

Love Wirral



The Monthly Business
& Community Magazine

January 2013
Issue 11

Your **FREE** magazine delivered monthly across Wirral

Wishing all our readers & advertisers all the best for the year!

Home Improvements
featuring Q & A's from
local Wirral architect

Happy New Year

2013

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Dear Friends,

January sees us welcome in 2013!

There's often a sense of optimism that accompanies a New Year, new beginnings and encouragement to a fresh start.

Check out our New Years Resolutions in the magazine.

Winter months can leave us feeling cold and despondent, the house needs decorating and brightening up, we need more space!

We have decided to run a feature over the next few months looking at updating and extending our homes and what the true costs are likely to be from a local architect!

Whatever your plans for the New Year, we wish you every success with them and look forward to seeing you next month.

Keep up to date with us on facebook, twitter and www.love-wirral.com

Best Wishes

Maxine

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WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE

Indigo Massive Sale Now On!	2
Home Improvements - Part 1	8,9
<i>A new feature running over the next few months your questions answered by local architect!</i>	
Transform your home - Standout Glass	12
20 Pub Walks Around Wirral No. 6	15
What's My Claim Worth?	
The Wiggins Effect - by Oliver & Co.	16
Did You Know?	18
Sky Tv Art Doctor - Trees in the Landscape	24
2013 A New Year - A New You with Paragon	25
Community News - Have Your Say	28
Learn a New Language in 2013 <i>with Wirral Multilingual</i>	29
Fight the Flab in 2013 - Zone Fitness	31
Fighting fit with Taekwondo	32
2013 Upcoming Events in Wirral	33
Shattered Images - Photography	34
New Year Resolutions - What's Yours?	35
Puzzle Page	37
Index of Advertisers	38
OC Club (Knockaloe) Programme of Events	40

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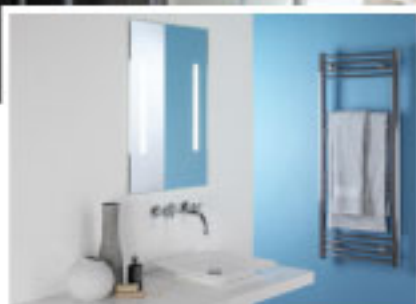
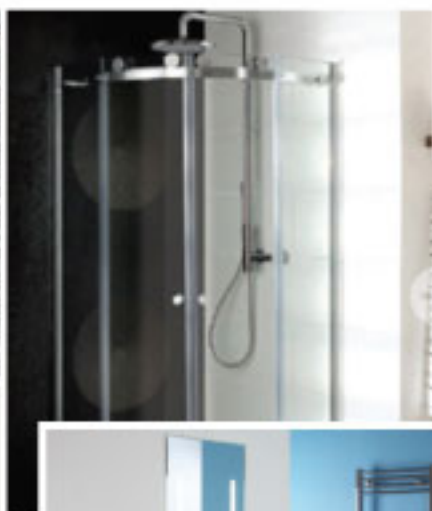
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A

Q. Can anyone be hypnotized?

A. YES. Everyone is hypnotizable.

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Q. How does hypnosis work?

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

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Home Improvements

During the winter months, many of us start to look around our home, thinking of ways to brighten and declutter them. It is often a time for wishing we had an extra toilet, bigger kitchen/dining area, a den (escape from the kids!) or even a guest bedroom/study. Many people are put off extending their property simply because they have no real idea what it will cost! Worries about building regulations, planning permissions and fees on top of the actual building costs can put people off before they even start!

With the help of local architect, Steve, we hope to give you a rough outline of architect costs and fees for planning permissions and building regulations over the next few months. We have some very reputable and reliable trades persons advertising with us (who also have great customer recommendations available on our website) who are willing to visit you and give you a free, no obligation quotation to make your dreams a reality!



Updating or adding on a kitchen, bathroom, or study can be a simple and relatively inexpensive way to improve your home and your way of life. Imagine if you and your spouse didn't have to use the bathroom in shifts, if the kids each had their own rooms, if you had a guest bathroom, or even a home office. Things would certainly change in your home.

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So you want to extend your home...

This may not be as difficult as you imagine, every year tens of thousands of people create additional living space without the need to move home.

