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#### Dear Friends,

A very big **THANK YOU** to everyone who advertised in last months edition of 'Love Wirral' the monthly business and community magazine.

This magazine aims to help promote local 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.

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.

If you run a business then why not enter our **WIN A FREE ADVERT** by simply emailing us your business details and we will choose one winner for the next edition of Love Wirral - Good Luck!

## GLIMPSE AT WHAT'S IN LOVE WIRRAL MAGAZINE

Wirral Ways & Happy Days by lan Kenyon The Huyton Poet	5
Bromborough Dock 1940 German Bomber German J88 Bomber crashes	12
Fighting fit through Tae Kwon-Do	13
Wedding Packages Pamper & Photography	14
Protecting Your Home Against Crime	15
Dovecote Nurseries Garden Preparations Summer is on it's way!	16
Out of the Ashes Music Festival - 2 Events All in aid of Teenage Cancer Trust	19
So You Think You Can't Paint -	20
by SKYTV's Keith Fenwick	20
Mental Health Problems	22 25
Do You Remember The Octel Club?	26
Community Noticeboard - Have Your Say 2012 Upcoming Events in Wirral	28
Did You Know About? About Wirral	28
High Intensity Training with Zone Fitness	30
Support Your Local Charities Page	32
Puzzle Page & Crossword	35
The 2012 Wirral Egg Run Photographs	36
Kidz Page	37

Best Wishes,





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 magazine for all businesses in Wirral

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.

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

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## Wirral Ways & Happy Days

#### by Ian Kenyon The Huyton Poet

The Huyton Poet is Ian Kenyon, an ex Wirralian that has at the age of 59 taken to performing Stand Up comedy and also appearing on variety shows performing his poetry in a sort of Pam Ayres meets Peter Kaye fashion he has had over 400 different poems broadcast on BBC Radio Merseyside as well as having many of them published in local and national press. Ian comes up with pretty much instant poems, when asked to compose a few verses for "Love Wirral" he was back with this epic in just a couple of hours (and he says he took that long because he stopped for tea). Ian is available to perform his poetry sets and he also provides a Personalised Poetry service where you can get just the poem for any occasion. You can contact him by email at thehuytonpoet@gmail.com and you can have a sneak preview of him working at:

http://www.youtube.com/watch?v=zDwFvgwBlg0&feature=channel

#### A poem based on childhood memories of my time living in Rock Ferry.

I was taught about Wirral Peninsular When I was just a lad at school Three sides surrounded by water The teacher made it sound quite cool I was born and raised in Rock ferry Just on the boundary of poor We'd spend our days down by the river We called it "The New Ferry Shore" Occasional trips to New ferry Baths But our financial status was grim We would search for perimeter weak spots And that's where we all just bunked in Port Sunlight Village that was one of best With the boating lake there and stuff The Lady Lever Gallery there We just couldn't get enough We played war on the war memorial It was a brilliant place to play I don't know if kids still do that now Things are so different today My mum was a frustrated traveller And when some spare cash could be found She would haul us all on to a Crosville bus And we'd travel the Wirral round Burton and Neston and Heswall Sometimes Parkgate for the day I told the conductor I was only 4 So mum wouldn't have to pay

Some days we'd jump on the 41 bus We were Eastham Ferry bound The woods, the bear pit, the riverside The whole of the day was just sound Then home past the Power Station Further on down we'd pass Stork I doubt if I could manage it now It seems such a long way to walk Came out at the end of The Causeway Where it joins with the New Chester Road Lorries were thundering everywhere Each one with a different load I'm getting a bit sentimental now My lip it is starting to quiver Then back down to earth with heavy bump When you get to the "Stinky River"

©lan Kenyon 2012



Above: Ian Kenyon pictured with Ken Dodd at Liverpool Town Hall



Photographs of New Ferry Baths supplied by: MARK ANTHONY CRAIG Chair, NFRAG - NEW FERRY ONLINE The Community Website of New Ferry, Wirral, UK www.newferryonline.org.uk



Above: NEW FERRY SWIMMING BATHS IN 1950'S Right: PORT SUNLIGHT WAR MEMORIAL



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#### BROMBOROUGH DOCK 1940

The Bromborough Dock Ju88 incident Oct. 8th 1940



On the 8th October 1940, a German Junkers Ju88 bomber aircraft arrived in the skies above Merseyside on a mission to bomb the Rootes aircraft factory at Speke and photograph the results of its attack. The aircraft was loaded with four 250kg bombs. It had flown from Caen in France over Southampton, Droitwich, Ellesmere Port and finally to Speke, arriving in the target area around 4pm.

