



March 2013 Issue 13

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We are now taking bookings for Sunday March 10th

Mother's Day

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THE GOOD FOOD GUIDE "BEST NEW ENTRY AWARD" 2010 THE GOOD FOOD GUIDE 2011, 2012, 2013 MICHELIN GUIDE 2010, 2011, 2012 and 2013 HARDENS GUIDE 2013



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WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE



STOP SMOKING IN

90

MINUTES



20 Pub Walks Around Wirral Walk 8



Dreams Can Come True Florida Homes



Don't Give Your Family A Headache?



old photographs of Yesterday's Wirral

Stop Smoking & Weight Loss with Hypnosis Dr. Kathy Curnan Phd 5 On Site Document & Data Destruction What's My Claim Worth? 13 Painting an Autumn Scene Landscaping Ideas for a Greener Home 24 Neston's Traditional Market 30 What Is Hydroponics? 34 2013 Upcoming Events in Wirral 36 Did You Know? 39 Community News - Have Your Say 40 What Is High Blood Pressure? 41 49 Puzzle Page Index of Advertisers 50

Front Cover Photograph.

OC Club Programme of Events

"Sunset at West Kirby Marine Lake" by Tim Myers www.timmyersphoto.com

Love Wirral The Magazine for all businesses in Wirral



Dear Friends,

Welcome to our Newest Edition! Love Liverpool

From April we will be launching a bi-monthly new magazine called Love Liverpool which will be delivered from Liverpool 1 and a

8 mile radius outwards.

We will be offering our advertisers the opportunity to advertise in both magazines, one being discounted.

If you have any questions about the magazine then please feel free to call me on 0151 513 1279. Keep up to date with us on facebook, twitter &

www.love-wirral.com

Maxine Maxine

Our next Network
Meeting is 20 March
at OC Knockaloe 6pm
see page 44 for
details.



Note to our advertisers

We go to print each month on 22th and the copy deadline for advertisers is 18th.

Any advert space cancelled after the 16th of the month will be charged the full amount.

52

Advertising Rates on page 49

Our advertising rates can be found on our website www.love-wirral.com

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

STOP SMOKING IN 90 MINUTES

OVER HALF A CENTURY UP IN SMOKE IN 90 MINUTES

A PENSIONER who smoked for nearly 60 years has kicked the habit after Kathy's stop smoking therapy and that adds up to over an amazing 768,960 fags in his lifetime.



John Homer

John said: "I read an article in the Ellesmere Port Pioneer about a lady who had tried unsuccessfully for over 20 years to stop but stopped after one visit to Kathy. Well after 60 years, 40 a day and a visit to Kathy, Ive stopped too. I honestly didn't think it would be so easy and painless. I was sceptical about the whole thing at first but I'm totally converted now. I would just like to say

thank you very much and keep on helping others." John Homer - ELLESMERE PORT

THOUGHT OF DYING COULDN'T EVEN STOP ME

"Thank you for giving me back my life. I never would have thought it possible that after one visit and 40 years of smoking, I have finally stopped. All my friends and workmates cannot believe it, as they thought I would be the last

because of the cigs, and those warnings never stopped me. So whatever Kathy did is nothing short of a miracle for me. Keep up the good work, and thanks again for my new life" said Les.

Les Worth - HOYLAKE

TEN YEARS YOUNGER

June from Birkenhead said "After being recommended by two work colleagues who had both stopped with Kathy's therapy, I made an appointment and went along. I came home feeling like I had never smoked, I couldn't believe it. It's been over five years now since I have stopped smoking and everyone thinks I have had a facelift, I look and feel years younger, my skin is glowing and my health has improved so much. It has given me the confidence I have always dreamed of and I have saved thousands, enough for more than two facelifts".

June Palmer -RIRKENHEAD



Kathy Curnan has worked in the field of Inner Motivated and Mind Dynamics for 17 years, with an individual approach that always gets results and now introduces visionary concepts focused on your success.

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Q. Will I be out of control?

A. NO. You will be awake and aware. You will leave feeling. refreshed, relaxed and finally in CONTROL.

 What is hypnosis?
 Hypnosis is simply physical relaxation coupled with Beta conscious activity. When these two occur hypnosis automatically happens.

Q. Can anyone be hypnotized?

A. YES. Everyone is hypnotizable.

How does hypnosis work?

