LOVE Wirral

The Monthly Business & Community Magazine

January 2015
Issue 35

Your Local magazine with heart delivered monthly across Wirral

USE OUR ADVERTISERS TO KEEP WIRRAL BUSINESSES MOVING FOR QUALITY, LOCAL and RELIABLE TRADES PEOPLE

FOOD GUIDE STARTS ON PAGE 32

I'm FREE Pick Me Up!

www.love-wirral.com

ONCE YOU HAVE READ ME PLEASE PASS ME ON TO SOMEONE ELSE!

Call: **0151 513 1279** or email: **info@love-wirral.com**

Happy New Year

from all at Wholesale Windows a company you can trust. Order now for your 2015 installation.

WHOLESALE WINDOWS
Windows • Doors • Conservatories

2015

ROCK DOOR

2015 ORDERS!
Speak to one of our sales advisors to book your installation today!

NOW IN OUR SHOWROOM
A selection of Bi-Folding doors in a range of various colours

Business Approval Register · MAGNUM · certass · KITEMARK · TRUST MARK

ULTIMATE Series

One of the areas leading installers of composite Rock and PVCu doors all including high security locks as standard.

Stunning orangeries & conservatories with the highest specification

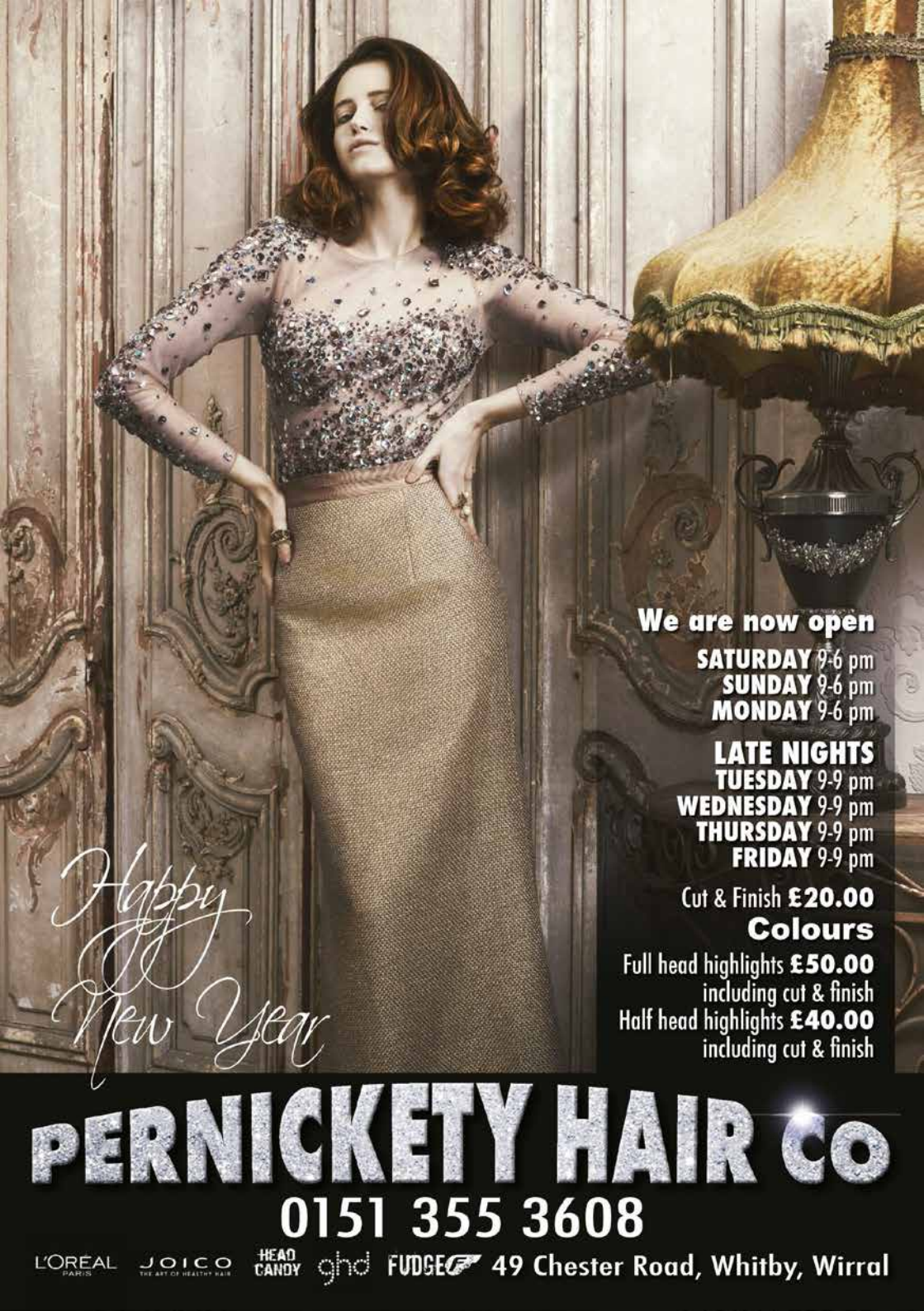
Bi-folding & sliding doors from the UK's leading manufacturer

SAVE energy this winter with our superior A RATED windows & doors

FREEPHONE 0800 0279250
OPEN MON-FRI 9am-5pm, SAT 9am-2pm
TRADE ALWAYS WELCOME

sales@wholesale-windows.co.uk
Watch our new video on our website
www.wholesale-windows.co.uk
Unit 9, Grisedale Road, Old Hall Industrial Estate
Bromborough, Wirral. CH62 3QA
0151 334 4004

WINDOWS | DOORS | PORCHES | CONSERVATORIES



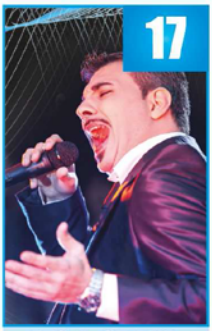
PERNICKETY HAIR CO

0151 355 3608

L'OREAL PARIS JOICO THE ART OF HEALTHY HAIR HEAD CANDY ghd FUDGE 49 Chester Road, Whitby, Wirral

WHAT'S IN THIS MONTHS LOVE WIRRAL MAGAZINE

3 STEPS TO A HEALTHIER LIFESTYLE



ITS A GRAND NIGHT FOR SINGING

RESOLVE TO GET HEALTHIER

WHERE TO EAT FOOD GUIDE IN WIRRAL

LOOKING FOR A NEW CHALLENGE IN 2015

Love Wirral

The Magazine of Choice for Businesses in Wirral.

3 Steps To A Healthier Lifestyle	8
Did You Know ?	10
Local Charities Page	16
Recipe Book For Interstitial Cystitis	17
Yesterday's Wirral - Old Photos	18
2015 Upcoming Events in Wirral	24
It's A Grand Night For Singing	28
Resolve To Get Healthier	29
WHERE TO EAT IN WIRRAL FOOD GUIDE & RECIPES	32
Brighten Your Holiday Entertaining	38
Looking For A New Challenge in 2015	41
Rover Watch	44
Fitness Queen - Bigger Picture	48
Community News	52
What's On Guide In North West	54
Puzzle Page	56
Our Advertising Rates	58

Wirral Cover Image by Gary Beale
Photograph of Willaston Mill

Dear Friends,

We would like to wish you all a wonderful **Happy New Year!**

We hope you have had a lovely Christmas, doesn't it go fast - all that rushing about and worrying beforehand! But it's just great to sit back and enjoy time with loved ones.

Are you making any New Year Resolutions? In our January 2013 edition (available online at www.love-wirral.com) we gave some super ideas. One was to spend more time with family and friends, I made a determined effort here and am so glad I did! If you don't want to commit to the usual ones, why not try this - the best by far and so rewarding!

Whatever you do in 2015 we wish you all the very best things!

Keep up to date with us on facebook and our new facebook group, twitter & visit us at:
www.love-wirral.com

Best Wishes

Maxine

Android Apple

payatrader
card payments made easy
VISA MasterCard Maestro

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 58

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

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

VINCENTS

Deliveries and Collections

Long and short distance for companies of any size

Mobile: 07975 556002
Landline: 0151 327 8237
Website: www.vincentsDandC.co.uk

- Facials
- Waxing
- Massage
- Hot Stone Massage
- Reflexology
- Hopi Ear
- Spray Tan
- Body Wraps
- Manicures
- Pedicures
- Gel Sculptured Nails
- Semi-permanent Lashes
- Tinting

BUY 1 TREATMENT
GET THE SAME* TREATMENT 50% Off
*Offer expires 31.1.2015. Treatment valid for 1 person only

BERODIN WAX · CND · marvellash · Sienna X · CND VINYLUX

THE BEAUTY ROOM

WAXING WEDNESDAY
20% off all waxing

SPA DAY TUESDAY
20% off all facial, massage & holistic room treatments

GIFT VOUCHERS AVAILABLE

Opening Hours
Monday - Closed
Tuesday & Wednesday 9 - 5
Thursday & Friday 9 - 7
Saturday 9 - 3
Sunday Closed

Find us on facebook

12 Chester Road
Whitby, Ellesmere Port
CH65 6RU
Tel: 0151 345 6195

heelsandbows

special occasion photography

Visit our website for more information
www.heelsandbows.com

Email: **info@heelsandbows.com** Call: **07540 196 282** or **07850 353 336**

Revival at LK Hair

SPECIAL OFFER FOR JANUARY!
Ring for more details

- Hair
- Beauty
- Extensions
- Makeup Bar
- Nail Therapy
- Relaxation Room
- Wedding & Pamper Packages

WELLA STOCKISTS
Established 12 Years

Introducing **Noreen Jane Beauty Co**
& Nails by Lou

Tel: 0151 645 0900
37 Old Chester Road, Bebington, Wirral CH63 7LE

CRYSTAL CLEAR SKINCARE

Annie's Way - Revival at LK Hair - @RevivalatLKHair

Open 6 days a week including 3 late nights - Out of hours by appointment

KIRSTY CARD

Tel: 077 138 68014

Email: kirstycard@yahoo.co.uk

www.kirstycard.co.uk

Facebook Page
kirstycardfitness

3 Steps to a healthier lifestyle in 2015

It is essential to eat a good healthy diet whilst doing regular exercise. Both are necessary to maintain or to lose body weight. Elite athletes already know how do this - they have to watch what they eat and exercise regularly to keep up their fitness, health & maintain their bodies in excellent condition. Here are 3 simple steps to ensure a new healthier you!

1. Eat regular but healthy meals – Try smaller portions. Cut down on the potato products (such as fries, wedges, waffles etc), bread, rice and pasta but increase the amount of freshly cooked vegetables you eat. Avoid fried or battered foods. Beware hidden sugar and salt in processed and packaged foods.

2. No snacking between meals – If you are feeling peckish, eat fresh, raw fruit! Drink plenty of water.

3. Regular Activity -

Easy to Start: This can be as simple as a 10 minute walk around the block every evening. It is nationally recommended to walk 10,000 steps a day to keep fit. Pedometers are a great way to keep a check on your accumulating steps/activity level. They are reasonably cheap, starting at £4, and can be bought at most big supermarkets, sport shops or online.

Get friends to help: To exercise on your own can be sometimes demotivating and lonely. Too often it is easier to sit in front of the TV instead of getting out (especially when it's cold and dark outside!). Therefore, enrol a buddy to go with you - this is a good way to catch up with friends who are similarly motivated, whilst exercising!

Find a Class: You can join a group or training session – when you join a class and get to know the coach / trainer and other members of the group, you will want to continue to turn up...& feel better for it too! A regular weekly class is often easier to fit into your schedule.

The Personal Touch: If you are not too good at disciplining yourself to exercise regularly, why not try a Personal Trainer. There are plenty of qualified Instructors around that can offer 1-to-1 training. Lots of people find these personalised sessions right for them and an excellent method to sustain motivation. Training is deliberately tailored to your personal abilities and needs. Some Personal Trainers can also incorporate diet recommendations and nutritional advice.

