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The Monthly Business & Community Magazine



August 2012
Issue 06

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Dear Friends,

A big thank you to all that distributed the magazine.

Our new **FREE** monthly "Network Meeting" went extremely well and we would like to thank all

businesses that attended. We will be holding the next meeting on 8th August at 5.30 at the Knockaloe Hotel.

The launch of our "Love Wirral Coupons" also proved a success and available from 1st August. They can also be downloaded from our website if anyone doesn't have a printed booklet of the Love Wirral Coupons. The coupons give our advertisers the chance for a very small fee to have over 10,000 offers and deals they may have spread across Wirral door to door. If you would like to have a coupon printed then why not get in touch with us today!

Best Wishes

Maxine

GLIMPSE AT WHAT'S IN LOVE WIRRAL MAGAZINE

NEW LOVE WIRRAL COUPONS!

Look out for our advertisers money off deals! 4/5

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"Love Wirral" The Monthly Business & Community Magazine.
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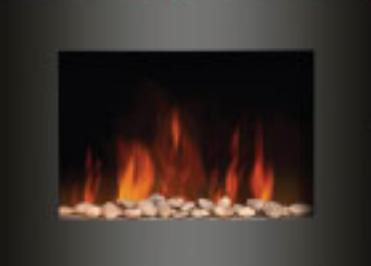
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ADVERTISERS WHO ADVERTISE WITH US ARE WELCOME TO OUR FREE INFORMAL MONTHLY BUSINESS NETWORK MEETINGS! They are held every 2nd Wednesday of the month at the Knockaloe Hotel in Bromborough (see back page for details) from 5:45 start with **FREE** complimentary food. The last Network meeting proved a huge success with over 60 businesses attending with 70 people present. We look forward to new businesses attending next month.

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connect a pressure washer to the tap outlet and use the rain water to wash your car or even clean your patio. Recycling your rain water has many advantages first being; its free you can store as much as you want and reuse it how you want. Second is that rain water is softer than tap water which means that if you were to using the water for your garden then some plants respond better to rain water than tap water.

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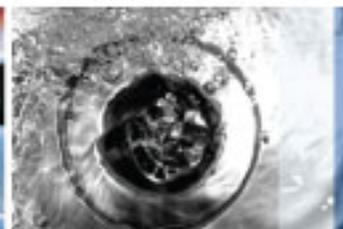
We use 70 % more water today than we did 40 years ago. By reducing our water usage we will - Save money and Reduce possibility of a drought which will lead to a hosepipe ban. Reduce the damage which is done to wildlife in wetlands reservoir and rivers.

WATER USAGE - How much is the water you let go down your plughole worth? **AND COULD YOU SAVE IT?**

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General water use 25 - 30 Litres - Washing machine 60 Litres -
Dish washer 40 Litres - Watering garden using watering can 7-9 Litres (per can)
Car wash using bucket (avg 1 hr wash) 15 Litres
Car wash using a hose (avg 1 hr wash) 540 Litres /hr
Watering garden using hosepipe 540 Litres per hr

How much is it costing you ???

Thousands of litres of rainwater fall on the average roof every year. If you collect this water and use it on your garden it is better for your lawn plants and enviroment.



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- 2 Cloud 9's

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- 1 Large Balloon Arch - consists of 25 balloons
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POLLARDS INN

WILLASTON

Country Pub unveils new look



A landmark Country Pub, Pollards Inn in Willaston, has re-opened with a launch party to unveil its new look and to celebrate a new era for the much loved village pub and restaurant. Nestled down a little lane in the heart of Willaston Village, Pollards has undergone a full refurbishment including a sumptuous new dining room, brighter and inviting bar area and a new suite of beautifully designed bedrooms.

On Thursday evening over 200 villagers and residents from across the local area joined new owners Jamie and Cara Kimpton to celebrate the reopening of Pollards.

Speaking about the relaunch Jamie Kimpton said : "We've been overwhelmed by the show of support from local people, friends and acquaintances who've all turned up tonight to support us as we relaunch Pollards. We've received such wonderful feedback and compliments on the refurbishment and we're delighted to be able to put Pollards back in its rightful place at the heart of the community. Both Cara and I are looking forward to seeing our regulars and locals back here and to welcoming lots of new faces too."