For behaviour modification hypnosis simply allows the conscious mind and the subconscious mind to AGREE.

How much can I expect to lose?

Clients have experienced remarkable results 30lbs in 1 month to 125lbs in 1 year.

Q. What is your guarantee?

A. I'm so certain of your success that I personally guarantee it.

REMEMBER: Hypnosis is 100% natural. No artificial ingredients. Thousands have been successful and you will too. IT CAN AND IT WILL WORK FOR YOU. It's the winning way to lose, BE A WINNER! Learn the secrets of the mind.



20 PUR WATER WATER TO THE ATE

WALK

8

Thurstaston

The Ring O'Bells, West Kirby





This ramble takes in some high ground, therefore, you are rewarded with some lovely views of the Wirral peninsular and the Welsh Hills! Don't forget your camera!

Note: there is a lovely cafe GJ's next to the Thurstaston Visitor Centre for refreshments and light meals.

The Visitor Centre is a place to relax and enjoy many activities - walking, running, horse-riding and picnicking to name a few. The Wirral Way is based on the old railway line which closed 50 years ago. You should take time to pop into the Visitors Centre where, not only is there lots of nature and local information, there is also a hide to watch a variety of birds and squirrels!

From the visitors centre, turn right into Station Road, with the Dee behind you and Caldy Hill on your left, walk the long straight road to Thurstaston Village. Continue to the main junction and turn left, along Telegraph Road. Pass the Cottage Loaf and continue forward for a further 100 yards. Now turn right, into a broad sandy track which soon brings you to Dawpool School. On reaching the school turn left, climb the rocky escarpment known as "Thor's Stone" and enjoy the fine view of the Dee Estuary and the range of the Welsh Hills stretching from Moel Famau to the headland the the Great Orme.

To resume the walk, retrace your steps to the school and turn left to cross the end of School Lane. Here there are two gaps in the fencing, yours is the right - a two step stile which admits you to a well trodden path winding through the trees. This path shortly joins up with the broad track which takes you past Benty Farm and then across Thurstaston Common or "Irby Heath" as it is referred to in the old maps, this has obviously been a popular rambling area.

A well defined path now leads you forward across the common and brings you to a step stile by the side of a gate. Cross this to reach a path which, almost immediately, divides. Take the left fork and follow a sandy track which brings you to a sandstone wall - this is your way into Royden Park. Walk around the wall or over the steps to join a path running ahead, to the left of a large camping field. When you arrive at the drive leading to Hill Bark, go straight across and continue forward, along a track which takes you through the trees for a short distance and then joins a wide tree-lined lane. This lane soon brings you to a gate and Montgomery Hill. Your direction is now to the right, walk the few yards to Birch Heys, the first opening on the left of the road.

This byway soon bears left, to pass Birch Hey Farm and then bears right to reach a field gate. Here the way is left, along a grassy track.



At the end of this track, climb over some stone steps into a field and enjoy the view of north west Wirral and and Welsh Hills. Keep to the left of the hedge in the first field, as you drop down to a stone foot bridge leading into the second field. With the hedge on your right, go forward to arrive at a stile leading into a path between houses. At the end of this path, a step stile brings you out into Grange Cross Lane.

Cross the lane diagonally left, to reach a garage. Here your way is right, into Column Road, which climbs Grange Hill and brings you to Calday Grange Grammar School. As you pass the school, but before reaching Grammar School Lane, look left for a gate in the stone wall. Go through the gate and then over a rough track, which leads up to a viewing point. From here, on a clear day, there is a magnificent view in all directions.

Now look for the Grange Beacon - a tall, stone column surmounted by a large bail. This was erected in 1841 "as a beacon for mariners frequenting the River Mersey and its vicinity", to replace the windmill that was destroyed by a gale two years previous. Walk through the bracken to the beacon and then turn left to descend a flight of steps leading to Village Road. Your direction is now to the left, and the "Ring O" Bells is reached in three minutes.

The Ring O' Bells is a fine old inn, dating back to 1810 and is as unspoilt as the rest of the village.

To resume your walk, return to Village Road and walk downhill through the old part of West Kirby, Bear right into Sandy Lane and, when you reach the railway bridge, go down the steps and turn left into the Wirral Way.