This may take the form of a modest kitchen extension or a loft conversion, which, can provide a large bedroom and en-suite.

There are lots of legislation which require application to the local authority. Virtually everything you build (with the exception of some garages and porches) will require a Building Control Application, approval of the drawings, specification and possibly structural calculations.

Additionally the Building Control Officer will inspect the work as it proceeds and issues a completion certificate.

On the other hand by keeping within your "Permitted Development" rights you can build

some single storey extensions and even loft conversions, without the need for planning approval... as with most things it's just a case of knowing the system.

This is where you will need an architect, building surveyor or designer who can produce the detailed drawings and specifications for submission to the local authority and also for builders to use in order to supply estimates.

It is always best to ask around for recommendations and obtain three estimates. Don't always choose the lowest estimate, you need to speak to the builder and ask about his previous work.

It might sound onerous, but it really isn't, with experienced professionals to guide you.

Advertisers who wish to be included over the next few months call us on **0151 513 1279**.

If you have any questions emails us at: info@love-wirral.com and our resident architect will provide advice in our next issue **12** of **Love Wirral**.



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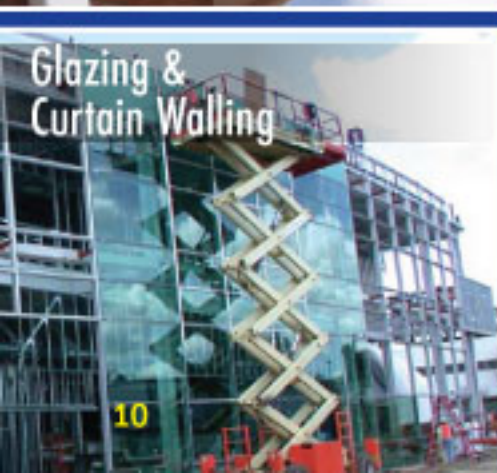
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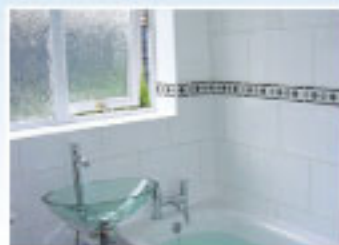
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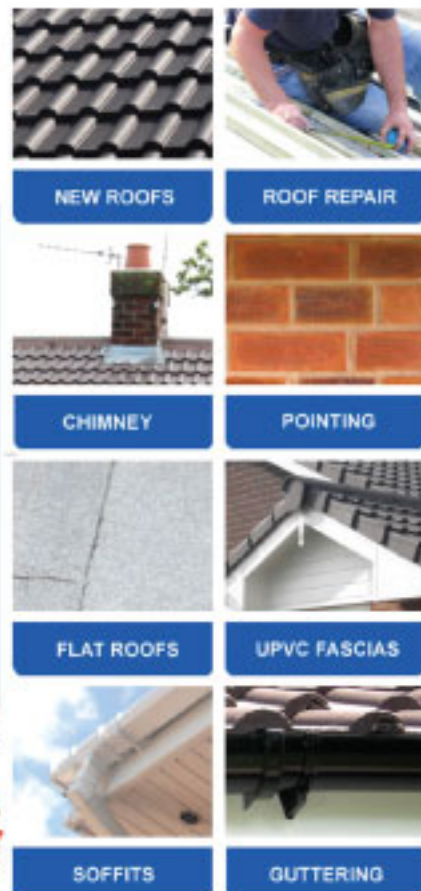
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20 PUB WALKS AROUND WIRRAL

WALK



Green Lodge Hotel, Hoylake



Photograph of Hoylake's Green Lodge Hotel taken in 1920



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

Caldy - The Wirral Way - West Kirby - Hoylake - Larton - Frankby - Stapledon Wood - Caldy (8 miles)

This walk takes in an old railway line, sand dunes, field paths and a quiet wood.

Caldy, a pretty village with its black and white timbered houses was at the beginning of the century, just a collection of huts and hovels. Then in 1832, R. W. Barton, a Manchester businessman bought the village and either rebuilt or renovated the whole village. The Barton family spent a great deal of money in Caldy; they built the church and their own home Caldy Manor.