Pollards used the relaunch event as an opportunity to present Kirsty Wright, Senior Area Fundraiser for local children's hospice Claire House, with a cheque for £8300 - funds which were raised at a recent Charity Dinner held at Pollards prior to the refurbishment.



The conservatory dining area leading to the bar and restaurant.



Jamie & Cara Kimpton presenting a cheque to Kirsty Wright of Claire House

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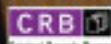
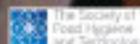
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1386AM

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A registered charity, we have been providing entertainment, news and information to our listeners since 1951.

Requests and mentions are at the centre of everything we do. We aim to brighten up your day - whether you're a patient, visitor or worker!

How to listen to **Radio Clatterbridge**

Radio Clatterbridge broadcasts on 1386AM (Medium Wave). Anyone within Clatterbridge Health Park can hear the station.

Patients are loaned special radios for the duration of their stay which are automatically tuned to Radio Clatterbridge. They are then deep-cleaned and used again. Patients, visitors and staff with their own radios can tune in to Radio Clatterbridge by going to 1386 on the AM or MW band within Clatterbridge Health Park.

Patients at Clatterbridge Cancer Centre can also receive our programmes through their bedside televisions. You will find us

under "Radio" on the home screen. Just click on our logo to listen. Alternatively, just press button number 1 to switch between TV and radio.

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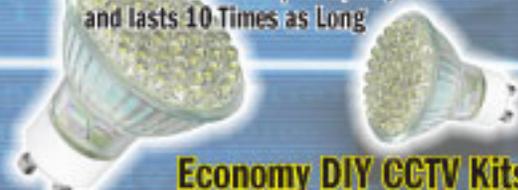
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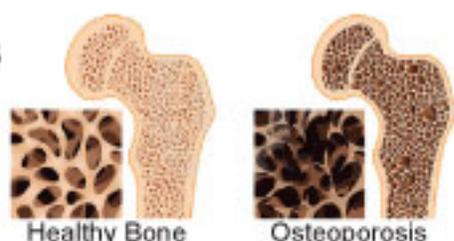
JODIE POWELL 07725888819

Menopause and Exercise.

Unfortunately ladies it will happen to us all at some point. Another thing to contend with as we get older. As if having to give birth isn't enough. But it doesn't have to take control of your body. Get in there first. Beginning around the mid-thirties, hormone production in the ovaries starts to slow down. It slows down even more when you hit your 40s and you may experience hormone fluctuations until you go through menopause which happens around 50 for the average woman. What many women don't like about this process are the symptoms and problems that come with these shifting hormones such as:

- Hot flushes
- Depression, stress and anxiety
- Sleep disorders
- Irritability
- Osteoporosis
- Cardiovascular disease
- Weight Gain

Osteoporosis



Low back pain can become severe and prevalent, as well as neck pain, which is all caused by tiny fractures of the spinal bones.

Most of these symptoms can be reduced or eased, if not completely avoided through exercise and nutrition. Weight Gain being the most common is often simply due to:

Reduced activity. Women often exercise less when they enter menopause, which can lead to weight gain. Decreased metabolism. One reason metabolism declines with age is the loss of muscle mass. Muscle burns more calories than fat, so when you lose that muscle (about 1/2-lb a year if you don't preserve it with weight training/exercise), you don't burn as many calories.

Increase in calories. As metabolism drops, many people don't adjust their calories accordingly, which often leads to weight gain.



Osteoporosis

This is thinning of the bones that can happen in males and females.

While oestrogen levels are one factor that determines the health of the skeleton, many more factors play a role in maintaining bone health. Two of the most important factors are physical activity and nutrition. These factors are no less important after menopause.

Physical activity plays a very important role in keeping our bones strong. Many studies have shown that physically active women have higher bone mass than inactive women and that physically active persons experience fewer fractures even if they have osteoporosis. Studies have also shown that when people engage in a certain types and amounts of physical activity their bone mass may increase, or at least be protected against severe decreases.

It is recommended to do thirty to sixty minutes, three to five times a week, of weight-bearing endurance activities (e.g. jogging, stair climbing and aerobics), combined with resistance exercise (weight lifting).