For the walk back to Thurstaston, no directions are needed. Because the Wirral Way is an abandoned railway line, it has no steep slopes and the going is easy. The section from West Kirtby to Caldy heads towards the coast and, after passing Caldy Village, the Way emerges onto an embankment permitting view across a golf course to the Dee and the Welsh Hills. It then enters a long straight cutting where the fields and the estuary can be seen. As you walk under Station Road bridge you will see the visitors centre, where you are on familiar ground.

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When I was a very small child we lived in the USA and returned to the UK, I had always dreamed about going back and one day my dream did come true.

Some 20 years ago, I began a new life in Florida and I just wanted to share some of my experiences in brief. One of my loves is the outdoor life, the big difference is that you are guaranteed warm weather, you can always plan a great adventure...whether it be the laid back ways of the Florida Keys, the adventures in the Everglades, dining with Minnie and Mickey at Walt Disney World, the sunshine state has it all.. including the oldest city in the United States. St. Augustine.

The adventures never end, and for me I am living proof to myself that Florida has it all. I own a few properties in Florida as well as in the UK.

If you would like to experience the wonders that florida has to offer, I cannot think of a better time to invest in a piece of the sunshine state... Properties are at an all time low now and Central Florida is home to many Ex Pat Brits who have decided to call Florida their permanent home or a place to go for extended holidays away from the dark dreary winters, share with your family and friends, or even an investment property at an all time great low price.

I have a few great long time friends in Central Florida, but one of my closest and dearest family friends is Annette and she is very honest and upfront, tell you as it is kind of person, therefore I have decided to have her help you navigate your way to that dream home in Paradise.

Enjoy the wonders Florida has to offer...

Paul Haydock, St. Helens

Buying? Selling? Investing? Call me, I can help!

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Hello fellow neighbors from across the pond,

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I'm excited to help you find the perfect place at the perfect price! And remember...

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Warm regards, ANNETTE



HAVE YOU SUFFERED AS A RESULT OF MEDICAL OR DENTAL NEGLIGENCE?

HAVE YOU BEEN INJURED?

Official figures released by the NHS Litigation Authority (NHSLA) show that 13,761 individual claims were brought against the NHS and a record £1.2 billion was paid out in litigation claims during 2011/2012.

66% of the new claims that were brought in 2011/2012 were classed as clinical claims (i.e. patients harmed whilst having treatment).

Further figures released by the Department of Health in October 2012 revealed that were around separate reports of medical errors dubbed 'never events' a name given to mistakes which should never happen under any circumstances. 'Never events' include such events as surgery being performed on wrong limb. blood transfusions using the wrong blood type being given and instruments being left inside patients following surgery.

Healthcare professionals by virtue of their relationship with the patient and their employment within the NHS owe a duty of care to the patient, to exercise reasonable care and skill. This is a both a professional and a legal duty which

requires all Healthcare professionals to provide reasonable care and ensure patients do not come to harm under their care. Breach of this duty of care is considered negligence.

We fully appreciate that you may be apprehensive about making a claim against the NHS and/or other Healthcare professionals. However owing to the catastrophic nature of some clinical negligence claims, it is important that these professionals are held accountable for their actions.



We understand, having had an injury caused by clinical negligence, that your life may have been turned upside You or your loved down. ones may have taken time off work, leading to financial struggles. Not only this, but the effect of your injuries may have placed an unnecessary strain on your relationships with family and friends. We will fight on your behalf to ensure you are fully compensated for your injuries and related financial losses.

Healthcare professionals are required to have insurance in place to cover any claims for compensation made by their patients as a result of clinical negligence. If your claim is successful, the Healthcare professional's insurance provider will usually pay out.

We have successfully acted in numerous cases, covering a wide variety of clinical negligence claims. Our Head Department Linda Schermer is dual qualified as a solicitor and doctor which allows us to assess whether a claim will be successful from a very early stage. In addition, our specialist team consists of solicitors who specialise in dental claims, poor nursing claims and claims on behalf of loved ones who have passed away as a result of clinical negligence.

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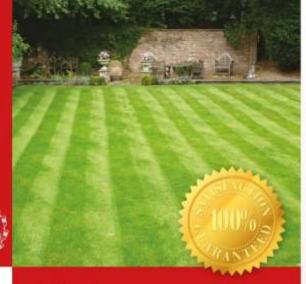




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Keith Fenwick - Sky TV's 'ART DOCTOR'



PAINTING AN AUTUMN SCENE

Q: A reader asks: I would love to paint an Autumn scene but as a beginner I don't know what colours to use for the foliage.

