

LOVED WIRRAL

The Monthly Business
& Community Magazine

Apr 2012 - Issue 02

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HAVE YOU EVER CONSIDERED THE BENEFITS OF BUYING LOCAL?

Supporting local businesses improves the character of your local area. By helping high streets to thrive, many are able to retain their identity amongst a country full of identikit shopping centres. This encourages further growth within villages where local entrepreneurs are more likely to invest their support in turn.

Independent local businesses employ not only their staff, but a wide range of supporting services. They hire architects, designers, shop fitters, sign makers, contractors, accountants, insurance brokers, computer consultants, solicitors, advertising agencies, gardeners, window cleaners and others to help run it. Local retailers and distributors also carry a higher percentage of locally made goods than chain stores, creating more jobs for local produces.

BUY LOCAL BECAUSE:

- You reduce the miles you travel
- You boost your local economy
- You support your local independent businesses
- You enjoy unique products and receive a friendly service

USEFUL INFORMATION FOR EMPLOYERS AND THE LOCAL COMMUNITY:

Whether you are an individual looking for an apprenticeship or an employer looking for an apprentice, there is a whole range of information available, with over 190 roles across a wide range industries - check out www.apprenticeships.org.uk

The Wirral Intermediate Labour Market (ILM) part funds new, additional jobs which include an element of training and support. They will fund 26 weeks of an anticipated 52 week contract with an employer. Priority is being given to small/medium sized businesses. Employers and potential employees check out their website at www.wirral.gov.uk - The Wirral ILM.

Business Link offer a free business advice and support service, available online and through local advisors. Their aim is to provide real help to firms through the economic downturn. See their website and contact details at www.businesslink.gov.uk

REASONS FOR YOU TO CHOOSE TO ADVERTISE WITH OUR MAGAZINE

We are a local company using a local printers based in Wirral.

These last few weeks alone we have seen a number of small businesses either on the brink of closure or have closed due to the current economic climate. Two of our advertisers from last month, **Sure Installations** and **Contemporary Kitchens** were forced to vacate as the administrators were called in to Burton Nurseries. We wish them and the other small businesses from **Love Wirral** all the best for the future.

WHAT WE HAVE TO OFFER:

- All our adverts are individually designed and tailored to suit your business requirements
- There is **NO VAT** charged on any of our adverts - as smaller businesses are **NOT** VAT registered.
- There are **NO CONTRACTS** that we tie businesses into - **its easy in & easy out!**
- We offer **DISCOUNTS** for 3 months consecutive advertising of 10%. If you advertise for a year with us we offer a larger discount!
- We promote your business in A5 full colour magazine and online as an interactive magazine at no extra cost with plenty of useful information, editorials and competitions for everyone!
- We cover the whole of the Wirral & South Wirral and target over 7,500 homes & businesses.
- We are the **ONLY** magazine to offer the Customer Recommendations approval scheme, whereby you get your customers to email us with their recommendations about your business and we will give you a rosette next to your advert and their comments online about your company which links to your website.
- Our rates are very competitive.
- Free Photography and QR Codes to link straight to your website.

CALL TODAY AND GET SIX WEEKS OF ADVERTISING ACROSS WIRRAL!



Dear Friends,

A very big **THANK YOU** to everyone who advertised with us in our first edition of 'Love Wirral' the monthly business and community magazine.

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

Tell us what would you like to see in the magazine! such as up and coming events in your community, Bridal Fayres what's on in Wirral, news and views.

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

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

Best Wishes,

Maxine

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

GLIMPSE AT
WHAT'S IN
LOVE WIRRAL



WIN THIS CAMERA

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HMS Liverpool - A Final Journey Home	p.5
Dovecote Nurseries - Garden Preparations	p.8
National Geographic - Top 10 City Boat Trips	p.9
Top 5 Unusual Cool iPhone Apps	p.11
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Walk & Cycle The Wirral	p.16/17
So You Think You Can't Paint - by SKY TV's Keith Fenick	p.20/21
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Jamie at Home Competition	p.24
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Get your customers to email us with a recommendation about your company and get this symbol on your advert and on our website with a link to your site!

Love Wirral **the New**
exciting magazine **for all**
businesses **in Wirral**

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

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HMS LIVERPOOL

A FINAL MERSEY JOURNEY

HMS Liverpool arrived in Liverpool on its final voyage into the city last month.

The seventh and current HMS Liverpool was built by Cammell Laird in Birkenhead in 1978 at was launched in 1982.

The Type-42 destroyer ship has just spent seven months working off Libya and is due to be taken out of service.

HMS Liverpool was deployed to the Persian Gulf in support of the 2003 Iraq War. The ship was fired at during its duty in Libya. It returned fire 10 times and launched 211 rounds of high explosive shells from its 4.5 inch gun.

She has also been deployed to the Caribbean on anti drug smuggling operations.

The nearly 300-strong crew were awarded the Freedom of the City of Liverpool on their last visit in February 2011.

