

Love Wirral

The Monthly Business & Community Magazine



May 2013
Issue 15

Your **local** magazine delivered monthly across Wirral

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UPCOMING DATES & EVENTS IN WIRRAL MAY

2013

3rd - 5th May

West Kirby Marine Lake

The British Open Team Dinghy Racing Championships

'The Wilson Trophy' is the largest, most prestigious event in the international dinghy team racing calendar at Wirral's world-renowned sailing amphitheatre. World class sailors will be competing against each other for this coveted trophy. www.wilsontrophy.co.uk

10th May - The Big Irish Night - St Anne's Parish Centre

- with sought after Irish Band "The Wild Murphy's". Tickets £6.00 or £7.50 on the door (available from Kerry on 0151 343 0778) kerry@wirralhospice.org

11th May - Wirral Farmers Market -

New Ferry Village Hall, Grove Street, New Ferry

12th May - 10.00am to 5.00pm - The Secret Gardens

of Oxton. Bring your family and friends to visit the hidden gardens in the historic conservation area of Oxton. Walking round this pleasant village you will come across a wonderful array of plants and flowers and be inspired by a variety of creative garden designs. This annual event is enjoyed by newcomers and regular visitors who return every year. In addition to the gardens, musical entertainments and art shows will be taking place in the village centre. Village shops, plant and craft stalls, cafes and pubs will all be open. For tickets visit www.oxtonsociety.org.uk or ring 07963 248 268 for more details. Buy tickets in advance and save money.

16th May - Wirral Hospice St John's Charity Golf

Challenge - Caldy Golf Club £275 per team of 4 (includes dinner, green fees and refreshments) Call Hayley on 0151 343 0778 or hayley@wirralhospice.org

16th - 18th May - Gladstone Theatre - 7.30pm

Port Sunlight Players present 'Lilies on the land', a revealing, funny, and wonderful portrait of the forgotten army - all tickets £7

18th May - Wirral's Biggest Sponsored Dog Walk

- 9.30am Wirral Country Park - £5 registration (includes a doggie goody bag) - To register call Hayley on 0151 343 0778 or hayley@wirralhospice.org

19th May - Wirral Coastal Walk - 4, 10 & 13 mile stages (why not do it for charity!)

19th May - Port Sunlight 10K Run

23rd & 24th May - Floral Pavilion - 7.30pm 'Twisted Angel' featuring comedian R David - This adult themed play is a mix of comedy, drama and music with dark undertones.

25th May - West Kirby Farmers Market - St Andrews Church Hall, West Kirby

31st May - Floral Pavilion - 7.30pm - 'The Twist' with Tony Tremendo as your compere - incredible tributes to the stars of the 50's and 60's including Elvis, Dusty, Buddy, Petula and more

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The Wheatsheaf Inn, 'The Thatch' Raby



Gayton - Manor Wood - Thornton Hough - Raby - The Runnell - Parkgate - Dee Shore - Gayton (Walking distance 9 miles)

A walk which includes a stretch of woodland, green lanes, fieldpaths and an old sea-wall.

From the Glegg Arms, go to the left along the Chester Road walking for about 15 minutes, shortly after the road has passed over the Birkenhead - Wrexham railway, you will see two signposts on the left, one heading towards Bebington and the other in the direction for Brimstage. Go over the nearby stile and turn left to follow a grassy path along the edge of a field with the railway on your left. Soon the path bears right, into the trees and, for the next 10 minutes, becomes a winding track leading you through a delightful stretch of woodland. A one-step stile brings you to a well-trodden path leading along the edge of Manor Wood. In time, the path broadens as it runs between high, wooden hoardings. Shortly after passing under two ornamental bridges, the path brings you to Manor Road. Now turn to the right.

The road leads you past the entrance to Thornton Manor. Keep forward through the village to enter Raby Road. Raby is an unusual village, it is without a church, school or even a shop, just farmhouses and cottages and, of course, it's famous inn,

The Wheatsheaf Inn or (as it is affectionately known by locals) 'The Thatch'. This is a half timbered, whitewashed, thatched building, one of Wirral's most attractive pubs, dating from 1611. The Cow Shed restaurant is attached where they serve beautiful meals.

When you leave the pub, turn right and walk the few yards to reach Raby Mere Road. Now turn left and walk to the gate at the side of the red telephone box at the top of Raby Road. A gap at the side of this gate admits you to a wide, grassy path which runs between hedges to bring you out into Neston Road, close to Yew Tree Farm. Go straight across the road to a sandstone wall, which you cross by means of steps, to reach a narrow path. This winds its way through overgrown briar and bramble for 1/4 mile before bringing you to the Chester High Road. Go across and then turn right. After walking for 5 minutes you will reach The Runnell. Turn left down this quiet way which, in time, takes you over the Birkenhead - Wrexham railway and brings you to Leighton Hall Farm.

Pass the farm and turn left into a winding lane. Not far ahead, on the right of the lane, you reach a bachelor gate leading into a field. Go straight across the field to a further bachelor gate. This brings you into a narrow path which quickly becomes



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

a short lane, leading into Wood Lane. Here you need to turn left and 100 yards ahead turn right into a fieldpaths running alongside a bridle-path. Go forward, passing under a wooden footbridge, along Brookland Road, and so into The Square at Parkgate.

From The Square, turn right and make your way along the sea-front to the Boathouse Restaurant. DO NOT follow the road to the right, but keep past the restaurant to arrive at the Country Park picnic area - the site of the old open air swimming baths. Keep forward until you reach a sandstone wall, climb the steps leading to the top of the sea wall. Now continue ahead with the Dee shore on your left and the smooth greens of Heswall Golf Links on your right.