A: When I first started to paint I had the same problem, as I had done very little colour mixing and did not know what colours to mix to achieve the subtle shades'

The Painting illustrated - a scene on Derwentwater in the Lake District is a good example. Trees are difficult to paint so I used my specially designed Tree and Foliage Brushes to stipple the paint to create the tree shapes and apply colour to the foreground. Two shaped brushes are

available from me for £13 + £1 p&p. These brushes simplify painting greatly. You simply stipple with them.

The colour combinations I used are as follows;

Burnt sienna/alizarin crimson - cadmium orange/raw sienna and for the depth in the trees Paynes gray/alizarin crimson.

If you would like to paint like Keith Call him on 0151 327 1601, email: fenwickart@sky.com or see his website www.keithfenwick.co.uk for the materials used, details of his painting holidays in the Lake District (£295 for 3 days tuition accommodation and B/B) also his books and DVD's.







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DO YOU WANT YOUR CHOSEN LOVED ONES TO LOOK AFTER YOU IF YOU BECOME INCAPABLE AND FOR THEM TO DEFINITELY INHERIT FROM YOUR ESTATE, NO MATTER WHAT??



We all need to make sure that we plan correctly for the rest of our lives and also for when we have gone. We all hope that our loved ones will look after us as we age, and we also intend for them to become the beneficiaries of our estate when we have passed away. This is the belief of most people, **BUT**, the reality is that if you do nothing at all during your lifetime, the outcome could have serious consequences.

Making a simple Will is okay - MAKING THE RIGHT ESTATE PLAN IS THE WAY!!

PROPERTY & ASSET PROTECTION

YOUR Assets are at risk from many possible concerns and if you have worked hard with the intention of leaving something for your children or loved ones, then you must look at protecting your assets and ensuring that these beneficiaries inherit. Care fees are a major concern as is the thought of a surviving spouse or partner forming a new relationship after your death - children could be possibly bypassed and receive no inheritance at all, or the inheritance could be diluted through potential step-children. We can advise on all levels of protection right up to full asset protection which would also remove the need for Probate (...and enormous fees!) when you pass away.

LASTING POWER OF ATTORNEY (LPA)

If you are unable to look after your own affairs then someone needs to make decisions and if you do not have a Lasting Power of Attorney, the Court of Protection will appoint a Deputy to manage your affairs for you. There will probably be significant legal fees due, and the Deputy may not be aware of your personal circumstances. The Court of Protection could appoint a Solicitor as your Deputy which would result in significant fees being charged by the Solicitor whenever they act on your behalf. This could apply to anyone, at any age, by reason of illness, disability or mental impairment who may no longer be able to deal with even simple matters like handling a bank or building society account or transacting a house sale. Anyone aged over 30 should have an LPA in place.

The Lasting Power of attorney has two sections which can be made separately or together.

'Property & Financial Affairs' & 'Health & Welfare' and must be registered with the Court of Protection before your Attorneys can act for you.

A 'Business' LPA is also available if you are self employed or you have your own business.

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Landscaping Ideas For A Greener Home

With the lighter nights coming nearer, it makes sense to try lessening your carbon footprint. It's good for the environment and makes financial sense too.

One of the best places to start is in your own home and one of the best areas to start is in your landscaping. Why? Because of how much resource wasting can take place there.

Here are a few clever and common sense landscaping ideas for that greener home.

An Outdoor BBQ Area

An outdoor barbecue area gets you, your family, and guests cooking and eating outside of your home. It's a fun way to eat and entertain at the same time you also lessen your carbon footprint by not having to heat your home on warm evenings. A solar powered fan can be easily found online and works great for creating a cool breeze in your barbecue area to keep your guests cool too. It's just one option from all that's available now to help you create a great outdoor kitchen/dining area.

Low Water Plants

Introduce plants that consume less water into your garden landscape this benefits you in two ways. First of all, as far as a greener home is concerned, less water used in your landscaping means less water that has to be pumped from the ground or from rivers. Then because they are low-water plants, they also require less maintenance which is another bonus. It just takes a little research and a little shopping around because your local garden centre may not have a large selection of them.

