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The Monthly Business & Community Magazine



September 2015
Issue 43

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WIRRAL
FOOD GUIDE
Page 40

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Cover of West Kirby by Andrew Crothall
www.andrewcrothall.co.uk
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Dear Friends,

Summer turned out to be quite nice in the end, thankfully!

Children are about to go back to school, ready to start their new year, good luck to all the children moving up to High School!

We have had a busy month at Love Wirral Magazine, we also enjoyed a visit to Wirral Hedgehog Rescue, have a look at the article on page 50. It was lovely to see all the little ones growing up although we weren't allowed to touch them, as they are wild animals and will be released as soon as possible. We took lots of tins of dog food and baby wipes, maybe you could donate some too?

Enjoy a lovely September!

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Advertising Rates on page 74

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 Whitty 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.

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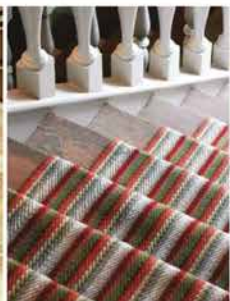
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ROVER WATCH



Tranmere made a brilliant start to life in the non-league, with victories over Woking and Gateshead helping a freshly assembled squad hit the ground running. Many of the new recruits made strong first impressions, while manager Gary Brabin won his first two competitive matches, something no Tranmere manager had done since Brian Little in October 2003.

The first of those games was at home to Woking, a decent side that finished just outside the playoffs last year. This was Tranmere's first match outside the Football League since 1921, and a fantastic crowd of 5,583 assembled at Prenton Park, by far the largest anywhere in the National League that day, and more than five times what some rival clubs generated. Among the number were over 2,500 season ticket holders, a tribute to Rovers' magnificently loyal supporters, who've stuck with their team despite successive relegations.

There was a tremendous atmosphere inside the stadium throughout, with excellent weather contributing to a poignant scene, as Wirral once again united behind its premier sports team. The game was often attritional, as Rovers struggled with nerves and Woking appeared determined to make the most of their big day out. In fact, after a prolonged midfield battle, the visitors created the best chance of the first half, when John Goddard saw his shot cleared off the goal line by Tranmere defender Matt Hill.

However, during the half-time interval, Brabin seemingly cajoled an improvement from his players, who pressed higher up the field and gained greater control of possession in the second period. Meanwhile, the Woking players were deflated by a horrendous injury to star striker Scott Rendell, who sustained season-ending knee ligament damage in a first half collision.

On 58 minutes, Rovers won a free-kick twenty yards from goal. Up against part-timers, the hosts' extra professionalism told, as a rehearsed set play yielded the first goal. Liam Ridehalgh and James Norwood feigned to shoot directly, wrong-footing the Woking defensive wall, before captain Steve Jennings tapped the ball square to central midfielder partner Jay Harris, whose phenomenal strike veered sweetly into the top corner, sending Prenton Park into absolute delirium.

In a display of refreshing steel, Rovers held on for an opening day victory. In recent seasons, the Superwhites have struggled with an unhealthy habit of throwing away leads and losing points from winning positions, so it was very pleasing to see Brabin's men close out an important victory. Indeed, it was just great to finally see Tranmere win again, something they hadn't managed at home in 168 excruciating days.

"I'm delighted," said Brabin on his first win as Rovers boss. "I thought it was important that we got off to a good start. This is where it starts now. We're going to get stronger, we're not the finished article by any means, but it's pleasing to start the season with a clean sheet and three points."

From there, Rovers had very little time to recuperate before venturing to Gateshead, which promised to be a stark introduction to life outside the Football League. However, where recent Tranmere teams would have struggled for confidence at such a venue, we saw the new regime's positive influence, as Brabin's side produced a performance of remarkable control and spirit.



After an initial period of adjustment, during which both teams got to grips with one another, Tranmere's superior quality shone through, with three goals in fourteen minutes killing the game off, to the delight of 453 fans who travelled from Merseyside. Rovers took the lead after half-an-hour, when a brilliant exchange between strike partners Andy Mangan and Cole Stockton unleashed the former behind Gateshead's defence. Mangan squared across the face of goal, where Ridehalgh, playing as a left winger, beat his marker to tap home.

Ten minutes later, Ridehalgh played a role as Rovers doubled their lead; his corner kick finding defender Ritchie Sutton, whose movement exploited a statuesque defence, and whose glancing header put Tranmere 2-0 up. It was noticeable that the entire Rovers team celebrated in unison, suggesting there is a tremendous camaraderie within the squad, something distinctly lacking at Prenton Park in recent years.

The player's mood was further enhanced when Rovers took a 3-0 lead on 44 minutes. Tranmere knocked the ball around in neat and nimble exchanges, before right-back Michael Ihiekwe arrived at the back post to ram home a teasing cross from the mercurial Ridehalgh. Gateshead managed to pull a goal back before half-time through Jon Shaw, but, in the second period, Rovers were exemplary in taking the sting from any attacks and simply coasting to victory.