Set a Target – Make it ambitious but achievable. It may be as simple as increasing your activity level ... to running a Marathon. Find an Event to challenge yourself e.g. Run/Cycle/Swim Walk etc for a Charity. Entering and getting a sponsorship form will ensure you actually do it! Better still, get some friends to join you.

Take a look at www.SportW3.co.uk to find a wide range of available activities and sports locally for you. There is an activity for every age, ability and gender. Go to the site and be inspired! This site offers you over 600 Professionals (Personal Trainers, Coaches, Instructors, Sports Physio's), Classes, Activities, Sports Clubs, Venues, Gym's and Activity Events. The website presently covers the Wirral to Chester, whilst 'Events' are throughout the North West of England and North Wales.

SportW3
What Where When

What you want, *Where* you want it, *When* you want it.

New interactive site:

Find Local Sports, Professionals, Physical Activities, Clubs, Gyms, Events, Kids Camps, Exercise & Fitness Classes - *all on one site!*

Professionals, Clubs, Venues, Event Organisers - if you are not on the site yet, create your profile: add your details by registering; then log on.

www.SportW3.co.uk

info@sportw3.co.uk

sportw3ltd

Sport_W3

SportW3
What Where When

DID YOU KNOW?

1. December 31, 1907 saw the very first ball lowering in Times Square.
2. Stats of the first New York ball: 700 pounds; 5 feet in diameter. The ball was made from wood and iron.
3. The modern ball that is dropped is made from Waterford Crystal and weights over 1,000 pounds. There are over 9,000 LED lights, but uses hardly any energy. The ball begins to drop at 11:59 and completes the journey exactly at midnight to ring in the New Year.
4. The ball was not lowered in 1942 and 1943 due to wartime restrictions.

5. In Italy, people wear red underwear on New Year's Day to bring good luck all year long.
6. In Colombia, Cuba and Puerto Rico, some families stuff a large doll, which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.
7. Chinese New Year is celebrated the second full moon after the winter solstice.
8. Jewish New Year is called Rosh Hashanah. Apples and honey are traditionally eaten.
9. When Queen Elizabeth I of England died she owned over 3,000 gowns.
10. Female alligators lay about 40 eggs that hatch in 60 - 70 days.
11. The external tank on space shuttles is not painted. It is the only part of the shuttle that is lost after launch, so it is not necessary to worry about metal corrosion.
12. Hydrogen gas is the least dense substance in the world, at 0.08988g/cc.
13. On an American one-dollar bill, there is an owl in the upper right-hand corner of the "1" encased in the "shield" and a spider hidden in the front upper right-hand corner.
14. The Arctic Ocean covers an area of about 14,056,000 sq miles.
15. The average person changes their career every 13 years.
16. The eight most popular foods to cause food allergies are: milk, eggs, wheat, peanuts, soy, tree nuts, fish, and shellfish.
17. The sound made by the toadfish when mating underwater is so loud that it can be heard by humans on the shore.

18. In the Sahara Desert, there is a town named Tidikelt, which did not receive a drop of rain for ten years.
19. The Hawaiian alphabet only has 12 letters.
20. A giraffe can go longer without water than a camel.
21. One ounce of chocolate has about 20 mg of caffeine in it.
22. There was a book written fourteen years before the sinking of the Titanic happened titled "Futility" by Morgan Robertson. This book was remarkably similar to the tragedy that happened to the Titanic in 1912.
23. Pretzel that have no salt on them are called "baldies."
24. When Scott Paper Co. first started manufacturing toilet paper they did not put their name on the product because of embarrassment.
25. Every year, an igloo hotel is built in Sweden that has the capacity to sleep 100 people.
26. There are mirrors on the moon. Astronauts left them so that laser beams could be bounced off of them from Earth. These beams help give us the distance to the moon give or take a few metres.
27. Most dinosaurs walked on their toes.
28. The laundry detergent Tide, has a market share of about forty percent market.
29. Dead cells in the body ultimately go to the kidneys for excretion.
30. Constipation is caused when too much water is absorbed in the large intestine and the feces become dry.

ELLIOTT BUILD & GLAZE LTD

BUILDING

We understand the importance of achieving a customers vision and needs.
Every project is completed to the highest quality and customer satisfaction is imperative.
We aim to give customers confidence that we will keep disruption to a minimum and always work within a safe, clean and tidy environment.

GLAZING

We are professional installers of windows, doors, bi folds and frameless glass extensions.
Elliott Build & Glaze Ltd is a Fensa registered company and we are able to provide a 10 year insurance backed guarantee.

PLANNING

From first contact with the customer to completion of the project, Elliott Build & Glaze Ltd can provide all services required to meet your needs, from full architectural design to the final fitting of the flooring. We aim make this experience as enjoyable and stress free as possible.

We are based on Wirral but serve Merseyside & North West

TRUST MARK
Government Endorsed Standards
www.trustmark.org.uk

T: 0151 678 0640

FENSA Registered Company
GGF Glass and Glazing Federation
THE GUILD OF MASTER CRAFTSMEN

www.elliottbuildandglazeltd.co.uk

Email: elliottbuildandglaze@live.com

M.O.T CLASS 4,5 & 7

Quicks

SERVICE CENTRE

M.O.T CLASS 4,5 & 7

TEL: 0151 334 1415

£10 M.O.T's

TYRES • TRACKING • EXHAUSTS

BRAND NEW WORKSHOP

SPECIAL OFFER!

£10 MOT WITH THIS ADVERT AT BROMBOROUGH BRANCH ONLY! EXTENDED TO 31.3.15

ALL WORK UNDERTAKEN!

PLEASE CALL TO BOOK IN 0151 334 1415
AND SPEAK TO STEPHEN KEWLEY OUR MANAGER

AS A QUICKS CUSTOMER YOU GET

✓ FREE Bulbs ✓ FREE Fluid Top Ups
✓ FREE Brake Check ✓ FREE Tyre Check

For Life • For Life • For Life • For Life

www.quicksservicecentre.co.uk - Hardnott Road, Bromborough

01513347181
07748774261

The Discount Diesel Company

www.thediscountdieselcompany.co.uk

Wirral and Merseysides Premier Diesel Car Specialist

Welcome to The Discount Diesel Company, unbeatable deals on used cars, based in BROMBOROUGH, Wirral.

WE TRY TO PROVIDE THE BEST VEHICLES AT THE BEST PRICES. THE BEST QUALITY USED CARS AVAILABLE. SERVING WIRRAL, LIVERPOOL, MERSEYSIDE, NORTH WALES, NORTH WEST AND BEYOND.

Opening times:

Monday 09:00 - 17:30, Tuesday 09:00 - 17:30
Wednesday 09:00 - 17:30, Thursday 09:00 - 17:30
Friday 09:00 - 17:30, Saturday 10:00 - 17:00
Sunday Appointment Only

With over 40 years experience in the used car business we offer many fleet - one owner cars at heavily discounted prices, plus our Bargain Part Exchange Section. We aim to be one of the cheapest around, always being ultra competitive.

We concentrate on diesel vehicles and are very happy to quote a good price for part exchanges.

We are always at the end of the phone. Call us to discuss your needs, then agree a time to pop in, have a cup of coffee, take a look at all the important paperwork and then we will be pleased to take you for a full test drive.

- Family Business
- Exceptional Pre & Post Sales Service
- Cars come with a minimum of 3 months warranty
- Extended Warranties available
- Affordable FINANCE available
- DELIVERY also available on request

www.thediscountdieselcompany.co.uk

TOYOTA KIA SAAB SEAT SKODA CITROËN PEUGEOT JAGUAR VOLKSWAGEN MERCEDES ALFA ROMEO BMW AUDI FORD HONDA MAZDA NISSAN

10 mins from the old tunnel on the A41 & just 5 minutes from Junction 5 M53, near the Retail Park! Off Old Hall Road, 2nd right passed The Candy Park All cars in well lit showroom undercover.

Call: 0151 334 0195

07748774261 / 07831433449

Email us from our website

hpi MasterCard VISA

Unit 1 Grisedale Road
Old Hall Estate
Bromborough
Wirral CH62 3QA

Scan me to find us!

SK Automotive

DIAGNOSTICS, SERVICE & REPAIR

- DIAGNOSTICS
- AIR CONDITIONING
- SERVICING
- REPAIRS

BMW SPECIALISTS

autologic diagnostics

Unit 3, Grisedale Road, The Old Hall Estate,
Bromborough, Wirral CH62 3QA

0151 334 9238

www.skauto.co.uk

HOW TO FIND US - "4 GREAT BUSINESSES IN 1 LOCATION"

The Old Hall Estate, Bromborough, Wirral CH62 3QA

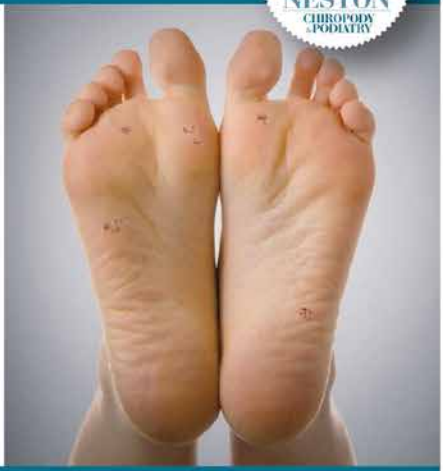
Neston Chiropody & Podiatry

NESTON CHIROPODY & PODIATRY

Verruca Dry Needling

Dry needling provides a lasting, effective solution for stubborn/multiple outbreaks.

- Fast results in as little as ***one*** treatment
- Only available from podiatrists registered to administer local anaesthesia
- **No** harsh lasers or ineffective creams



Gait Analysis

Pain when running? Gait analysis can find the cause & avoid new problems!

Call 0151 792 3144 to book an assessment.

Trevor Merrick B.Sc. (Hons), HCPC-registered, MChS

t: 0151 792 3144 www.neston-chiropodyandpodiatry.co.uk

Unit 2, The Royal Arcade, Chester Road, Neston CH64 9PD

S. R. PICKERING

Plumbing, Gasfitting & General Property Maintenance

- **Disconnections & reconnections of gas cookers on your moving day**
- **Washing machines, dishwashers installed, bursts, leaks, tap repairs**
- **Landlords' safety checks**
- **Maintenance and repairs of gas appliances**
- **Making safe vacant properties**
- **Outside taps fitted**
- **No job too small**

MEMBER OF THE INSTITUTE OF CHARTERED PLUMBING & HEATING ENGINEERS
TIME SERVED QUALIFIED TRADESMEN

Tel: 0151 677 1062

Mobile: 0780 222 9036

www.srpickering.co.uk

Wirral Painting & Decorating Ltd

Freshen your home for Christmas & New Year

- All work undertaken - domestic to commercial
- Interior & exterior decorating
- Time served tradesman of 20 years experience
- Professional & reliable
- Discount available for disabled & over 60's
- Free quotations

Tel: 07843 181143

Email: wirralpainting@gmail.com

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

cardiomyopathy

support group for Cheshire & Merseyside

Find out more about the heart condition cardiomyopathy and meet others affected by it

Saturday January 31st 2015, 2pm

Main speaker CMA's **Robert Hall** on cardiomyopathy and the charity's services for affected families

Outpatients Dept Liverpool Heart & Chest Hospital Thomas Drive Liverpool L14 3PE

For more information, call Julie Rees on 07949 241026 or email info@cheshireandmerseysidecma.support

or contact Sarah Dennis The Cardiomyopathy Association

FREEPHONE 0800 0181 024

www.cardiomyopathy.org

CMA Cardiomyopathy Association

Registered charity no 803262

Knowledge is Power!

3 DECADES OF HIV SUPPORT ON MERSEYSIDE

WORLD AIDS DAY

#WADmerseyside

#PutARibbonOnIt

Sahir House 2014
2nd Floor, 151 Dale Street, Liverpool L2 2AH
www.sahir.uk.com

Miss Wirral Peninsula - Lilly Rogan

I am Miss Wirral Peninsula Lilly Rogan and competing in Miss England Galaxy 2014/15 in February I am currently fundraising for **The Christie Cancer Charity** and I have many up coming events if you would like to support me.