Five minutes' walk along the wall brings you to a footprint sign directing you to the right, across the golf links. On reaching a wooden bachelor gate, go through to cross the Wirral Way to another bachelor gate admitting you to the links again. Go straight across to reach stone steps leading into a well trodden path. Here you turn left and follow a narrow path which, in summer, becomes a leafy tunnel. Soon the track broadens to become a sunken lane which will take you past the golf course entrance. Go forward for a further 50 yards and then look right and, in a recess of the old stone wall, you will see the head of a well (known as the 'Pinwell') which was used for hundreds of years as a water supply.

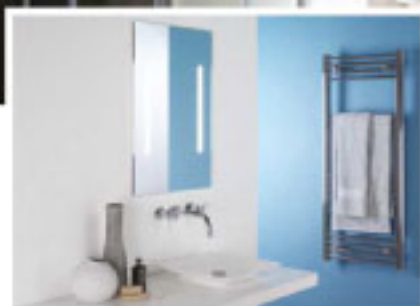
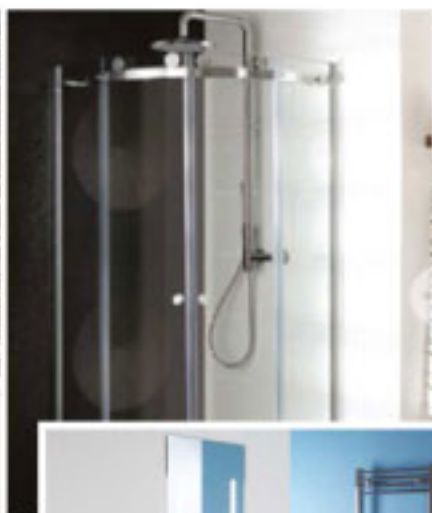
Continue forward into the cobbled village of old Gayton. Gayton Hall on the right was, for centuries, the home of the Glegg family. In 1689 King William III spent the night here. He must have enjoyed himself as he bestowed a knighthood on his host!

Now turn right into Well Lane, a pleasant, tree-lined byway which leads you uphill to the crossroads at Gayton.

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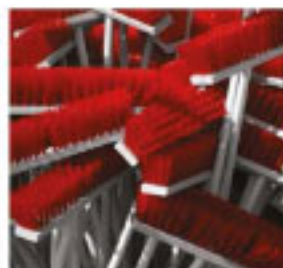
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Above: 1929. **Bromborough Village** looking along Allport Lane. Shops included: No.12 Walter Tweedle - fried fish, No.10 E & B Albisons - newsagents, Irwins on the end and a delivery vehicles parked outside Mrs Lily Southwood - greengrocer.

Below: **Eastham**. This was a view of Rake Lane (now Eastham Rake). No houses on the left as today.



Above: H.M Queen Elizabeth arriving at **Bromborough Station** 2 May 1950 on her way to launch the Ark Royal at Cammell Laird Birkenhead 3 May 1950. Lord Leverhulme, in uniform as Lord Lieutenant.

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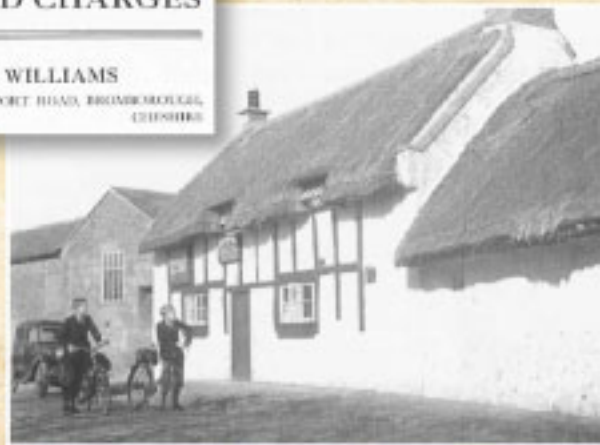
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Left: 1935. This development at Carlett Park estate, **Eastham**. "One of the most charming spots on the whole of Wirral - commanding a fine view of the River Mersey"

Below: 1948. The Wheatsheaf at **Raby** 2 boys longing to be old enough for a pint after a cycle ride.



Left: 1934. The two nearest lanes of the newly built four lane **New Chester Road** are presumably not open for use as the dotted lines come to an abrupt end with no signs of workmen. This is the border between **Bromborough** and **Eastham**.





Above: 1935. **Bromborough Hotel** is seen in New Chester Road. The building jutting out into the road was later demolished.

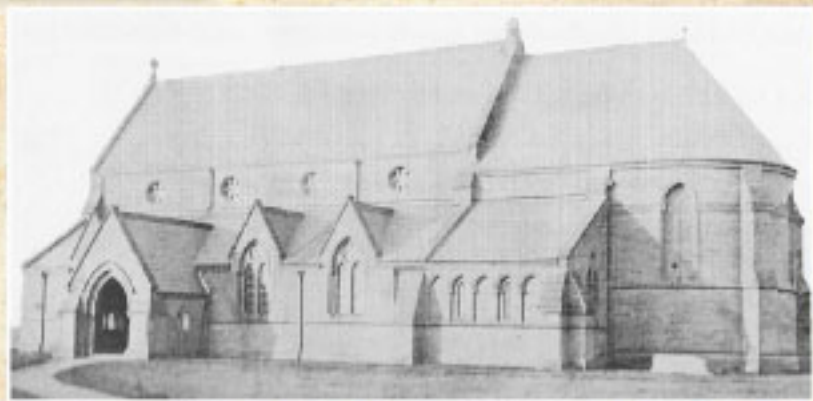


Above: The visitors paid their entrance fee under the Jubilee Arch and Entered **Eastham Ferry Hotel Gardens** (hotel is seen on the left). The Jubilee Arch was originally erected in London Road for Queen Victoria's visit to Liverpool in 1897, and later brought to **Eastham**.