As a result, the crew exercised their right to march through the city of Liverpool once again.

As HMS Liverpool arrived it seemed a poignant moment and fitting for her long and illustrious life at sea.

A campaign has been launched to save HMS Liverpool from the scrapheap after she was decommissioned today.

But people in the city want to see the ship brought home once and for all, rather than cut up for scrap metal like previous destroyers.

A fundraising appeal has been launched along with an e-petition asking the Ministry of Defence to allow the ship to become a huge tourist attraction on the River Mersey.

The Save HMS Liverpool appeal was started by Michelle Burgess, North West co-ordinator for the charity Support Our Soldiers.

www.savehmsliverpool.co.uk

HMS Liverpool

Name:	HMS Liverpool
Operator:	Royal Navy
Ordered:	1 March 1977
Builder:	Cammell Laird
Laid down:	5 July 1978
Launched:	25 September 1980
Sponsored by:	Lady Strathcona, wife of Euan Howard, 4th Baron Strathcona and Mount Royal
Commissioned:	1 July 1982
Nickname:	"Crazy Red Chicken"



Photograph above courtesy of K. Gregson
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Photograph right supplied courtesy of 'UK MoD/Crown Copyright 2012'
Type 42 destroyer HMS Liverpool is pictured during Exercise Joint Warrior.

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HMS Liverpool due to be decommissioned taken on the River Mersey



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Spring is in the air...

Now that spring has arrived there are plenty of jobs to be undertaken in preparation for the growing season. Removing weeds is easier to do now before planting. On a dry day remove annual weeds before they set seed and dig out perennial weeds such as dandelions. Existing plants should be tidied up and if necessary lifted and split. Once the ground is tidied and weed free apply a mulch of compost or well rotted manure to give your plants a good start.

This is the perfect time to plant trees, shrubs, hardy perennials and roses. In the vegetable garden, plant soft fruit bushes, rhubarb and strawberries. First early potatoes, broad beans, peas, salad leaves and brassicas can also be safely planted now. Sweet peas are hardy enough to be planted outdoors now on a climbing frame or trellis and will give months of fragrance and colour.

If you have a greenhouse or conservatory why not make your own hanging baskets and containers using plug plants. This is cost effective and fun to do. Remember though, that these plants are half-hardy and will need overnight protection from frosts.

For early colour, hardy bedding plants such as violas, pansies, antirrhinums, calendulas and dianthus can be planted but the more tender bedding plants such as begonias need to wait until mid May when the risk of frost has passed.

Opening Hours

Summer Hours (1st April - 30th September)

Monday - Saturday	9.00 - 5.00
Wednesday	Closed
Sunday	10.00 - 5.00

Winter Hours (1st October - 31st March)

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Top 10 City Boat Trips

- Vancouver Ferries, Canada** State-of-the-art ferries cross sparkling waters between Vancouver and the surrounding islands.
- Staten Island Ferry, New York City** Trips past Statue of Liberty and Ellis Island. Five miles and 25 minutes later, you reach Staten Island.
- San Francisco to Sausalito Ferry, California** The 30-minute ferry ride, you'll see views of Golden Gate Bridge, Alcatraz prison, Angel Island, and the San Francisco skyline.
- New Orleans to Algiers Ferry, Louisiana** The stately Algiers ferry carries passengers (for free!) across the Mississippi River.
- Star Ferry, Hong Kong, China** The famous Star Ferry takes only five minutes, but delivers a spectacular view of the city skyline.

LIVERPOOL MERSEY FERRIES MAKES IT INTO TOP 10 TRIPS



Taken from *Journeys of a Lifetime*
National Geographic

- Brisbane CityCat, Australia** CityCats of Brisbane seem to hover on the water. Take a ride along the Brisbane River and South Bank Parklands.
- Bosphorus Ferry, Istanbul, Turkey** The Bosphorus ferry which sits on the cusp of two continents. From Ottoman palaces to the Bosphorus Bridge.
- Venice Vaporetto, Italy** A vaporetto will take you into the city with stops at Murano and the Lido, Venice's beach, before dropping you off right in St. Mark's Square.
- Naples to Capri Ferry, Italy** The Bay of Naples boasts some of the most attractive coastline in the world. Take a boat ride from Naples to Capri over the azure sea.
- Mersey Ferry, Liverpool, England** The famous red-and-black ferries of Liverpool take an hour to cross the great Mersey River. Dating back to the 12th century, this is the oldest ferry service in Europe. As well as the standard ferry service, there are also tours of the Merseyside area and themed cruises for special occasions. Celebrates the city's links with the Fab Four, who all lived in the city.



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Top 5 Unusual Cool iPhone Apps

See how versatile your iPhone or iPod touch can be!

It's criminal how utterly dependent you can become on your iPhone or iPod touch.

But it's not enough to simply rely on it for telephone calls, entertainment and locating a decent pub... Oh no, now fiendish app developers have found even more ways to tie you to Apple's addictive device.