I hired out a screen in the light Cinema in NewBrighton on Sunday 14th of December to show its a wonderful life wrote to local company's asking for donations and raffle prizes for this afternoon in the light.

I am having a bag pack in Liscard Asda for the Christie Cancer Charity asked friends and family to volunteer for the morning to help raise as much as we can!

I had a coffee morning for the Christie and raised £420 pounds on the day!

I am having a charity ball on the 17th January 2015 at the Wirral Women's Golf Club!

I helped on the 11th of November to sell Poppy's for Remembrance Day it's very close to heart as my dad and brother are in the army!

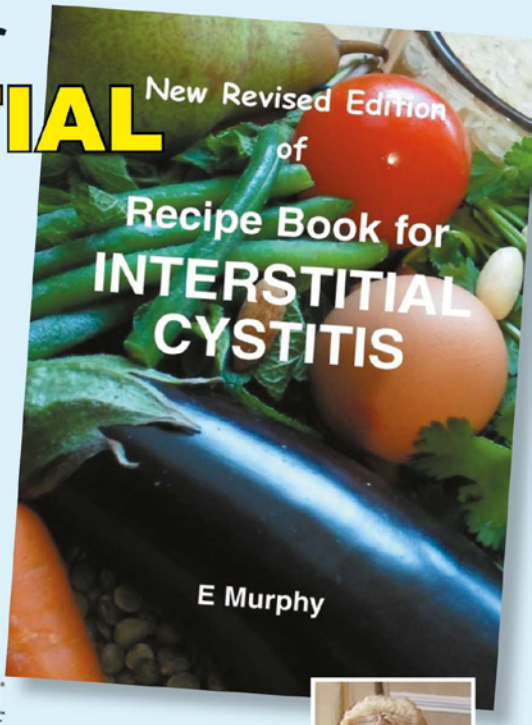
I sold cupcakes tea and coffee at my local football teams match New Brighton Saints Forte Christie Cancer Charity!

I have walked 10k in Salford quays for the Christie in neon clothes! On October 25th

I have helped sainsburys in there fashion show with Weight Watchers and St. John's Hospice!

Thank you so much and please support me!
contact me at lilly-rogan@hotmail.com

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 web sites/all good book stores and CreateSpace.
ISBN : 978-1-909298-01-9

amazon.com and you're done.

http://www.mseileenmurphy.co.uk

Eileen Murphy of Wirral

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.

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.

(written by someone who has lived with Interstitial Cystitis (I.C.) for over 12 years) (Also a healthy diet for anyone wishing to eat a healthy diet eating only fresh food and, NO additives or preservatives).

Yesterday's Wirral Photos

Old Wirral photographs to bring back memories of a time gone by.

You can see more in Ian's books at all good stores and Gordale Nurseries.

Yesterday's Wirral Books

Latest of over 60 publications:

New Publication - September 2012

Pubs of Wirral - Part 1

BREWERIES of BIRKENHEAD

128 Pages A4 **£9.95**

Including: WIRRAL, Liverpool, Chester, Cheshire and North Wales

Also - Reprint of

Yesterday's Liverpool

A Pictorial History 1857 - 1957 with over 450 photographs/graphics

For further details contact:- Ian Boumphrey - Tel/Fax 0151 608 7611

web site: http: www.yesterdayswirral.co.uk

*Above: 1938. This aerial view of **Hoylake** was taking in 1938 when the Hoylake Police Station in Queens Road was being built. Other landmarks include: The Quadrant and Stanley Hotel in teh foreground; Market Street as it heads off towards **Meols** in the distance; part of the railway line on the right and the swimming baths top left.*

*Below: 1925. These houses in Ormaston Road **Prenton** are pictured having just been completed in 1925. The Prenton War Memorial on the right was erected in 1919 as a memorial to the men of Prenton who gave their lives in teh First Worl War. It was reconstructed during bomb damage in 1940 and the names of those men who gave their lives in teh Second World War were added.*

Above 1939. ***Rock Ferry*** *ferry, pictured from the Royal Rock Hotel, closed June 1939; Liverpool is seen across the River Mersey.*

Left 1939. SS Mauretania is passing Fort Perch Rock ***New Brighton*** *on her maiden voyage early summer. This 34,000 passenger liner was used as a troop-carrier during the Second World War transporting over 350,000 troops and travelling over half a million miles.*

Below 1938. This view of the Cunard ship SS Mauretania was taken in the River Mersey after her launch from Cammell Laird shipyard ***Birkenhead*** *in July 1938.*

Above 1952. ***Hoylake*** *baths, which can be seen in the foreground of this aerial view of* ***Hoylake*** *promenade, were originally opened in June 1913 and rebuilt in 1931. Many English Championships were held here in the 1930's. With the outbreak of war the baths were closed and the ARP stationed here. Taken over in 1976 by the Hoylake Pool & Community Trust it was demolished in 1984.*

Order online for FREE delivery!

CORFE Stone

Wirral's No.1 for stoves & solid fuel

NATURAL STONE HEARTHS | SOLID TIMBER BEAMS | MULTI FUEL STOVES | DEFRA APPROVED STOVES
STOVE ACCESSORIES | COAL | SMOKELESS FUEL | ECO FUEL · SEASONED LOGS | KINDLING | FIRELIGHTERS

Stoves from £280

LOGS

Jumbo bags from £70
Hardwood/Softwood

FIRE SURROUNDS

Wide variety of fuels!

House Coal

Smokeless Coal

Straws

Firelighters

Don't Shiver We Deliver!

HOOTON WORKS | HOOTON ROAD | HOOTON | WIRRAL CH66 7NB | TEL: 0151 327 5555

Visit our website: www.corfestone.com

ARK Contemporary Designs
by
Angela Ruth Kennedy
Beautifully Handcrafted Jewellery

CUSTOMER RECOMMENDED

commissions • repairs • sales • tuitions • workshops

www.arkcontemporarydesigns.co.uk | Tel: 07917 330790 | 01244 567012

Ziba CLINICS LIVERPOOL

Alizonne Therapy®

Prepare to be transformed...

WITHOUT SURGERY

and have your dream body!

Alizonne Therapy transforming lives of all ages

Weight reduction, skin retraction and contour shaping without surgery.

CLINICS NATIONWIDE

The Knowsley Clinic Suite 4
Dovecote Court Yard
Stanley Grange
Ormskirk Road, Knowsley
Merseyside L34 4AR

0151 214 3211

www.alizonne.co.uk/Liverpool

enquiries@zibaclinics.co.uk

Local Solutions

Engaging, Enabling, Enhancing

improving people's lives

Local Solutions is a leading North West social enterprise and charity. We aim to improve the quality of life for individuals and communities through a diverse and unique portfolio of services.

Local Solutions Homecare is looking for

Care Support Workers & Team Leaders

To cover areas in – Beechwood, Bidston, Birkenhead, Claughton, Leasowe, Noctorum, Moreton, Oxton, Prenton, Rockferry, Tranmere & Wallasey

Training is provided for both job roles. Both roles will involve working direct with older and disabled people to offer practical support suh as preparation of meals and personal care, and emotional support such as encouraging people to self care. The role of the Team Leader is based both in the community and in the office offering supervisory support.

Positions are available for part or full time hours.
Hourly rates range from £7 - £8.28 per hour

Application packs are available from our website: **www.localsolutions.org.uk**
For more details please contact HR Department on **0800 988 2355.**
All positions are subject to satisfactory references and DBS Enhanced Disclosure.

POSITIVE ABOUT DISABLED PEOPLE

INVESTOR IN PEOPLE

SIGNS EXPRESS®

Interior / Exterior Signs
Vehicle Graphics
Window Display
Health & Safety
Exhibition & Display

Call us now on:
0151 334 7474
signsexpress.co.uk/liverpoolnorth

For all your housework needs

£10 per hour

We bring our own high quality products and equipment. Its all included in the price.

fully insured, uniformed staff
regular or one-off services
flexible hours, 7 days a week

07840 231 566
www.lloydsprofessionalcleaning.com
info@lloydsprofessionalcleaning.com

THE WORKTOP THAT FITS ON TOP

Over 50 colours to choose from all fully fitted by us!

SHOWROOM OPEN IN GORDALE NURSERIES

I THOUGHT I NEEDED
A NEW KITCHEN UNTIL I DISCOVERED...

MAXIMUM STYLE • FITTED IN ONE DAY • MINIMUM HASSLE

We also fit new kitchen doors!

Visit our showroom, or call to book a free home consultation, and we'll show you how easy it is to transform your kitchen with our granite, quartz or recycled glass worktops.

Call now 01244 645 965

At **Granite Transformations** we offer a complete package for updating your work surfaces, doors and appliances. Fitting a new worktop is fast and effective with each top custom made to your exact requirements. There is no need to remove old worktops, we **simply fit directly over your existing surfaces,** guaranteeing complete peace of mind from start to finish. To complete the look, we also supply and install **made-to-measure kitchen cabinet doors** and drawer fronts, in a wide choice of colours, finishes and styles.

Burton Showroom: 01244 645 965
Gordale Garden Centre, Chester High Road, Burton, South Wirral CH64 8TF
Open 10am - 4pm Mon to Sat, 10.30am - 4pm Sun
www.**granitetransformations.co.uk/burton**

GRANITE® transformations
kitchen & bathroom makeovers

UPCOMING DATES & EVENTS IN JANUARY 2015

JANUARY

Until 4th - Snow White and the Seven Dwarfs - Floral Pavilion, New Brighton - traditional family panto. Call 666-0000 to book tickets.

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

8th to 11th - Cinderella - Floral Pavilion, New Brighton - call 666-0000 to book tickets.

8th to 10th - Wirral Hospital Players present **'Goldilocks'** - The Little Theatre, Birkenhead - tickets £8 matinée £6 - call to book tickets: 678-7019

8th to 11th - Hoylake and West Kirby Theatre Group present 'Jack and the Beanstalk' - Gladstone Theatre, Port Sunlight - tickets from £7 - call to book tickets: 643-8757

10th - Wirral Farmers Market - New Ferry Community Centre, New Ferry

16th - 7.30pm - **The Mersey Beatles** - Gladstone Theatre, Port Sunlight, tickets £12.50 - call to book tickets: 643-8757

Until 18th January - Lady Lever Art Gallery - 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!

18th - The Stars from the Commitments - Floral Pavilion, New Brighton - call 666-0000 to book tickets.

23rd - The Take That Experience - Floral Pavilion , New Brighton- call 666-0000 to book tickets.

24th - West Kirby Farmers Market, St Andrews Church Hall, West Kirby

31st - All Star Wrestling - Floral Pavilion - call 666-0000 to book tickets.

Heswall Accident Repair Centre

- INSURANCE APPROVED
- RESPRAYS
- COURTESY CARS AVAILABLE
- LOW BAKE OVEN
- JIG FACILITIES

SMALL BUMPER SCUFFS PAINTED FROM £45

CAR BODY REPAIR SPECIALISTS

0151 342 8630
07976 578 235
Email: heswallpaintwork@yahoo.co.uk

Unit 5 Darlington Yard, Chester High Rd, Heswall CH60 3SG
(Next door to All American Car Wash)

PAIN RELIEF - FREE 15 MINUTE SESSION*

TEETH WHITENING

LIPO LASER

Call in today for a FREE consultation and for those requiring pain relief why not take advantage of our FREE limited trial*.

GIFT VOUCHERS AVAILABLE FOR ANY OCCASSION

THE DERMALIGHT CENTRE

The Dermalight Centre is the only clinic in the North West to offer Triple LT, that is Low Level Laser Treatment with non-invasive, no side effects pain relief and acne/psoriasis skin renewal.