However, before it could reach its target, the bomber was spotted by Czech pilots flying three Hurricanes of yellow section No.312 (Czech) Squadron based at Speke. They had just taken off on a routine mission to patrol the skies above Hoylake. The Hurricanes attacked the Junkers aircraft, which fired back - causing some damage to the Hurricanes.

Eventually, the Ju88's starboard engine was hit and damaged. The pilot, 26 year old Oberleutnant Helmuth Bruckmann, jettisoned two of his bombs into the River Mersey. With two bombs still in their racks, the Ju88 was seen gliding down towards Bromborough Dock where the pilot made a forced landing with the undercarriage retracted. The Ju88 slid across the field for thirty yards until it came to a rest near to an anti-aircraft gun post with the port engine ripped out of its mounting. One of the bombs was torn from its rack and was found lying in the field near to the aircraft along with a fully inflated dinghy.

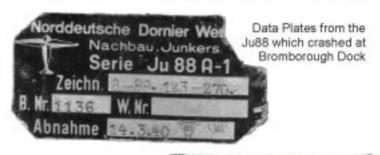
A bullet wound to the head had killed the observer, 24 year old Leutnant (Pilot Officer) Herbert Schlegel. The pilot, Oberleutnant Brüeckmann was uninjured but 37 year old Sonderfuhrer Horst Lehmann the air gunner and 26 year old Unteroffizierer Helmuth Weth wireless operator were injured.

The three Hurricanes landed back at Speke, the whole sortie had taken just eleven minutes.

Photographs supplied by courtesy of: MARK ANTHONY CRAIG Chair, NFRAG - NEW FERRY ONLINE The Community Website of New Ferry, Wirral, UK www.newferryonline.org.uk



Images showing RAF personnel inspecting the JU88 which crashed next to Bromborough Dock on 8th October 1940



Fabrik Wilds

Birkenhead Newspaper article 12th October 1940











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Protecting Your Home Against Crime

Homes with no security measures in place are 5 times more likely to be burgled than those with simple security measures. Good window locks and strong deadlocks can make a big difference. Find out about a few effective steps you can take to secure your home.

#### Top 10 tips: things you can do to prevent a burglary!

Taking just a few simple easy steps can make a very big difference in keeping your home safe from burglary.

#### Here are a few tips:

- lock all your doors and windows every time you leave your home, even when you're just out in the garden
- hide all keys, including car keys, out of sight and away from easy reach through the letterbox
- install a visual burglar alarm
- install good outside lighting
- · leave radios or lights on in your home on a timer
- make sure the fences around your garden are in good condition and secure

- store all valuable items (including passports, driving licences and bank statements) out of view
- hide cash and wallets away
- secure bikes at home by locking them to an immoveable object inside a locked shed or garage
- keep ladders and tools stored away; don't leave them outside where they could be used to break into your home

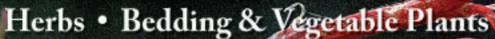
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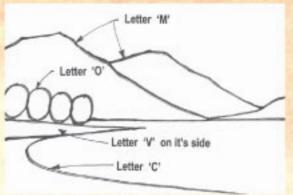




#### **SO YOU THINK YOU CAN'T PAINT?**

Well I say you can! Says Keith Fenwick - Sky TV's 'ART DOCTOR'





In the previous issue, I promised you a painting based on the letters of the alphabet. Just follow the stages shown and paint this simple yet pleasing landscape. You can do it if you want to!

Familiarise yourself with the composition by drawing a stretched letter 'M' to represent the mountain range. Draw a horizontal line to represent the waterline. A letter 'V' on it's side represents the land area. A series of letter 'O's represents the tree grouping.

Join the land area with a flattened letter 'C' to represent the shoreline. You have now familiarised yourself with the composition for this landscape.

#### WHAT YOU WILL NEED

Brushes: Size 3 rigger, 3/4" or 1" flat, size 14 round, 11/2" hake

Paints: Tube colours, Paynes grey, cobalt blue, alizarin crimson, raw sienna, burnt sienna,

any light yellow, sap green

Watercolour paper: 140 lb rough - A4 size, Palette - white dinner plate

Supporting: 4B pencil, 2 water pots,

absorbent toilet roll

#### STAGE ONE - Sky and Mountains

With a large brush loaded with a wet cobalt blue wash, paint the sky using horizontal strokes, applying paint from left to right and back again to cover the paper.