1. Spirit Level

iHandySoft have created an ingenious spirit level that makes use of the accelerometer in the iPhone. It's called iHandy Level and it's free. It's very easy to use, just collaborate it and off you go.

2. Torch - Free

Torch might feel gimmicky, but you'll be glad you installed it the next time you're plunged into darkness and left scrabbling around for the trip switch or fuse box.

3. Cooking Guide

You're at home and don't know what to cook? Why not pick up your trusty iPhone and do a bit of searching. AllRecipes.com's Dinner Spinner app is here to save the day!

With this application (free and paid version) you can search through a library of various recipes to try out. It's a nice, quick and easy way to gain an idea of what to cook up, and you have all the instructions at your fingertips.

4. Record Cable Remotely

Cable is a great thing isn't it? With your iPhone you can now remotely record cable programmes from virtually anywhere in the world. For those users with a TiVo, there is a web app.

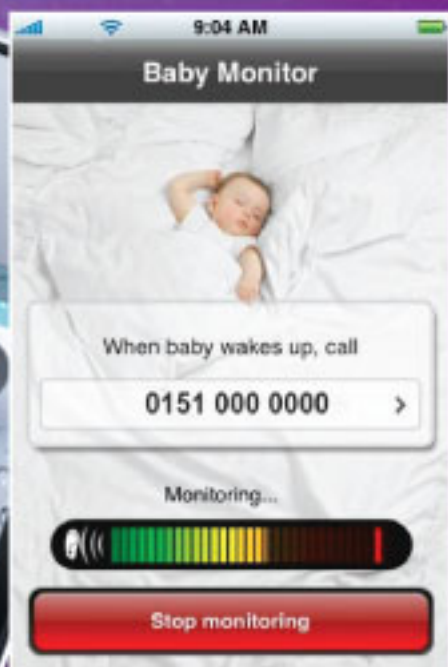
5. Baby Monitor

A very smart idea that allows you to use your iPhone as a baby monitor for when it is sleeping (if you can part from it for that long!). CodeGoo's Baby Monitor application is designed to alert you when your child awakens by placing an automatic phone call to any specified number when it detects sound or movement.

Conclusion

Are there any applications that you use that weren't on the list and you find to be quite unique to the iPhone?

Please email them to us at lovewirral@mail.com



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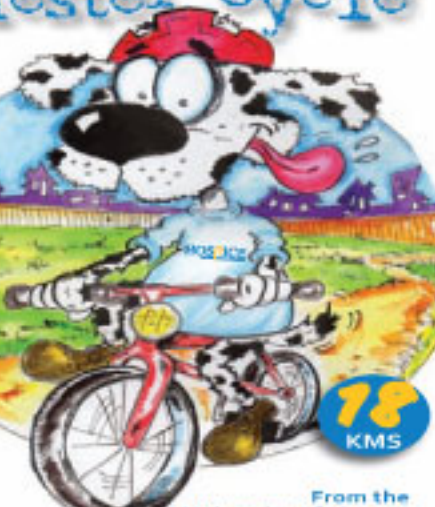
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ABOUT THE HOSPICE LOTTERY

You are in a Win-Win situation when you join the hospice lottery, with all the profits donated back to your hospice and the total **£2500** weekly prize money is paid out and **£500** rollover up to **£10,000**

HOW DOES OUR LOTTERY WORK?

Each entry costs £1 per week £4.34 per month.

You can have as many entries as you like. When you join you'll receive a unique membership number for each entry you have. Your number will be entered into Friday's draw as long as your payment is in credit.

The promoter is the Wirral Hospice St John's. Licensed by the Gambling Commission. If you would like information about responsible gambling, including how to gamble safely please visit: www.gamblersaware.co.uk
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All winners are notified directly and results are published on the Hospice website - www.wirralhospice.org and The Wirral Globe.

CONTACT

The Lottery Office,
Wirral Hospice St John's, Mount Road,
Higher Bebington,
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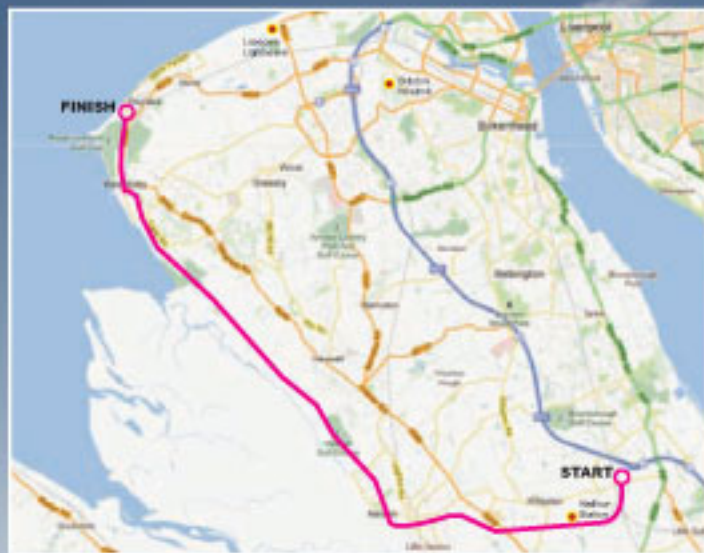
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Walk & Cycle the Wirral

There are lots of excellent walk or cycle rides that run along pleasant paths throughout the Wirral coast and countryside which are traffic free. One in particular follows the track bed of part of the former Birkenhead Railway route from Hooton at Hadlow Station along to West Kirby.