We offer treatments for :

- ARTHRITIS
- SPORTS INJURIES
- PAIN RELIEF
- STOP SMOKING
- JOWEL LIFT
- WHIPLASH INJURIES
- SKIN REJUVENATION
- LASER TEETH WHITENING
- REFLEXOLOGY
- EYE BAG REDUCTION

128 Oxton Road
Birkenhead, Wirral, Merseyside CH41 2TP

Telephone: 0151 644 1886

www.lazertherapy.co.uk

ZUMBA®

Zumba With Claire

MONDAY'S

7:15 – 8:30pm

Hinderton Hall, Chester High Road

Neston, CH64 7TS

(In function room opposite Foxes Café)

TUESDAY'S & THURSDAY'S

7:15 – 8:15pm

St Bridget's Community Centre

West Kirby, CH48 3JT

EVERY 10TH CLASS FREE

zumbawithclaire@hotmail.com

07783 873 536

Find us on Facebook
'Zumba With Claire Wirral'

Join The Party!!

Tiling And Plumbing Services

Complete Bathroom Installations

- Baths
- Showers
- Wet Rooms
- Tiling
- Plastering
- Radiators
- Decorating

Tel: 0151 353 1348
07966 448 606

www.tilingandplumbingservices.co.uk

Email: taps.hughes@yahoo.co.uk

Prop: Roy Hughes

FOR ALL YOUR BATHROOM NEEDS

Wirral's Leading Specialist in C

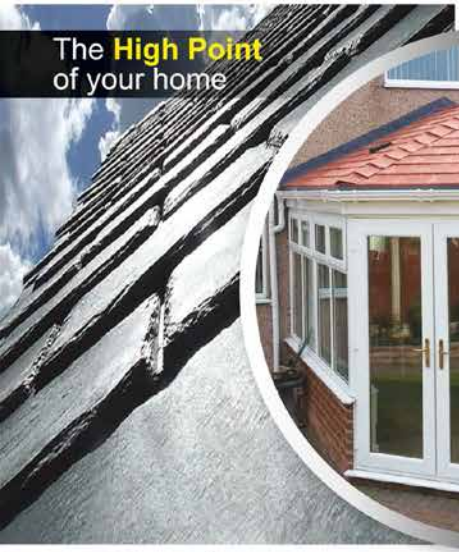
IS YOUR CONSERVATORY Too Hot or Cold to use in the Summer or Winter?

Most conservatories are too cold in the winter and too hot in the summer making them uninhabitable. Because of these issues, there is an ever increasing demand for thermally efficient conservatories to eliminate these unpleasant temperature changes.

We can help!
Call us today for a no obligation quotation!

At **TK PVC Solutions Limited** we have the solution, a new lightweight roofing system that we can fit to your existing conservatory.

A conservatory conversion that gives you what you wanted in the first place at a fraction of the cost, from **Wirral's leading specialist company.**



Benefits

- warmer in winter
- cooler in summer
- low maintenance
- excellent build quality
- reduced noise from rain, hail and traffic
- large selection of options available
- insurance backed 10 year guarantee

10 YEAR INSTALLATION 10 YEAR GUARANTEE

BEFORE

AFTER

Call us on: 0151 345 6545

Conservatory Roof Conversions

A conservatory is an extension of a property's living space; a live-in kitchen, a family room or even a home office.

Replacing the glass or polycarbonate roof with a solid one will help ensure this extra space is used throughout the year. With the aesthetics of a tiled roof, superior technical and thermal properties TK PVC Solutions Ltd re-roof is ideal for almost all installations.

Our tiled roof solution is fitted to your existing conservatory roof. The installation will transform your conservatory into a real, extra room with no planning permission required. With the choice of a bespoke LED lighting system or roof lights, you will maintain a bright airy feel to the room. We now offer you a fully fitted bluetooth controlled sound system for the low cost of **£299** for 2 speakers or **£399** for the upgrade of 4 speakers.

TK PVC Solutions Ltd offers you a bespoke design to suit your needs. We are a caring, local company who will ensure you are offered appropriate, professional advice with no pressure to buy. From the moment you contact one of our friendly team members we assure you will be well looked after. If you choose to become a TK PVC Solutions customer, your installation will be managed by Tom. He will be on hand daily to make sure the job is completed to our high standard and your satisfaction, he'll answer any questions you may have.

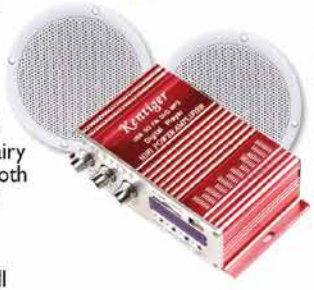
"Being personally involved with each installation gives me a great sense of pride in what we achieve. Seeing how much transforming a conservatory means to our customers is very rewarding."

Tom Cadden - Company Director.

BRING YOUR CONSERVATORY TO LIFE!

With our fully fitted bluetooth sound system

Bluetooth



Pair of Moisture resistant Speakers 80 watts, with a DC 12v 6amp power supply discreetly hidden from sight.

£299 fully fitted for 2 speakers or £399 for 4 speakers with bluetooth control.

TK PVC Solutions LIMITED

Email: sales@tkpvc.co.uk

BBA CERTIFICATE No. 06/4379 BBA CERTIFICATE No. 08/4503 TAPCO® ROOFING PRODUCTS STRONG • VERSATILE • LIGHT • RECYCLABLE

A local reliable Wirral company

www.tkpvc.co.uk

RGC
CONCERT PROMOTIONS
Present

IT'S A GRAND NIGHT FOR SINGING

To be held in the magnificent Concert Room of St. George's Hall Liverpool
featuring international and principal Tenor of the Welsh National Opera Geraint Dodd
with 60 voices of the splendid Haydock Male Voice Choir and other star performers.

Programme to include;
Granada, New York New York, You are my Hearts Delight, Tonight, Bring Him Home, Kalinka, One fine Day from Madam Butterfly, Nessun Dorma and much more...

Saturday 21st March 2015 at 7.15pm

Tickets £18 and £16, contact Mavis@LWCU.freeserve.co.uk - Telephone 0151 652 6373

Resolve to Get **Healthier**

Photos courtesy of Getty Images

Do Diets work.

According to the Journal of Clinical Psychology, 45 percent of us make New Year's resolutions each year, and weight-related resolutions top the list. Unfortunately, only about 8 percent achieve any type of resolution, weight-related or not.

If you've made (and then broken) the same old weight- or health-oriented resolutions each January, you're not alone. It might be time to focus on research-proven approaches to get healthier that actually work — without gimmicks, diets that eliminate foods, or buying strange foods and equipment.

Start Well: Eat Breakfast

Start the day right, and it really can make things go better all day. Research has repeatedly shown that people who eat breakfast tend to take in more nutrients (calcium, iron, protein and fibre), are more alert and can concentrate better, and may even have better success with weight management.

To get yourself off to a strong start, think about combining protein, carbohydrates and low-fat dairy. Some possibilities: whole grain cereal and a high protein yogurt, an English muffin with peanut butter, or an egg sandwich with fruit and yogurt.

Eat Rough(age): Make Fibre a Priority

Fibre, found in whole grain wheat, barley, corn and oats, as well as in fruits, vegetables and beans, helps keep things moving easily through

the digestive tract. Remember that grain fibre has different nutritional benefits than fruits and vegetables, so you need both.

Fibre is also filling, providing volume with few calories because our bodies don't have the enzymes to break it down. But fibre can be digested and used for fuel by the 10 trillion bacteria that live in the colon and prevent numerous health conditions.

Get Your Facts Straight: If It Sounds Too Good to be True...

Losing 10 pounds in two weeks only to regain it in eight makes no sense. Whether you've tried to go gluten-free, low carb or avoid all white foods, chances are quite high that your efforts didn't result in long lasting effects. What does work? A balanced eating pattern and an active lifestyle.

There is no one perfect diet, and anyone who says otherwise is typically selling a book or products promising weight loss. Registered dietitian nutritionists can be trusted to provide credible, evidence-based information that can be tailored to your lifestyle and taste preferences. In addition, eating patterns such as those recommended by the Mediterranean Diet, the DASH Diet (Dietary Approaches to Stop Hypertension) and MyPlate can provide guidance on the types of foods to include in your meals.

Move It: Walk, Dance or Ride Your Way to Health

Unless you use it often (2–3 times per week or more), skip the gym membership. Walk outside, walk the dog, dance in your kitchen, work in the garden or ride your bike to run errands. And, if possible, do it every day with friends for fun, and make it part of your regular lifestyle.

Make It Stick: Schedule and Track Your Progress

Make a schedule of your health goals, and keep track of progress by writing in a food and activity journal or calendar. Write things down; it makes them more likely to happen. Note things like how you feel before and after meals and exercise. You may be surprised by what you learn.

indigo home & gift

SALE

SOFAS - DINING/LOUNGE FURNITURE -
BEDROOM FURNITURE - LIGHTING - PICTURES & GIFTS

SALE NOW ON

WE NOW SELL CURTAINS!
Made to measure in just 10 days.

INTRODUCTORY OFFER
20% off

Bromborough: Right hand side of Asda,
Croft Trade Park. 0151 334 0002

Gordale store: Adjacent to the petrol station,
Chester High Road t: 353 1888

Follow us on

OPEN 7 DAYS A WEEK
www.indigohomeandgift.co.uk

dental solutions denture clinic

Create **your smile** with our technician

Your **New Smile** Begins Here

- Full Dentures
- Implant Dentures*
- Snoring Appliances
- Partial Dentures*
- Same Day Repairs
- Denture Reline

What our clients say...

Philip delivered my dentures on time ready for my trip and the results are amazing. Smiling more confidently now, with no discomfort.
Mrs A Clarke – Patient

Smile with confidence

Choose dental solutions for your Cosmetic Denture Makeover

CALL US NOW FOR YOUR FREE CONSULTATION

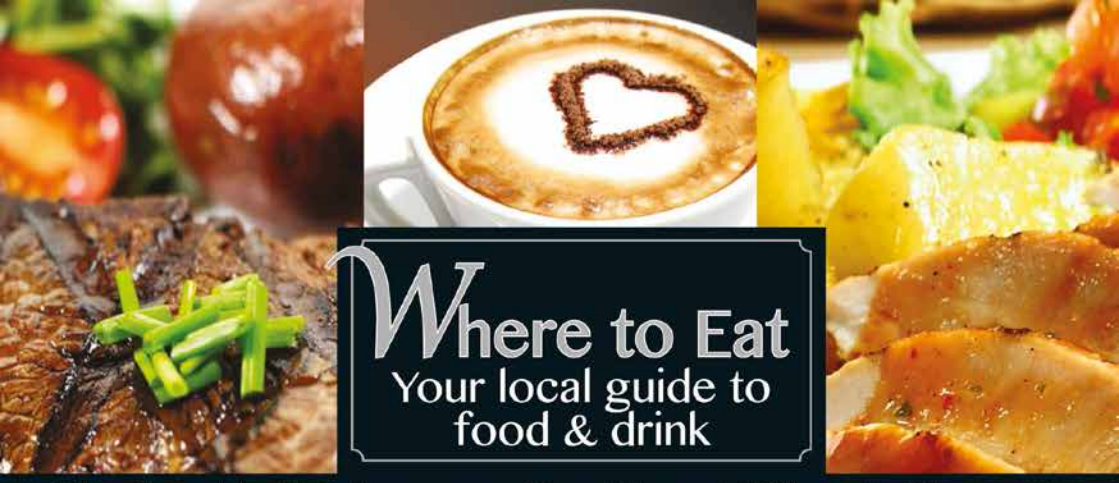
0151 678 9833

or email us at info@dentalsolutions.org.uk

Chester Clinic Now Open 01244 794 041

Philip Morrison BSc Hons Dip CDT RCS Eng GDC 148814

*Consultation & referral by a Dental Surgeon.



Where to Eat

Your local guide to food & drink

Check out in this issue our Great Local Offers & Discounts from some of Wirral's finest restaurants, take-aways and pubs. Don't forget to take the advert to claim their discounts!

The Bear Pit Café at
THE TAP
Is now serving HOME MADE food in our newly refurbished café.

The Tap is a cosy little pub with a real log fire nestling in local history and located on the edge of Wirral Country Park overlooking fantastic panoramic views of the River Mersey.

It boasts real ales, real fire, real food and real people with Quiz Night Thursdays from 9:30pm.

Family friendly - right down to the family pooch!