From the car park of Wirral Country Park, set off along the Wirral Way with the Dee on your left. When you reach Cubbin's Green take in the magnificent views across the estuary, viewing the Welsh hills and beyond. Carry on the Wirral Way for about half a mile, looking ahead for a bridge crossing over the Way. Once reaching the bridge, climb the steps leading into Sandy Lane, where you turn left and follow the lane down to the Marine Lake. Turn right, and walk the length of the lake, either along the sea wall or along the promenade.

At the end of the Marine Lake after passing Dee Lane, drop down onto the beach, and continue ahead for a few minutes to reach the steps of a boardwalk. Walk through the dunes, between the sea and the golf links, for nearly half a mile.

It ends in Hoylake, at Stanley Road. Your way is now to the right and, at the end of this pleasant long road, at the junction of Stanley Road and The King's Gap you'll find The Green Lodge Hotel. Back in 1689, King William III took nearly 10,000 men to Ireland to embark in the Battle of the Boyne, William's victory over James II ended any possibility of a Stuart regaining the throne of England. The Green Lodge is a popular pub/hotel built over 220 years ago as a shooting lodge for Sir John Stanley, the Lord of the Manor. The hotel has some original walls and still retains the appearance of a stately house. There is an outstanding range of bar lunches including hot dishes and desserts. A well deserved resting point from the walk.

Continue the walk by crossing the top of Stanley Road into the King's Gap. When you reach the roundabout, go straight ahead to reach Station Road and into Carr Lane. Follow the lane as it turns left to pass a golf course and into Nexhall Lane.

Soon, Carr Lane goes through an industrial estate and then turns right. The lane ends at a built up area and here you carry forward, into a tree-lined farm track. After crossing a one-step stile at the

side of a gate, keep forward until you come across a crossing path; now turn left. Walk about 200 yards and turn right over a stile, the path now runs straight ahead over the fields and, after crossing a wooden foot-bridge over the Birket, eventually broadens into a byway which ends at Long Rake Farm.

From the farm cross the road and carry straight on along the lane signposted "Frankby". Soon on the left you will reach China Farm, just beyond which you turn left and enter a field. Don't take the farm track which follows the left hedge but cross the field diagonally right, towards a small plantation. Cross a stile, the go straight on over a step-stile and a small stone foot bridge. After leaving the trees, the path passes Larton Stables and becomes a wide track following the straight line to reach Frankby Road. Cross the road and pass through a bachelor gate, to follow a well trodden path past Frankby Hall and leads you to another bachelor gate. Pass through the gate but do not go to the road. Instead, turn sharply to the right into a lane. This byway soon bears left, to pass Birch Hey Farm and then turns right, to arrive at a field gate. Turn left into a cart-track running between walls, and then keep straight ahead. Views are stunning from here. In the first field, follow the right hedge as it drops down to a stone bridge leading into the next field. Here keep to the hedge on your right, and go over a stile and into a pathway between houses. The path brings you to a step-stile where you reach Grange Cross Lane.

Your way is now left for 300 yards, look for a flight of steps in the wall. This is the entrance to Stapledon Wood. On entering the wood, take the left fork of the footpath and keeping the wall on your left follow the path through the trees until you reach a gap in the wall. The steps drop down to a path behind houses and very soon you pass through a wooden bachelor gate into Caldy Road. Turn right and travel down the road through the village, when you reach the centre of Caldy, turn right into Caldy Road and look for a stone memorial in front of the church.

Cross the road here and enter the sandy byway. The path drops down into Croft Drive, and here turn right to pass Croft Drive West and continue in a straight line to reach the parking area of Wirral Country Park.



THE WIGGINS EFFECT

This year has been a remarkable year for cyclists. The success of the British cycling team coupled with the outstanding individual achievements of Bradley Wiggins both at the Tour de France and the Olympic games has certainly entertained both cyclists new and old making cycling part of the fabric of everyday life for many.

Sadly, however every year in this country around 19,000 cyclists are killed or injured in reported road accidents. Of this number, around 3,000 cyclists are killed or seriously injured, with approximately one fifth of the cyclists killed and injured being children. 80% of accidents occur in daylight which emphasises the need for cyclists to wear bright clothing so as to make them more visible to motorists. The Highway Code states that cyclists should wear a cycle helmet and appropriate cycle clothing depending upon whether it is daytime or night.