Left: 1959. An adylic scene at **Raby Mere** shows the car parked by the mere and the children feeding the ducks. Not much has changed in all those years. The thatched Bank Cottage can be seen on the left - but was later to lose its thatch through a fire around 1959.

Right: This was the third church of **St Barnabas in Bromborough**. The first church, which was Saxon, was replaced in 1829 with a church described as a 'barn-like' building, which was of no architectural beauty. This church proved to be too small and was replaced in 1864 with this church pictured. Some of the stonework of the old church was used to build the new school which opened in 1869. The tower or spire were later added in 1880.



Right: The two men are sitting on a bench under the lampost on the right - above them is a **Crosville** timetable as this was the picking up and dropping off point for their bus service. The half-timbered building is the **Church Institute** and **Hallam's** radio shop occupied the old converted barn from **Tellet's Farm**.



Left: The **Eastham to Liverpool** ferry boat **Ruby** is seen at **Eastham Ferry pier**. **Samuel Smith** was described in 1810 as 'master of the **Eastham packet**' (a sailing vessel).

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DID YOU KNOW?

1. To manufacture a new car approximately 148,000 liters of water is needed.
2. Butterflies taste with their feet.
3. Two objects have struck the earth with enough force to destroy a whole city. Each object, one in 1908 and again in 1947, struck regions of Siberia. Not one human being was hurt either time.
4. The name "Muppet" was coined by Jim Henson. The word was made from a combination of the word "marionette" and "puppet."
5. The Hawaiian alphabet only has 12 letters.
6. The 1912 Olympics was the last Olympics that gave out gold medals that were made entirely out of gold.
7. "Go." is the shortest complete sentence in the English language.
8. The most senior crayon maker Emerson Moser retired after making 1.4 billion crayons for Crayola. It was then that he revealed that he was actually colourblind.
9. Every year, an igloo hotel is built in Sweden that has the capacity to sleep 100 people.
10. The trunk of an elephant can hold up to two gallons of water.
11. Ian Fleming named his character "James Bond" after real-life ornithologist and author.
12. The rarest coffee in the world is Kopi Luwak, which is found in Indonesia. It cost about £260 a pound.
11. Dead cells in the body ultimately go to the kidneys for excretion.
12. Robert Wadlow is the tallest man recorded in history. He grew to be eight feet and eleven inches and weighed 490 pounds when he died.
13. Elvis Presley had a twin brother named Jesse Garon Presley who died at birth.
14. There are 336 dimples on a regulation golf ball.
15. The country of Fiji is made up of 332 islands.
16. A duck's quack doesn't echo, and no one knows why.
17. The average day is actually 23 hours, 56 minutes and 4.09 seconds. We have a leap year every four years to make up for this shortfall.
18. The formula for Coca-cola has never been patented.
19. The steepest street in the world is Baldwin Street located in Dunedin, New Zealand. It has an incline of 38%.
20. Swiss engineer George de Mestral, who got the idea after noticing burrs were sticking to his pants after his regular walks through the woods, invented Velcro.
21. Nylon is a man-made fibre that is made from coal and petroleum.

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

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Next markets:
Saturday 9 February
Saturday 9 March
Saturday 13 April



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

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Many of us spend two weeks abroad and the other 50 thinking about them but while theft may be the furthest thing from your mind when you head off on your longed-for break, sadly tourists are a target for holiday thieves of all descriptions from conmen to pickpockets.

Obviously you want to relax and enjoy your well-earned week or two in the sun but letting down your guard could be disastrous and turn your dream holiday into a nightmare. But there are a few simple steps you can take to ensure you don't become a victim and can still have fun in the sun. You can do a lot to protect yourself and your possessions even before you leave home. Nowadays identity theft is an increasing problem in resorts, so make sure you take a photocopy of your passport in case the worst should happen.

If you are using travellers cheques, keep a separate record of the serial numbers and the details of any credit or debit cards you'll be taking. Consider using a pre-paid currency card - you'll get a better exchange rate if you load your required currency on your card before you travel and as they're not linked to your bank account, thieves won't be able to access your personal information. Where possible, pay for your accommodation in advance. Not only will you get a better rate, you're also guaranteed somewhere to stay if your money is stolen.

Once you check in to your hotel room, make sure you never leave anything important in sight, and that you lock the door and windows every time you go out. And while it may sound silly, try not to dress or act like a tourist. Wear clothing that will blend in so as not to attract attention - and leave the bling for nights out.

Sunglasses are a great way of avoiding eye contact, particularly from "over-friendly" locals who want to practise their English on you on the way to their cousin's carpet factory. Don't carry more cash than you need and be discreet when handling money. Keep a close eye on how much you're giving and always check your change as unsuspecting, harassed tourists can easily become an extra source of income for unscrupulous shop clerks. Try to avoid using high denomination notes for small purchases. A wallet in the back pocket of your jeans is simply an invitation to pickpockets and women should wear handbags strapped across the body instead of on one shoulder to avoid snatching. Ideally, a money-belt under your clothing is the most secure way of keeping cash and cards safe, although a smaller purse or wallet in a secure pocket is advisable for everyday purchases if you want to avoid undressing in a shop to get at your money. If you don't have travellers cheques and you need to pay your bill at a restaurant, insist on giving the cashier the card personally and watch them as they put it through the machine as this will cut the chances of your details being stolen or your card being cloned.

Use your common sense when walking around - keep clear of dark, empty streets at night and stay near groups of people if possible. In the event that you follow all the advice and you're still unlucky enough to be mugged, don't resist. No amount of money is worth your life. Don't panic and inform the police before ringing your credit card and travellers cheque companies. In most cases your money and cards will be replaced within 24 hours, and you won't be liable for any charges.



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colours represented in the background and holding it virtually flat to the surface drawn downwards. To soften the effect, the brush was drawn horizontally across the surface whilst the paint was still moist.