CAMRA says this is REAL ALE

0151 328 1648 yelp

1A Ferry Road, Wirral CH62 0AU

THE COFFEE CO

COFFEE, CAKES, SANDWICHES

OUTSIDE CATERING,
SANDWICH/CAKE PLATTERS
& MUCH MORE!

LOCAL COFFEE SHOP
LOCAL COMMUNITY
LOCAL CHARITY

New menu options now on offer, check out the specials boards in store for more info

thecoffeeco-bebington.co.uk
0151 609 0970
07548 223 936
18A Broadway, Higher Bebington Wirral CH63 5NS

VILLAGE FRYERS

37 Arrowe Park Rd, Wirral, Merseyside CH49 0UB

FASTFOODGUIDE

★★★★

THE VILLAGE FRYERS

Platinum Award 2014 from the Fast Food Guide

The Premier Take-Away on Wirral
25 Years at the Top

We now offer **FREE** delivery within a 2 mile radius on orders over £10

0151 677 4336

Supporting Local Community - Grade A + A1 Local Products

Restaurant Quality at Take-Away Prices

The ONLY Chip Shop in Wirral

Listed in the UK's Top Fish & Chip Shop Guide

NATIONAL FEDERATION OF FISH FRIERS Est. 1913

Certified Member

Multi Award Winning Fish & Chips

SEAFISH INDUSTRY AUTHORITY FRIERS QUALITY AWARD

Certified Member

Zuger's
Tea Rooms Bromborough

Monday - Friday 9:00am - 5:30pm & Saturday 9:00am - 4:30pm

New Year Opening Hours

New Years Eve 1pm close early - Closed 1st & 2nd Jan 2015 - 3rd Jan open as usual.

Zuger's Bistro
Bebington

Wednesday - Saturday 10:00am - 9:00pm last orders

- Bookings taken
- Table d'hote menu of an evening
- Outside catering
- Private parties
- Celebration cakes

Bromborough Shop
150 Allport Road, Bromborough,
Wirral, CH62 6BB
Tel: 0151 334 1904

Bebington Bistro
Bromborough Road Bebington,
Wirral, CH63 7RE
Tel: 0151 644 9923

Chester Shop
St. John Street,
Chester, CH1 1DA
Tel: 01244 348 041

www.zugerstearooms.co.uk

email: zugerstearooms.co.uk

STARBUCKS COFFEE CO. EASTHAM

Download our mobile app

Euro Garages

Phone Orders

Now available for lunchtime for orders £10 or over.

Call us 0151 327 1282

Events

Want to host an event? Why not use your local Starbucks?

Free Wi Fi spot

New drinks arriving in 2015

Opening Times:

Mon - Friday 7.00am - 8.00pm
Saturday 8.00am - 8.00pm
Sunday 8.00am - 7.00pm

STARBUCKS®

EasthamSB

Starbucks Eurogarages Eastham

SBUX_EASTHAM

Store Address
A41 Northbound, 1408 New Chester Rd,
Eastham, Wirral, CH62 9AQ

NEW BRIGHTON

Download our mobile app

Call us 0151 630 6556

Opening Times:

Mon - Sat 8.00am - 8.00pm
Sun 8.30am - 8.00pm

STARBUCKS®

Free Wi Fi spot

Like us on facebook

Store Address
Unit 12, Marine Point, Kings Parade
New Brighton, Wirral CH45 2PB

INDIYAH
The Restaurant
Fine Indian & Bangladeshi Dining
★ ★ ★ ★ ★
FIVE STAR HYGIENE AWARD
All Christmas & New Year booking now being taken!
All large parties catered for on or off premises.
HAPPY NEW YEAR!
*15% OFF YOUR TOTAL BILL
Excluding Banquet. Available 7 nights from a la carte menu.
*This offer is not to be used in conjunction with any other offers at the time of purchase! (Loyalty Card)
Mention Love Wirral

Every Sunday - Thursday Night
5pm - 8pm choose from our 5 course meal for only £9.95
0151 645 5495/0751 154 8433
www.indiyah1.com
5-7 OLD CHESTER ROAD, BEBINGTON CH63 7LA (Opposite Bebington Station)

Recipe for Banana Bread

Moist and delicious, this makes a wonderful summer breakfast, mid morning treat or even dessert! Serves 6.

INGREDIENTS

250g plain flour
One teaspoon bicarbonate of soda
Pinch salt
115g butter
115g dark brown soft sugar
Two eggs, beaten
500g mashed over-ripe bananas

METHOD

1. Preheat oven to 180C, gas mark 4. Lightly grease loaf tin.
2. Combine flour, bicarbonate of soda and salt in a large bowl.
3. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until blended.
4. Stir banana mixture into flour mixture and pour into loaf tin.
5. Bake for one hour.
6. Leave to cool in tin for 10 minutes, then turn out onto a wire cooling rack.

*35% OFF
3 COURSE PLATTERS
in January & February

T&C's apply *(excludes Friday & Saturday evenings, and 13th, 14th & 15th February 2015)
Must make the booking in JANUARY -
Must mention **Love Wirral.**

TripAdvisor
2012
2013
2014
WINNER

Jabula
a TASTE *of* africa

JABULA RESTAURANT & COFFEE SHOP

No.1 ON TRIP ADVISOR

Jabula
a TASTE *of* africa

1 South Pier Road, Telfords Quay, Ellesmere Port, CH65 4FL
On the Manchester ship canal waterfront close to the National Waterways Museum. J9 of M53.

Reservations 0151 355 1163
www.jabularestaurant.co.uk

BRIGHTEN UP YOUR

HOLIDAY ENTERTAINING

The holiday season is upon us, so celebrate by serving unique dishes and drinks bursting with flavour.

The holiday hostess has a lot on her plate. But preparing for the big event doesn't have to be a challenge — this holiday, focus on special dishes and refreshing cocktails guests will remember for years to come. Use these tips to make your holiday events shine:

1. **Shake It Up.** From cool drinks, like the Pineapple Upside Down Mocktail, to delicious tropical twists on classic martinis, punches and warm ciders, canned Dole Pineapple Juice has recipes to shake things up this season. Made from 100 percent juice, free of GMO's (genetically modified or engineered ingredients) and containing no added sugar, it's also a good source of vitamins A, C and E.
2. **Captivating Courses.** To celebrate the season, serve up recipes for delicious entrees, small plates and desserts that bring a taste of the tropics to any occasion. Start guests off with a Salad and then serve them juicy Jamaican Chicken & Couscous, followed by divine Pineapple Pumpkin Pie.

Jamaican Chicken & Couscous

Servings: 4

- **2 tablespoons dry Jamaican seasoning**
- **1 tablespoon curry powder**
- **4 boneless, skinless chicken breast halves**
- **3 tablespoons olive oil, divided**
- **1 Pineapple Juice**
- **1/4 cup water**
- **1 package (5.6 ounces) toasted pine nut couscous mix**
- **1 1/2 Frozen Mango Chunks, thawed**
- **1/3 cup green onion, sliced**
- **1 tablespoon lime juice**
- **2 teaspoons black sesame seeds**

Combine Jamaican seasoning and curry powder in small bowl. Place each chicken breast between 2 sheets of plastic wrap and pound (with meat mallet) to 1/4-inch thickness. Remove wrap. Brush both sides of chicken pieces with 1 tablespoon oil and sprinkle both sides with curry mixture. Cook chicken in oil over medium-high heat, 3 to 4 minutes per side or until brown and no longer pink in center.

Meanwhile, stir together juice, water and pine nut seasoning mixture from package in medium saucepan; bring to boil. Stir in couscous; remove from heat. Let stand, covered, 5 minutes or until liquid is absorbed. Fluff with fork. Stir in mango chunks, green onions and lime juice.

Cut chicken in 1/2-inch slices and serve over couscous mixture. Sprinkle with sesame seeds.

Pineapple Pumpkin Pie

Servings: 6

1 can (8 ounces) Crushed Pineapple
1 1/2 cups canned Dole Pineapple Juice
1 envelope unflavored gelatin
1 1/2 teaspoons granulated Sucralose sweetener or sugar
1 cup canned pumpkin pie mix
1 cup thawed whipped topping
1 (9-inch) low-fat pie crust
Ground cinnamon, optional

Drain pineapple well; reserve juice.

Combine reserved juice with pineapple juice in measuring cup. Add water to make 2 cups.

Combine juice mixture and gelatin in saucepan. Let stand 1 minute. Stir over low heat until completely dissolved. Stir in sweetener. Pour into bowl. Chill just until starts to set, about 1 hour.

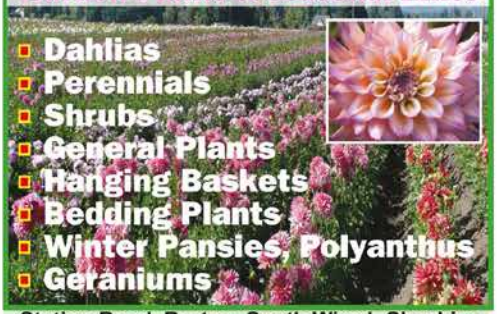
Fold in pineapple, pumpkin and whipped topping. Pour into pie crust. Chill 5 hours or overnight.

Serve with whipped topping and ground cinnamon, if desired.

Station House Nurseries

DAHLIA SPECIALISTS

Wirral Nursery Specialising in Garden Plants & Seasonal Lines



Station Road, Burton, South Wirral, Cheshire

www.eurodahlia.com

Tel: 0151 353 0022

email: sion@eurodahlia.com

LHJ Garden Services

30 Years Experience in Professional Gardening & Landscaping

FREE Lawn Treatment Ask for details

- Winter Tidy Ups
- Hedges/Small Trees
- Leaf Collection
- Moss Removal
- Fencing New/Repair
- Private/Commercial
- All Year Round Maintenance

Tel: 0151 334 6227

Mobile: 07425 159 788

Email: leehanleylandscapes@hotmail.co.uk

PATIOWORLD

@WATERWORLD

Chester High Road, Burton, Wirral CH64 8TF

Let us help create the perfect patio or garden!

Garden Office, Summer Houses & Sheds at Competitive Prices!

- Log Cabins
- Sheds
- Summer Houses
- Kids Playhouses
- Natural Indian Stone Paving
- Concrete Paving
- Decorative Walling
- Stepping Stones
- Garden Ornamentals
- Arches & Pergolas
- Hot Tubs Curbside Delivery inc.
- Spas & Spa Chemicals
- Wirral Turf available on sale here!

And Much More!..

Tel:0151 353 8747

HELP A CHILD ACHIEVE

BECOME A VOLUNTEER READING HELPER

Would you like to help children in your community have a better start in life?
Far too many boys and girls from poorer families in the UK leave primary school without basic reading skills. You could dramatically improve a child's chances in life by helping them read in schools.

Find out more at **www.savethechildren.org.uk/borntoread** or contact us on **020 7012 6997** or at **volunteersupport@savethechildren.org.uk**

Beanstalk
Read • Grow • Succeed

Save the Children

Working together to support children's literacy

Save the Children BORN TO read Beanstalk Read • Grow • Succeed

Are you looking for a new challenge in 2015?

Do you want to play an active part in your local community?

Do you enjoy reading with and talking to children?

Would you like to help children have a better start in life?

Then help give our children a brighter future by becoming a volunteer reading helper in a local primary school.

Photo: Jo Metson Scott/Save the Children

Save the Children is looking for motivated and enthusiastic volunteers who are keen to make a lasting difference to a child's life. As a volunteer on our Born to Read programme you will provide one-to-one support through reading with a child, playing word games and listening to what they have to say.

Born to Read is a partnership between Save the Children and the children's literacy charity Beanstalk to place volunteers in primary schools to support children who are struggling to read. This consistent and regular support not only enables children to improve their reading but also boosts their confidence and improves their prospects.

Born to Read is currently operating throughout the Merseyside area and wider across the North West. The programme is also due to expand to other areas throughout the country over the next few years.

To become a volunteer reading helper you must be patient and encouraging, a good listener and communicator, able to work one-to one with children at the child's pace, have a passion for literacy and dedicated to inspiring the next generation of readers.