A Drip Irrigation System

There's just so many good reasons to switch to a modern drip irrigation system in your landscaping, and the best of those reasons is to make your home a bit more green. Drip irrigation systems use less water because they eliminate runoff and place the water right at the plants base where it's needed. A modern drip irrigation system also produces healthier plants because the water goes deeper. Since it's dripped, it doesn't force out oxygen or wash away precious nutrients.

Don't Overfertilize Your Plants

Most people, and you may be one of them simply don't make the connection between using less fertilizer and ideas for a greener home. What they should know though, is that it takes energy to produce fertilizers and some of them are even made from petroleum products. Besides plants don't like being over fertilized because too much of it will burn their roots, which in turn leads to stunted growth. Cut your fertilizer use to save your plants and to help save the environment.

Solar Powered Water Features

Outdoor and indoor water features have always been popular because they lend a natural element that can be both 'seen and heard'. Two of the downsides though, are that they tend to be expensive to buy and install, and that larger moving water features in particular can run up a power bill. So now is the time to take a good look at what's available in today's off-the-shelf, ready to go solar power water features that are powered by the sun's renewable energy.

Water in the Evening

If you're relying on a sprinkler system to water then another one of many great landscaping ideas for a greener home is to wait until late afternoon or evening after dark to water. When you do it in midday a lot of it is evaporated off, and it takes energy to pump and move water through your plants systems, so the less you use, the lower your carbon footprint will be. Your plants will also thank you because when you water in the evening it has a chance to sink deeper down into the roots.

Condition Your Soil

Then improving your soil by working quality soil conditioners like redwood mulch and peat moss in is another way to help cut your carbon footprint. Well conditioned soil holds water better which in turn helps to eliminate runoff. Plants also grow better and the bigger they grow the better they can shade your home to help cut energy costs. Then another big plus of conditioned soil is that your yard just look better as your plants produce more flowers

Use Landscape Rocks

Incorporating rocks into your landscaping is just one more of the many great ideas for a greener home that are out there. Here again, they also come with the benefit that they require zero maintenance. What catches many homeowners off guard however, is how expensive larger landscape boulders in particular can be. So then why not take a drive out into the country where you live to scout around for landscaping rocks that cost you nothing to buy?







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This is a new article in Love Wirral, which, over the coming months will feature old photographs of Wirral.

This month is Neston, Little Neston & Parkgate.

Yesterday's Wirral Books

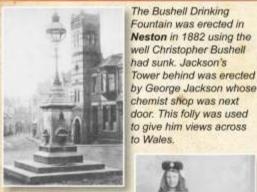
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Right: **Nestons** first May Queen 1906.

Below: The thatched White Horse Inn is pictured at Neston Cross between 1865, when the wheel well was sunk.

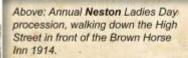


Above: Looking from the Royal Oak Inn Little Neston towards the green. Behind the car is a "modern" telephone box and the houses to the right were called Hope Cottages.

Below: The rebuilt Royal Oak seen from the Village Green, Little Neston with signs on the gates advertising its owner Birkenhead Brewery.







Left: These were the steps leading down to the beach at the south end of Parkgate 1915.



Left: Victorian families at The Parade in Parkgate, with some of them walking on the slightly raised wall as they do today. The building on the left behind the cart is The Morrings, which is still there today and is one of only two houses on The Parade which has a gable end fronting the niver.

Below: Looking down the High Street Neston the Crosville bus is waiting outside the White Horse Inn on the right, Irwins is on the left.



Above: Parkgate shrimps being bought from the wife of a fisherman.





Below: This was a postcard of the Mostyn House School 'rifle range' on the sands in Parkgate. 26th March 1904.



Left: Mr R A King's Farman Biplane is seen on the shore at Parkgate on 16th July 1912. He flew from Freshfield, near Liverpool, along the Wirral coast over New Brighton, Hoylake and Heswall landing on the shore at Parkgate at 8:30pm. This was recorded as the first visit of an aeroplane to Parkgate.



Above: Nicholls' Model Dairy shop in Brook Street Neston. Thery also opened a milk bar and ice cream parlour. They were awarded a diploma in ice cream at the 1935 Olympia and have been winning National Awards ever since.

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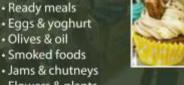
Wirral Farmers' Market was established in 2000 and is held every second Saturday in New Ferry from 9.00am to 1.00pm.