If you are looking for help and guidance with exercise, diet and nutrition then contact Jodie at **Vitruvian Fitness** (07725888819) or visit

www.vitruvianfitness.co.uk



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LONDON 2012

FACTS

The 2012 Summer Olympic Games will be held in London from 27 July to 12 August 2012, followed by the 2012 Paralympic Games from 29 August to 9 September.

How many times has London hosted the Olympics?

London hosted the Olympic games in 1908 and 1948.

How many countries are expected to take part in the London 2012 Olympics?

We expect 205 nations to take part in 300 events at the Olympic Games in 2012. 147 nations will take part in the Paralympic Games.



The Rings

The Olympic Rings are five interlocking rings that stand for the five original continents, (Africa, America, Asia, Australia, and Europe) and the athletes from around the world.

The colours of the rings are blue, yellow, black, green, and red respectively. They were chosen because at least one of these colours is found on the flag of every nation.

The Flag

On the Olympic flag, the rings appear on a white background. At the Olympic Games, the flag is brought into the stadium during the opening ceremony. After its arrival, the flag is hoisted up the flagpole. It must fly in the stadium during the whole of the Games. When the flag is lowered at the closing ceremony, it signals the end of the Games.

Motto

The motto of the Olympic Games is "Swifter, Higher, Stronger". These three words encourage the athlete to give his or her best during competition, and to view this effort as a victory in itself. To better understand the motto, we can compare it with the following well-known phrase :

The most important thing is not to win but to take part !

The Flame

The Olympic flame is one of the best-known features of the Games.

From the moment the flame is lit to the moment it goes out, a very precise ritual is laid down :



The lighting

In memory of the Olympic Games' origins, the flame is lit in Olympia, Greece, some months before the opening of the Games. The Olympic flame can only be lit by the sun's rays.

The relay route

The torch is carried by relay from Olympia to the host city of the Games.

Arrival at the stadium

The day of the opening of the Games, the flame enters the stadium. With the lighting of the cauldron by the last relay runner the flame is transferred from the torch to the place where it will continue to burn for the entire length of the Games. The flame is extinguished on the final day of the Games at the closing ceremony.

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Eastham Country Park, Birkenhead Park, Lady Lever Art Gallery, Chester City Wall Walk, Sefton Park - Liverpool, New Brighton Beach & Fort Rock Museum, Liverpool War Museum, International Slavery Museum - Liverpool, Tam O'Shanter Urban Farm, Cheshire Ice Cream Farm, Thurston Nature Reserve & Red Rocks, Ainsdale Beach & Formby Beach, Vale Park.

OTHER DAYS OUT!

Gulliver's World - Warrington, Underwater Street - Liverpool, The Yellow Duckmarine - Albert Dock, Spaceport - Seacombe, Blue Planet Aquarium, Knowsley Safari Park, Ness Botanic Gardens, Haunted Liverpool Ghost Walks, Megabowl, Splash World, The Bug World Experience, U-Boat Story, National Waterways Museum.