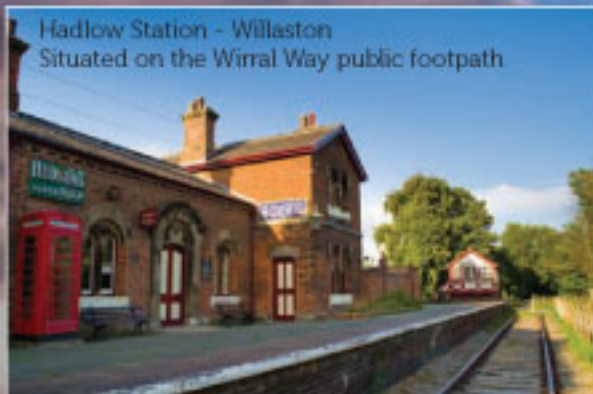
Start at Hooton Railway Station near Ellesmere Port and head towards Neston entering the beautiful Wirral Country Park on the way. The path then heads along the beautiful Wirral coastline passing Heswall and Thurstaston before finishing at West Kirby and Hoylake.

There are many beautiful views to take in, as you either walk or cycle along many of the paths that cover the Wirral. On a clear day you can see as far as Moel Famau across the Dee Estuary. Many wild animals nest along the track in the large hedgerows and a large variety of butterflies can be witnessed. Be sure to take plenty of drink and food although you will come across some of the most quaint pubs on the way. The walking guides, including Wirral's Circular Trail can be downloaded from the [VisitWirral](http://www.visitwirral.com) website.



Views from Hoylake at sunset

A FEW OF WIRRAL'S LANDMARKS ON THE JOURNEY



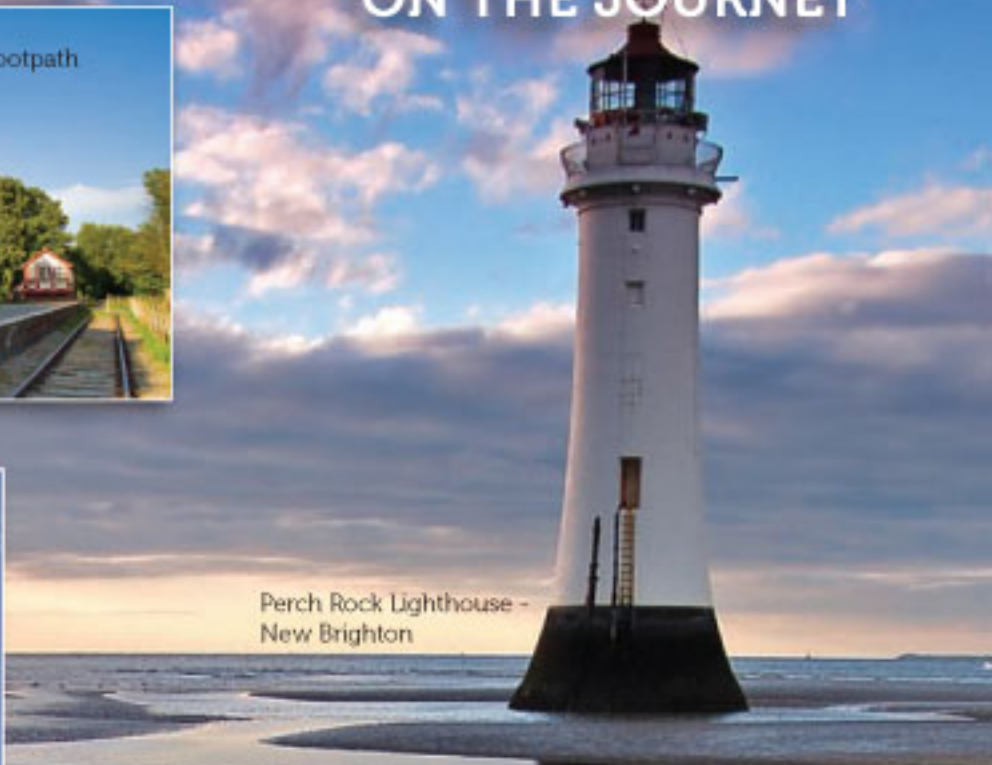
Hadlow Station - Willaston
Situated on the Wirral Way public footpath



Bidston Windmill



Leasowe Lighthouse
A Grade II Listed Building



Perch Rock Lighthouse -
New Brighton

Wirral boasts many beautiful attractions to see and owes much of its once baron landline to its enterprising Benedictine monks who turned the headland into an enterprising and thriving estuary.