Over 30 stalls

- Chicken & game
- Beef, pork & Lamb
- Buffalo, goat & ostrich
- Lancashire & Cheshire cheese
- · Italian, Greek & Turkish foods
- Fish
- Fruit & vegetables
- Bread
- Cakes & puddings

- Scones & biscuits
- Chocolates

- Flowers & plants
- Beer & cider













The Market is a Community project run by volunteers with the objective of helping local charities and support groups.



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Amber, 2010, size 10



WHAT IS HYDROPONICS?

Hydroponics is a subset of hydroculture and is a method of growing plants using mineral nutrient solutions, in water, without soil. Terrestrial plants may be grown with their roots in the mineral nutrient solution only or in an inert medium, such as perlite, gravel, mineral wool, expanded clay or coconut husk. Researchers discovered in the 18th century that plants absorb essential mineral nutrients as inorganic ions in water. In natural conditions, soil acts as a

mineral nutrient reservoir but the soil itself is not
essential to plant growth. When
the mineral nutrients in the soil
dissolve in water, plant roots
are able to absorb them.
When the required mineral
nutrients are introduced into
a plant's water supply
artificially, soil is no longer
required for the plant to thrive.
Almost any terrestrial plant
will grow with hydroponics.
Hydroponics is also a
standard technique in biology

Why does Hydroponics work so well?

That's simple. If you give a plant exactly what it needs, when it needs it, in the amount that it needs, the plant will be as healthy as is genetically possible. With hydroponics this is an easy task; in soil it is far more difficult.

With hydroponics the plants are grown in an inert growing medium and a perfectly balanced, pH adjusted nutrient solution is delivered to the roots in a highly soluble form. This allows the plant to uptake its food with very little effort as opposed to soil where the roots must search out the nutrients and extract them. This is true even when using rich, organic soil and top of the line nutrients. The energy expended by the roots in this process is energy better spent on vegetative growth and fruit and flower production.

If you grow two genetically identical plants using soil for one and hydroponics for the other, you will almost immediately see the difference this factor makes. Faster, better growth and much greater yields are just some of the many reasons that hydroponics is being adapted around the world for commercial food production as well as a growing number of home, hobby gardeners.



Get your lawn in great shape this spring.

ow is the perfect time to give your lawn a well-needed boost after the long winter months. For less than the cost of fertilisers bought from your local garden centre, we will do the work for you, treating your lawn using the finest professional materials available. We will inform you of any problems and give regular advice on any remedial action required to keep your lawn in 'Tip Top' condition.



And Lawnscience's treatments appear to work well if their customers are anything to go by. A customer recently sent them this glowing testimonial:

"After you gave it the special treatment it looked as if nothing was going to happen. Then suddenly it all started to grow and we now have the most amazing, thick grass... And, for the first time in 20 years (and after a wasted fortune spent with your competition), we are heading for a decent lawn, having nearly decided to plough it up this year and start again. We now receive regular compliments about our lawns, so many thanks."

Mrs Osborne - Wirral



Throughout the year your lawn may benefit from a number of additional treatments that are available to you, and your **Lawnscience** specialist will advise if appropriate.

- Moss control
- Scarification
- Over-seeding
- Top-dressing
- Aerations
- Summer spiking

All of which will improve the appearance of your lawn in the longer term.

Lawnscience is a professional lawn treatment service that has been maintaining quality lawns for the last 10 years. We have built up an excellent reputation for maintaining and creating lush, green, weed-free lawns.

Fully trained by **Lawnscience** and at an external horticultural college, John Galvin knows his subject and is qualified to professionally apply top quality fertilisers, herbicides and fungicides to the highest standards.

If you would like further information or you would like me to review your lawn condition; please contact:



We care for your lawn

John Galvin on: 0151 644 0440 Or mobile 07835 877099 Or text'lawn' to 07758 703437 john@lawnscience.co.uk



UPCOMING DATES & EVENTS IN WIRRAL MARCH



Until 7th April - Exhibition at Lady Lever Art Gallery - Fresh Perspectives: Art from Wirral Schools - An exhibition showcasing the artwork of students from Prenton High School, South Wirral High School, Wallasey School and Weatherhead High School revealing the creative talent of emerging Wirral artists.