I have kept the sky very simple. Use a hair dryer to dry

Apply a weak raw sienna wash to paint the mountains. Whilst still wet, use the round brush loaded with a cobalt blue/alizarin crimson mix to paint the mountain peaks. The brush strokes should flow downwards to follow the structure of the mountains. Finally, apply a little burnt sienna to the base of the mountains.



#### 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



#### STAGE TWO - Land and Shoreline

Remove the masking tape slowly to avoid tearing the paper, revealling a horizontal line to represent the water level.

Use the 3/4" flat brush loaded with a mix of cadmium yellow/ sap green to paint the land area representing a letter 'V' on its side. To paint the shore use a raw sienna wash and brush strokes representing a flattened letter 'C'. Finally brush in a little burnt sienna to add variation. Edge the land area by touching the paper with the edge of the 3/4" flat brush loaded with a Payne's grey/burnt sienna mix.



#### STAGE THREE - Trees and Water

Use the side of the round brush loaded with a cadmium yellow/ sap green mix to paint in the undercoat for the tree grouping. Follow on with the same mix with Payne's grey added to paint in darker colour ro create depth on the left and also below each tree. Use the rigger brush and the same mixes to shape the trees to make them look more realistic.

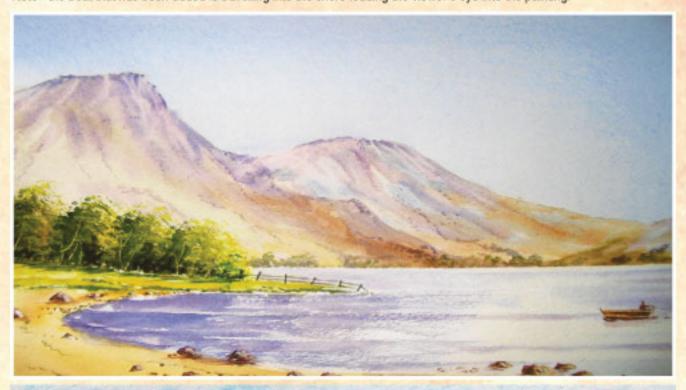
The side of the round brush loaded with a weak cobalt blue was used to paint the lake. Your brush strokes must be horizontal as water is always level. Some Payne's grey was added to the mix to darken the water on the left

#### FINAL STAGE - Adding the finishing touches

The rigger brush loaded with a payne's grey/burnt sienna mix was used to add the fence. Note the distance between the fence posts should be approx, twice the height of the fence - square fences are out!

Using the flat brush some rocks were painted in using a Payne's grey/alizarin crimson mix. An absorbent tissue shaped to a point was used to remove paint from the top of the rocks representing light and the rigger used to wiggle in a few shadows on the shore.

Note - the boat that has been added is travelling into the shore leading the viewer's eye into the painting.



This is a simple landscape that my students find no problems completing. When mounted and framed it makes a pleasing addition to your wall. Painting is not a gift - its more perspiration rather than inspiration. You can do it with sympathetic instruction. Why not join Keith on one of his courses in the Lake District this year. He has been running courses for over 30 years with many students returning year after year.



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Mental health problems can affect us all and are very common. It is estimated that a quarter of the population (1 in 4 people) will experience some type of mental health problem in any one year. Anxiety, Depression and other difficulties, like worrying – whether it be about health, going out, meeting people or worrying about worrying can make life miserable, and can affect how we feel, think and behave.

Anxiety and Depression are the most frequently experienced, affecting about 1 in 10 of us at any one time. Common mental health problems can and do affect our quality of life.

Other problems that are often experienced include Panic Disorder, Generalised Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Social Anxiety, Health Anxiety, and Trauma (also referred to as Post Traumatic Stress Disorder or PTSD), and are often diagnosed by your GP.

It can also be common for stigma and discrimination to still exist towards people experiencing mental health problems, but it is very important to remember that they are common and not signs of personal weakness.

If you feel you are experiencing any of these problems, we may be able to help.

Mersey Psychotherapies is a Wirral based psychotherapy service with a team of five experienced and highly qualified therapists who offer Cognitive Behavioural Therapy (CBT) and/or Eye Movement Desensitisation and Reprocessing (EMDR) therapy.