In 1330 Wirral developed a trade link across to Liverpool and established the first ferry crossing. The monks home at the time was Birkenhead Priory and Birkenhead and surrounding areas began to rise.

Hadlow Road railway station was a station on the single track Hooton to West Kirby branch of the Birkenhead Railway, on the Wirral Peninsula. The station served the village of Willaston.

Bidston Windmill built in about 1800 and continued working as a flour mill until about 1875. The previous structure, a wooden peg mill, was destroyed by fire in 1791.

Leasowe Lighthouse is the oldest brick built lighthouse in Britain built around 1763, by the Mersey Docks & Harbour Board.

Enjoy the walks and cycle trails around our beautiful Wirral coastlines.

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SO YOU THINK YOU CAN'T PAINT?

Well I say you can! Says Keith Fenwick – sky TV's 'ART DOCTOR'



When I'm outdoors, sitting by a river or lake painting the landscape, I'm often approached by admiring public who say things like; aren't you lucky, I've always wanted to paint or I wish I had the gift. I don't believe it is a gift, to me it's more perspiration than inspiration. I believe that if you really wish to achieve any success in life you have to work at it and painting is no exception. The harder I work the more 'gifted' I become – practice makes perfect, achievers never quit and quitters never achieve.

I have been running painting holidays for over thirty years and I can assure you that with informed tuition and lots of advice and help, you will be able to paint a simple landscape. My aim is to remove the mysteries from painting.

When the beginner sees a landscape the first response is, 'I could never paint that' – well I say you can if you are shown how. Think of putting a jigsaw together, piece by piece – that's how you paint a landscape, bit by bit, in the correct logical sequence. You can do it, if you really want to.

Paintings don't just happen, they have to be designed. If this sounds complex, it isn't – it is simply common sense, you just need to be shown how. My aim is to save you twenty years of learning time.

Did you know that you can start painting cheaper than purchasing a pair of training shoes. Painting will change your life, ask any artist. Even if you never reach master-class, you will see the landscape in a different light and you will appreciate the wonders of nature more fully.

KEITH FENWICK - Sky TV's 'Art Doctor' 'Something Special' Painting Holidays in the Lake District 2012



DATES

MAY 20 - 24
'watercolour landscapes'
paint and tour

AUGUST 19 - 23
'Acrylics made easy'
paint and tour

SEPTEMBER 23 - 25
'watercolour landscapes'

OCTOBER 21 - 23
'watercolour landscapes'

Keith lives on the Wirral - he has published 10 Art books on landscape painting made over 30 DVD's, presented several TV series and demonstrated for major art companies.

For brochures: Tel: 0151 327 1601 Email: fenwickart@sky.com Web: www.keithfenwick.co.uk



WHY PAINT AT ALL?

Learning to paint is fun and it's easier than you think. There's a painter in all of us just waiting to jump out. The sense of satisfaction that your creative urges are being fulfilled cannot be described and must be experienced to fully appreciate.

WHAT YOU NEED TO GET STARTED

You will need FOUR BRUSHES to begin with, as follows:

1. A large hake brush to simplify the painting of skies and foregrounds.
2. A size 14 round pointed brush for pushing paint around and also for various facets of the landscape.
3. A 3/4" flat brush for painting rocks, buildings etc.
4. A size 3 rigger brush for fine lines and detail.

A suitable PALETTE of PAINT COLOURS (tubes not pans) would be as follows:

Cobalt blue, Payne's grey, Alizarin crimson (sky colours) Raw sienna, Burnt sienna (earth colours) Any light yellow, Sap green (mixers)

You need not purchase a PALETTE at this stage, simply deposit your colours around the rim of a white dinner plate and draw your colours into the centre of the plate to mix the shades you require.

You will need a pad of rough WATERCOLOUR paper at least 140lbs weight.

You will also need a 4B pencil to draw your outlines, an absorbent toilet roll to remove paint when creating skies etc and 2 jars or other suitable containers to hold water. This will suffice at this stage.

In next month's issue: I will demonstrate step by step how easy it is to paint a simple mountain and lake scene using the letters of the alphabet. This is a simple exercise for you to attempt, just follow the stages.

You can do it! – Painting is not brain surgery, it's just common sense.

Have a look at my website www.keithfenwick.co.uk to see lots examples of my paintings and the materials I use.

My TV programmes have been recorded on DVD. Happy painting.

Keith Fenwick FRSA; C.Eng; BWS; CIGA; B.Tech (Hons)

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emails was

ANDREW JAMES
from Birkenhead
WELL DONE!
who has been notified!

