions. This expertise offers a lifeline to families, enabling them to live more positively and face the challenges of tomorrow with greater confidence.

"Every penny raised from Dementia UK's Time for a Cuppa campaign will help to fund these wonderful nurses so that more people have access to them which can only be a good thing."

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



HAZELWELL
CARE HOME



MAKING THE MOST OF EVERY DAY

NURSING | RESIDENTIAL | PALLIATIVE | DEMENTIA CARE

The Hazelwell Care Home, situated in the heart of Heswall in the Wirral, is a purpose-built care home offering exemplary standards of care and premium comfort for residents.

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Call our Home Manager on 0151 342 9654 and arrange a tour to experience life at The Hazelwell for yourself.

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Review Score on
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"I cannot praise The Hazelwell Care Home highly enough, everything about it is truly exceptional."

Daughter of Resident

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