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2012

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- 5th** **Concert by Weaver Valley Accordion Band.** Vale Park, New Brighton - 2.30 - 4.30pm. For further details call 0151 639 5798
- 12th** **Take tea on Hilbre.** 11 - 4pm - RSPB will be serving tea and cakes and will also be staffing the bird hide overlooking Niffy Bay.
- 12th** **Concert by Golbourne Band.** Vale Park, New Brighton - 2.30 - 4.30pm. For further details call 0151 639 5798
- 14th** **Family treasure/scavenger hunt at The Gunsite,** North Wirral Coastal Park. For further details call 0151 678 5488 (run by the Friends of the Coastal Park)
- 14th** **Family fun day - 1 - 4pm -** Hoylake Lifeboat Museum have organised a lovely event to highlight Hoylake's Victorian and Edwardian heritage. The boathouse is Victorian and houses a very rare lifeboat.
- 18th** **Hoylake High Tide Birdwatch** 11.30am - discover why Wirral's foreshore is an internationally protected site. Join the Dee Estuary Voluntary Wardens, Coastal Rangers and RSPB on this birdwatch
- 18th** **Insect Safari - 1.30 - 3.30pm** enjoy a leisurely walk with Coastal Ranger and members of the Wirral Country Park Recording Group to discover caterpillars, butterflies and dragonflies around Wirral Country Park Visitors Centre at Thursaston.
- 19th** **Concert by North West Concert Band.** Vale Park, New Brighton - 2.30 - 4.30pm. For further details call 0151 639 5798
- 19th** **The King Orry & Story & exhibition** at Fort Perch Rock telling the story of the King Orry. Wilfred Owen sailed on her for his tragic final duty at the end of 1918. An entrance fee to the museum is payable but the exhibition is free. www.wilfredowenstory.com
- 25th** **Port Sunlight Village Festival** -starts at 10am - to celebrate the 50th Anniversary of The Beatles playing together for the first time, which took place in Port Sunlight Village. For further info call 0151 644 6466
- 25th** **Home on leave, Wilfred Owen's Wirral.** 1pm - the Meols coast inspired Wilfred Owen's poetry and beloved to visit when on leave. The event will take place on Meols promenade. Pre-booking is essential, call 07539 371925
- 26th** **Concert by Glenn Miller Orchestra.** Vale Park, New Brighton - 2.30 - 4.30pm. For further details call 0151 639 5798
- 27th** **Hoylake RNLi Open Day -** Hoylake Promenade - 10am - 5pm. A great day out for all the family featuring air displays, sideshows, stalls and fairground.

DID YOU KNOW?

THE OLYMPICS

Women were first allowed to participate in 1900 at the second modern Olympic Games.

Because of World War I and World War II, there were no Olympic Games in 1916, 1940, or 1944.

Tennis was played at the Olympics until 1924, then reinstated in 1988.

Though Russia had sent a few athletes to compete in the 1908 and 1912 Olympic Games, they did not compete again until the 1952 Games.

Motor boating was an official sport at the 1908 Olympics.

The word "gymnasium" comes from the Greek root "gymnos" meaning nude; the literal meaning of "gymnasium" is "school for naked exercise." Athletes in the ancient Olympic Games would participate in the nude.

The first recorded ancient Olympic Games were held in 776 BCE with only one event - the stade. The stade was a unit of measurement (about 600 feet) that also became the name of the footrace because it was the distance run. Since the track for the stade (race) was a stade (length), the location of the race became the stadium.

Polo was played at the Olympics in 1900, 1908, 1920, 1924, and 1936.

The last Olympic gold medals that were made entirely out of gold were awarded in 1912.

The first opening ceremonies were held during the 1908 Olympic Games in London.

First Modern Champion

James B. Connolly (United States), winner of the hop, step, and jump (the first final event in the 1896 Olympics), was the first Olympic champion of the modern Olympic Games.

A City, Not a Country

When choosing locations for the Olympic Games, the IOC specifically gives the honor of holding the Games to a city rather than a country.

The Olympic medals are designed especially for each individual Olympic Games by the host city's organizing committee. Each medal must be at least three millimeters thick and 60 millimeters in diameter. Also, the gold and silver Olympic medals must be made out of 92.5 percent silver, with the gold medal covered in six grams of gold.

During the first several modern Olympics, the marathon was always an approximate distance. In 1908, the British royal family requested that the marathon start at the Windsor Castle so that the royal children could witness its start. The distance from the Windsor Castle to the Olympic Stadium was 42,195 meters (or 26 miles and 385 yards). In 1924, this distance became the standardized length of a marathon.

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A new showroom has recently opened here at Hooton where our full range of hard landscaping materials are available for your viewing, including a new 8800 square feet warehouse, packed with garden sundries.

The main Distribution Centre, located at this site, also carries an extensive range of natural sandstone (suitable for walling - random or dressed) and reclaimed setts, cobbles and other reclaimed materials that can be included in your hard landscaping requirements.

Large pieces of slate, limestone and granite, suitable for garden or water features are also on display. Some are pre-drilled to facilitate use as a water feature, others for architectural use. ie. Monoliths.

An extensive range of garden ornaments, figures and water features, along with garden furniture is also available and with new product lines such as Artificial Grass, constantly being added to our stock range, you can be sure we can cater for any requirement.