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TOAN PHU OF MORETON AGED 9
NOAH WOOD OF PRENTON AGED 6
CHARLIE AND BILLY JONES TWINS AGED 8

RUNNERS UP

THOMAS YATES OF SPITAL AGED 4
JO AGED 8 AND THOMAS WHITAKER AGED 9
BROMBOROUGH

JAXX CARTER OF BROMBOROUGH AGED 8

All prizes have been delivered
to happy children!

MILL PARK TENANTS RESIDENTS COMMITTEE NEWS!

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Stylish entertaining with Jamie at Home

Whether your home needs a complete overhaul or just a few new products to spruce it up, the exclusive Jme homeware collection by Jamie Oliver is guaranteed to bring some style to your home!

Jamie at Home offers a unique shopping experience, where having a fun night in with friends and family is the main priority. You can come together and share in Jamie's passion for beautiful products and cooking. If you book a party, you not only get to see many of Jme fabulous products, and Jamie's recipe of the month, but as the Host of the party, you'll also receive Loyalty Points you can spend on any Jme product of your choice. Based on the average party of £250, you would have £50 of points to redeem.

Love Wirral has teamed up with Jamie at Home, to give one lucky reader the chance to **WIN £100 of Jme homeware**, including our fabulous drinks dispenser.

Also if you are currently looking to earn extra money, you can also join my Jamie at Home Team - no experience is necessary, and local training will be given. It's totally flexible and fits around whatever you have got going on in your life. You receive a minimum of 20% commission, plus additional bonuses on everything that you sell.

ENTRY FORM

To be in with a chance of winning, simply answer the question below and complete the entry form with your answer, name, address and daytime telephone number.

Question is - How much is an average party with Jamie at Home?

Answer _____

Name _____

Post code _____

Daytime Telephone Number _____

- I am interested in hosting my own Jamie at Home party
- I am interested in hosting a fundraising event.
- I am interested in hearing about the earning opportunity with Jamie at Home

Send this completed form to **Jamie at Home competition**,

Jamie at Home, 83 Brookhurst Road, Bromborough, Wirral CH63 0EL or email to: Elainebsd@aol.com

All entries to be received by **17th April 2012**.

Draw will take place on **18th April 2012**, and winner will be contacted by telephone and published in the May Edition of Love Wirral Magazine.

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There are a number of pitfalls that small business face, these can be anything from finding the right premises to operate from, raising working capital to finding the right staff but all businesses have to deal with taxes, whether it is VAT, or PAYE there is a minefield of regulation and legislation out there which can trip small business up. For example did you know that if you employ staff, then you will have statutory filing deadlines to meet for filing forms and making payments to HM Revenue & Customs (HMRC). If you ignore these obligations, penalties and interest will soon be added to your employment costs! Penalties are now issued automatically and arise when employer return forms are submitted late or when the tax and National Insurance deducted from employees' wages is paid late to HMRC. Writing for industry publication accounting WEB, Rebecca Benneyworth warned that while HM Revenue & Customs' (HMRC) new PAYE penalty system was launched more than a year ago, businesses are only now beginning to be landed with fines for late payment.

HM Revenue & Customs (HMRC) has also launched a new clampdown aimed at bringing VAT rule-breakers to justice. The campaign will see the department issue letters to businesses informing them about how they can register in order to pay what they owe. HMRC said the intended recipients will be individuals and businesses that are not registered for VAT but are operating above the £73,000 turnover threshold. Mike Wells, HMRC's director of risk and intelligence urged those who have not yet registered their businesses for VAT to get their tax affairs in order "simply and on the best available terms". HM Revenue & Customs (HMRC) has issued a reminder to small businesses trading on the internet. The department has warned that those thinking they can avoid their VAT obligations because they operate online will be found. It comes after a 40-year-old man was jailed for attempting to evade more than £420,000 of VAT due on goods sold via the internet.

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LifeSaver Training is a family run business offering a wide range of first aid courses for parents, individuals and businesses that need to comply with their Health & Safety obligations. We also hold CPR & AED training for healthcare professionals. Our courses are HSE approved and meet the requirements of OFSTED.

LifeSaver Training provides Certificated & Accredited qualifications through Emergency First Response Ltd. Emergency First Response training is based on recommendations by International Liaison Committee on Resuscitation (ILCOR), so you're learning the same skills as used by nurses, paramedics and medical professionals.

Courses have been designed to be both educational and fun, providing candidates with a non-stressful learning environment. This not only reduces the performance anxieties that interfere with learning, but also enhances confidence when rendering aid in a real medical emergency.

At LifeSaver Training we understand the pressure being placed on businesses especially in today's uncertain economic climate. With that in mind, our courses are designed to suit the individual needs of your company. Courses are usually held at our premises in Liverpool and can be run at times to suit you. We do however appreciate the difficulties faced when sending groups of employees to train away from the workplace, we therefore also offer in-house courses, dependent on student numbers and the suitability of the venue.