Note: that to achieve a sense of distance, the background was painted in little detail and colour.

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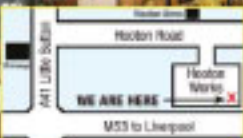
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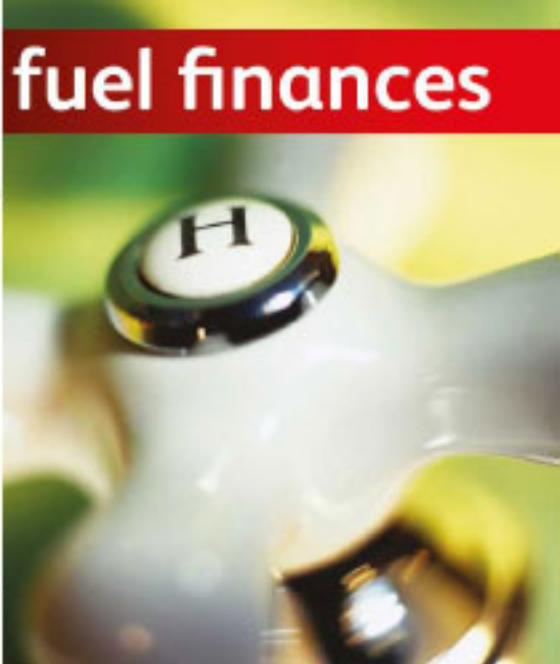


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Well over half the money spent on fuel bills goes towards providing heating and hot water in a typical UK household. So in these times of ever-increasing costs, having an efficient and cost-effective heating system is vital - and it's one of the main steps you can take to reduce your carbon dioxide emissions. Some householders may be put off by the initial costs but can be assured they will soon recoup the outlay which will continue to pay dividends in the future. The Energy Saving Trust says the first step to saving energy from heating is to understand your system. Nearly all homes have either a central heating system - a boiler and radiators - or electric storage heaters. Central heating is the most common where a boiler heats up water that is pumped through pipes to radiators throughout the house, as well as providing hot water to the kitchen and bathroom taps. Most boilers run on mains gas but in areas where it's not available, the boiler can run on oil, tank gas, coal or wood. Mains gas is usually the cheapest and has the lowest carbon emissions, apart from wood. Some boilers also have an electric immersion heater as a back-up. Gas and oil boilers may be combination (combi) boilers, in which case they heat the hot water as it is needed and don't need to store it. Otherwise, the boiler heats up water and stores it in a cylinder that feeds the taps.



If you have this system, the Trust advises a number of energy-saving options:

• *Replace your boiler with a newer, more efficient model* • *Fit better controls for your space and water heating - and use them to make sure your boiler only provides heat when you want it* • *Switch to a cheaper or lower carbon fuel or technology* • *Make any insulation and draught-proofing improvements that you can* • *Use chemical inhibitors if you have an older system.*

Nearly all gas boilers fitted in Britain since 2005 are condensing boilers which have are able to recover more heat from the burning gas, making them more efficient. You can tell which one you have by checking the flue - flues made of plastic are condensing while metal ones aren't. Condensing boilers also have a plastic pipe coming out of the bottom, through the wall and into a drain. Trust experts advise householders to consider replacing your boiler with a newer, more efficient model if they don't have a condensing boiler. Whether to opt for a combination or regular boiler really depends on your lifestyle and needs. A regular boiler is actually more efficient than a combi at producing hot water in the first place but some heat is inevitably lost while the water is stored in the cylinder, so a combi may be more efficient overall. Electric storage heaters which heat up overnight using cheaper off-peak electricity, giving out heat during the day are more common in flats, rented property and homes without mains gas. One of the most expensive heating options around, it also emits more carbon dioxide than most and is harder to control than radiators, especially with older systems. If you have storage heaters, you will probably have a hot water cylinder heated by one or two immersion heaters. In this case, the Trust advises replacing the entire lot with an efficient boiler system where possible; installing new, more controllable storage heaters, fitting thermostats and controls to make the system more efficient, and looking into insulation and draught-proofing improvements.



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Caring For Our Canines' Teeth

Bad breath in dogs is the butt of many a joke but in reality it's no laughing matter. Dental disease affects up to 80% of pets over the age of three and - just like humans - there can be serious health consequences. The sooner you start looking after your dog's teeth the better. Dogs start life with 28 baby teeth which fall out by the age of six months and are replaced by 42 permanent ones. If these baby teeth don't fall out and the permanent teeth start to grow underneath them, this can lead to problems like increased tartar, bite difficulties and gum irritation. One of the first signs of dental disease is often bad breath. Dogs with dental problems can also be reluctant to eat or play with toys, be lethargic, and have bleeding gums and eroded teeth. But the problems aren't just confined to the mouth. The heart, kidneys, intestinal tract, and joints may also be infected as mouth infections produce bacteria which can attack other parts of the body. A vet with leading pet food manufacturer Butcher's describes proper dental care as the foundation of dog health and wellbeing. He advises owners to watch out for unpleasant mouth odour, varying appetite, bleeding gums, swelling under the eyes and general apathy as these are signs of a major oral inflammatory illness. He says: "During a visit to a veterinary surgery, the vet would also detect large quantities of teeth tartar, partial or whole tooth decay, inflamed gums, and in some instances just a gentle touch to the gum area could cause heavy bleeding between the teeth caused by food debris. In this condition teeth may well be removed. Dental treatment in dogs unfortunately requires a general anaesthetic and the procedure would include cleaning all the teeth, checking the condition of the teeth and, if necessary, removing a tooth. Neglected teeth and gums is a place for bacteria, which then attack other parts of the body including the gastrointestinal tract, weakening the immune system and potentially leading to inflammation of the

heart muscle or even an infection in the joints and bones". The best way to avoid such conditions is prevention. From the early months of life, a puppy should, initially in the form of fun, get used to having their teeth brushed. This can be done with a special dog toothbrush and dog toothpaste. For best results, as with humans, clean the teeth every day. Dog toothpaste is fluoride-free so there is no harm done if your pet eats or swallows the paste and as it is meat or fish flavoured, you can understand the temptation! Another method of prevention advised is to use special fluids that can be added to drinking water, which contain safe and appropriate disinfectants to help clean the teeth without the need for brushing. Similar formulations are also available in gel form which can be applied to the gums. Dog food can also play a big part in the prevention programme. A small amount of plaque, on the top of the crown particularly, can be mechanically removed by feeding dry food.