In addition to our expert advice, Corfe Stone can recommend a number of recommended local contractors to carry out installation work. No job is too small and our recommended contractors can offer a range of skills covering all manner of jobs, from fencing to driveways.

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- STONE ORNAMENTS
- WATER FEATURES
- LAMPOSTS
- BENCHES
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- ARTIFICIAL GRASS
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- FENCING
- RECLAIMED
- E-BAY SHOP



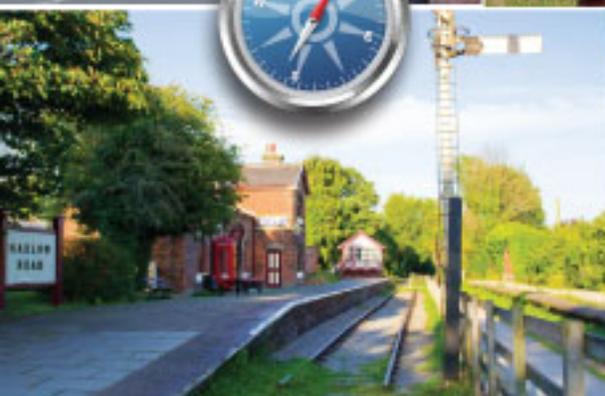
www.corfestone.com

20 PUB WALKS AROUND WIRRAL

WALK



Wheatsheaf Inn - Ness



Willaston - Hadlow Road Station - Burton - Hampstons Well - Denhall Ness - The Wirral Way - Willaston. (Walking distance 7 miles)

Like most walks in Wirral this takes you through very pleasant quiet country lanes and also includes a deserted stretch of coastline.

Leave Hadlow Station and turn left into Hadlow Road. Follow the winding road for approximately 12 minutes until you reach the Chester High Road, (A540). Cross the main road and bear slightly right to go down Dunstan Lane. You will have now reached a very pleasant byway which, after passing Mudhouse Lane, leads you to the village street of Burton.

The beautiful village of Burton has some of the best architectural houses and the church was almost entirely rebuilt in 1721 - time has almost stood still here. Many of the houses are built of half timber and red sandstone. In 1906 Burton Manor House was rebuilt for one of Gladstone's sons who was our Prime Minister at that time. Opposite the gates of the Manor is a thatched farmhouse which in 1663 Thomas Wilson was born who became bishop of Sodor and Man. Thomas dedicated his life to provide schools so that all could be educated. Once past this point turn left along Station Road and you will pass Hampstons Well on the left hand side of the road. The residents used this spring as a source of water. Further down the road you will pass over the railway and pass Denhall Lane and will reach the Dee Estuary. You will come across a few houses in the hamlet of Denhall and once passed these you will have a tranquil walk along the shoreline. Eventually the path leads you through a group of houses, after the passing the left



Map produced by kind permission of Derek Young. "Pictures from the Past".

house turn right and walk towards an estate of houses, heading in the direction of the houses on the right. You will have now reached a step-stile with the houses on your left. Keep going forwards to cross another step-stile, you will have now entered a sandy lane which passes under a railway bridge. This leads you into a byway you must turn right and will soon arrive into the hamlet of Ness.

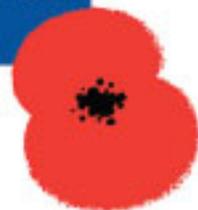
When you finally reach the **Wheatsheaf Inn pub** where you deserve a drink. After refreshments look across Neston Road for a large white house called Swan Cottage. This was formerly the village blacksmith's shop and his flames at night were visible down the Dee Estuary. This gave ships a beacon to follow and later was known as the "Beacon of Cheshire". The blacksmith's daughter Lady Emma Hamilton was to become the mistress of Admiral Lord Nelson. Leave Ness and turn left into Mill Lane, after leaving the houses you will arrive into countryside and pass Ness Wood, this lane brings you back to the A540 Chester High Road. Cross over to Damhead Lane and you will come across an old sandstone bridge, look right for the access to the Wirral Way. Turn right at the bottom of the steps. After walking for 10 minutes you will arrive back at Hadlow Station.