Current research and evidence indicates CBT and EMDR are effective therapies for the treatment of common mental health issues and are recommended in national guidelines including the National Institute for Clinical Excellence (NICE), followed by the NHS.

If you would like to know more, about CBT and EMDR, or about our team, please visit our website. We offer a confidential and personal service, and are based in Birkenhead. Or speak to one of our team directly for further information. You can get in touch by phone on 0740 765 4446 or by e-mail on contact@merseypsychotherapies.co.uk



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12 PM - 4 PM
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07411 882593

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6 May

New Ferry Butterfly Park Open Day

Visit www.wirralwildlife.co.uk

11 - 13 May

British Open Team Dinghy Racing Trophy International dinghy racing on the Marine Lake,

West Kirby. Visit www.wksc.net

13 May

Secret Gardens of Oxton

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Visit www.oxtonsociety.org

13 May

The Port Sunlight 10K Race

To celebrate the Olympics, Port Sunlight Village Museum is reinstating this old sporting event. There will be a 10K race for the adults with plenty of food and fun for everyone to enjoy, matthew@portsunlight10k.com Visit www.portsunlight10k.com

15 May

The Port Sunlight 10K Race

To celelbrate the Olympics, Port Sunlight Village Museum is reinstating this old sporting event. There will be a 10K race for the adults with plenty of food and fun for everyone to enjoy. matthew@portsunlight10k.com Visit www.portsunlight10k.com

27 May

Wirral Coastal Walk

Charity walk starting at Seacombe Ferry and finishing at Wirral Country Park, Thurstaston.

Contact 0151 203 2111, or www.coastalwalk.org.uk

27 May

West Kirby Seaside Fair

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#### WIRRAL'S OLDEST BUILDINGS

The majority of the Wirral Peninsula's oldest buildings are made from the area's local, red, sandstone and are most prominent in the area's smaller villages such as Caldy, Saughall Massey, Brimstage and Raby.

Several of the area's 215 churches have their roots in medieval times with St Hilary's Church in Wallasey and St Bridget's Church in West Kirby both vying for oldest church in the area, both of which have their origins in the 11th century.

The peninsula's oldest pub is reputedly that of the Wheatsheaf Pub in Raby, which dates back to 1611.

The peninsula's oldest house is a large, two storey, stone built house situated on Limekiln Road, Wallasey which dates back to around 1627.

Although the oldest building on the peninsula is Birkenhead Priory, built in 1150, Birkenhead is not the oldest town, that honour goes to Wallasey which was already an established settlement when mentioned in the Doomsday Book of 1086. However, some have suggested that the village of Eastham is the oldest permanently inhabited area of the peninsula owing to the site of an aged yew tree that stands in the grounds of the village's St Mary's church, which is reported to be around 1,500 years old.

But the peninsula's record breaker has to be Greasby, where archaeologists have been able to define evidence of human habitation dating back to 7000BC, when the peninsula was inhabited by it's native people the Cornovii Tribe.

The United Kingdom's oldest brick built lighthouse is situated on the Wirral Peninsula, at Leasowe shore. It was built in 1763 by the Liverpool Corporation Docks.

Brimstage Hall situated in the picturesque village of the same name was apparantly built between the 12th and 14th century, making it one of the peninsula's oldest buildings and certainly the oldest manorial residence in the area.



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## **High Intensity Training**



#### **High Intensity Training**

H.I.T is exactly what is says high intensity, it is generally also low volume. This means you can get all the work done in much less time than you will be used to. You do not need to perform multiple sets as if you perform the exercises correctly 1 set to complete failure is all you will need! with hit the emphasis is on the negative part of the lift as well as the positive eg the lowering phase of a bicep curl. You should always keep the muscle under constant tension so there is no momentum involved in the lifting, a good way to do this is to count to 8 or 10 seconds raising the bar and do the same lowering the bar. You can continue with a split training programme training 1 or 2 muscle groups per day or you can perform an all over body routine, just ensure that each muscle gets 5 - 7 days rest before you train it again.

#### A Typical H.I.T Programme

All exercises are performed with 1 warm up set then 1 set to failure with maximum weight for the desired repetitions \* you also only need 30 seconds rest between each exercise.