Currently we offer in-house First Aid at Work training and other courses in Liverpool, Manchester and other North West regions but if you are further afield, please still get in touch, as we may still be able to accommodate your needs, or recommend another organisation that can. Should the information you need not be available on our website, please feel free to contact us.

Call Us 0151 207 0081

Please call our offices for further information about any of our training courses.

Courses we offer

Here are some of the courses that LifeSaver Training regularly provide to both Businesses and Individuals:-

- First Aid at Work Course
- PADI EFR Primary and Secondary Care
- Paediatric First Aid
- CPR & Automated External Defibrillation
- Manual Handling
- Emergency First Aid at Work
- Refresher and Re-qualification training
- First Aid for Schools
- GP & Dental practice - CPR & AED Training



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2012

UPCOMING DATES & EVENTS IN WIRRAL

APRIL

1 April
Wirral Egg Run



6 - 9 April

Easter Egg Church Farm Easter Egg Hunt
Church Farm, Church Lane, Thurstaston,
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Hop on down to Church Farm for a unique Bank Holiday treat. Ride on the tractor up to the Church Farm forest. Adults and children will love working together to complete the games of skill and solve the Easter puzzle. Play hook-a-duck, basketball dunk, see-saw, ring toss, target practice, i-spy and lots more. You'll then meet the cuddly Easter Bunny, who'll reward the children with a chocolate gift.

Your ticket includes an Easter Egg Hunt and access to the farm play area and meet-the-animal talks. You can stay all day if you like! The ticket also includes a chocolate gift for the children and a hot drink for the adults. Rides leave every 20 minutes throughout the day. Book online or call: 0151 648 7838

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9 April

The Wirral Kids Quiz

Come to the fun quiz evening about Wirral's Coast & Countryside at Lattitude in West Kirby. Aimed at teenagers there will also be a BBQ. For details www.lattitudecookbook.webs.com

15 April 2:00pm - 3:30pm

The Lakes of Birkenhead Park

Find out about all three lakes in Birkenhead Park and look for the signs of birds nesting on this ranger led guided walk.

2.00 pm-3.30pm meet at the Visitor Centre.

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Suitable for the whole family.

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DID YOU KNOW?

WIRRAL SPORTING ACHIEVEMENTS

The Wirral's league football team is Tranmere Rovers who play their home matches at Prenton Park, Tranmere.

The team was formed in 1884 and have used the Prenton Park ground since 1912.

The team hold an all time football league record for the most goals scored in one match, after a game played on the 26th of December 1935 when Tranmere Rovers beat Oldham Athletic 13 goals to 4 - nine of which were scored by centre forward Robert 'Bunny' Ball - giving the aggregate score of 17 goals the most goals scored in any football match, a record that still stands to this day.

The World Windsurfing speed record was set on the Wirral Peninsula, when windsurfer Dave White attained a speed of 42.16 knots at West Kirby Marine Lake in October 1991.

Guinea Gap swimming baths situated in Wallasey has been the site of more swimming records than any other swimming pool in the world. This amazing feat is due to one man, local born, Olympic bronze medalist, Neil McKechnie who attained no less than thirty English and British swimming records at this Wirral swimming pool during the 1950's and who, by 1958, held every English freestyle swimming record from one hundred metres to one mile during his time as a member of the Wallasey Swimming Club. His prowess in the water has been attributed to the baths being filled with water from the River Mersey.

West Kirby situated on the Wirral's Irish Sea coast is home to the prestigious Wilson Cup, the world's biggest team yacht racing event.

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Running is a great way to keep active and provides many clear physical and psychological benefits. Not only will it improve your cardiovascular system, bone density and strip away excess body fat, but it can help reduce the stresses and strains of work and everyday life.

If you are planning on running to get fit then it is important to get it right from the very start or you could fall at the first hurdle. Before even hitting the streets you need a watch and the correct footwear. Wear clothing comfortable to run in and preferably reflective if running in the dark. The right trainers are vital as they will prevent any joint problems and protect your feet. There is no need to spend a fortune but it is important to have trainers with decent support and cushioning. Any sports outlet or running shops will help you with this.

As a beginner you need to:

- Plan your route and track your times.
- Warm up and cool down to prevent injury. Start with stretching and a brisk walk if this is the level you're at to get warm and breathing a little heavier. Otherwise a light jog if you're fitter. Finish with a gentle walk and stretches.
- Build up steadily by increasing the length of time or mileage you do. Try not to increase your overall weekly mileage by more than 10 percent or 2-3 miles. Pushing too hard will only lead to injury and exhaustion and probably leave you feeling defeated.

