

Love Wirral

The Monthly Business & Community Magazine



December 2014
Issue 34

Your **Local** magazine with heart delivered monthly across Wirral

Where to Eat
Your local guide to
food & drink Page 40



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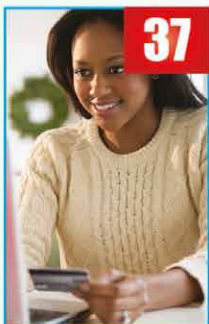
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Tips For Perfectly Pretty Nails



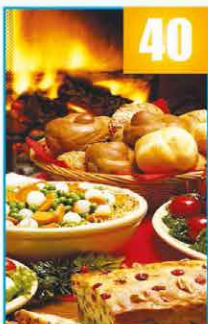
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Cover photograph:
Thornton Hough by Gary Beale



Hello dear friends!

Well, the run up to Christmas is in full swing now!
It's time to make plans and challenges for 2015!

We would like to wish all our readers a fabulous Christmas, enjoy your parties, the festive season, the lovely presents and quality time spent with family and friends!

We would like to thank all our advertisers for their continued support, they really are quality tradespeople offering great prices, reliability and super goods and services.

On a final note, please spare a thought and goodwill for those who may be on their own this Christmas, when we are so busy and excited, it can be easy to forget that Christmas and New Year can be a very hard and sad time for others.

Have fun, take care and keep safe!

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Best Wishes



Note to our advertisers!

We go to print each month on 20th and the copy deadline for advertisers is 17th.
Any advert space cancelled after the 15th of the month will be charged the full amount.

Advertising Rates on page 74

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The Dermalight Centre has been located at 128 Oxton Road Birkenhead for the past two years. Mark Sutton, the owner, has been practicing low level laser since 2005 and works in conjunction with Omega Lasers. Mark is passionate and proud that his skills have helped numerous people with all sorts of different conditions ranging from stop smoking, pain relief for arthritic conditions, sports injuries, skin rejuvenation and acne removal. After the introduction of the Lipo Genie we have been able to offer Lipo Laser treatment, with clients losing up to 2 inches from one area in 10 minutes on their first visit. All their treatments are pain free and non-invasive so there's no need for anaesthetic, enabling you to carry on with your day pain free.

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How Cold Lasers Work

Cold lasers are handheld devices used by the clinician and comes in all different sizes. The laser is placed directly over the injured area for 15 seconds to several minutes, depending on the size of the area being treated and the dose provided by the cold laser unit.

During this time, the non-thermal photons of light that are emitted from the laser pass through the skins layers (the dermis, epidermis, and the subcutaneous tissue or tissue fat under the skin). This light has the ability to penetrate 2 to 5 centimetres below the skin at 90mw and 830 nm.

Once the light energy passes through the layers of skin and reaches the target area, it is absorbed and interacts with the light sensitive elements in the cell. This process can be compared to photosynthesis in plants - sunlight is absorbed by plants, which is then converted to usable energy so that the plant can grow.

When cells absorb this light energy, it initiates a series of events in the cell that is theorized to eventually result in normalizing damaged or injured tissue, a reduction in pain, inflammation, edema and an overall reduction in healing time by increasing intracellular metabolism



Before



4 Days later



DID YOU KNOW?

1. The Germans made the first artificial Christmas trees out of dyed goose feathers.
2. Norwegian scientists have hypothesized that Rudolph's red nose is probably the result of a parasitic infection of his respiratory system.
3. Each year more than 3 billion Christmas cards are sent in the U.S. alone.
4. All the gifts in the Twelve Days of Christmas would equal 364 gifts.
5. Most of Santa's reindeer have male-sounding names, such as Blitzen, Comet, and Cupid. However, male reindeers shed their antlers around Christmas, so the reindeer pulling Santa's sleigh are likely not male, but female or castrati.
6. The earliest known Christmas tree decorations were apples. At Christmas time, medieval actors would use apples to decorate paradise trees.
7. Christmas trees usually grow for about 15 years before they are sold.
8. President Teddy Roosevelt, an environmentalist, banned Christmas trees from the White House in 1912.



9. Parma Ham

9. Parma ham is only Parma ham if it is made in the Parma region of Italy. The British chain supermarket Asda, made and packaged its own "Parma ham" and was successfully sued by the real Parma ham people (Parma Ham Trade Association).
10. The word housekeeping was invented by William Shakespeare.
11. Most fleas do not live past a year old.
12. It takes seven to ten days to make a jelly belly jellybean.
13. Americans on the average eat 18 acres of pizza every day.
14. Stannous fluoride, which is the cavity fighter found in toothpaste is made from recycled tin.
15. It takes 12 honeybees to make one teaspoon of honey.
16. The first lighthouse was in Alexandria in 290 B.C.
17. There is a certain species of kangaroo that is only 2.5 centimetres long when it is born.

18. An acre of trees can remove about 13 tons of dust and gases every year from the surrounding environment.
19. To make butter more attractive in colour, carrot juice was used by people in the Middle Ages.
20. The reason why golf balls have dimples on them is because it helps in the ball to move a farther distance by reducing drag.



21. A language becomes extinct in this world every two weeks.
22. The IRS employees tax manual has instructions for collecting taxes after a nuclear war.
23. Post-It Notes, which are adhesive notes, were invented while looking for a way to improve the acrylate adhesive found in tapes.
24. A fall of 30 feet can be survived by most cats.
25. The hormone replacement drug "Premarin" is made from the urine of pregnant horses.
26. Elephants have been known to learn up to 60 commands.
27. Charles Darwin spent 39 years studying earthworms.
28. Researches have discovered that eating five or more apples a week is linked to better functioning of the lungs.
29. The sound made by the Victoria Falls in Zimbabwe is so loud that it can be heard 40 miles away.



30. Ancient Egyptians used to think having facial hair was an indication of personal neglect.
31. Roses generally need around 6 hours of sunlight to grow properly.
32. The Spring peeper (a frog) can survive the winter season with 65% of its body water as ice.





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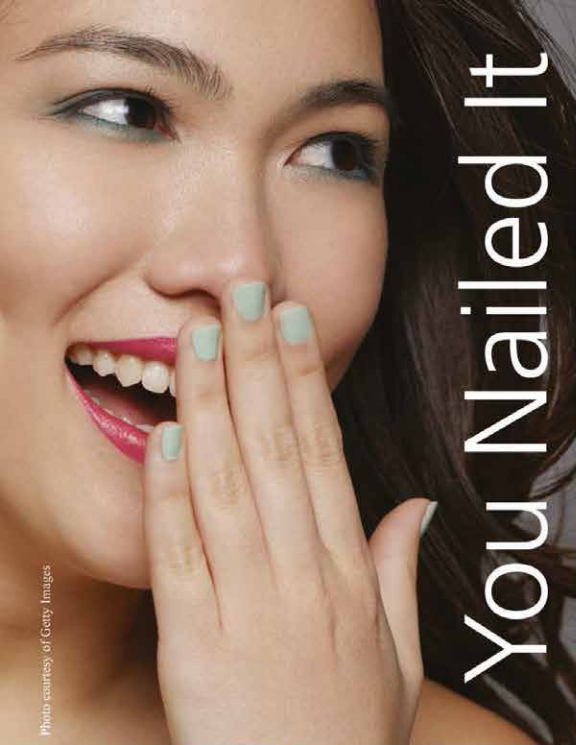


Photo courtesy of Getty Images

You Nailed It

Nails have become the ultimate form of self-expression in beauty. From classic French manicures and gel finishes to elaborate designs and bold neons, nails reflect your own unique style. This season, make sure your tips are healthy and perfectly polished to enhance your overall appearance.

TIPS FOR PERFECTLY PRETTY NAILS



Polish Your Look

Whether you want a pop of colour to match a new outfit or a subdued nude overlay, a perfect polish is the final step needed to complete a well-crafted look. No matter your personal style, there are hundreds of shades to choose from. To nail your ideal shade, visit a store that has a wide colour selection of nail polish, like Asda & Boots, which has over 8,000 convenient locations for all your beauty needs.