We also ask that you can commit to 90 minutes twice a week in a local primary school for three school terms. You can sign up at any time during the school year. We will provide full training, on-going support and access to a wide range of exciting resources to support you in your role.

All volunteers will be subject to a full enhanced Disclosure Barring Service (DBS) check and reference checks.

This is a fantastic volunteering opportunity for someone who is passionate about helping children and would like to make a difference through giving their time.

Why not make volunteering with Born to Read your New Year's Resolution for 2015? Save the Children would love to hear from you.

Photo: Jonathan Hyams/Save the Children

For more information on Born to Read and other Save the Children programmes visit **www.savethechildren.org.uk/born-to-read** or contact our Volunteer Support Team on **020 7012 6997**, **volunteersupport@savethechildren.org.uk**

wepaycashfor

www.wepaycashfor.co.uk

We pay cash for...

clothes, shoes,
handbags,
towels, bedding,
curtains, books,
dvd's, cd's,
and other items...

WE BUY AND SELL

BOOKS. SMALL ELCTRICAL ITEMS. MOBILE PHONES.

IT PAYS TO RECYCLE

WE PAY 60p PER KILO THAT'S **£6.00** CASH PER 10 KILO BAG... CLOTHES & PAIRED SHOES. NO BAG IS TOO SMALL.

CASH PAID ON THE SPOT!

IT PAYS TO RECYCLE...

CUSTOMER RECOMMENDED

BROMBOROUGH

Tel: 0151 327 1351

912 New Chester Road, Bromborough, Wirral CH62 6AU

Mon - Fri 9am - 5pm & Sat 9am - 4pm

MORETON

Tel: 07918 671 967

269 Hoylake Road, Moreton, Wirral CH46 0SL

Mon - Fri 9am - 5pm & Sat 9am - 4pm

SMARTCOAT

energy saving protection

ECO FRIENDLY PRODUCT

Do you want to save £££'s on your energy bills and protect your home and health at the same time?

For your FREE, NO OBLIGATION survey and demonstration on how to:

- ✓ Save money on energy bills
- ✓ Protect your brickwork & mortar joints
- ✓ Reduce damp penetration occuring
- ✓ Preserve the environment
- ✓ Reduce condensation

All with the SMARTCOAT cream that dries clear!

Call: 0800 432 0052

SURPRISINGLY AFFORDABLE

TRUST MARK · BuildAssure · 10 YEARS · Wirral

www.smartcoat-protect.com

---

astra

PROPERTY CARE LTD

BUILDING AND PRESERVATION SPECIALISTS

TRADING STANDARD MULTIPLE WINNERS FOR CUSTOMER SERVICE

We offer the complete building service

Planning from design to completion
Building regulations & permission obtained
Extension and loft conversions
Alterations & repairs / Structural repairs
Damp & timber treatment
Insurance backed guarantees

QUALITY | HONESTY | RELIABILITY

PROFESSIONALS YOU CAN RELY ON

Tel: 0151 327 4871

TRUST MARK · BuildAssure · 10 YEARS · Wirral

www.astra-property-care. com

MTD Roofing Ltd

Affordable Roofing Excellence

NEED A FIXED PRICE Roofer?

- New roofs & repairs
- Soffits & Guttering
- Chimney
- Pointing
- We get the job done quickly
- We Guarantee all our work

Why Choose MTD Roofing?

- All our staff take pride in their work and carry out their tasks with excellence.
- All jobs meet the latest Building Standards Code of Practice.
- All jobs are personally supervised by Holly Dodd.
- No radios and swearing

We have been installing quality new roofs and repairing roofs in Cheshire & Wirral area since 1957.

CUSTOMER RECOMMENDED

Call Mike & Holly Dodd on 01244 380415 or 07738 018228

Office hours 9.00am - 5.00pm Monday to Friday

In an emergency anytime on **07708 963280**

Family run business established in 1957

MTD more than just a roofing company.

Holly Dodd has become the first female to qualify to fit Firestone RubberCover.

WATERTIGHT 20 YEAR GUARANTEE

- Flat Roofs
- Only female Specialist in North West to qualify to fit Firestone Rubbercover
- Superior durability
- Seamless sheets in 1 piece
- Flame-free and easy installation
- High flexibility and ***NO*** leaks!
- Environmentally friendly

MTD Roofing are a family run roofing company who have been established for 50 years. They have excellent recommendations and carry out all aspects of roofing. They would be delighted to visit you at home, discuss your roofing needs and give you a free, no obligation estimate on all roofing work. They promise you a fair, affordable price, and honest roofers working hard to give you a great roof.

Firestone RubberCover Roofing Made Easy

"Rover Watch"

On the back of a progressive month which saw Tranmere kick-start a spluttering league campaign, reach the FA Cup 2nd Round, and earn a place in the Johnstone's Paint Trophy Northern Semi-Finals, manager Micky Adams finally has cause for optimism at Prenton Park. "We've set our standards now," said the new boss of an encouraging stretch in an otherwise gloomy season. "We just need to kick on."

Indeed, Adams won his first game at the Tranmere helm in early November, a 1-0 FA Cup triumph over non-league Bristol Rovers providing a rare glimmer of joy. In an often attritional game, Adams' men dug deep to conjure an extra splash of guile, with influential midfielder Max Power opening the scoring from the penalty spot early in the second half. However, when Superwhite striker George Donnelly received a red card for lashing out in frustration at a Bristol defender, nerves set in, leading to a frenetic finish.
The visitors piled forward in search of an equaliser, but Tranmere, displaying newfound resilience, held on for dear life, clearing balls off the line and blocking shots heroically en route to their first victory in ten long weeks.

Just three days later, they secured back-to-back wins for the first time in seven months with an impressive performance away to big-spending Bury in the Johnstone's Paint Trophy. Tranmere fell behind midway through the first half, before unleashing yet more of their rekindled positivity with a roaring comeback. Backed by a vociferous horde of travelling fans, Rovers were patient and composed in possession, knocking the ball around with imagination. The equaliser eventually arrived courtesy of Power, who boosted his burgeoning reputation by steering a long range free-kick into the Bury net. A local lad who rose through the ranks after joining Tranmere as a child, Power has alerted major clubs such as Celtic and Rangers to his potential with recent performances, and has been Rovers' beating heart through times of trouble. He even played a role in the winning goal at Bury, initiating a swashbuckling move which culminated in Danny Johnson converting a neat Steve Jennings pull back. Rovers held on for victory, with the Wembley arch rounding partially into view on the horizon.

Unfortunately, they were unable to maintain the unbeaten run the following weekend away to high-flying Luton Town. One brief defensive lapse allowed the Hatters' Ricky Miller time to turn and fire past Rovers keeper Peter Brezovan from twenty-five yards. In an even, physical encounter, this extra cutting edge was all that separated the two sides, a fitting microcosm of Rovers' present dilemma. The result left Luton sprawled luxuriously in the upper echelon of League Two, while Tranmere languished in the relegation zone following a 12th consecutive winless league game.

Adams responded by dipping back into the loan market, attempting to enrich his squad with the addition of three young players, namely defender Will Aimson and forwards Shamir Fenelon and Calaum Jahraldo-Martin. All three deputised at home to Southend United, a strong team with real pedigree at this level having made the Playoffs last season. Ultimately, the squad upheaval hindered Tranmere more than it helped. The team lacked cohesion, conceding two goals in the opening twenty-five minutes, including an unfortunate own goal from Aimson, and struggling to gain any momentum. Power was again a shining light, scoring a second half penalty with a deft chip, yet Rovers ran out of time, falling to their tenth league defeat of the campaign.

Aware of his mistake in throwing too many raw loanees into the team at once, Adams subsequently orchestrated a week of real hard work on the training ground, attempting to fine tune Rovers' approach and get his players singing from the same hymn sheet. It worked a treat, with improvement in performance and attitude discernible at home to Portsmouth on the final Saturday in November. Tranmere played to a certain gameplan, and enjoyed many patterns of really impressive ball retention, creating chances and displaying a rare inner confidence.

Fenelon scored after barely two minutes, gifting the Superwhites a priceless early lead, before the visitors equalised against the run of play after almost an hour. However, Rovers kept playing, kept probing, kept believing. James Rowe, a vastly underestimated member of Adams' squad, popped up with a sensational goal to rocket Rovers ahead, and Power secured the points with his fourth goal in five games, pouncing to slam home the rebound after missing another penalty.

"We've worked hard on the training ground and I think you've seen the fruits of our labour," said Adams after the game. "We played well, I was really pleased with them."

So were the long-suffering fans who've flocked to Prenton Park through feast and famine in recent times. The final whistle of the Portsmouth game unleashed a near-cathartic outpouring of relief, with fans once again optimistic about Tranmere's future. With a calm manager, a passionate ownership duo, and, in Max Power, a star performer capable of inspiring the team to new heights, there's no telling where Rovers may end up. With a few quality signings in January, and a sprinkling of luck, perhaps they'll pull clear from the mire and begin to climb towards something special.

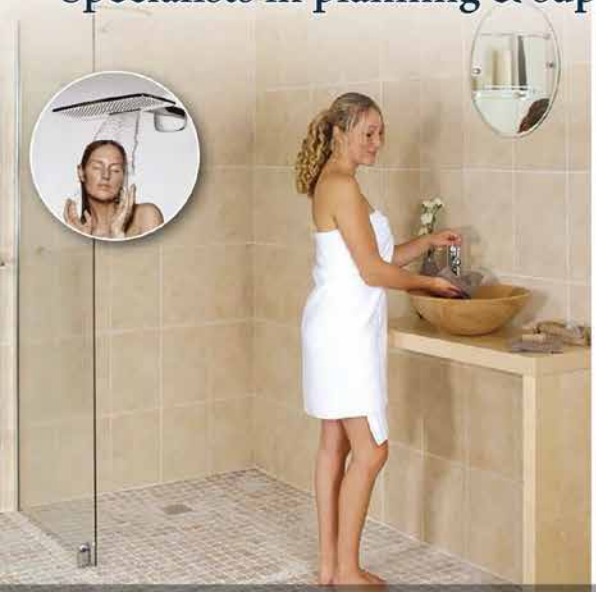
Article written and images supplied by Ryan Ferguson for Love Wirral - http://ryanfergusonsportswriter.blogspot.co.uk/

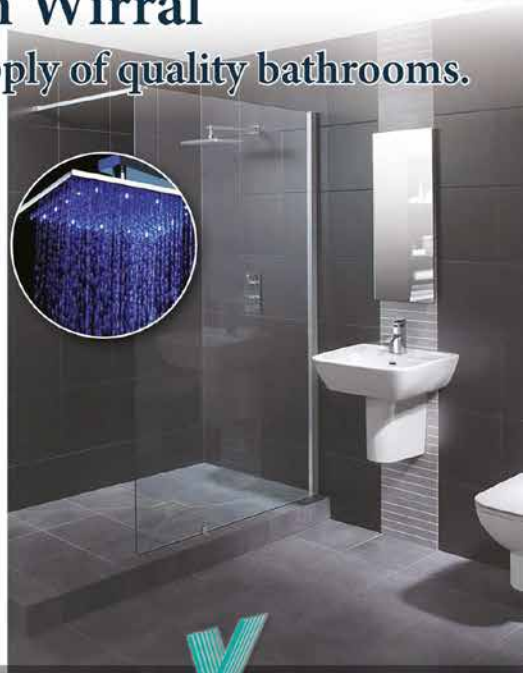
BATHROOM XPERIENCE

Happy New Year to all our customers

Probably the CHEAPEST supplier of Wetroom Trays in Wirral

Specialists in planning & supply of quality bathrooms.