The vet adds: "Matching the size of the dog food with the appropriate kibble size will ensure that your dog bites the kibble, and will therefore have some effect". Administering chews or bones will also help to clean the teeth. Regular visits to your vet are also an important element of prevention to ensure your pet pooch has a happy and healthy life.



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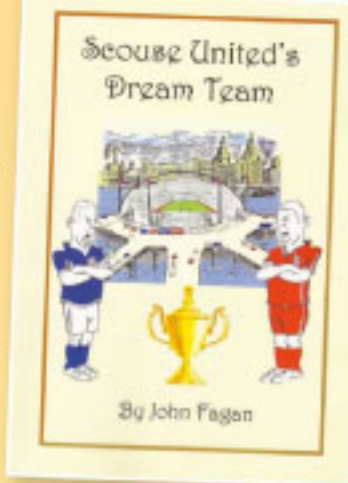
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The nearest box was decked in blue the others coloured red, I slipped them down to grandpa, which he balanced on his head. He spread them out with utmost care across the kitchen table, well aware one leg was short and the other three unstable.

'Half he said, belonged to Dad, the rest were Bill's possessions, he was my Dad's twin brother, and football their obsession. The dust removed, lids undone, we opened up this treasure, there were programmes fifty-odd years old, and verses for our pleasure.

The contents in the first box, told the story of the Blues, with dates of epic derby games, and the newspaper reviews. History was recorded, in a neat and steady hand, I felt so proud to read accounts and tried to understand, why Uncle Bill despised the blues, while dad was quite the fan, was Uncle Bill a rebel, or a poor deluded man.

As Grandpa was an expert, of both our premier teams, I seized the opportunity, to see what I could glean. I asked about the written verse, hoping he'd explain, 'A gift from my old man,' he said, 'passed down the Driscoll chain.'



*...when he asked if I could reach the loft,
it seemed a trifle high...*



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WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE

9



Holiday Sun and Keeping Safe

12



20 Pub Walks Around Wirral Walk 10

18



Old photographs of Yesterday's Wirral

24



Dream Holiday Becoming A Nightmare

28



Make The Most of Your Fuel Finances

Stop Smoking & Weight Loss with Hypnosis Dr. Kathy Curnan Phd	5
Holiday Skin & Keeping Safe	9
2013 Upcoming Events in Wirral	10
20 Pub Walks Around Wirral	12
Who Are Poppies of Wirral?	15
Yesterday's Wirral - Old Photos Did You Know	18
Holiday Becoming A Nightmare	24
Wirral Auction House on BBC TV	25
Fuel Finances	28
Painting Reflections	32
Caring For Our Canines Teeth	36
Scouse United Dream Team	39
Charities Page	41
Puzzle Page	47
Community News	48
Recommend A Local Business	49
Index of Advertisers	50

Front Cover Photograph
Hadlow Station, Willaston

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Note to our advertisers

We go to print each month on 22th and the copy deadline for advertisers is 18th. Any advert space cancelled after the 16th of the month will be charged the full amount.

Advertising Rates on page 49

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

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



Dear Friends,

With the clocks going forward means it's getting lighter and warmer and we can't complain about that! It also means we're nearly in the tourist season and that's good news for locals and businesses alike because it means a whole host of enjoyable events take place.

Inside the next issue we will be featuring a **Local Where to Eat Guide** to hopefully help all you locals who enjoy fine wine & dining out.

Last month we celebrated our largest month to date and we hope it's a sign the economy is changing for the better.