Make Moisturising a Habit

Before you break out the polish, be sure to also give proper attention to your hands. Invest in a deeply hydrating formula of hand cream or body lotion and apply to hands throughout the day, every day. Some key ingredients to look for include retinol, vitamin B and alpha-hydroxy acids, which work together to provide smooth, supple skin from the fingertips to the palms.

Maintain Your Manicure

The signs of healthy nails include a strong, smooth surface, free of dents and dings, with a consistent, uniform colour throughout.

Invest in quality nail care supplies to keep them looking their best. A complete kit should include a fingernail clipper, cuticle stick, emery board and a buffer. While the rate at which your nails grow can vary from person to person, filing about once a week is a good way to keep up with maintenance. Of course, filing is a good idea any time chips, breakage or rough edges appear.

For the best results, cut and file right after bathing when your nails are soft. The Studio 35 beauty line offers nail implements and all the basics you need to maintain your manicure, such as Nail Polish Remover Liquid, Jumbo Cotton Balls and Buffing Blocks.

Cuticle Care

The cuticle located above the nail bed also requires proper moisture, so be sure to use a special cuticle formula or your favourite lotion to apply onto this area. If you have brittle nails, invest in a strengthening base coat before you begin to polish, such as Essie Grow Stronger Base Coat, Smooth & Protect.

Tips for a Party Manicure

With so many wonderful nail care products available, it's easy to turn your home into your own mini salon. Here are a few simple tips to achieve a perfectly manicured set of nails.

■ Refresh Your Look

Brighten up any day or night with brilliant colour. Give your nails personality with the beautiful shades from the Revlon ColorStay collection with flirty hues, such as Bubbly or Trendy.

■ Brighten Up with Hot Hues

Small, chic updates to your look don't require spending a fortune. Paint those nails pretty with the most sought-after colours of the season — vibrant neons. To get the look, check out the Sittin' Pretty or Vices Versa shades by Essie.



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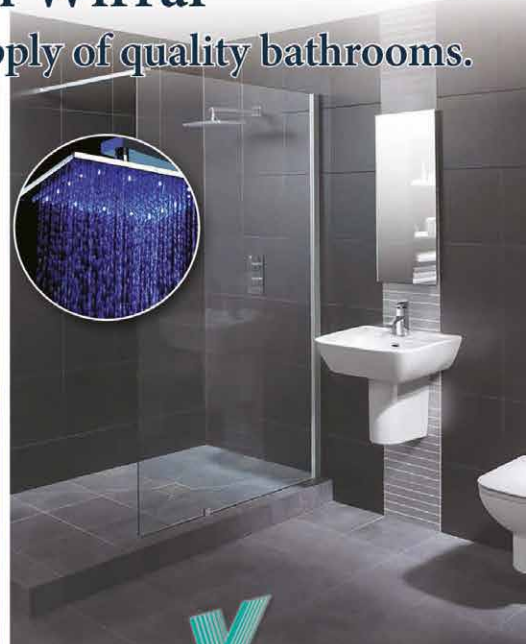


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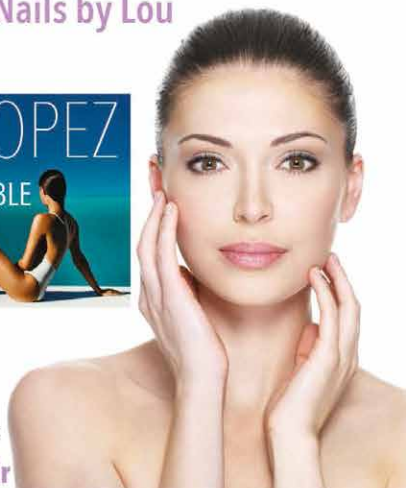


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“Rover Watch”

For the second time in barely six months, Tranmere are embarking in a new direction, following a raft of changes aimed at halting the club's continued decline. With Rovers languishing in the League Two basement, owner Mark Palios acted swiftly to instigate a clear-out of personnel deemed most responsible. Now, he hopes to guide the Superwhites to a revolution of substance, rather than another false dawn.

Rookie manager Rob Edwards was the first domino to fall, seeing his contract terminated on 13th October after just 139 days in the job. During Edwards' truncated five-month reign, Tranmere managed only two wins, making him the worst manager in the club's 130-year history, as measured by winning percentage.

Edwards, hired by inexperienced Chief Executive Jeremy Butler as the man to lead Tranmere back into League One, took charge of 14 matches, the last of which was a 1-0 home defeat to Plymouth Argyle, which left Rovers rock bottom of the Football League for the first time since 1982.

“With the club currently sitting at the bottom of League Two for the first time in 32 years,” Palios explained, “this was the right time to make the break.”

Ultimately, the timing never was quite right, both for Edwards and Tranmere. The 41-year old coach needed a stable and positive club with which to begin his managerial career, whereas Tranmere, struggling in the wake of relegation and financial uncertainty, were characterised by instability and negativity at the time of his appointment.

Edwards required time to learn the nuances of football management, whereas Tranmere, freshly paranoid of the Conference looming just one slip away, demanded immediate results.

There was no breathing room, no margin for error. When crucial league points weren't forthcoming, the pressure began to mount, and the two parties essentially reached an impasse. The eventual separation was in everybody's best interest.

Palios wasted little time searching for Edwards' successor. Within twenty-four hours of the vacancy becoming available, Rovers received over thirty applications, from which the new owner composed a shortlist of suitable candidates who were then swiftly interviewed.

Micky Adams, a managerial veteran of eighteen years and nine clubs, emerged as the ideal figurehead for Tranmere; the former Sheffield United, Leicester and Fulham boss possessing the relevant experience and industry contacts needed to remould the Rovers lineup and help steer the club into calmer waters.

Adams, available after leaving Port Vale in September, boasts an impressive CV, replete with four promotions and two Manager of the Year awards. Understandably, Palios pounced, appointing the 52-year old just four days after Edwards' dismissal.

“Micky has an impressive win ratio, which he has sustained over a long career and often in circumstances where he's had to operate in difficult situations or with limited budgets,” Palios declared. “His success is no flash in the pan.”

Adams' appointment came too early for him to take charge of the 18th October game away to Oxford, but the new Rovers boss was present at the Kassam Stadium, no doubt taking notes as his side crashed to another 2-0 defeat.

Matt Gill and Alex Russell, two coaches hired by Edwards, were placed in temporary control for that game but, soon thereafter, found themselves in a position of fresh vulnerability as Palios continued to wield the axe. Assistant manager Russell was dismissed on 20th October, along with CEO Butler, who ultimately fell on his sword after a summer of poor recruitment. Gill was later released from his player-coach contract.

The new manager immediately turned his attention to the transfer market, bringing in two strikers, Armand Gnanduillet and Danny Johnson, on loan.

The duo started up front in Adams' first game as manager, a rather dull 0-0 draw at home to Mansfield, before performing well away to AFC Wimbledon, as Tranmere twice fought back from goal deficits to clinch a igniting hope among a disgruntled fanbase.



Adams continued to remodel the squad by adding combative midfielder Steve Jennings, who returns to Prenton Park for a third spell. Jennings, a graduate of the Rovers youth system, became a fan favourite between 2002-2009 when, as a wholehearted playmaker, he made almost 150 senior appearances.

He subsequently moved to Motherwell and later Coventry, before rejoining Rovers towards the end of last season. However, severe cost-cutting meant Tranmere couldn't afford to keep hold of Jennings, who linked up with Adams at Port Vale in the summer but, with game time limited, became eager to secure a loan move away. Tranmere was once again the ideal destination, and Jennings has already proved to be a quality performer at this level.

He made a goalscoring return to Prenton Park, striking a lethal twenty-five yard drive into the top corner against Stevenage with Rovers 2-0 down. The goal revitalised Tranmere, who pushed forward and secured another constructive 2-2 draw in the fifth minute of stoppage time, when central defender Michael Ihiekwe atoned for an earlier own goal by bludgeoning a loose ball into the Bebington Kop net for a dramatic late equaliser.

On the day that Tranmere honoured club legend Johnny King with a statue, it was only fitting that the current side fought back with the character which hallmarked his outstanding teams.

King utterly transformed the club with two successful spells as manager, mastering three promotions and five trips to Wembley. Under his tutelage, Tranmere ventured into Europe for the first time via the Anglo-Italian Cup; reached a titanic League Cup semi-final with Aston Villa; and, in John Aldridge and Pat Nevin, brought top international players to Wirral.