Creating the whole bathroom Xperience

ELLIS Furniture VitrA

bauhaus simpsons crosswater

Opening Hours

Mon:	9am - 5.30pm
Tue:	9am - 5.30pm
Wed:	9am - 1pm
Thu:	9am - 5.30pm
Fri:	9am - 5.30pm
Sat:	9am - 5.30pm
Sun:	Closed

ebay

Visit our eBay Store

bathroom_xperience

164 Bebington Road, Bebington, Wirral, CH63 7NX

Telephone: 0151 644 1023

email: bathroomxperience@btconnect.com

www.bathroomxperience.co.uk

VAN SALES
CHESTER
.com

The Office
Oakwood Farm
Parkgate Road
Chester CH1 6EY

t 01244 880828
m 07970 664379
e chestercarsales@btinternet.com
www.chestervansales.com

✓ Full stock list available online
✓ Part exchange welcome
✓ Most vans 1 owner with full service history

We can source any vehicle at a competitive price

Manufacture & Installation of purpose made joinery products. Quality Assured Improvements

Traditional Values
MIKES JOINERY LTD
Modern Approach

STATION APPROACH, PASTURE ROAD, MORETON. CH46 8SD
TEL: 0151 604 0549 FAX: 0151 677 7949
E-MAIL: mikesjoinery@hotmail.com
WEBSITE: www.mikesjoinery-wirral.co.uk

- Bespoke Joinery Manufacture
- Hardwood & softwood
- Gates
- Internal & External Doors
- Staircase Refurbishment
- Kitchens
- Sheds, Log Stores etc

CUSTOMER RECOMMENDED

wasps-away

Fully insured and responsible pest control
British Pest Control Association qualified *(Distinction)*

Accredited Wildlife Aware Technician

- **Wasps**
- **Bedbugs**
- **Fleas**
- **Ants (indoors only)**
- **Cockroaches**
- **Insect pest identification**
- **Rodent treatment, property surveys and proofing**

Additional services
Japanese knotweed / Giant hogweed control (National Proficiency Test Council qualified PA1 PA6A).

Hedge-laying. Dry-stone walling.
Garden maintenance.
Tree care advice (HND Arboriculture).

CONTACT wasps-away@hotmail.co.uk
Tel: 07852438170

House of Hair & Beauty

Telephone for appointment on 0151 334 5586

32 Bromborough Village Road, Wirral, Merseyside CH62 7ET

SEASONED & NON SEASONED LOGS

MIXED SEASONED LOGS
BULK BUILDERS BAG
£60

SEASONED OAK
BULK BUILDERS BAG
£80

FREE DELIVERY

0151 670 0492 or 07989 500 556

Landscape Gardeners

FITNESS Queen
"BEAUTIFUL FROM THE INSIDE OUT"

See the BIGGER picture

Personal trainer and director of the Fitness Queen programme, Hayley Lundy talks to love wirral readers about showing the body some love all year around, not just in January..

So its January the one month a year when every man and his dog shows the body a little bit of love...

Are you telling yourself this is the year you will actually stick to a new health regime?

Truth is I love January as we have lots of enthusiastic women queuing up to get great results, shift unwanted weight and feel better about themselfs!

But what can often be missed is the **BIGGER PICTURE!** Weight loss is a great reason to start but Its when a client says how being fit and healthy effects their day to day life, thats when I know they have seen the bigger picture!

I love hearing of our members hitting weight loss goals and dropping a dress sizes etc, but when people see the bigger picture they are much more likely to make a healthy lifestyle a habit rather than a phase to hit a goal.

What can you expect once you adapt a fitness regime along with good nutrition?

Have more energy to do stuff with the children
Find you are not the one struggling with steps or walks on holidays or days out

- **Sleep better**
- **Enjoy clothes shopping**
- **Have much more get up and go**
- **Feel like you are firing on all cylinders**
- **Enjoy healthy food**
- **Enjoy treats in moderation**

If you imagine a year of your life twice through with one version of yourself eating rubbish not making time for exercise or 'me' time, being tired and not happy with your health or your fitness because other stuff becomes a priority.

Now compare that to a year where you eat lots of healthy and nutritious food exercise at least once a week and make time to do things you enjoy even if its an hour a week.

So what version of yourself has the better year? Better health? Better life?

As a busy mum of three I understand life gets busy and its hard to make time but its best to make at least one exercise session a week of something you enjoy! Your body with thank you for it by working well. I know some people think they don't like exercise but thats probably just because you haven't found something you enjoy yet!

Try to:

- **Eat lots of nutritious food**
- **Cut out the rubbish**
- **Cut down on sugar, it causes inflammation in the body and upsets hormones**
- **Eat balanced meals**
- **Make sure your plates of food are colourful and not beige looking**
- **Be consistent with an exercise regime**
- **Take time out to do stuff you enjoy**

If you would like help with your own personal shape up goals you can join our results driven shape up programme. Session currently run in Heswall, Arrowe Park, West Kirby. We aim to educate, motivate and inspire women to be the best possible version of themselves. We can help you achieve your goals with weekly workout sessions designed to give you a top to toe workout in a fun, friendly atmosphere. Our years of experience and success as personal trainer's means we know exactly what it takes to get great results! We always manage to have a good giggle but we are serious about transforming our members body shape!

If you are someone who has tried everything to lose weight with NO SUCCESS... We are up to the challenge and we are so confident in what do that we 100% guarantee results in just 21 days!

Through January we are offering a full body analysis to all members!

Places are limited, just use the contact info to tell us about yourself or for more info!

Hayley x

F Fitness Queen
T @fitnessqueenuk
W www.wirralfitness.info
T 07576 794 101

Well Done Victoria Young

Who has doubled her strength in the last 6 weeks and has stuck with a nutritious eating plan, she has more energy, improved muscle definition and is now body confident!

Vapour-hut 0151 792 4936

Any 3 E-liquids

£10 3x10ml Bottles = 900 cigarettes

We only sell premium E-Liquids

E-Cigarette Kits from £12.99

243 Whitby Rd
Ellesmere Port
CH65 6RT

www.vapour-hut.co.uk

Call NOW for a FREE quote

POPPIES

Regular Housework • Spring & Emergency Cleaning
Cleaning of Business Premises • Ironing & Laundry
Carpet Cleaning • Upholstery Cleaning

Providers of reliable, professional and properly insured services throughout the UK since 1980

Poppies of Wirral

Tel. **0151 342 9780** • Mob. **07590 297504**
Email. **popwirral@hotmail.com**

Web. **poppiesofwirral.co.uk**

BROWSERS EMPORIUM

It's an Aladdins Cave of Treasures

You name it and we've probably got it!

All types of new & second-hand furniture & fittings to browse under one roof!

From bulbs to lights, door handles to doors & stools to tables!

Hooton Works, Hooton, Wirral (Junction 5 - M53) off A41 to Chester Next to Corfe's)

Tel: 0151 328 1467 Open Mon-Sat from 10.00am

All credit cards accepted

FREE CCTV CAMERAS

SUPPLIED & FITTED WITH FREE ANNUAL UPGRADE TO BRAND NEW SYSTEMS WITH ONLY A SERVICE CONTRACT TO PAY OF

£9.99 PER WEEK +VAT*

* A fitting fee of £79 applies annually
Minimum of 12 months contract

- 4 x High Resolution Cameras
- Supplied & Fitted
- Minimum of 31 Days Continuous Recording
- Fully Compatible With Smart phone, Tablet, PC & Mac
- Annual Upgrades Included
- 5 Star Service

This exclusive offer is available to take-aways, shops, restaurants and businesses!

For Supply and Install as a One-Off for Residential or Business Premises, Please Ring for a Quote

Includes mobile phone and tablet integration for Android, Apple IOS and Windows platforms!

Larger systems available please call us to request details!

All of this fitted because your business needs protecting!

ABIS

Unit 80, Woodside Business Park,
Birkenhead, Wirral CH41 1EP

Email: info@cctvplanet.co.uk
Web: www.cctvplanet.co.uk

WIRRAL | LIVERPOOL | CHESTER

Call us on: 0151 909 5044

D.I.C.E LTD

Disabled Information & Welfare Rights Centre

STERLING ST4D
RRP £3,383
OUR PRICE £1,295

Just one example of the Terrific Savings we can make for YOU!

Monday - Friday 10am - 4pm
Now Open Saturday 10am - 3pm

We stock and sell all MOBILITY AIDS

Being a registered charity we are able to offer hugely discounted aids to our customers for their mobility aids. As well as offering our Shopmobility Scheme to disabled users, we can also provide the following:

Welfare advice, Hire scooters and wheelchairs Information and advice on holidays and insurance for elderly and disabled, RADAR toilet keys, Blue Badge Forms, and much more covering all mobility aids.

6 Mercer Walk, Port Arcades, Ellesmere Port, Cheshire CH65 0AP

Tel: 0151 355 1420

Email: info@diceltd.org.uk

Reg Charity No. 1111570. Reg Company No. 5538775. Registered in England

POSITIVE ABOUT DISABLED PEOPLE

Community Legal Service

Community Meals

icare community meals

Enjoy a **Hot Lunchtime Meal & Sweet** delivered to your Home

Phone **0151 644 1715** to order a **FREE** Meal & Sweet

£5.10 for a Hot Meal & Sweet

£3.75 for a Frozen Meal & Sweet

If you are looking for peace of mind - our wellbeing trained Community Assistants will keep an eye on your friend or relative during their daily visit.

Would you like a hot meal delivered to your home or do you have a friend or relative who would enjoy a hot lunch?

Or have our delicious meals and desserts delivered frozen straight into your freezer by one of our DBS checked care-aware community assistants.

Give our friendly Customer Service a call on -
0151 644 1715

Or visit our website at
www.icarecuisine.co.uk
www.icaregroup.co.uk

Wirral comedy night brings in cash for charity

Event organised by local businessman raises £500 for hospital accommodation

A comedy night held at the Thornton Hall Hotel in Thornton Hough, Wirral, raised more than a few laughs from audience members on Tuesday 25 November 2014 – bringing in more than £500 for a local 'home away from home' for families who have children at Arrowe Park Hospital.

A procession of talented amateur comedians bravely took to the stage to amuse and entertain an audience of around 60 people. The event was organised by Wirral engineering professional Paul Brown, who also performed a stand-up comedy routine on the night to the delight and cheers of the audience. The event was held in aid of the charity-run Ronald McDonald House Arrowe Park, the free 'home away from home' accommodation for families who have children at Arrowe Park Hospital.

Ronald McDonald House Arrowe Park is run by Ronald McDonald House Charities – an independent charity that provides free accommodation to families at or near hospitals across the UK.

Paul explains the story behind last week's successful event: "I've been involved with the Liverpool amateur comedy scene for some time and I have already chalked up a few performances. I wanted to organise a charity night with my talented friends from the Liverpool Comedy Trust and do something for Ronald McDonald House Arrowe Park, which I had heard about from a friend who has been involved with this remarkable facility for some time.

"All the performers were brilliant on the night and we are all grateful to them for their comedy talent and the way they gave up their time to deliver an evening of comedy entertainment for such a great cause.

"We sold tickets through friends and colleagues, with all funds going to Ronald McDonald House Arrowe Park. A local engineering company, Multi-Screen GB, kindly met the cost of hiring the venue. We were delighted with the turnout – and relieved that we were given such a kind reception by our audience on the night!"

Megan Owen, Fundraiser at Ronald McDonald House Arrowe Park, says:

"What a splendid event. Paul, supported by a talented team of comedians, had the audience rolling in the aisles and digging deep into their pockets to support our free accommodation for families, many of whom travel far from home so that their children can get the medical care that they need. We are so grateful."

For more information about Ronald McDonald House Arrowe Park visit: www.rmhc.org.uk/arrowepark.

AT THE DOUBLE FOR DDM MAILING

A Cheshire-based postal solution and direct mail specialist is expanding rapidly.

DDM Mailing has taken additional office space at its headquarters at the Clayhill Industrial Estate in Neston, doubling its space to 2,000sq ft.

The firm has also doubled the number in its team to six with new recruits in its sales and logistics teams.

The business has also invested in new mailing machinery in order to meet the demands of its growing customer base across the UK.

The state-of-the-art machinery will enable DDM to process up to 10,000 envelopes an hour with the capability of inserting six items per C4, C5 or DL envelopes.

DDM moved to the Clayhill in February this year after winning a contract with UK postal solution provider ONEPOST UK.

DDM's first contract through the arrangement was with Flintshire County Council with the firm collecting up to 5,000 letters, parcels and other packages every day from the council's offices in Flint and Mold.