Around three quarters of cyclists killed have major head injuries emphasising the importance of wearing a helmet. Bradley Wiggins has been campaigning to make the use of helmets compulsory for cyclists. Whilst it is currently not an offence to ride a bicycle without a helmet, it goes without saying that the use of helmets have saved numerous lives. A failure to wear a cycle helmet can also affect the level of damages you will receive if claiming damages for injuries sustained.

We have a wealth of experience in dealing with bike accident claims and they are amongst our best client's as their passion for their hobby is boundless and is a joy to hear.

We appreciate that our client's bikes are often bespoke and when they are damaged, we can arrange for expert engineers to prepare detailed engineers reports to ensure that the bike can be repaired at a clients preferred repairer. We offer professional, speedy and practical assistance to cyclists to allow them to achieve their goals of returning them to their hobby as soon as possible. Our role is to ensure that they be compensated for the injuries, losses and inconveniences they have suffered and to offer rehabilitation of they need it at the earliest opportunity.

Unfortunately, because the vast majority of cyclists are not insured, they initially do not have access to legal advice from insurers immediately following an accident. We can provide early advice in relation to who is likely to be found to be at fault or the amount of damages they can receive. Cyclists often believe that the risks of taking a case against the responsible driver are too high. This is not the case and we generally work on a no win, no fee basis. A quick call to our office or email can usually resolve any issues which our new clients may have.

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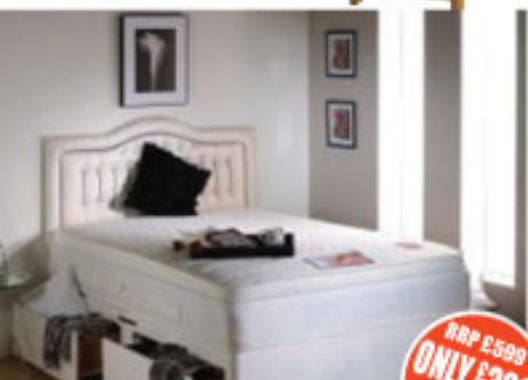


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DID YOU KNOW?

1. Central Park, New York. Central Park architect, Frederick Law Olmsted, visited Birkenhead Park in 1850. Impressed by the landscaping in the Joseph Paxton designed public space, he used these principles in setting out Central Park. .
2. River Dee. The Dee Estuary is a Special Protection Area and supports many species of nationally and internationally important wildlife. There is also a River Dee in Scotland.
3. Wirheal. Wirheal was the Anglo-Saxon name for Wirral and means Myrtle tree (Wir) Corner (heal).
4. Historians have classified the Wirral Peninsula as the birthplace of England, after the Battle of Brunanburh - present day Bromborough - in 937 brought together the might of England's combined armed forces for the very first time in order to fight the armies of both Norway and Scotland.
5. The peninsula's Leasowe Lighthouse, built in 1763, is the oldest brick built lighthouse in the U.K. The lighthouse was also the first in the country to have a female lighthouse keeper, when Mrs Mary Elisabeth Williams began her service as keeper in 1908.
6. New Brighton, is home to the United Kingdom's longest promenade at 3.5 kilometres.
7. The peninsula's oldest pub is reputedly that of the Wheatsheaf Pub in Raby, which dates back to 1611.
8. 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.
9. The area's oldest railway line was a branch line of the Birkenhead to Chester line, from West Kirby to Hooton, opened in September 1838. Although the line is now defunct, the line lives on in the form of the twelve mile long Wirral Way nature trail.
10. The area's oldest farmhouse is Old Hall Farm situated in Chapel Lane, Moreton believed to have been built in 1719 for a Daniel and Mary Wilson.
11. Brimstage Hall situated in the picturesque village of the same name was apparently built between the 12th and 14 th century, making it one of the peninsula's oldest buildings and certainly the oldest manorial residence in the area.
12. The Ministry of Defence's tidal activity research for the infamous D - Day landings of June 1944 were all taken at Bidston Observatory.