King lifted Tranmere from the brink of extinction in the old fourth division to the very precipice of the embryonic Premier League; his exciting side reaching three consecutive first division playoff semi-finals in the mid-1990s but failing to reach the Promised Land.

Rarely has one man changed the entire complexion of a football club quite like Johnny King did with Tranmere. His was a historic and monumental contribution. A contribution that will never be forgotten, thanks to the efforts of fans who funded the marvellous statue nestled in between the Main Stand and Cowshed.

If Micky Adams, the modern day Tranmere boss, is able to achieve even half of what King managed, the coming years will be filled with joy on Merseyside. We can only live in hope.



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The historic market town of Neston will be lit up with 'Love a Local Christmas' Festive Shopping Day on Saturday 6th December between 10am-4pm. Organised by local traders, Neston Town Council and supported by the Neston and District Chamber of Trade, the event offers a great family day out and will also raise funds for the Joseph Windsor Heart Trust.

'Love a Local Christmas' Festive Shopping Day will bring special offers, festive treats and holiday entertainment to Neston and with the Christmas lights on, the town will be all ready to help you commence the countdown to Christmas. Father Christmas will also be taking time out of his busy schedule to stop in Neston for the day so come and meet this very special guest.

The day will also include:

- **Special offers and taster sessions from local business**
- **Great ideas for Christmas gifts**
- **Treats and pampering**
- **Christmas Fair** (The Parish Church of St Mary and St Helen)
- **The Farmers' and Food Makers' Market** (Market Square)
- **Crafty Market** (Town Hall)

If it all gets too much for them, tired husbands can be left at the Man Crèche at the Brown Horse for seasonal refreshments.

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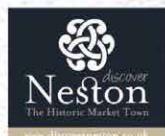
Entry forms and details will be available on the day from the Market Square, The Flower Lounge and Elephant Coffee. All those completing the quiz will receive a gingerbread medal (subject to availability).



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Sunday 2nd November 2014 Weightwatchers charity fashion show in partnership with Sainsbury's Upton.

Profits from the fashion show were donated to St. Johns Hospice. The night was a great success with over 200 people attending including The Mayor of Wirral, Councillor Steve Foulkes and The Mayor's consort Elaine Nolan.

The event models were a variety of weight watcher members, Sainsbury's staff, St John's hospice staff and Lilly Rogan Miss Wirral Peninsula who is now competing in Miss England Galaxy 2014/15. The weight watchers models had lost a total weight loss of over 18 stone between them and enjoyed showing off their new figures in a variety of different outfits. In total the event raised £1400 for the hospice.

A great night was had by all.

Photography by Love Wirral

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All Saints Church

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Thornton Hough CH63 1JP
Friday 10:00am

St. Chad's

Roslin Road, Irby,
Wirral CH61 3UH
Wednesday 7:00pm

Methodist Church

Park Street,
Neston CH64 3RP
Tuesday 6:30pm

St. Stephen's Church Hall

11 Prenton Lane,
Prenton CH42 8LA
Tuesday 9:30am
Saturday 10:00am

United Reformed Church

Prenton Road West,
Prenton CH42 9PX
Wednesday 6:30pm

Community Centre

Greasby Road,
Greasby CH49 3AT
Thursday 6:30pm

Civic Centre

Civic Way,
Bebington CH63 7RX
Monday 6:00pm
Tuesday 9:30am, 10:45am,
5:00pm, 6:30pm
Saturday 9:30am, 10:45am

St. Joseph's Church

Upton Road,
Upton CH49 6LJ
Tuesday 6:15pm

St. Saviour's Parish Centre

Bidston Road, Oxton,
Wirral CH43 2JZ
Wednesday 10:00am

St. Joseph's Centre

Greenbank Road,
Birkenhead CH42 7JY
Tuesday 7:30pm

The Friends Meeting House

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Thursday 10:00am

Birkenhead Sixth

Form College
Park Road West,
Birkenhead CH43 8SQ
Wednesday 6:00pm

Bromborough Civic centre

Allport Lane,
Bromborough CH62 7HR
Wednesday 10:00am

Heygarth Primary School

Heygarth Road,
Eastham,
Wirral CH62 8AG
Tuesday 5:30pm

Westbourne Hall

Westbourne Road,
West Kirby CH48 4DQ
Tuesday 7:00pm

Moreton Community Centre

Maryland Lane,
Moreton CH46 7TS
Saturday 10:00am

Methodist Church

Pasture Road,
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Youth & Community Centre

Hoyle Road,
Hoylake CH47 3AG
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Mosslands School (6th Form Centre)

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Wallasey Village CH45 8PJ
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Grosvenor Annexe

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New Brighton Cricket Club

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Liscard CH45 5DE
Wednesday 9:30am, 6:00pm

British Legion

Chester Road,
Little Sutton CH66 3RJ
Thursday 6:00pm

Flatt Lane Community Centre

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Wirral CH65 8DP
Wednesday 10:00am, 5:30pm

Masonic Hall

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Whitby CH65 6SD
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YOUTH CLUB SUPPORTED BY ROTARY

Shaftesbury Youth Club's football teams in Wirral now turn out for matches sporting their new team kit, sponsored by Rotary and displaying the Rotary logo. Over £2,000 was donated to Shaftesbury by the Rotary Club of Birkenhead and was made up of funds raised by past Rotarian Keith Elliott and The Rotary Foundation, following an application by Birkenhead Rotarians for a matched funding grant. The Under 16's football team is pictured proudly displaying their new kit accompanied by, back row far left fundraiser Keith Elliott, centre Norman Jones, the then President of The Rotary Club of Birkenhead 2013-14 and far right Barry Eaton, who is chair of Birkenhead Rotary's Foundation

Committee.

Rotary Club Past President Norman Jones commented; "Birkenhead Rotary has a very long association of supporting Shaftesbury Youth Club, which provides vital services and activities for young people and Rotarians are delighted to see our logo alongside that of Shaftesbury's SYC."



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As a Dementia Friends Champion I recently held a Dementia Awareness session in the café at Sainsbury's. It was well attended by colleagues, local volunteers and residents. All those who attended are now Dementia Friends.

I look forward to holding more sessions in the town and to helping make many more people Dementia Friends. The government have set a target of 1 million by early 2105 and we now have over 500,000 in the country.



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ATC & ARMY CADETS



Every year the ATC and the Army Cadets collect for the poppy appeal in the foyer of Sainsbury's Neston. To show our appreciation we always give them a cake. This year I decided to give them an individual poppy cake each. So I went along to the British Legion in Neston after the parade and church service and presented the cakes to them. Bernard Rose was there and kindly took a photo of myself and the ATC and Army Cadets.

Many thanks go to all the cadets who collected in the store and we look forward to seeing them again next year. Many thanks to Bernard Rose for taking the photo.

I recently visited St Winefrides Primary School in Little Neston to see all the equipment they had received through our Active Kids vouchers scheme.

Thanks to all the children collecting vouchers and taking them into school they were able to send of for some fantastic play equipment which can be used by a large age group and is suitable for indoor and outdoor play.

Some of the very youngest of the children from the reception class kindly tried out the new equipment.

This ranged from a fabulous road set up which will be great to help with road safety to bats and balls. There were also lots of lovely rainbow coloured

skipping ropes plus a pop up goal set and a huge fold out target which can be used for several types of games and has velcro strips on so that the balls cling to it when they hit it.

The children had a great time trying out the equipment and it is great to see that the Active Kids vouchers are benefitting so many children in the school.

Well done to all the parents and children at St Winefrides.





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'Tis the Season to Safeguard Your Identity.

The hustle and bustle of the holiday season is an exciting time. But from the crowded shopping centres to the big online markdowns, a silent threat lurks – one with the ability to wipe out your good financial standing and make it a not-so-jolly holiday for you and your family.

Just as you would assess your holiday gift budget, it's equally important to understand and evaluate the status of your identity, taking special precautions to help safeguard your information.

Giving information is inevitable

In the digital world, sharing your identity to obtain credit, make online holiday purchases or even receive coupons is commonplace and necessary – but it opens the door to new risks. Today, data breaches are frequent and they can put your personal information in the wrong hands.