Separately, the company has won a number of other high profile customers including West Ham United and Mantis, one of the UK's leading home and garden product retailers.

Vanessa Williams, a director of DDM, said: "We have gone from strength to strength since moving our office to Neston. This has given us the confidence to take additional space, invest in our technology and recruit key new members of staff."

Among the new recruits is Saskia Dooley, who has joined the sales team.

Vanessa added: "We are able to provide businesses with both low and high volumes of mail with excellent customer service and a cost effective solution including fixed prices.

"We manage all sizes of post from letters to large letters as well as packets, parcels and courier items nationally and internationally."

DDM has a network of drivers to collect mail on a daily or ad hoc basis. Alternatively, businesses can drop off mail at DDM's depot in Neston.

In addition to the postal services division of the business, DDM also provides customers with a range of fulfilment, print management and direct mail solutions.

The business was established in 2006 by Vanessa and partner Dave Dooley.

Professional Window Cleaning

50% OFF When you recommend a friend!

Staybright

Now using the latest hot water system!

- Water Fed Pole & Traditional Window Cleaning
- Windows
- Fascias
- Cladding
- Conservatories
- Gutters

CUSTOMER RECOMMENDED

Staybright

DOMESTIC AND COMMERCIAL WINDOW CLEANERS
A family run business for over 30 years

Tel: 0151 201 8527 or Mobile: 07957 560060
Email: staybrightwindowcleanerswirral@hotmail.com

LOG CABIN TO RENT IN THE HEART OF SNOWDONIA

AFYA Holidays

To rent - a recently refurbished Scandinavian style Log Cabin - an ideal vacation for the family or friends. It sleeps 6 (4 bunk beds and 1double room).

It is situated on the Trawsfynydd Holiday Centre with on- site children's play area, Pub / Restaurant and shop.

Ideally located for Coed-y- Brenin Mountain Biking, the beaches at Harlech and Barmouth and hill walking in the Rhinogs, Caeder Idris and of course – Snowdon!

RATES
Weekly: (Saturday- Saturday) = £275
Weekends: (Friday-Sunday) = £130
Mid week: (Minimum of 2 nights) = £80

Contact Ben on: 07928 625788 / 01565 760034 (office) or email: ben.wood@afyasportstrg.com

www.afyaholidays.co.uk

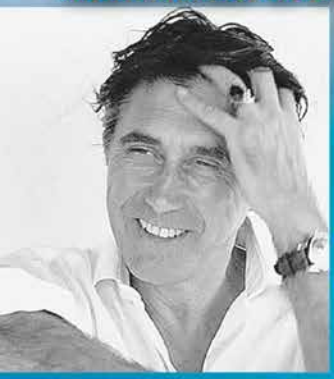
WHAT'S ON GUIDE

YOUR GUIDE TO WHAT'S ON ACROSS THE NORTH WEST

ECHO arena liverpool | acc | o2 academy liverpool

ARTS • MUSIC • FASHION • CULTURE

BRYAN FERRY ANNOUNCES 2015 UK TOUR



Tuesday 26th May 2015 Liverpool Philharmonic Hall

After an impressive set of performances around the world throughout 2014 including the lauded Glastonbury and Coachella debuts, British musical icon Bryan Ferry has announced a 20 date UK tour in May and June 2015.

The newly announced dates will feature an incredible set list of both Roxy Music and solo hits, and include songs from Ferry's forthcoming new album 'Avonmore' (released Nov 17th).

Ferry's recent shows have seduced a new generation of fans and received unanimously rave reviews, with The Guardian (*****) stating 'Byronesque Ferry glories in nostalgia of the new, re-presenting his oeuvre in a new and thrilling way', while The Daily Telegraph (*****) say 'Ferry cruises through 40 years - Deeply rooted in the past and yet daringly modern in its merging of genres. This was, indeed, the music of time'.

THE SCRIPT ANNOUNCE UK ARENA TOUR IN FEBRUARY & MARCH 2015

THURSDAY 5th MARCH 2015 Liverpool Echo Arena

ECHO arena liverpool | acc

The Script today announce the news that the fans have been eagerly awaiting. In February 2015, the Irish three piece will kick off an UK arena tour, starting in Glasgow on the 20th. Tickets go on sale on Friday 26th September at 9.30am from gigsandtours.com or ticketmaster.co.uk. Tickets are £27.50 and £35, plus booking fees, and fans will be limited to 6 per booking. The Script will also be joined by very special guest Labrinth.

In addition to these dates, The Script will announce exciting live plans for Summer 2015 in Ireland in the coming weeks.

The tour announcement comes hot on the heels of the release their fourth album No Sound Without Silence. The album immediately shot to #1 on the UK iTunes chart, and is Top 10 in a further 42 countries.

Delamere Community Centre

Delamere Avenue, Eastham CH62 9ED

Is Available for Hire

Wishing everyone a very Happy New Year for 2015

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:

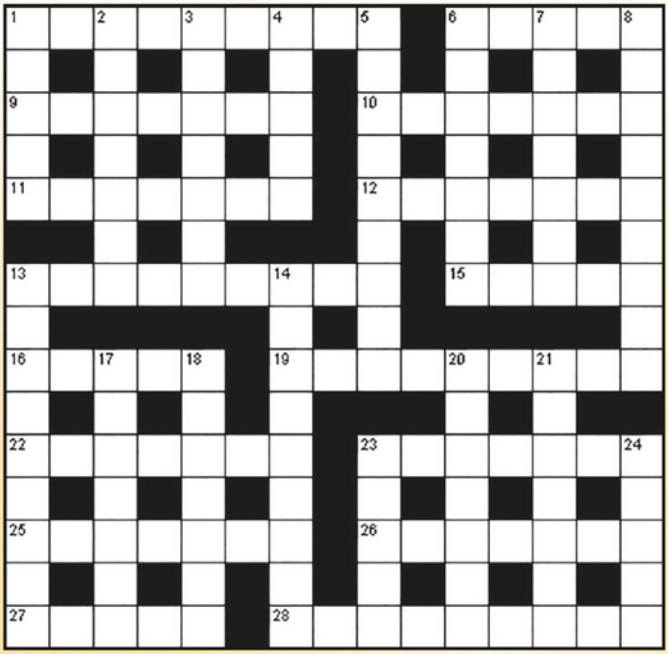
- ***Meetings***
- ***Conferences***
- ***Training sessions***
- ***Fundraising events***
- ***Social activities***
- ***Children's parties***
- ***Bouncy castle hire available...***

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**
Follow us on Facebook
on Twitter @DelamereCC
or visit our website
www.delamerecentre.org.uk

PUZZLE CORNER



Down

1. Sleeveless garments (5)
2. Ointment (7)
3. Farm vehicle (7)
4. Aquatic mammal (5)
5. Pennants (9)
6. Dry coloring material (7)
7. Cradlesong (7)
8. Persist (9)
13. Empower (9)
14. Cognizance (9)
17. Policeman (7)
18. Authentic (7)
20. University (7)
21. Not afloat (7)
23. Transparent (5)
24. Arab leader (5)

Across

1. Polite (9)
6. A small vascular growth (5)
9. Ceremony (7)
10. Habitual (7)
11. Temporary housing (7)
12. Film material (7)
13. Substitute (9)
15. Culinary herb (5)
16. G-string (5)
19. Partner (9)
22. Umbrage (7)
23. Unit of heat (7)
25. Ramp (7)
26. Kill (7)
27. Creepy (5)
28. Capitulate (9)

Sudoku Puzzle

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

Difficulty level: **medium**.

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

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

THE STARS FROM THE COMMITMENTS

SUN 18th JAN 7:30pm £21.00 | £19.00 conc

THE TAKE THAT EXPERIENCE

Featuring The UK's Number 1 Tribute To Robbie Williams

PLUS SPECIAL GUEST **JAMES SMITH**

FRI 23rd JAN 7:30pm £20.00 | £15.00 conc

JEFFERSON STARSHIP

THU 29th JAN 8:00pm £21.00 | £19.00 conc

MAGICAL MOZART

BY CANDLELIGHT

FRI 30th JAN 7:30pm £20.50 | £19.00 conc

ALL STAR WRESTLING

SAT 31st JAN 7:00pm

£15.00 | £10.00 conc | £45.00 family

NEW BRIGHTON

FLORAL PAVILION

THEATRE • PLAZA • BLUE LOUNGE

www.floralpavilion.com

0151 666 0000

Prices include £1.00 fee per ticket.

BEBINGTON ROYAL BRITISH LEGION

★ JANUARY 2015 ENTERTAINMENT ★

Compered by DJ Extraordinaire & TV Presenter "Bernie Birch"

SATURDAYS
include BINGO
with a **£100** JACKPOT
£2 entry for non members
"All Welcome!"

3rd	Jason Taylor	*Great Entertainer Pop & Soul*
10th	Kate Bell	*Brilliant Female Vocalist*
17th	Daniel O'Shea	*Guitar and vocals*
24th	Alison D	*Stunning Female Cabaret Show*
31st	Alex Devine	*Great lively female vocal*

ALL VISITORS WELCOME

BOOKINGS BEING TAKEN FOR PRIVATE PARTIES!

Competitive rates for room hire! Please enquire for further details on 0151 608 2270

Mon to Thursday 1pm – 11pm, Friday 1pm – 11pm (11:30pm for functions), Sat 11am – 11:30pm, Sun 12 Noon – 11pm www.bebingtonlegion.co.uk

Our Rates To Advertise in Love Wirral

CHEAPER ADVERTISING RATES THAN MOST NEWSPAPERS AND OTHER LOCAL MAGAZINES!

£25 for a 1/8 of a page
£40 for a 1/4 of a page
£80 for a 1/2 of a page
£120 for a 3/4 of a page
£160 for a full page
£200 for Inside Front Cover
£220 for Back Cover
£200 for Inside Back Cover
£190 for 1 Centre Page
£350 for Centre Spread (2 pages)

Ask about our Advertising Deals!

Advertise to over 8,500 + people from as little as £25

With our print & online services. Special rates will be given for 3 consecutive months or more. **(NO VAT)**

FREE DESIGN OF YOUR ADVERT! FREE PHOTOGRAPHY!

Love Wirral the magazine of choice for all local businesses in Wirral

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, estate agents, clinics & health centres, libraries, solicitors, builders merchants, public houses, hotels & homes.

"Love Wirral" The Monthly Business & Community Magazine.
Telephone: 0151 513 1279 or email: info@love-wirral.com

"Love Wirral" is produced by an independent organisation; which is not connected to any other organisation, publication or groups. All material is copyrighted and no part of this publication may be reproduced or transmitted. In any form or by any means, electronic, photographic or otherwise, or stored in any retrieval system of any nature without the written permission of the copyright holder. Please note that we do not endorse any products or services of any advertisers. All advertisements and their content are accepted in good faith. Responsibility for copyright and the accuracy of the information provided lies with the advertiser.

Younger Chiropractic Clinic

- Treatment for all ages -

14 Thingwall Road, Irby, Wirral CH61 3UE
0151 648 7878
www.wirralchiropractor.co.uk
/wirralchiropractor
@wirralchiro

Joint, Muscle & Nerve specialists, with expertise in the following:

INITIAL CONSULTATION JUST £5

Neck & Shoulder Pain

Elbow Pain

Wrist Pain

Back & Hip Pain

Knee Pain

Foot & Ankle Pain

- Warm and friendly Staff
- Fully GCC & BCA Registered
- Masters Qualified
- Accepted by most major insurance companies
- 93% of our clients get results in just 3 weeks!

THE OC BAR at KNOCKALOE HALL

Winter Warmer Deal

2 Meals in JANUARY for £10* on the Winter Warmer range plus a bottle of house wine is 1/2 price

*Starts January 2nd 2015

We wish everyone a Happy New Year and a big thank you for your custom.

Find out more about our events! Check our website at www.theocclub.co.uk

E reservations@knockaloe.co.uk | T 0151 328 5690 | F 0151 327 4601 | W theocclub.co.uk

28 BRIDLE ROAD BROMBOROUGH WIRRAL CH62 6AR