Keep up to date with us on [facebook](#), [twitter](#) &

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Best Wishes


Maxine

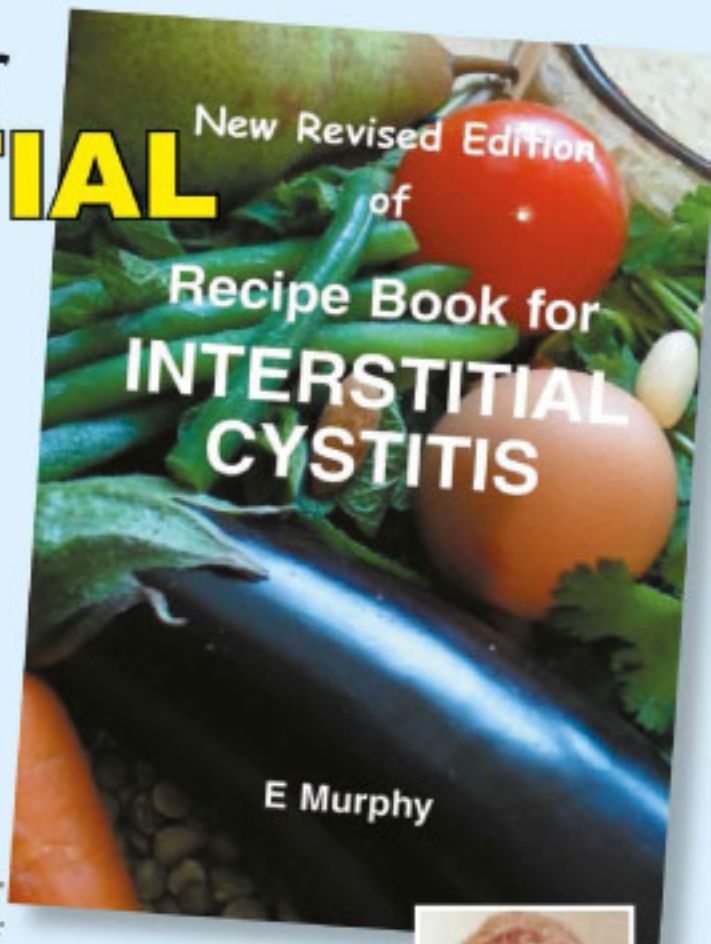


Great Local Offers & Discounts Inside Next Month

Recipe Book for **INTERSTITIAL CYSTITIS**

Interstitial cystitis is a worldwide disease affecting millions of people. It is a dietary controlled illness for which there is no current cure. This recipe book aims to provide for a better quality of life by reducing the pain and discomfort of I.C., enabling people with this illness to stay strong and healthy through the difficult times in both body and mind. It is designed not only for people diagnosed with this chronic illness but also for anyone wishing to eat a healthy diet containing no additives or preservatives.

Available through Amazon  and all good book stores.



Some years ago I became ill with a disease for which there is no cure - Interstitial Cystitis. At that time, little was known about the disease and I suffered for nearly two years with chronic pain. I found that eating the wrong type of food made the symptoms worse. It has since been proved that only a carefully managed diet can help stop the extremely painful flare-ups.



Eileen Murphy
of Wirral

I travelled to America to get specialist help, investigations and diagnosis. It is thanks to the Specialist in America who finally diagnosed Interstitial Cystitis and provided me with a successful diet plan of "do's and don'ts" of what to eat and drink. Medication also helped to ease the symptoms. I now stick rigidly to my diet and cannot remember when I last had a painful flare-up with my IC.

Over the subsequent two-year period I formulated and collected many successful recipes. I then incorporated those recipes into a book to help other people with this little known illness.

I published my little Recipe book in 2007, which sold worldwide on Amazon and in good book stores. It did really well and I was very proud of my achievement.

I have since authored a new, revised edition of my Recipe Book for Interstitial Cystitis. I have surprised myself this time in not only writing another book, but also in making the illustrations and self-publishing.

This revised edition of A Recipe Book for Interstitial Cystitis contains additional information on I.C. as well as highlighting the importance of a healthy diet for sufferers and non-sufferers alike. There is also specific advice concerning the importance of vitamins in food, which foods contain certain vitamins and why they are important to our diet.

The book aims to provide a better quality of life by reducing the pain and discomfort of I.C., enabling people with this illness to stay strong and healthy through the difficult times in both body and mind.

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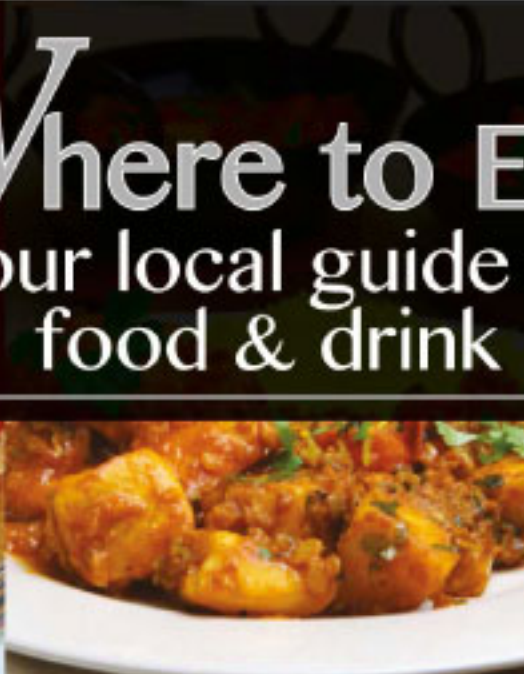
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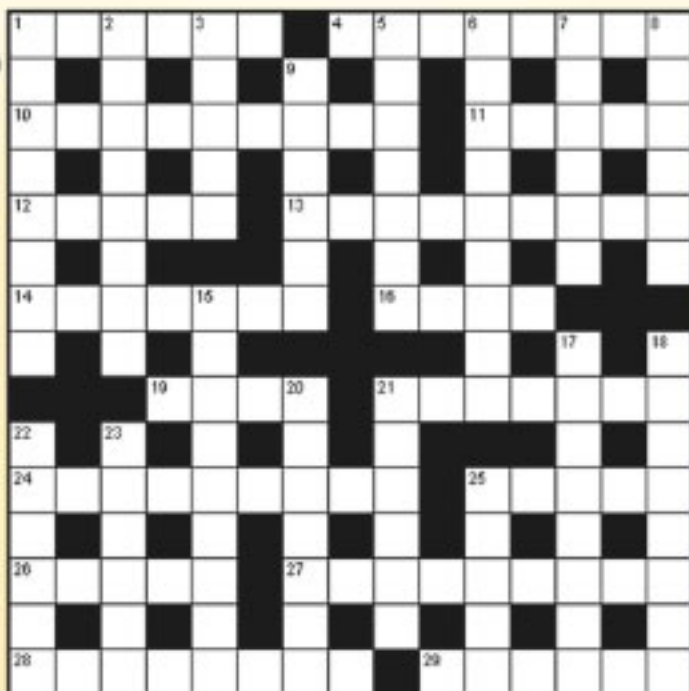
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PUZZLE CORNER

Across

- Lunch in the park (6)
- Tangible (8)
- Arcade (9)
- Beginning (5)
- Knight's "suit" (5)
- Barbarian (9)
- Remove (7)
- Modify (4)
- Coarse file (4)
- Middle (7)
- Release (9)
- Cyphers (5)
- Breakfast bread (5)
- Short-tempered (9)
- Derision (8)
- Correct (6)



Down

- Parcels (8)
- Disaster (8)
- Not outer (5)
- Shad-like food fish (7)
- Supply (9)
- Rouse (6)
- Respect (8)
- Rug (6)
- Indifferent (9)
- Believable (8)
- Stormy (8)
- Incomplete (7)
- Conqueror of Gaul (6)
- Redactor (6)
- Land surrounded
by water (6)
- Stockpile (5)

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Sainsbury's NESTON



Cllr Pat Hughes, Doreen Gordon, John Joynson, John Peters, Louise Irvine, Reverend Alan Dawson.