Monday - Chest & Biceps
Chest Press \* 4 reps
Incline dumbbell press \* 4 reps
Incline Fly's \* 6 – 8 reps
Cable Crossover \* 6 – 8 reps
Barbell Curl \* 4 reps
Hammer Curl \* 6 – 8 reps
(typical workout time 20 mins)

Wednesday - Legs & shoulders Squats \* 4 reps Leg extensions \* 6 – 8 reps Leg Curls \*6 – 8 reps Calf Raise \* 6 – 8 reps Military shoulder press \* 4 reps Lateral Raise \* 6 – 8 reps Shrugs \* 6- 8 reps (typical workout time 25 mins)

Friday - Back & Triceps
Bent over Row \* 4 reps
Under arm lat pulldown \* 6 – 8 reps
Seated Row \*6 – 8 reps
Close grip bench press \* 4 reps
Tricep extensions \* 6 – 8 reps
(typical workout time 20 mins)

If done correctly hit training is a great way to build muscle & burn fat, its also great for getting over plateau's if your at a sticking point then try switching to hit for a few weeks. There are many advancements you can make from the basic programme above to include supersetting burn out set's and more. For any more info feel free to email me at gazjones24@hotmail.co.uk or call in to Zone fitness.

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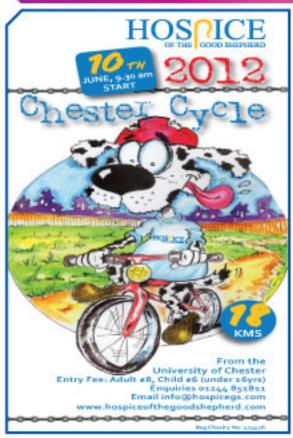
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Patients are referred to Wirral Hospice St John's by their family doctor or hospital specialist.

The Hospice service is available to all, FREE of charge.

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THE LOTTERY PROVIDES THE EQUIVALENT FUNDS FOR 10 NURSES

www.wirralhospice.org

registered charity No. 510543

#### HOW DOES OUR LOTTERY WORK?

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

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The promoter is the Wimal Hospice St John's. Licensed by the Gambling Commission. If you would like information about responsible gambling, including how to gamble safety please visit: www.gambleaware.co.uk ALL PLAYERS MUST BE AGED 16 YEARS OR OVER









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#### CONTACT

The Lottery Office, Wirral Hospice St John's, Mount Road, Higher Bebington, Wirral CH63 6JE 0151 334 0348 info@wirralhospice.org www.wirralhospice.org





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#### Wirral Egg Run 2012

The 2012 event took place on Sunday 1st April 2012.

The route leaves New Brighton along our predifined 20 mile route and takes about 45 mins to travel to Clatterbridge.

The route took the bikers through Wallasey Village Road. Leasowe Road to Moreton Cross, Hoylake Road, through Meols to Hoylake, through West Kirby, Caldy, Thurstaston, Heswall turning left into Park Gate lane towards Thornton Hough and then on to Clatterbridge Hospital. It is estimated that the run will last up 3hrs from start to finish on a rolling basis.

More than £27,000 was raised through last year's Wirral Egg Run, which was then divided between a number of children's charities. Well done to all who donated and took part.

Thank you for their kind permission for the use of their photographs to Mike Williams (Below) and Derek Hyamson (Right).