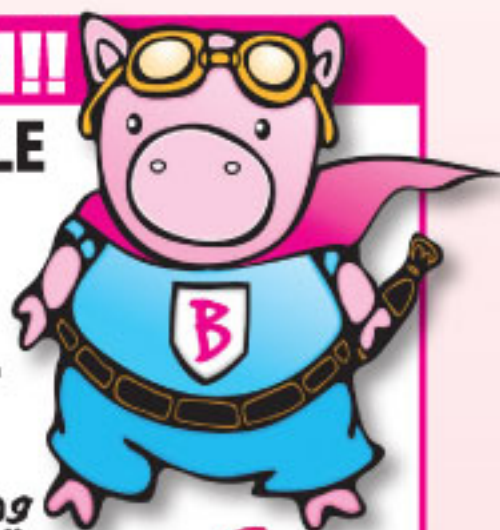
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Kate, June 2008



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TREES IN THE LANDSCAPE

Q: A reader asks: How do you paint a tree grouping that looks other than just a blob of colour?

A: Painting tree groupings has always been a problem for the less experienced artist. There are many techniques used to paint individual trees. My Book 'Keith's Top Tips' - 170 tips shows various techniques for painting trees.

In any grouping there are likely to be a collection of different types of tree, displaying different shapes and heights. It is not necessary to know every type of tree, just how to paint them.

The painting illustrated displays such a range of shapes in various colours. I have painted each tree individually but as part of the whole. Note the wide range of greens represented, the colours being mixed using varying amounts of cadmium yellow, sap green, cobalt blue, raw sienna, cadmium orange and Payne's grey. A small amount of titanium white was used to lighten the colour combinations. Depth in the trees was a mix of Paynes grey/cobalt blue.

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



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COMMUNITY NEWS

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Northern Lights Cycle Ride to Lapland

The Northern Lights Cycle ride to Lapland held recently at Cheshire Oaks. Myself and another colleague, Emma Randall, both took a turn on the exercise bike. We then helped with the bucket collection. Local cycle clubs were also involved and the target of 2235 miles from Neston to Lapland was achieved over the three days. A figure of **£3500** was raised towards sending seriously ill children on holiday to Lapland this Christmas.

Louise Irvine | PR Ambassador | Neston 2161
Sainsbury's Supermarkets Ltd

Sainsbury's Neston 2nd Birthday

Sainsbury's Neston colleagues recently celebrated the store's **2nd Birthday**. Many of the colleagues enjoyed a joint Christmas and birthday party at the British Legion in Neston.

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Northern Lights

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New Year - Fight the flab!



Ok it's that time of year again...

We have all over indulged at Christmas and New Year and want to shed a few or even a few hundred unwanted pounds !!!

Well, don't despair you don't have to sew your mouth shut or put a padlock on the fridge just yet. I'm going to list a few of what I think are the best tips to help you get rid of some of some unwanted fat and keep it off!

- 1.** Get rid of all the "junk food" in your kitchen! I know I'm starting with a strong one here, but seriously this will help, if it's out of sight it's out of mind!
- 2.** Pack your fridge full of fresh fruit and veg. Get some chicken and lean cuts of meat and start googling healthy meal recipes. I do this myself and have found some great ones, chicken chilli stir fry being my favourite (using olive oil and fresh chillies).
- 3.** Be more active and walk as much as you can! Although I'm going to advise you to join a gym (zonefitnessnestonothergymsareavailable) it's still great to just get out and walk even if just to the shop or the park a few times a week.
- 4.** Set yourself a realistic goal! Either to drop a dress size or a particular weight but set yourself one. Stick it to the fridge and look at it every morning when you get up.
- 5.** Drink plenty of water and fluids, I know this is boring and you have heard it before but sometimes just drinking a glass of water can help get rid of a craving, cravings also usually only last about 5 minutes.
- 6.** Join a gym or buy a home workout dvd if you can't get to the gym. There are plenty of professionals out there offering services to educate you on the best methods of exercising. Just make sure you are doing some form of cardiovascular and resistance training at least 3 times a week but preferably four. Each lasting 45 minutes to an hour.
- 7.** Drink Green tea! Green tea contains natural antioxidants, known as catechins, which help the body burn fat when consumed over a period of time. Some research suggests that they help the liver break down complex materials which in turn leads to the oxidation of fat.
- 8. JUST DO IT!** Nike said it best, don't put it off, don't say it's too cold or I'm too tired just BI***y do it get to the gym or go out for a run. One thing I promise you when you have done it you will feel great.
- 9.** Focusing on getting the recommended 5-9 servings of fruits and vegetables each day. "It sounds like a lot, but it is well worth it, because at the same time you are meeting your fiber goals and feeling more satisfied from the volume of food," says chef Laura Pansiero, RD. also less likely to overeat because fruits and vegetables displace fat in the diet. And that's not to mention the health benefits of fruits and vegetables. More than 200 studies have documented the disease-preventing qualities of phytochemicals found in produce.
- 10.** Cut out the bread, pasta, rice and starchy carbs. Switch these for fresh vegetables and the occasional wholegrain wrap. Also plan your meals and prepare them this will help stop you missing meal times and eating junk.