In fact, a new study of more than 1,200 consumers conducted by Morpace on behalf of LifeLock, a comprehensive identity theft protection service, found that almost two-thirds (64 percent) of data breach victims experienced it within the last 12 months. And while data breaches can certainly cause considerable damage to someone's financial standing, the stakes in identity theft are exponentially higher.

The survey also found that about half of respondents who experienced identity theft do not know how their information was obtained. While most people assume these criminal acts occur to only those with an online presence, anyone can be a target. Even unique, permanent credentials, such as Social Security numbers and birthdates, can live online regardless of an owner's physical presence or real-world activity.

Identity theft can have uncontrollable and significant long-term financial implications, with thieves going as far as opening a bank loan, or committing tax fraud in your name.

Take protective measures

The specialists at LifeLock offer these tips to help protect you while shopping this holiday season:

- **Know where your info goes.** Many online stores offer helpful apps for quicker, more efficient holiday shopping. Before you download any app, make sure it comes from

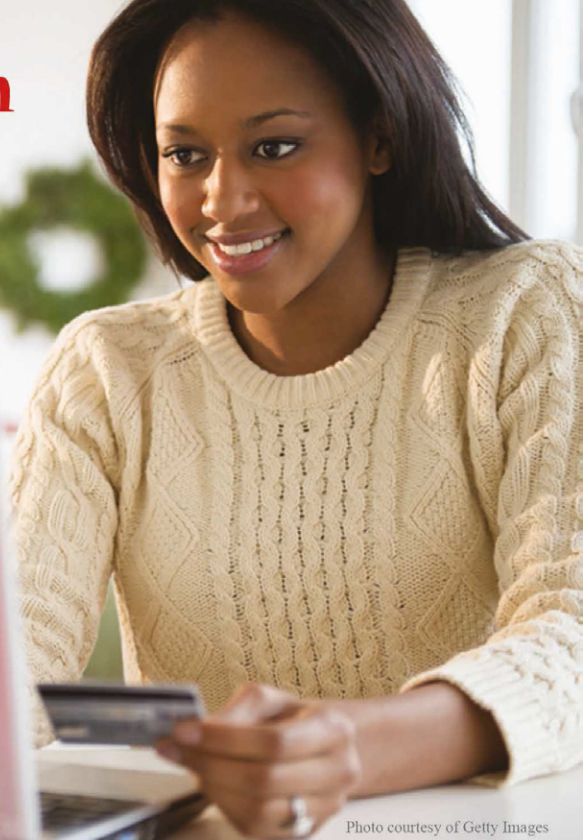


Photo courtesy of Getty Images

a reputable source. Copycat apps exist which, once downloaded, may capture your personal information and use it for fraudulent purchases. Overall, it is important to know where your information is being stored – whether on your device, the hard drive of your computer or in a file at home.

- **Be vigilant on public Wi-Fi.** Whether at your local coffee shop or while traveling, do not transact on public Wi-Fi and be wary of any passwords you enter. It's always safer if you can wait until you get to a secure or private network.
- **Change passwords frequently.** Make sure the passwords you use when setting up accounts with online merchants are complex and difficult for a thief to figure out. It is always a good idea to change passwords to all your accounts on a regular basis – especially with banks, email accounts and social networking sites – to add an extra layer of protection to your personal data.
- **Consider using a credit card.** When you choose your debit card over your credit card, you may be exposing yourself to more risk. If you buy goods or services on your credit or debit card, you have extra protection if things go wrong compared with paying by cash or cheque. Credit cards have the greatest protection, as you can claim against your card provider under Section 75 of the Consumer Credit Act in to get your money back.

As a consumer educated on identity theft, you'll have some peace of mind and be more able to focus on the fun of the shopping season.



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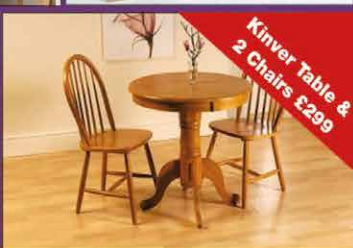
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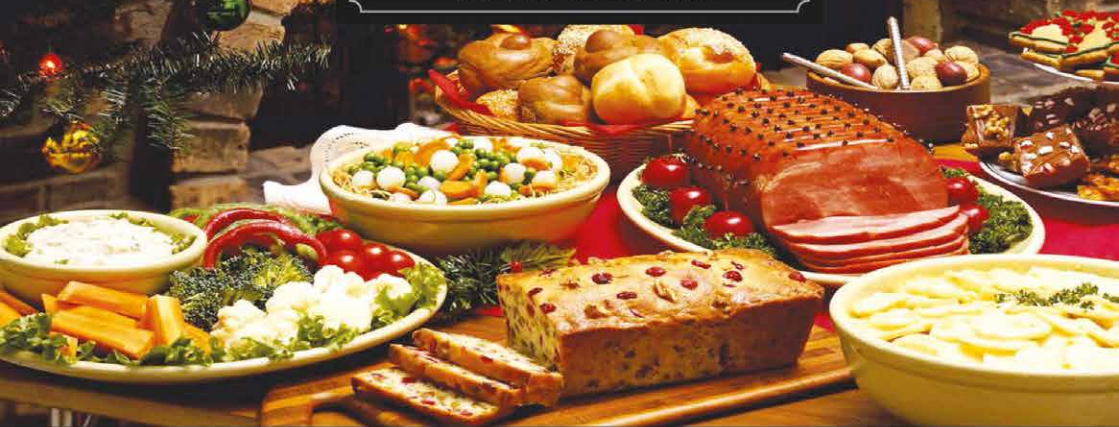
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Your local guide to
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PARTY PLATES

Recipes that make holiday entertaining easy



Apple Pie in a Glass

Servings: 2

- 12 ounces fresh apple cider
- 2 cinnamon sticks
- 2 thin slices fresh ginger root
- Freshly grated nutmeg
- 2 teaspoons firmly packed light brown sugar
- 3 ounces dry sherry
- 2 ounces apple brandy

Put cider, cinnamon, ginger, nutmeg and brown sugar in small saucepan over high heat. Bring to a simmer, then reduce heat to low and cook for 5 minutes.

Remove from heat and divide between two Irish coffee glasses or mugs. Transfer cinnamon stick to each. Top each with half the sherry and brandy. Serve hot.

For many hosts and hostesses, planning a holiday gathering involves many details and careful planning of everything from the tablecloths to the dessert plates. Free yourself from this stress, and focus your attention on creating a holiday menu that includes plenty of tasty bites, sweet eats and flavourful drinks. Focus on the food and watch all the details fall into place, making your festive celebration the most memorable event of the year.

Brie with Chilean Grape Salsa and Tortillas

Servings: 4

- 1 1/2 cups quartered fresh Chilean red seedless grapes
- 1 small mild red chile pepper (jalapeño), chopped
- 1 tablespoon fresh lime juice
- 1 tablespoon honey
- Pomegranate seeds (optional)
- 4 ounces wedge Brie cheese
- 6 (6-inch) flour tortillas

Preheat oven to 350°F.

Combine quartered grapes, chile pepper, lime juice, honey and pomegranate seeds (if using). Stir well. Keep chilled. Upon standing, salsa generates delicious grape "juice."

Cut tortillas into triangles. Place on baking sheet and bake for 8–10 minutes, until brown and crispy. Bake Brie until soft and melted about 5–8 minutes.

Serve grape salsa from bowl or spoon it over top of warm Brie.

Salted Chocolate Tart with Chip Crust

Servings: 9-inch tart

Recipe and image courtesy of Gaby Dalkin, author of "What's Gaby Cooking"

For crust:

1 "Sharing Size" bag
Kettle Brand Chips,
Sea Salt flavor
5 tablespoons unsalted
butter, melted
1/4 cup all-purpose flour

For filling:

1/4 cup heavy cream
10 ounces semisweet
chocolate chips
2 large eggs
1 teaspoon vanilla extract
1/8teaspoon salt

For topping:

1 cup heavy cream
8 ounces bittersweet
chocolate chips
Sea salt, for garnish

To make crust, first preheat oven to 350°F.

In food processor, pulse potato chips until finely ground. Add melted butter and flour and pulse for 30 seconds to combine.