6th March - 7.30pm At the Floral Pavillion - Mega Stars - A Grand Variety Charity Show in aid of the Olivia Rae Foundation - ticket bookings 0151 666 0000

8th & 9th March - afternoons & 7.30pm at the Floral Pavillion - Hand in Hand Theatre presents The Crucible - ticket bookings 0151 666 0000

9th March- Wirral Farmers Market, New Ferry Village Hall, Grove Street, New Ferry (See below)

10th March - Ness Gardens Mothers Day FREE ENTRY to All Mums

14th March - Gladstone Theatre 7:30pm - Port "Anything Goes!" - Tickets: £8 adults, £7 concessions, £25 family ticket (2 adults + 2 children) ticket bookings 0151 643 8757 16th March OPEN DAY at Claire House - see where your money is spent, chat with the fundraisers and nursing staff, hear from parents and enjoy some light refreshments. Tours on the hour 10am - 4pm.

Please call to book your place - tour spaces are limited, 0151 343 0833.

20th March - 7.30pm - Black Box presents Othello at the Floral Pavillion - ticket bookings 0151 666 0000

22nd March - 7.30pm - McCartney: Yesterday and Today at the Floral Pavilion - Staming Karl Lornie as Paul McCartney, with a little help from his friends! Ticket bookings 0151 666 0000

23rd March- West Kirby Farmers Market - St Andrew's Church Hall, Graham Road, West Kirby

30th March - 7.30pm at the Floral Pavillion - All Star Superslam Wrestling. American Superslam Wrestling returns with a host of top American wrestling stars to take on the best of British stars in this exciting 2 hour family event. Ticket bookings 0151 666 0000



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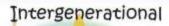


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Sunday 24 March 2013

£5per adult and £1 per child under 16 Registration from 10:30am to 11:30am.

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With a choice of distances ranging from three miles to seven miles with easy access routes for wheelchair users, this gorgeous walk is the perfect way to spend a spring Sunday morning.

Contact the charity office on 0151 482 7948 or email: fundraising@clatterbridgecc.nhs.uk to get a Clatterbridge sponsor pack to take part.

DID YOU KNOW?

- 1. Woodside Ferry is the oldest ferry terminal in the UK. 9.
- Birkenhead had the first tram in Europe 30th of August 1860.
- During the 4th century, the Wirral Peninsular came under the control of Gwynnedd.
- The Battle of Brunanburh 937AD.
 The modern name for this location is Bromborough.
- Wirral? Anglo-Saxon records show the peninsula as "Wirheal", a combination of the Anglo— Saxon words wir (a myrtle tree) and heal (an angle, corner or slope).
- Followers of football may be surprised to learn that there is a team carrying a Viking name, Tranmere Rovers The Vikings had "Trani-melr" means crane sandbank.
- Wirral peninsula boasts no less than 1,900 listed buildings.
- The peninsula's Leasowe Lighthouse, built in 1763, is the oldest brick built lighthouse in the U.K. The lighhouse was also the first in the country to have a female lighhouse keeper, when Mrs Mary Elisabeth Williams began her service as keeper in 1908.



Leasowe Lighthouse

- The longest game of Monopoly played underwater is 45 days.
- 10. The city of Tokyo was originally called Edo.
- 11. The sun shrinks five feet every hour.
- 12. Rubber bands last longer when refrigerated.
- There are approximately 1300 species of scorpion but only 25 of them are deadly.
- The largest employer in Central Florida is Walt Disney World. There are approximately 50,000 people working there.
- Dieting can cause bad breath since less saliva is produced which leads to dry mouth.
- 16. Coca-Cola was originally green.
- Only female mosquitoes bite humans.
 Male mosquitoes live on natural liquids.
- One gallon of used motor oil can ruin approximately one million gallons of fresh water.
- In 1976, fourteen banks merged to form a bank credit card called "Mastercharge." This was later renamed to what is now know as "Mastercard.".
- One of the Bond girls in the James Bond movie, "For Your Eyes Only," used to be a man.





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COMMUNITY NEWS

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Mersey Tunnel tolls to rise by 10p from April 1.

MERSEY tunnel tolls will rise by 10p to £1.60 for cars from April 1.

Bookings open for corporate hospitality at The Open in Hoylake's Royal Liverpool Golf Club next year.

To be held on July 13-20 2014. The Open was last held at Royal Liverpool in 2006.

£10,000 funding to renovate Neston Park.

Ringway Park in Neston has been awarded £10,000 to renovate its play area. The park will be given a makeover for youngsters and older children to enjoy.