However, the Superwhites did manage to add a further goal to their tally before the final whistle, when left-back Matt Hill won possession in his own half, galloped some twenty yards over the halfway line, and, from an enormous distance, unfurled a darting shot that floated over the stranded goalkeeper and into the bottom corner for an early Goal of the Season contender. It was a magical moment for Hill, who struggled with serious injury last season but always remained positive, even amid an arduous relegation battle. He deserved his moment of joy, and Rovers deserved their emphatic 4-1 win.

A few days later, Tranmere were finally dealt something of a reality check away to Braintree Town, who set out specifically to stifle any fluidity from their illustrious opponents. Before a minuscule crowd of 838 in Essex, Rovers struggled for tempo and continuity, with the hosts quick into tackles and a messy midfield battle consuming much of the ninety minutes. Chances were few and far between, but Tranmere substitute Adam Mekki had perhaps the clearest opportunity deep in stoppage time, but his effort was ultimately tame as the final whistle blew on a fairly mundane result.

Nonetheless, Gary Brabin will be pleased with his start as Rovers manager. The opening fortnight was always destined to be tough for Tranmere, who, following relegation to the fifth tier, were in for a rude awakening against Woking, before trips to either end of the country against hardened opposition in Gateshead and Braintree. Thus, to have travelled 850 miles in the space of five days and still managed to keep two clean sheets and accumulate 7 of a possible 9 points, is an achievement to be content with. It provides Rovers with a firm footing from which to build their promotion challenge.



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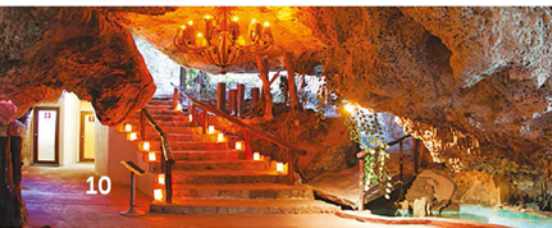
DID YOU KNOW?

1. Vultures often vomit when threatened or approached. It lightens their stomach load to make take-off easier.
2. The world record for the largest number ever counted to belongs to Jeremy Harper. He streamed the entire process online and raised money for charity. He reached 1,000,000. It took him 3 months.
3. George Washington was worth US\$525 million in his day, when adjusted for inflation.
4. Bolivia was named after Simon Bolivar, a military leader who led Colombia, Venezuela, Ecuador, Peru, Panama and Bolivia to independence.
5. The name "Argentina" comes from the Latin word for silver, argentum. The original European settlers believed the country was full of silver.
6. Snakes don't have eyelids.



7. Tim Harris, the owner of "Tims Place," is the only person with down syndrome to own a restaurant in the U.S.

8. Abraham Lincoln wore size 14 shoes, the biggest in U.S. president history.
9. The current library at Alexandria has a copy of all the web pages on every website on the Internet since it started in 1996.
10. Vultures have stomach acid so corrosive, they can even digest anthrax.
11. London's Big Ben clock tower is leaning much like the Tower of Pisa.
12. Killing someone to prevent the theft of property is legal in Texas.
13. Since 2007, an unfinished skyscraper in Caracas, Venezuela, has been re-appropriated by squatters into a vast 'vertical slum' which now includes grocery stores, hairdressers, and an unlicensed dentist.
14. Steve Jobs did not let his kids use iPads and limited their use of technology to a minimum.
15. There is a 6000-year-old tree in South Africa that has a bar inside.



16. The cost per flight hour for Air Force One is US\$206,337.
17. Harry Potter's author J.K. Rowling lost her billionaire status because she donated so much of her money to charity.
18. The symbol "lb" for pound comes from an abbreviation of the constellation Libra, the scales.
19. It is estimated that only 2% of all humans have green eyes, making it the rarest eye colour.



20. Lancaster, Pennsylvania, was the U.S. Capital for just 1 day September 27, 1777.
21. In 1999, the U.S. government paid the Zapruder family US\$16 million for the film of JFK's assassination.
22. The term "astronaut" comes from greek words that mean "star" and "sailor."