Press potato chip crust into bottom and sides of 9-inch tart pan.

Transfer to pre-heated oven and bake for 12 minutes.

Remove from oven and set aside to cool.

To make chocolate filling, combine cream and chocolate chips in medium pot over medium heat; warm cream until chocolate starts to melt. Whisk both ingredients together until completely smooth. Add eggs, vanilla and salt and continue to whisk until smooth.

Pour chocolate filling mixture into cooled tart shell and place back into oven and bake for 22–25 minutes. Remove from oven and let cool for 30 minutes.

To make chocolate ganache topping, heat cream in small saucepan and add chocolate. Whisk together over medium heat until mixture is smooth and all chocolate has melted.

Pour mixture over middle of chocolate tart and use offset spatula to spread around evenly.

Let entire tart chill overnight in refrigerator.

Dust with flaky sea salt before slicing and serving.

For more recipes, visit www.kettlebrand.com.



Grilled Salmon Nachos with Cilantro Lime Sour Cream

Servings: 4 (or 20 chips)

2 tablespoons jerk marinade
1 package (6.3 ounces)
Gorton's Classic
Grilled Salmon Fillets
1 fresh mango, diced
2 tablespoons minced
red onion
2 teaspoons minced
jalapeño
1 teaspoon honey
Salt, to taste
2 tablespoons fat free
sour cream
1/2 teaspoon lime zest
1 teaspoon lime juice
1 teaspoon fresh chopped
cilantro
20 tortilla chips
Cilantro leaves and
lime wedges
(for garnish)

Spoon marinade over fillets and cook according to package instructions.

Mix mango, red onion, jalapeño, honey and pinch of salt in medium bowl. Set aside.

Mix sour cream, lime zest, lime juice, cilantro and pinch of salt in small bowl. Set aside.

Arrange tortilla chips in single layer on platter. Top each chip with mango mixture.

Cut cooked fillets into approximately 20 pieces and place one piece on top of each chip.

Top with lime sour cream and garnish each chip with cilantro leaf. Serve with lime wedges.

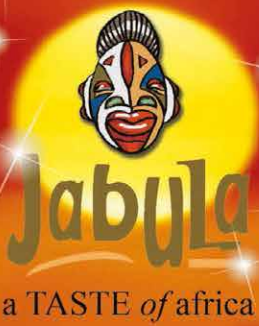




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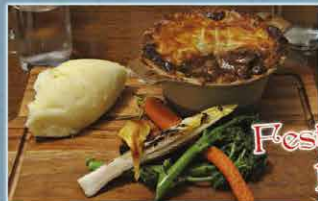
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 - ITV's Downton Abbey television series Exhibition of glamorous gowns worn by much-loved characters, including the Dowager Countess of Grantham, Lady Mary and Lady Grantham, are on display!



5th - 6pm to 8pm - Neston Christmas switch on - Lantern Parade from Market Square to the cross where the switch on will take place with choir and Father Christmas. Stage and performances until 8pm

6th - Bromborough Village - Christmas Market - fair rides, crafts, local food and real ale.

6th - Neston Village - Love a Local Christmas event

7th - 12pm to 4pm - Leasowe Lighthouse open day

7th - 7pm - Floral Pavillion - Ken Dodd. Call 0151-666-0000 to book tickets 11th to 4th Jan - **Floral Pavillion** - Snow White and the Seven Dwarfs Panto - Tickets from £13 call 0151-666-0000 to book tickets

KEN DODD
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13th - Wirral Farmers Market - New Ferry Community Centre, New Ferry

13th - The Crypt Concert Room, Metropolitan Cathedral, Liverpool - 'Peace on Earth' Christmas concert - call Mavis 0151-652-6373 or email mavis@LWCU.freeserve.co.uk

'Peace on Earth' Christmas Concert
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20th - West Kirby Farmers Market, St Andrews Church Hall, West Kirby

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Fitness Queen Rhiannon Lewis is a leading personal trainer here on the Wirral! Rhiannon has helped hundreds of people shed the pounds and here she gives some tips on how you can avoid the winter pile on...

Christmas is a fantastic time for all of the family, a time when we all like to enjoy ourselves, and who doesn't like to indulge in some festive food and drink? Those tasty festive nibbles soon add up the calories, did you know 25% British Women claim they put on half a stone over Winter!

The three main culprits for winter weight gain are:

- Over Indulging or comfort eating more carbohydrate and sugary foods
- Being physically inactive when the weather turns cold and wet
- An increase in alcohol consumed

Does the cold weather make you want to stay cosy and wrapped up at home? Staying at home more increases the time and temptation you have to reach for the chocolates, Christmas cakes and other treats scattered around the house - Just 10 miniature chocolates can rack up 400 calories!

Here are three simple tips to avoid winter weight gain:

- **Increase your activity levels:**
30 Minutes of energetic dancing or a home exercise DVD will burn off around 150 calories (one mince pie)
A brisk winter walk with the family is a great way to allow the kids to burn off some energy & is revitalising after being indoors with the heating on
An hour's Bootcamp session can burn off up to 1000 calories plus you keep on burning for up to 48hrs!
- **Think Before You Drink** - There's nothing like a piping hot drink in a cosy coffee shop to warm you up & make you feel festive. Some elaborate coffee shop drinks can add several hundred calories to your diet - a large signature hot chocolate from Costa Coffee contains over 500 calories! Instead opt for an Americano, tea, herbal tea or cappuccino.
- **Eat More Soup** - Soup helps to keep you feeling full for longer and is a great way to increase your vitamin intake from a range of vegetables. Studies have shown that eating soup as your starter reduces the total calories you eat from your main meal. The idea is that when water is incorporated into food (as opposed to drinking it straight), your stomach empties more slowly and keeps you feeling full longer on fewer calories.

Being a little savvy on reducing the chance of piling on the pounds, will mean you can enjoy life without yo-yo ing! Make the right choices and enjoy treats without getting caught by lots of hidden calories!

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If you would like to turn your body into a calorie burner rather than a calorie storer this winter then get active, watch the waistline or take advantage of our **FREE TRIAL SESSION** to see how we can help! At Fitness Queen we aim to educate, motivate and inspire women to be the best possible version of themselves!

Would you like help to look and feel at your best? Yes? Then Fitness Queen is for you! With sessions running various locations across the Wirral, we've helped hundreds of Women transform their body shape, lose inches and gain the confidence to wear their favourite clothes. Would you like to be our next success story? I am personally offering the first 10 ladies to sign up before the 25th December a **FULL BODY ANALYSIS** and **PERSONAL PLAN** to follow our January programme. To reserve your January place please use the contact to tell me why we should give you a place!

For details please contact Rhiannon via email:
info@rlewisfitness.co.uk Phone: 07814 614 145
Website www.rlewisfitness.co.uk or www.wirralfitness.info
Facebook: [fitnessqueenrhiannon](https://www.facebook.com/fitnessqueenrhiannon)  
Twitter: @rlewisfitness

MERRY CHRISTMAS! Rhiannon xx 

****Well Done**** Our "Queen of the month" is Colette, a member of my West Kirby programme for the last 8 weeks Colette has dropped inches, toned her figure and feels fitter than she has ever been!



Colette says "I am AMAZED how many of my clothes are looser or fit so much better, my body shape is improving and I am feeling SO much fitter"



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COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!
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A group of local residents and businesses have got together led by Brookfield Arts Centre to bring Christmas back to West Kirby!

Our aim is to make West Kirby a happy, vibrant and exciting place to visit over the festive period.

We have a fun filled stocking of events for you to dip into this Christmas with something for all members of the family to enjoy. From an arts and crafts market to musical extravaganzas there's plenty to do so take a trip to our events page to begin planning your Christmas In West Kirby.



www.westkirbychristmas.webs.com

SureCare launches care and home services into Neston, Ellesmere Port and Wirral

Leading care company SureCare is now offering a range of care and home services to people in Neston, Ellesmere Port and Wirral.

The company, which has its head office in Chester, has appointed Rachel Gallagher as its branch registered manager with responsibility for rolling out services to these new areas.

SureCare will initially offer a range of home services, including DIY, cooking and cleaning, laundry and gardening, as well as children's services such as babysitting and mobile crèches for weddings and other events and occasions.