Work is expected to begin around

April/May this year.

Our newest publication Love Liverpool launches April 2013

Call **0151 513 1279** for more details.



Sainsbury's

NESTON

We are preparing for Red Nose Day which on 15th March.

In the foyer we will be holding a Malteser

Challenge – this is moving Maltesers from one
bowl to another in the quickest time possible.

The customer pays £1, the fastest person wins half
the total prize money and half goes to Comic Relief.

One of our colleagues in having is legs waxed in
the foyer as part of our "do something for money"
scheme and a local beautician will be doing red
nose themed nail art. Customers to pay a donation
of £1 to Comic Relief.

There are local dancers from Hip and Harmony coming in to the foyer over the Comic Relief weekend to raise funds.

We are also selling Red Nose Day scratchcards in store.

We are also holding a quiz night for colleagues to raise funds for Comic Relief.

Colleagues will be dressing up over the Comic Relief period and we will be holding a colleague cake sale for Red Nose Day.



ARE YOU LOOKING FOR A VENUE FOR YOUR NEXT CHARITY EVENT?

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What Is High Blood Pressure?

Blood pressure is the force of blood against your artery walls. It is measured in millimeters of mercury (mmHg) and recorded as two numbers - systolic pressure (when the heart beats) over diastolic pressure (when the heart relaxes between beats). Both numbers of these figures are important. Blood pressure rises and falls during the day. But, when it stays elevated over time, then it's called high blood pressure. High blood pressure is dangerous because it makes the heart work too hard, and the high force of the blood flow can harm arteries and organs such as the heart, kidneys, brain, and eyes.

High blood pressure often has no warning signs or symptoms. Once it occurs, it usually lasts a lifetime. If uncontrolled, it can lead to heart and kidney disease, strokes, and blindness.

High blood pressure affects more than 65 million people or 1 in 3 adults. About 28 percent of adults ages 18 and older, or about 59 million people, have prehypertension, a condition that also increases the chance of heart disease and stroke.

Individuals with normal blood pressure at age 55 have a 90 percent lifetime risk for developing high blood pressure.

High blood pressure can be controlled if you take these steps:

- Maintain a happy healthy weight.
- Be moderately physically active on most days of the week.
- Follow a healthy eating plan, which includes foods lower in sodium.
- If you drink alcoholic beverages, do so in moderation.
- If you have high blood pressure and are prescribed medication, take it as directed.

Eating healthy guidelines to limit your saturated fat and cholesterol. Focuses on increasing intake of foods which are rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fibre. Also include other nutrient-rich foods so that it meets other nutrient requirements as recommended.



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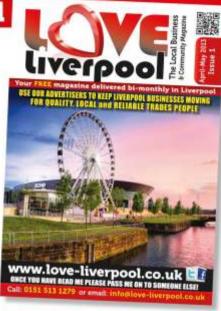
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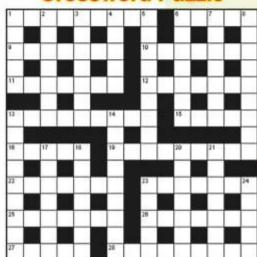
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Crossword Puzzle

Across

- 1. Start (9)
- 6. Noodles (5)
- 9. A small signboard (7)
- 10. Heartfelt (7)
- 11. Verbalize (7)
- 12. Atomic pile (7)
- 13. The same (9)
- 15. Ringworm bush (5)
- 16. Sham (5)
- 19. Inn (9)
- 22. Reindeer (7)
- 23. Gigantic (7)
- 25. Make better (7)
- 26. Particulars (7)
- 27. Homes for birds (5)
- 28. Permissiveness (9)



Down

- 1. Sew together loosely (5)
- Catch sight of (7)
- 3. Leave undone (7)
- List components (5)
- 5. Insurgent (9)
- 6. Maybe (7)
- Add sugar (7)
- 8. Substitute (9)
- 13. Contagion (9)
- 14. Obese (9)
- 17. Germane (7)
- 18. Doubtful (7)
- 20. A pet rodent (7)
- 21. Aspiring to impracticable perfection (7)
- 23. An award (5)
- 24. Urgency (5)

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"Love Wirral" The Monthly Business & Community Magazine. Telephone: 0151 513 1279 or email: info@love-wirral.com

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