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Fri 1pm - 11.30pm, Sat 12 Noon - 11.30pm & Sun 1pm - 11pm



Wirral Hospice St John's provides specialist palliative care and support for patients with severe and progressive illness.

We work in conjunction with the Wirral Hospital and Community Specialist Palliative Care teams to provide an integrated service for patients whilst extending care and support to those close to them.

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.

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.gambleaware.co.uk
ALL PLAYERS MUST BE AGED 16 YEARS OR OVER

**A ticket buys you a chance.
A Membership buys care for others.**



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The fun and easy way to play your local lottery only costs £1 per week / £4.34 per month and you could win -

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- 3rd prize of £100
- 4th prize £50
- 5 prizes of £20
- 25 prizes of £10

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,
Wirral CH63 6JE
0151 334 0348
info@wirralhospice.org
www.wirralhospice.org

THE LOTTERY PROVIDES
THE EQUIVALENT FUNDS
FOR 10 NURSES

www.wirralhospice.org
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"Have Your Say - Tell Us & We'll Print It!"

HESWALL ARTISTS ASSOCIATION SUMMER PROGRAMME

Annual Exhibition of Arts & Crafts at
The Church of the Good Shepherd, Telegraph Road, Heswall.
Saturday 4th August to Saturday 11th August 10am - 6pm daily
excluding Sunday 5th August (closed)
and closing at 4pm on the final day - Saturday 11th August.
Entrance is free and refreshments are available.
Art Demonstrations on Monday evenings 7.30pm at Heswall Hall
Monday 15th October - Bob Gouldsbrough, *Portrait in Oils*
Monday 19th November - Roy Price, *Pastel Landscape*
£2.00 including Tea and Biscuits - Visitors are welcome.
Membership - Full Members £15.00 per annum
and Associate Members £10.00 per annum
Membership is open to all Wirral residents.
Further info from - Patricia Parry 0151 625 6979
email - patriciaparry@yahoo.co.uk

CHARITY FUND RAISING EVENT FOR CANCER RESEARCH

Saturday 11th August
12:30pm

The Tap Pub Eastham Ferry

Mike Male will be travelling on a 50cc motorbike from Eastham Ferry UK to Germany in aid of Cancer Research.

Good Luck Mike from all at Love Wirral!

LIVE BANDS & BBQ

Please show your support on the day!



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Does your child want to learn a new sport?

We currently run 4 senior sides on Saturday afternoons and 10 junior sides on a Sunday morning from U7s to U18s.

If you would like your child to learn rugby in a safe and enjoyable environment where all coaches are fully RFU qualified and CRB checked why not come down on a Sunday morning between 10.30 - 12.00.

We believe that young players value highly the fun and enjoyment of the game and their membership of a team, club and community. Facility also available for private hire for functions and parties.

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Chair of mini & junior rugby
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E: LucyCHopwood@hotmail.com
M: 07500 201561

Jamie Kimpton
Schools coaching & development
M: 07976 236 448

E: kimptonjamie@aol.com

Email us: lovewirral@mail.com

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Advertisers remember the deadline to let us know that you require to advertise in the next edition is 16th of September please!

Please pass this magazine on to someone else to read - Thank you!

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POLLARDS INN
WILLASTON

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South Wirral, CH64 2TU

www.PollardsInn.co.uk

0151 327 4615



TUESDAY - Curry Night is proving to be a real hit with our International curry menu, including mixed Asian platter to start and an array of exciting curry dishes with global influences for main course (including a vegetarian option) for just £9.95 per head.

WEDNESDAYS - Steak Night with main course of superb Charolais beef with classic garnish, sauce and twice cooked chips plus a complimentary starter or main dessert for just £12.95 per head.

THURSDAYS - Quiz Night is held every Thursday and teams can enter on the evening with the Quizmaster. The winning team wins a bottle of wine!

FAMILY SUNDAY LUNCH - Serving a choice of 3 Roasts with all the trimmings every Sunday from midday (children's portions served)



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**Start Date: 28/07/2012
End Date: 11/08/2012**



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15:00 West Brom v Liverpool

Monday 20 August 2012

20:00 Everton v Man Utd

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