Myself and Department Manager John Joynson presented the cheque to John Peters from NWMRG. This money was from our Community Grant budget. Also present was the Mayor Pat Hughes, Church Warden Doreen Gordon and the new vicar Reverend Alan Dawson. The Community Grant Scheme helps local charitable groups and is funded by the sale of Bags for Life. So if you buy a bag for Life you are helping the local community as well as the environment.

Sainsbury's Neston raised £3,325 over the Comic Relief period – that's a great total for a store of our size.

Zoe won the Maltesers Challenge



Zoe and Louise Irvine



Newly opened Archers Ice Cream of Heswall opens in Lark Lane Liverpool setting the trend on the launch day.

Jaxx Carter one of the first to get his ice cream.

St Mary's Church in Eastham raised £35,000 to fix its roof after thieves raid four times in as many months. Well done!

From June 1st Your Council will be charging you for taking your garden waste away See www.wirral.gov.uk/gardenwaste

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STOP SMOKING IN 90 MINUTES

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



John Homer

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

John Homer - ELLESMERE PORT

THOUGHT OF DYING COULDN'T EVEN STOP ME

"Thank you for giving me back my life.

I never would have thought it possible that after one visit and 40 years of smoking, I have finally

stopped. All my friends and workmates cannot believe it, as they thought I would be the last person on earth to quit. I came very near to death because of the cigs, and those warnings never stopped me. So whatever Kathy did is nothing short of a miracle for me. Keep up the good work, and thanks again for my new life" said Les.

Les Worth - HOYLAKE

IT'S LIKE A MIRACLE

said Mother and Daughter, Shirley and Janice Gill. "We are now both happy, healthy non smokers. I don't think I would still be here if Kathy hadn't stopped me, my chest is now clear" said Shirley. Daughter Janice said "I'm absolutely thrilled for myself and my mum, I recommend Kathy to all my friends and family".

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JANICE GILL
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Q. Can anyone be hypnotized?

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Q. What is your guarantee?

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Index of Advertisers

Antiques & Collectables			
Browsers	31	Ice Cream	
Artists Courses & Holiday		Archers Jersey Ice cream	44
TV Artist - Art Doctor Keith Fenwick	28	Jewellery	
Auctions		Ark Contemporary Designs	6
Kruger Gibbons Auction House	25	Joiners & Carpenters	
Bathrooms Showrooms		Mikes Joinery	17
Bathroom Xperience	13	S.B. Eardley Joinery	14
Beauty / Hair / Make up / Nails		Life Coaching	
Skin First - Heswall	46	Paragon Life Coaching	7
The Beau-Tea Rooms	34	Mobility Aids	
The Skin Care Studio	33	D.I.C.E. Mobility & Welfare Centre	45
Bikes / Cycle Specialist		Opticians	
Bike Logic	2	Eye Design Heswall	30
Books		Plant Display Suppliers	
Interstitial Cystitis Recipe Book	40	PlantNations	37
Scouse United's Dream Team (Charity)	39	Plumbers & Plumbers Merchants	
Yesterday's Wirral	18/19	HBS Wirral Ltd (Plumbers Merchants)	35
Builders Merchants		T.A.P.S. Tiling And Plumbing Services	14
Corfe Stone	6	Printers / Design Agency	
Business Centres & Offices to Rent		Cre8tive Graphics	47
Biz Space	34	Recycling	
Car Repairs & Diagnostics		Bagnall & Morris	8
Benza Autos	29	We Pay Cash For...	31
SK Automotive	16	Restaurants & Bars	
Cleaners		Da Piero Italian Restaurant	3
Poppies of Wirral	15	OC Knockaloe Hall	Back Cover
Clubs & Societies		Retirement Homes / Apartments	
British Legion Bebington	45	HomesHub	30
OC Club (Knockaloe)	Back Cover	Roofers & Repairers	
Coach Travel & Outings		MTD Roofing LTD	14
Destinations	26	Sign Makers / Vehicle Graphics / Cards	
Dental		Anchor Graphix	17
Dental Solutions	27	Signs Express	7
Dog Groomers / Pet Suppliers		WOW Plastic Cards	35
Fur Cuts Dog Grooming & Pet Station	36	Storage	
Driving School / Instructor		Lock and Store Self Storage	11
Compass Driving School	8	Sports & Social Clubs	
Electricians / Suppliers / Alarms		OC Knockaloe Hall	Back Cover
CV Electrical & Security Alarms	43	Turf Suppliers	
Events Planner		Wirral Turf	33
Lisa Lewis Events Planner	47	Web Design / Social Media	
Farmers Market & Markets		Kruger Social Media	38
Wirral Farmers Market	22	Weight Loss	
Gardening / Landscaping / Plants		Kathy Curnan - with Hypnosis	5
Lawn Science	43	Wheel Refurbishment	
Patioworld	10	The Wheel Specialist	20
Garden Centre		Windows / Window Cleaners	
Station House Nurseries	35	Crystal Clear Wirral LTD	23
Home Improvements		Staybright Window Cleaners	16
David Roberts Property Maintenance	41	ADVERTISERS DEADLINE	
Grand Designs	51	We go to print for the next edition on	
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TMC Construction	7		

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I really dislike those people who smoked for 20 years then stop, the ones that wave their hands around and cough in that over exaggerated way and pretend to gag whenever someone smokes next to them... I also really dislike the 'born again veggie' too who after 40 years of loving a bacon butty, a dirty kebab on a Friday night or a BBQ beef burger goes on to refer to meat as 'murder' and 'cruel'.