The company has already gained a number of clients in its new areas including Rachel's own grandparents.

In due course, the branch will be able to offer clients a full range of personal care and support, respite and holiday care.

Rachel, who lives in Little Sutton, has

worked in the care sector for almost a decade, providing care, carrying out client assessments and working closely with health professionals.

Rachel said: "We have identified a real need among people of all ages in Neston, Ellesmere Port and Wirral for the provision of high quality, trustworthy care and home services. As a local person, I have a good understanding of what families and their loved ones are looking for from a company such as SureCare.

"My first clients are my grandparents who I did not feel were getting the level of care and support they needed and deserved."

Tracy Newcombe, SureCare's Business Development Manager in the North, said: "We are delighted to be able to offer our services to clients in Neston, Ellesmere Port and Wirral and to have such an experienced branch manager as Rachel on board to oversee the provision."

SureCare was established in 1994 and provides care to thousands of people across the UK through its network of franchises and branches. The company is headed up by experienced care entrepreneur Gary Farrer and his Chester-headquartered management team.

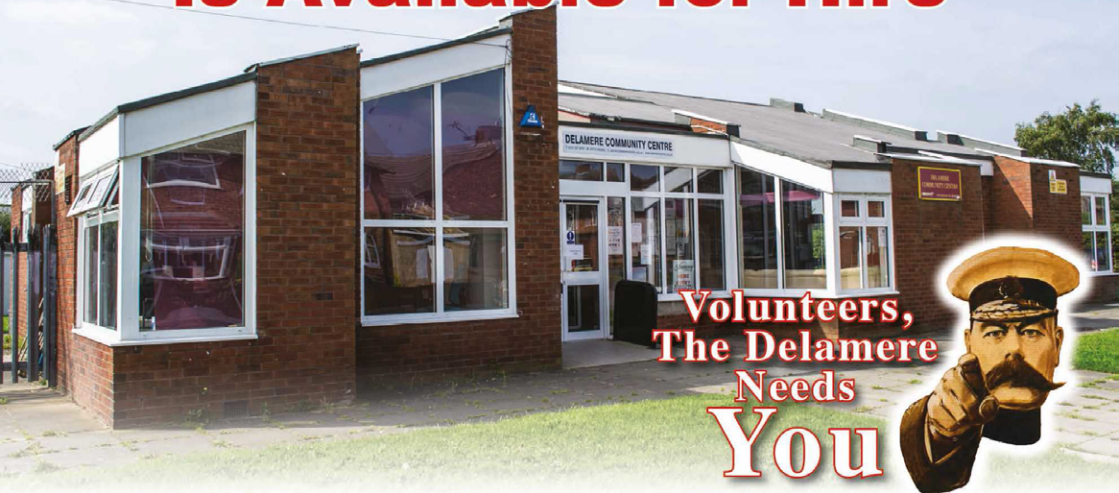

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Delamere Community Centre

Delamere Avenue, Eastham CH62 9ED

Is Available for Hire



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You**

Delamere Community Centre is a modern purpose built centre providing services and activities for residents of South Wirral and the surrounding area. The centre has been transferred from Wirral Borough Council to the community of Eastham. A not-for-profit company has been created Eastham Community Centre Ltd and has three local residents as its Directors. They are unpaid and are continually promoting the centre to be used by local residents and business. The management Team is driven by the needs of Eastham residents.

The centre has secured funding to train local volunteers to become involved in running the centre with a number of training course opportunities available such as First Aid, Food Hygiene and Mentoring. If you've recently been made redundant or just looking for a career change here is a great opportunity to improve your CV. Employers are more likely to employ someone who has volunteered. For more information contact Phil on **0151 327 8767**

We would welcome any local resident or local business person to become a Director and work alongside the management team doing what is best for Eastham residents.

If you are interested please contact George Thomas on **07949 334137**

This fully equipped centre is an ideal venue for:

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- **Training sessions**
- **Fundraising events**
- **Social activities**
- **Children's parties**
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Hire of the centre at competitive rates includes the free access to wi-fi, the PA sound system, projector and screen, use of the newly refurbished kitchen and if required use of the grounds.

If you would like to discuss the availability of the centre for the delivery of activities or projects in the South Wirral area please contact us to discuss your requirements.

Contact details:

E: admin@delamerecentre.org.uk

T: **0151 327 8767** M: **07512 900935**

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www.delamerecentre.org.uk

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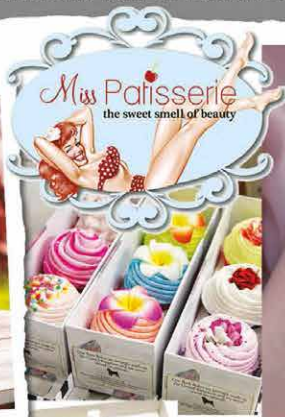
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PAIN 101

Understanding and finding relief for body pains

FAMILY FEATURES

Whether it's sharp or dull, off and on or constant, pain can be a real pain at times. With the ability to interrupt time with family, lessen productivity at work and create many sleepless nights, understanding the source of your pain is essential for relief.

The ache and its sources

As a source of discomfort, it may be hard to view pain in a positive light. But this natural, protective tool is used by the body as an alert of present or potential harm to tissues. While pain usually ceases once the stimulus has been removed and the damage to tissue has healed, there are many different factors involved for the amount of time the process takes. One thing is certain – whether it takes an hour or several months, relief is the main focus for those who suffer from any type of pain.

According to the Institute of Medicine of the National Academies, approximately 100 million people deal with chronic pain, which is classified as discomfort lasting six months or longer. While this type of pain can range from minor to debilitating, it can disrupt the social and physical aspects of life in a major way. Those that suffer from this condition often experience headaches, backaches and neck pain, though it can aggravate other areas within the body. Due to its lengthy nature, chronic pain can often lead to emotional issues, such as depression and stress, which can exacerbate the healing process.

The best way to identify chronic pain is to be aware of its symptoms. This pain is persistent and can often be described as aching, burning or shooting. The area where the pain is located is often defined by patients as sore, tight or stiff. Because this type of pain can affect so many areas of life, many in the health community recommend a comprehensive mind and body approach for its management. This can include medication, injections, acupuncture and other holistic treatments.

Here are some of the common types of chronic pain and a few ways to end the discomfort, so you can get back to enjoying life.

Back and neck pain

What causes nearly 40 percent of missed work days in the UK and is the fifth most common cause for doctor visits? Running from the top of the neck to the bottom of the spine, back pain is a common complaint among many people. While back pain is typically divided into the most common areas of neck, middle back, lower back and tailbone, its symptoms can also be felt in other parts of the body, including arms, hands, legs and feet.

Some of the common remedies for back and neck pain include everything from massage therapy, acupressure, acupuncture, back conditioning exercises and medication. Due to the controversy surrounding the last remedy, many patients prefer a more natural way to ease back pain with hot and cold therapy, such as Thermal-Aid Large Sectional Pack, which helps eliminate swelling and eases pain on any area of the back.

Headache pain

Though there are many factors that can trigger its unpleasant feeling; headaches can range from a minor sinus headache to a severe migraine. Though it may feel that your brain is the source for the pain, the discomfort is actually caused by a disturbance to the structures surrounding it, and not within the tissue itself.

Some headache symptoms can be as minor as sensitivity to light or noise to the extreme conditions of fever and vomiting. While most physicians typically recommend the use of over-the-counter medications, there are also new natural treatments available. One natural product, the Thermal-Aid Headache Relief System provides fast, safe pain relief and is clinically proven to relieve headache pain in over 90 percent of sufferers.

If you suffer from persistent body and head pains, it's important to understand the source of the pain. For more ways to stop pain, visit www.thermalaidproducts.com.

Helping Children through Pain

Whether they're visiting a physician to receive a routine shot or undergoing treatment, it can be difficult for parents to watch their children experience pain.