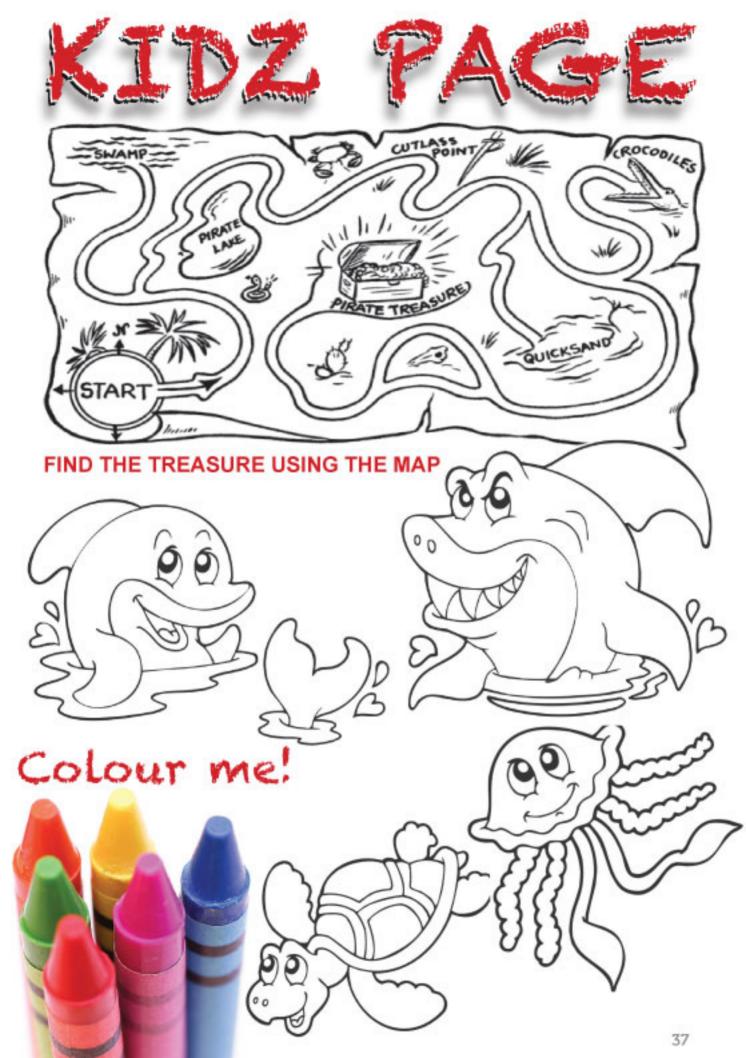












#### **Index of Advertisers**

Advertising & Design Cre8tive Graphics	7	Electrical Appliances Domestech Ltd	9	Martial Arts Tae Kwon-Do	13
Cre8tive Graphics	34	Embroiderers		Museums	
Name & Samulto		The WorkShop	23	National Waterways Museum	34
Alarms & Security Concept Digital Security	15		-		5.7
concept digital security	13	Fast Food		Patios & Gardens	
Artists		Lemon & Lime	9	Dovecote Nurseries	8
Keith Fenwick Paining Courses	20	The Brunch Box	29	Patioworld Perfect Lawns	29
		Fires & Solid Fuels		Periect Lawiis	25
Bands / Concerts / Festivals		Corfe Stone Solid Fuel Fires	7	Psychotherapists	
Out of the Ashes	19	Fireside by Design	11	Mersey Psychotherapies	22
Barbers		Simon Cowls Solid Fuel Specialist	7		
Alcatraz	25			Restaurants & Bars	1.7
		Fitness	70	Sunlight Lounge (inside front cove	2 [15
Beauty / Hair / Make up		Zone Fitness	30	Sign Makers	
Strands Mobile Hairdresser	31	Furniture Showroom		ISM Signs	10
The Beau Tea Rooms	9	The Living Rooms	24	Signs Express	29
The Retreat Salon	14				
Blinds		Garden Centres	- 22	Sports & Social Clubs	
Gemini	34	Dovecote Nurseries	16	Knockaloe Hall Back Cover &	
		Home Improvements		Vauxhall Sports & Social Club	18
Builders / Builders Merchants		Homeseal Roofing Services	34	Take-Away	
Bob Caldwell	17	PCS Property Maintenance	25	Saffron	31
Corfe Stone	7	Wirral Groundworks	17		
Carpets		2000-2000		Taxis	27.
Hoylake Carpets	27	Jewellery	74	Steves B Seater	11
The Carpet Gallery	6	Ark Contemporary Designs	31	Therapists	
Committee Commit		iShop	33	Kathy Curnan	31
Cars		Joinery			-
D & J Autos	10	Mikes Joinery	7		
Orchard Quick-Fit	4	T & M Joinery	8		
Car Wash & Valeting		Harraka Piara			
All American Car Wash	4	Karaoke Disco	70		
Diamond Shine Valeting	10	Harryoke Disco	29		

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Saturday 5th - Monday 7th Fun for all the family at The OC Bar

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CUP FINAL

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17:15 pm Kick Off

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Kids entertainer in the restaurant! 1 - 4pm Please book your table

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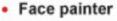
Egg & Spoon race/ 3 Legged race/ Wheel barrow race/ Hula-hoop race, BBQ/ Kids entertainer/ Bouncy castle.

OFFERS!! - Kids drink FREE (cordial) buy 3 bottles of beer for the price of two! Please book your family for free, so we know how many will be taking part.

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