Week	Time in minutes	Total running time
1	Run 1-1-2-2-1-1 (2 min walk in between)	8
2	1-1-2-3-2-1 (2 min walk in between)	10
3	1-2-3-3-2-1 (2 min walk in between)	12
4	2-5-5-3 (1½ walk in between)	15
5	2-5-8-3 (1 min walk in between)	18
6	2-3-10-3 (1 min walk in between)	18
7	4-12-4 (1 min walk in between)	20
8	3-14-3 (1 min walk in between)	20
9	2-16-2 (1 min walk in between)	20
10	20 non-stop	20

- Here is a guide to get you started. It is designed to help you build up to running for 20 minutes non-stop. At this early stage it is important to focus on the time and not the distance as this will come later on as you progress. Warm up 10 minutes before with your walk or jog and allow 5 minutes for your cool down. Leave at least a day between each run and complete 3 sessions a week.

Once running for 20 minutes becomes well within your ability, you can take the next step of marking distances, and progress to setting goals like a 5km run. Try entering a race for life to give you a goal.

I hope this helps you on a new road of change in your life and you find running as fulfilling and enjoyable as I do.

If you need a more personal approach to get fit or some professional guidance and motivation to reach your goals then don't hesitate to contact me.



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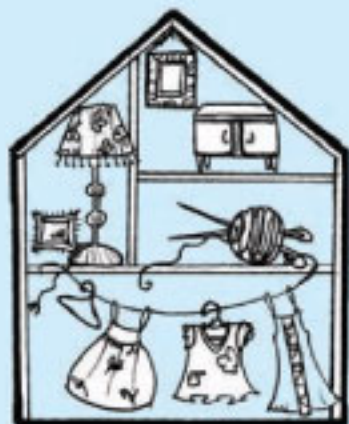
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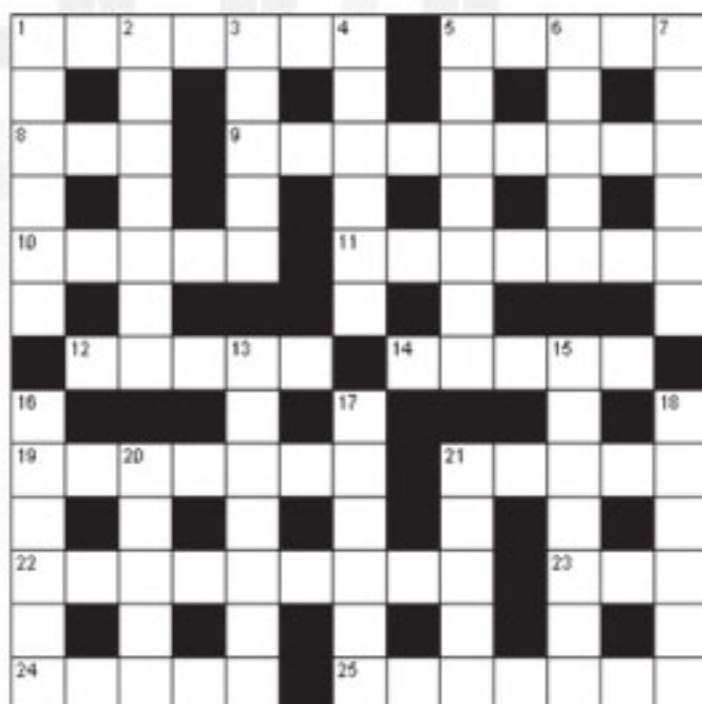
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CRAFTS PAGE

THINGS TO DO & HAVE FUN

KIDS PLAY DOUGH RECIPE

INGREDIENTS

- 1 cup of plain flour
- 1 cup of water
- 1 tablespoon cooking oil
- 2 teaspoons cream of tartar
- half a cup of salt
- food colouring (optional)



Place all the ingredients in a saucepan at a low heat. Stir continuously until the mixture thickens to a firm dough texture.

Roll into a ball (note its hot at this stage) leave to cool a bit and then have lots of fun!

When not using the play dough just cover completely in cling film, it will last for a few weeks!

How to Make Pom Pom Easter Bunnies

Are you making pom pom Easter bunnies with children?

If you have made them before then you will know that they make a great Easter craft project for kids.

Step by Step Craft Instructions

Start by cutting your bunny feet from white foam.

These should be roughly heart shaped with the bottom missing off the heart.

Attach the 50mm white pom pom to the feet with tacky glue, then the 35mm white pom pom on top of the larger one.

Don't forget to attach the 12mm white pom pom for the tail..Use white pipe cleaner sections to make the ears and then attach these using tacky glue

Then cut the teeth from white foam, the carrot from orange foam and the top of the carrot from green foam, attaching these with tacky glue

Cut up some small sections of skinny white pipe cleaners for the whiskers and attach these, together with the eyes and the pom pom nose.

Hoppity, hoppity, hop - all done!



Kids Craft Supplies to Buy

- 50mm white pom pom
- 35mm white pom pom
- 12mm white pom pom
- 7mm pink pom pom
- White pipe cleaner for ears
- 10mm googly eyes

- Skinny white pipe cleaners for whiskers
- Orange foam
- Green foam
- White foam
- Tacky glue - this is the glue that we recommend for all pom pom craft projects.

KIDZ PAGE

EASTER BUNNY WORDSEARCH

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