Here are some tips from the Medical Association for helping your little ones cope:

- **Stay close during the pain.** Regardless of their age, your presence is comforting to your child.
- **Make contact with your child.** If you can, hold or touch your child throughout the process.
- **Take notes from nature:** Some animals, such as kangaroo mothers, carry their young close to them. If you have an infant in pain, hold your baby close to your chest wearing only a nappy. This tactic is used worldwide and research shows that it can reduce pain during a procedure.
- **Offer distractions.** Focus the attention on things your child enjoys to help them relax. Some helpful diversions include singing a song together, reading a book out loud or telling their favorite story. Or, give them a playful stuffed toy that also helps ease pain, such as the Thermal-Aid Zoo animals, which offers a 100 percent natural, therapeutic heating and cooling treatment.
- **Be truthful.** Tell your child up front the procedure will cause discomfort but you will be there for support.



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web site: <http://www.yesterdayswirral.co.uk>

Right: 1937. **Birkenhead** Tramcar No 22 has been illuminated for this last sad day of the tram era which date back to when Europe's first public tram system started in **Birkenhead** 1860. This illumination tramcar had been used to celebrate the Coronation earlier in 1937 and had been retained for this final role. Owen Murphy the oldest driver who started with the horse-drawn tramcars of the Victorian era was chosen for this final role. The sign on the side of the tram reads "Other Days - Other Ways".



Above: 1945. Right This Leyland Lion PLSCI Reg No. HF4535 (Fleet No 8) started with the **Wallasey** bus fleet in 1927 and was withdrawn in 1941. In 1945 it was converted into an illuminated bus and is seen here commemorating the end of the war. It was also used for other events including the Festival of Britain in 1951 and the Coironation in 1953. It was sold to Morris and Pulford in 1954 and used as a contractors site office .

Bottom Left: 1924. The Old Mill Cafe & Stores, known locally for many decades as Lumsden's Cafe, they held dances here two or three times a week. The land and buildings were purchased in 1938 by Higson's Brewery but the site was not developed due to planning permission being refused. However, eventually planning

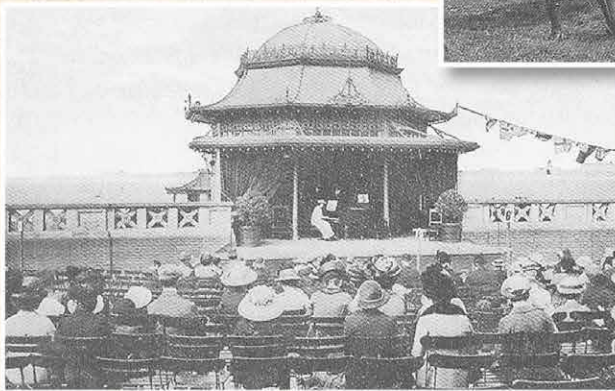
permission was granted in teh 1970's but on condition that the cottage should be saved and any extensions in keepingwith the existing property. The Mill Pub was opened in 1980.



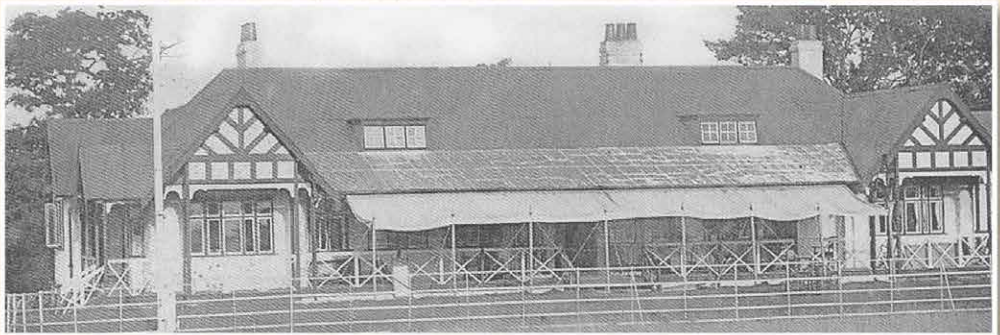


Left 1905. **Leasowe** was a popular site for camping with the tents in front of Leasowe Lighthouse. It was not only popular with the general public but also the military in the form of the territorials who also used this area. However, the pond in the foreground is an indication that this was a low lying area and prone to flooding.

Right 1907. Members of the Wirral Archers photographed in **Birkenhead Park** in 1907. From the left John Keyworth; Osmond Alan Keyworth (his son) and Margaret Keyworth (his wife).



Left 1913. A pianist is playing to the audience in this photograph of the Bandstand in Victoria Gardens, **New Brighton** which opened 3 May 1913 as an open-air summer theatre. In 1925 a glass structure enclosed the theatre and it then became the Floral Pavillion.



Above 1917. The Auxiliary Military Hospital opened at Bromborough Golf Club house in early 1915. This was mainly due to the efforts of Lady Carter who was the Hon. Commandant of the Cheshire Red Cross and became Office-in-Charge here. The establishment, pictured here in 1917, was fitted up by voluntary donations with

the most modern equipment and had its own operating theatre. By February 1918 it reached its peak of 160 beds and the total number of patients treated during the four years the hospital was here amounted to 1,245. It was handed back to the golf club after the war and the course was extended to 18 holes in 1923.



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THIS CHRISTMAS, RIDING LIGHTS THEATRE COMPANY COMES TO A NUMBER OF VENUES IN THE NORTH WEST REGION WITH GOOSE CHASE, A FEATHER-FLYING TALE OF MYSTERY, GIVING A MAGICAL GLIMPSE INTO THE HEART OF THE FIRST CHRISTMAS.

Riding Lights is a charity and the performances have been booked by local residents. Please could you support the venues by bringing the performance to the attention of your community? I attach a press release and an image.

With its own signature blend of riotous humour, warmth and colourful music, Riding Lights Theatre Company serves up a tale full of laughter, excitement, traditional songs and carols.

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The Clatterbridge Cancer Centre NHS Foundation Trust

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My name is Jennifer Breslan and I am salon owner at **Arabelle Hair & Beauty** based in Higher Bebington.

I have started offering a treatment within the salon called Faceframe 3D Eyebrows which was developed specifically for people suffering from eyebrow hair loss due to illness.

Faceframe 3D Eyebrows is a fantastically simple concept - it is the application of synthetic hair adhered directly onto the skin to create a 3-dimensional eyebrow. They are waterproof and moistureproof and can last from 7 to 14 days.

I need your help to spread the word about this confidence boosting treatment that is perfect for cancer patients who have lost hair due to chemotherapy and also people suffering with alopecia.

We are going to donate **10% off** all treatments for cancer patients to **The Clatterbridge Cancer Charity**.

Jennifer Breslan - Arabelle Hair & Beauty



Multiple Sclerosis Society Wirral Branch

Welcome to the Wirral branch of the MS Society. We are open to everyone affected by MS or similar neurological conditions as well as their carers and partners.

Many people who are less mobile face the challenge of how to exercise to maintain good health and general wellbeing. Exercise stimulates blood circulation in your limbs and helps maintain fitness.

We offer therapies four days a week in addition to social events and outings.

In addition we offer:

- Home physiotherapy
- Confidential welfare advice & support
- Minibus transport
- Social events and lunches
- Fundraising fun days
- Information point covering medical aspects of MS, social service support etc
- Branch newsletter 'In Touch'
- Local Branch helpline:

07833 051707

If you wish to participate in any of our activities just turn up or have a chat with **Berni** our **Lead Support Volunteer**. Berni can be contacted on **07833 051707**.



Wirral CCG (NHS) Community Innovation Fund support MS Society Wirral Branch

We are delighted to announce that Wirral Clinical Commissioning Group Community Innovation Fund is providing financial support to our Aquatherapy sessions held at Total Fitness Prenton on Tuesday and Friday mornings.

The funding will allow the MS Society Wirral Branch to continue with its current classes and to open them up to those with other neurological conditions.

There are few exercises for those affected by MS that can have such a positive lifestyle impact as aqua therapy. Sparring just a couple of hours a week can help improve and maintain overall mobility, balance and coordination. Less obvious benefits are improved fitness and an improved sense of wellbeing.