The last thing I'm going to leave you with is to stick at it! It's going to be hard at first but it will be extremely worth it in the long run when you look back and see what you have achieved.

Remember it's not dieting it's just eating right !

Gaz Jones Owner & Personal Trainer Zone Fitness - Neston

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2013

1st - 6th JANUARY

Floral Pavillion - New Brighton
Peter Pan Pantomime

2nd JANUARY

Wirral Tourism Awards

Nominations for Wirral Tourism Awards 2013 open on 2nd January and will close on 6th February. The Awards Presentation will take place at the Floral Pavilion Theatre and Conference Centre on Wednesday 17th April 2013.

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12th JANUARY

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New Years Resolutions in 2013

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

These are our favourite top ten New Year resolutions! Are they yours?

1. Spend More Time with Family & Friends

Make regular plans to meet up with friends and/or family for an evening of fun and laughter. Work shouldn't always come first!

2. Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape! (See pages 31 & 32)

3. Tame the Bulge

It is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of people who made a New Year's commitment to shed extra pounds. (See pages 5, 22 & 29)



4. Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! Locally, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of people, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Just get out and try something new! Take up a new hobby, go to a theatre performance, or head to the local spa/gym. (See page 5, 6, 24, 25)

6. Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking.

7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of people who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. (See pages 5, 6 & 29)

9. Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local charity shop, mentoring a child, or helping in the hospital, there are many nonprofit volunteer organisations that could really use your help.

10. Get Organised

On just about every New Year resolution top ten list, organisation can be a very reasonable goal. Whether you want your home organised enough that you can invite someone over on a whim, or your office organised enough that you can find the stapler when you need it! (See page 17)

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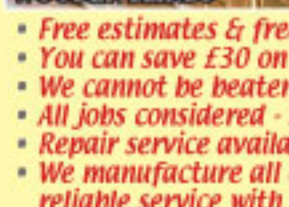
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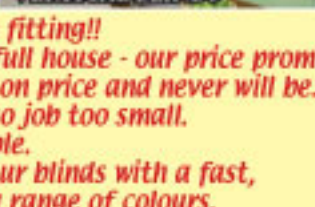
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PUZZLE PAGE

Sudoku Puzzle

How to play:

The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. **Good luck!**

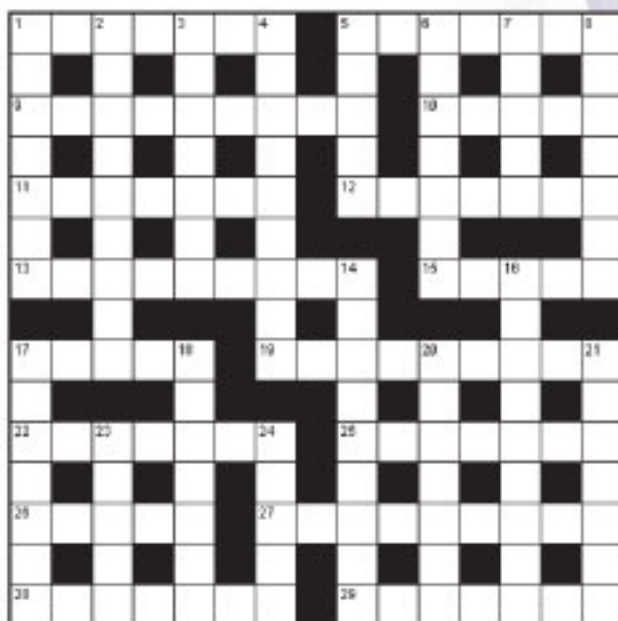
Difficulty level: **medium.**

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

Crossword Puzzle

Across

- 1 Shiver (7)
- 5 Drops (7)
- 9 Instances of hard physical labor (9)
- 10 Absorbs written material (5)
- 11 French country house (7)
- 12 Saliva (7)
- 13 Making better (9)
- 15 Detected (5)
- 17 Writing tables (5)
- 19 A short yet extended fictional work (9)
- 22 Too old (7)
- 25 Corroding (7)
- 26 Primp (5)
- 27 Revering (9)
- 28 Gabled extensions in a roof (7)
- 29 Blameless (7)



Down

- 1 Pale cane syrup (7)
- 2 Some women bat these (9)
- 3 A small brown heron (7)
- 4 An expert manner of speaking (9)
- 5 Electrical safety devices (5)
- 6 Borders (7)
- 7 The smallest amount (5)
- 8 Temporarily expel (7)
- 14 State leaders (9)
- 16 Derived from hunches (9)
- 17 Let fall (7)
- 18 An Algonquian people (7)
- 20 Homosexual woman (7)
- 21 Engrosses wholly (7)
- 23 Chieftain (5)
- 24 Modifies written material (5)

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

Happy New Year
2013

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Don't forget to use our advertisers and say that you have seen their advert in LOVE WIRRAL magazine.

Advertisers remember the deadline to let us know that you require to advertise in the next edition is 18th of January!

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

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Cre8tive Graphics	23 & 36		
Alarms & Security			
Concept Digital Security	14		
Auctions			
Kruger Gibbons Auction House	20		
Barbers			
Alcatraz Barbers	22		
Grace Taylor Barbers (Little Neston)	26		
Bathrooms			
Bathroom Xperience	4		
Beauty / Skin / Hair / Make up / Nails			
Skin First	Centre Page 21, 29 & 39		
The Beau-Tea Rooms	30		
The Retreat Salon	22		
Blinds & Canopies			
Studio Blinds	36		
Builders / Builders Merchants			
Bob Caldwell	13		
Corfe Stone	13		
John Miller Builders Ltd	14		
Business Centres & Offices to Rent			
Biz Space	30		
Car Mechanics & Diagnostics			
SK Automotive	25		
Clubs & Societies			
OC Club (Knockaloe)	Back Cover		
Dog Groomers			
Top Dog Groomers	27		
Fires & Solid Fuels			
Corfe Stone Solid Fuel Fires	6		
Fireside by Design	19		
Fitness Clubs			
Zone Fitness/Vitruvian Fitness	31		
Furniture & Accessories			
Bargainhunters Discount Furniture	17		
Indigo	2		
Gardening/Landscaping/Plants			
Green Hydroponics	5		
Patioworld	27		
Garden Centre			
Station House Nurseries	23		
Home Care			
SAGA Homecare	26		
Home Improvements			
Astra Property Care	14		
Bathroom Xperience	4		
Grand Designs	11		
MTD Roofing LTD	12		
Smartcoat Protect	7		
Ice Cream			
Archers Jersey Ice Cream	19		
Jewellery			
Ark Contemporary Designs	6		
Joiners & Carpenters			
Mikes Joinery	27		
S.B. Eardley Joinery	7		
Martial Arts			
Wirral & Chester Tae Kwon-Do	32		
Photography			
Shuttered Images	34		
Plumbers Merchants			
HBS Wirral Ltd	7		
Recovery Services			
Tommy's Vehicle Recovery	36		
Recycling			
Clothesbank.co.uk	18		
Restaurants & Bars			
OC Club (Knockaloe)	Back Cover		
Sign Makers			
Signs Express	33		
Solicitors			
Oliver & Co.	16		
Sports & Social Clubs			
Knockaloe Hall	Back Cover		
Taxis			
Steves 8 Seater Taxis	39		
Training & Courses			
Paragon Life Training	25		
Wirral Multilingual	29		
Weight Loss			
Cambridge Weight Plan	22 & 29		
Kathy Curnan - with Hypnosis	5		
Windows			
Astral Windows LTD	10		
Standout Glass	12		
Windows Cleaners			
Staybright Window Cleaners	23		

Looking good for yourself...

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