I'm not going to be one of those 'born again' people preaching to you about the risks you take in the sun, I want to share with you what the sun means to me and how I've learned from some pretty amazing mistakes.

Hello, my name is Becki Edwards and I am a sun worshiper. (Spoken like a true addict eh?)

I love nothing more than the feel of the sun on my body. I wear flip flops from March to October and vest tops all year round. If you see me in a t-shirt or long sleeved top then you know it is cold and if you see me in my old faithful blue timberland boots then its snowed pretty bad. I detest the winter.

I've always loved the sun, I remember summers spent in the back garden in our powder blue square framed paddling pool which our gorgeous German Shepherd, Gina also used to cool down in so was held together with so much duct tape where her claws had ripped the bottom it was a patch work quilt of rubber and tape. I remember spending time in Nan & Grandads garden dead heading flowers, digging out veg patches and looking after Grandads prize fruit, veg and flowers. I remember summers spent in the river at Bedgelert and the beaches at Treaddor Bay and Rosneighr watching the planes come into Valley. I remember spending summers at race tracks up and down the country watching bike and car racing with my Mum, brother and sister, the smell of two stroke fuel, burning rubber and sun tan lotion. I love these memories.

Until four years ago I've done things to get a tan that would amaze people but at the same time some of you may cringe and know you've done exactly the same as me all in the name of bronzed skin and a healthy glow. I've used baby oil, baby lotion, moisturiser, tanning oils, carrot oil, cooking oil, olive oil, white vinegar and absolutely nothing at all. I've used sunbeds since I was 16, sometimes for 15 minutes at a time and several times a week. I am dark haired (virtually black), with funny coloured eyes (they change from green to brown depending on my mood, level of tiredness or drunkenness) my skin is medium to dark. I usually tan by going lobster red then I wake the next morning I'm brown and ready to start again, once

I've done this a few times I tend to just go brown, brown, brown, dark brown and then mahogany.

Holiday skin

Safe Sun



So what changed? Well, without going all X Factor sob story on you.... Cancer happened, not to me but to my Uncle. Four years ago I lost my Uncle to the secondary cancers caused by a primary skin cancer. My Mum was devastated and made me promise never to go on a sunbed again, and I haven't. Since Rod (the Uncle) died I have been more conscious of my sun bathing habits and have changed them so I can still enjoy my sun, my sun helps me be a happier person, a sun tan helps me be more confident and the energy boost it gives me is like a drug I just can't give up so instead of giving it up I changed and I'm going to share my findings with you:

Exfoliating and Moisturising is secret number one: Ok so it's no big secret I just do it more often than most. I have found to keep a good tan I have to really keep on top of my exfoliating and moisturising. I do it daily using exfoliating gloves and weekly using a salt scrub. I don't go too aggressive just enough so my skin feels refreshed. I use a good quality body butter to make sure I don't dry out from the scrubs.

The cost: Exfoliating gloves £1-£5. Good quality Scrub from £5 to £30 (personal favourites Soap & Glory Flake Away or Sanctuary Salt Scrub), Good quality moisturiser/body butters £5 to £30 (personal favourites Soap & Glory Righteous Butter)

Good quality sun creams for face and body: I use a face cream with a good SPF in every day through winter, spring, summer and autumn. I also rub this around my neck, throat and ears. During the summer I wear a sun cream every day, a good quality with a factor of 15-25 depending on what I'm doing and when I say every day I mean every day. In the morning my sun cream is my moisturiser, as I said earlier I wear vest tops so my arms, chest and back are always exposed, how many of us have been out for lunch or a shopping trip and have felt the 'burn' afterwards? I know I have, many times.

The cost: Face Cream £10-£???, Sun Creams £10 - £???? (My personal favourite Ecran Lemon Oil products)

Exfoliating and Moisturising whilst I tan is how I keep my tan, my legs were always

a nightmare to tan but this way they tan like the rest of my body, I do exfoliate and moisturise whilst I've been on holiday too as I've found it freshens the skin surface however this is only because I've not burned myself, if you are burnt then please DON'T go exfoliating as you will cause yourself more harm than good.

When I go on holiday I do try to stay out of the sun at its height (12pm - 3pm) but it's not always possible, so I make sure I wear a high factor, slather it on often, wear a hat or bandana and keep hydrated (and I don't mean gin & tonic)

I don't burn now, I used to though. Now I can sit in the sun and being sensible doesn't mean boring, being sensible means I no longer feel the burn in bed at night where my skin is tight or the shower stings my skin or I have to stay out of the sun because I'm burned to a crisp.

In August last year I had it hit home even harder when my best friend, my rock, my soul mate, my everything was diagnosed with melanoma (skin cancer) it's the most aggressive type and can spread, she was operated on, she has check-ups with Consultants and she has to do daily checks on herself. She's ok, she's alive but after years of doing exactly what I did she has learnt she can't do it anymore without consequences. We will sit in the sun this year together, we will enjoy our lunch and a few drinks but we will be doing whilst slathered in sun lotions and potions looking after not only our skin but our health and our future. I want to be sat having a drink and lunch in the sun with this person into our 80s so we've both learnt a hard lesson.

Who knows these changes I've made could be too little too late but I'm hoping I'm doing enough now to ensure I protect myself and my future.

*Happy tanning
sun worshippers*

Becki, Owner
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Bromborough xx

Next month: Summer Hair
Keeping a healthy shine in the sun.