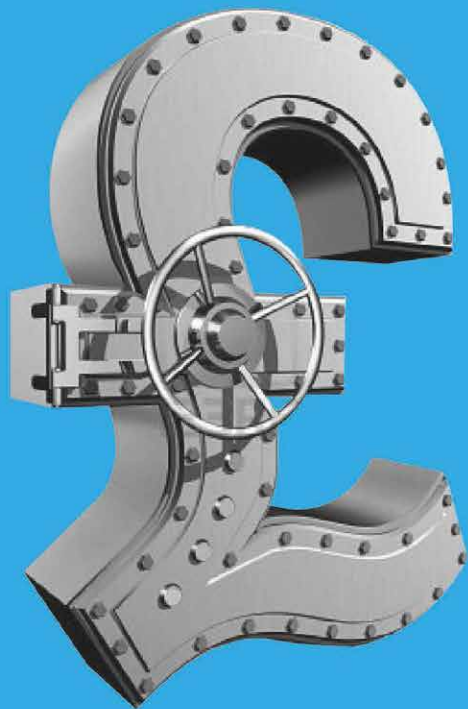
Aqua therapy sessions are informal, fun and guided by a highly qualified coach. MS Support staff are on hand to help you in and out of a warm shallow pool, and if you are less mobile, a chair lift is available to gently lift you into and out of the pool.

If you wish to become involved please first contact a member of our branch Support Team for more details on our telephone helpline number:
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Of course the MS Society Wirral Branch still continues to provide its other wide range of therapies and support to those affected by MS.

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National Minimum Wage 2014

Question

How much is the National Minimum Wage?

Answer

Most workers in the UK over school leaving age are entitled to be paid at least the National Minimum Wage (NMW). There are no exemptions for smaller businesses; they should still pay their workers the NMW. The NMW tends to increase in October each year.

Since October 2013, the rates have been:

- £6.31 for workers 21 and over
- £5.03 18 - 20 years
- £3.72 for 16-17 years, who are above school leaving age but under 18
- £2.68 for apprentices under 19 or 19 or over who are in the first year of apprenticeship.

But from October 2014, the rates will be as follows:

- £6.50 for workers 21 and over
- £5.13 18 - 20 years
- £3.79 for 16-17 years, who are above school leaving age but under 18
- £2.73 for apprentices under 19 or 19 or over who are in the first year of apprenticeship.

It is important to note that these rates, which come into force 1 October 2014, apply to pay reference periods beginning on or after that date.

VAT on Second-hand vehicles

Question

Are you able to reclaim VAT on the purchase of second-hand vehicles for the business?

Answer

If it's a car, then you're unlikely to be able to recover the VAT – whether the invoice looks like a “proper” VAT invoice or not. Generally, the only instance you may be able to recover the VAT on a car is if it will be used exclusively for business use, mainly as a taxi/ driving school car/ hire car or you're a car dealer and the vehicle is stock.

If it's a van, you may be able to recover the VAT. But one of the things to look for is that the VAT amount is identified on the invoice.

If the invoice for the van does not show the VAT amount, the motor trader may be operating the Margin Scheme for second-hand vehicles (it will be stated on the invoice if they are using the Scheme). In this instance, you won't be able to recover the VAT included on the invoice either.

This answer assumes the motor trader is registered for VAT, your business is registered for VAT, the vehicle is second-hand and the vehicle will have some business use.

Structuring your motor running expenses and the ownership of the vehicles is so important to your business, because there are VAT, capital allowances and income tax implications that can be quite costly if you get it wrong. Make sure your affairs are structured correctly and contact your local TaxAssist Accountant for more information.

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Hazel will perform songs from her stunning back catalogue and her critically acclaimed recent material whilst Hugh's electric performance will include a mix of solo and classic Stranglers catalogue.

Coinciding with the the 2014 release of the new album, Here She Comes, award-winning singer-songwriter Hazel O'Connor teams up with legendary performers - saxophonist Clare Hirst (Bellestars, Communards, David Bowie) and Sarah Fisher (Eurythmics) on keyboards. The superb blend of the three voices and musicianship adds a touch of class to their vibrant performance. Her unforgettable songs from the iconic film Breaking Glass including Eighth Day, Will You, Big Brother and If Only seem even more relevant in our present times.

"They were absolutely fantastic, bringing the entire audience roaring to its feet." - DAILY TELEGRAPH

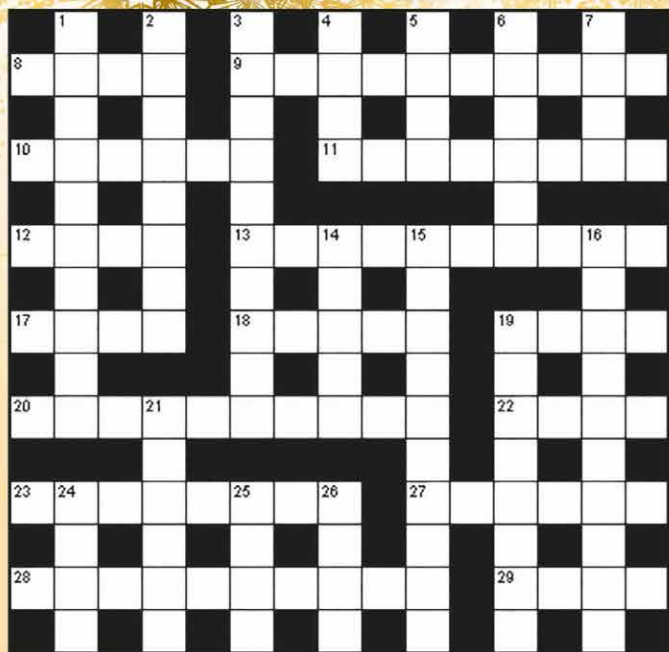
Hugh Cornwell is one of the UK's finest songwriting talents and accomplished live performers.

As the original guitarist, singer and main songwriter in the British rock band The Stranglers, he's enjoyed massive success with 10 hit albums and 21 Top Forty singles, etching himself into Europe and the USA's musical psyche with classic songs, including Peaches, No More Heroes, Golden Brown, Always the Sun and Duchess.

Cornwell's latest studio album TOTEM AND TABOO was released to rave reviews. Recorded at Electrical Audio Studios in Chicago, the album was engineered and mixed by the legendary Steve Albini.



PUZZLE CORNER



Down

1. Stunt flying (10)
2. Exhibits (8)
3. A language of India (10)
4. Demands (4)
5. Plateau (4)
6. Impassive (6)
7. A type of liquid food (4)
14. Electronic letters (5)
15. Deductive (10)
16. The end of an Apollo flight (10)
19. Quartet (8)
21. Whole (6)
24. Require (4)
25. Baroque composer (4)
26. Dines (4)



Across

8. Abominable Snowman (4)
9. Official examination (10)
10. Dormant (6)
11. Edible marine bivalves (8)
12. Dad (4)
13. Flight attendant (10)
17. Perishes (4)
18. Small terrestrial lizard (5)
19. Autumn (4)
20. Particularly (10)
22. Constellation bear (4)
23. Precarious (8)
27. Not outside (6)
28. Unglazed earthenware (10)
29. Cut (4)
63. Typeface
64. Margarine

65. Worth
66. Encourage
67. Gosh!
68. Rinse, as with a solvent
69. Not more
70. Concludes
71. Spermal fluid

Word Search



- | | | |
|-----------|----------|------------|
| adage | fret | rock |
| catch | haze | severe |
| chasm | index | shelf |
| comet | learn | squalid |
| dazzle | location | stand |
| deluxe | mentions | strive |
| detection | mint | suspicious |
| dirt | nasty | tease |
| exposure | pain | tight |
| final | prime | tile |
| fiscal | pure | tycoon |
| flog | razor | union |



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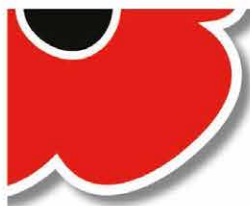
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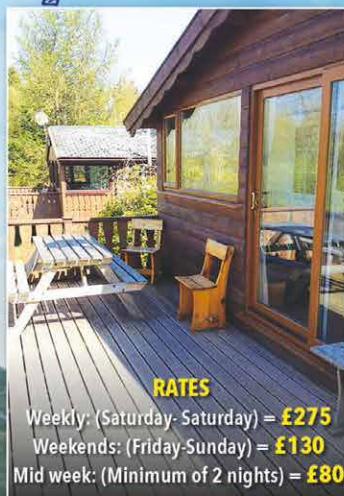
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