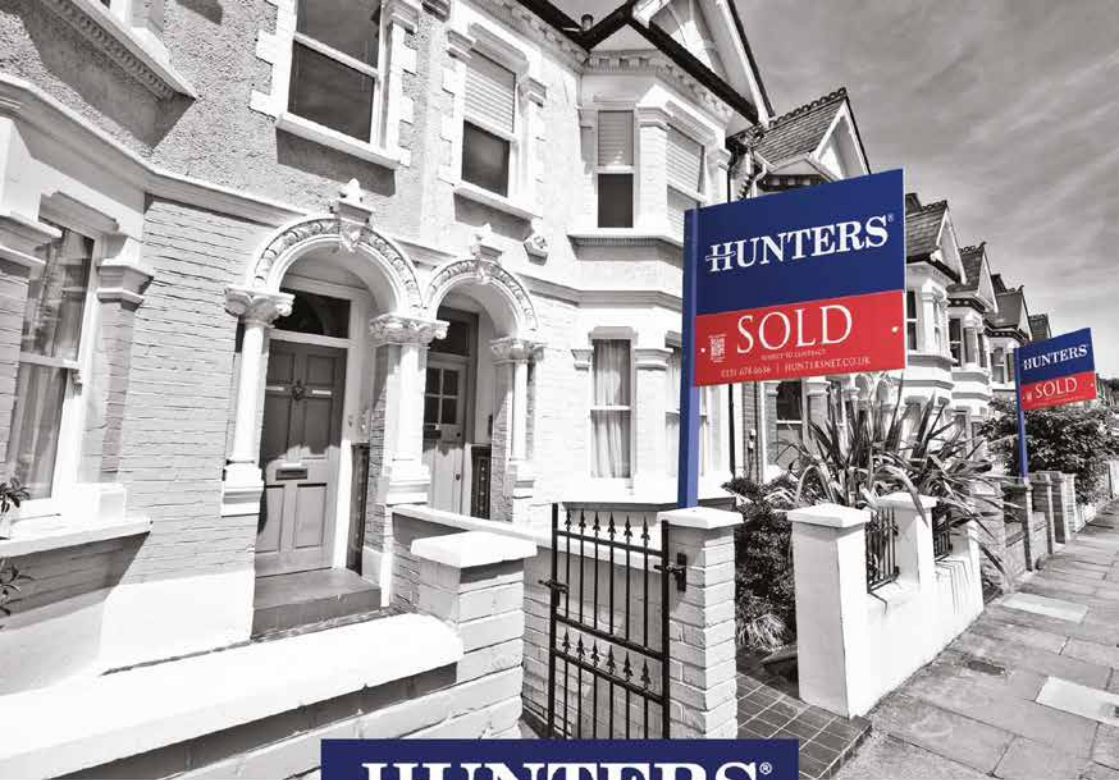


23. The highest wave ever surfed reached a height of 24.3m (80ft).
24. The world's largest swimming pool is in Chile. It's 1,013 m (3,323 ft) long and contains some 250 million litres (66 million US gallons) of seawater.
25. In 1986, Apple launched a clothing line.
26. German chocolate cake isn't German. It's named for Sam German, an American baker.
27. Spiders, lobsters and snails have blue blood due to the presence of hemocyanin which contains copper.
28. There are 16,000 recognized species of bees.



29. Diamonds are not forever. Under very high heat, they turn into graphite, the stuff of pencils.
30. A grizzly bear has to eat almost 20,000 calories a day.
31. GPS is owned and controlled by the U.S. Government. It can be 'switched off' at any time.
32. During the Vietnam War, American troops would eat small amounts of C4 plastic explosive to get high.





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What makes the perfect

FAMILY GARDEN?

When considering the perfect garden most of us want perfect manicured lawns, pretty, neat flower beds and perhaps a charming water feature. But how useable is a garden where everything has its place? And how much can kids enjoy it?



Children can learn a lot from playing in the garden.

The typical British garden is all about a nice patch of lawn and a good stock of summer flowers, perhaps a patio for BBQs and maybe even a swing. But thinking about how your garden will really work for you can turn the typical backyard in to a family paradise, whether large or small. Observe how children use a garden - they touch, smell, taste, they run around and they pull up flowers. Little girls love daisies as much as they love roses, little boys like getting down in the grass as much as playing on a swing. Banish ideas about neat, straight lines, weekly mowing and coordinated colours. If you have a lawn why not leave a section wild and unmown? Here bugs will breed, frogs might hide and wild flowers and grasses will sow, children and adults alike will love laying in the tall grass, family pets will hide in it and bound through it.



Ponds are often considered a no-no in a garden where young children will play. However, it is a shame to miss out on lovely water lilies, an abundance of newts, croaking frogs and their jelly like spawn. Children learn not to go near water if dangers are explained to them and fencing can keep them away from an untimely splash. Supervised pond dipping can offer an afternoon of fun as can rearing tadpoles in a jar afterwards.

When it comes to planting beds, pick plants for their colour and the way they feel, things that smell unusual or beautiful or are edible. Use tall, round alliums, spiky grasses, aromatic herbs, smooth, furry lambs ear, plumes of astilbe and cut and come again lettuces, don't be afraid to mix vegetables in to flower beds, plant edible flowers such as nasturtiums, sweet peas or asters in bright, garish colours which can be picked without issue. Avoid those plants that are irritating or poisonous and learn the names of everything you plant to teach to small children learning new words - plant names are exciting and unusual to curious little people.

In the same way, fill your garden with piles of logs, upturned pots and large rocks under which spiders, caterpillars, ants and beetles can be found or even in which hedgehogs can hide. This will encourage young children not to be afraid of bugs and creepy crawlies and help to teach them about basic biology. Not to mention hours of fun catching butterflies or counting spots on ladybirds.

Beauty in a garden doesn't have to mean pink climbing roses, neat rows of cabbage or modernist sculpture, in a family garden it's beauty should be in discovery, excitement and usability and there's nothing neat and tidy about that.



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How to Increase Women's Fitness & Health



There is a growing awareness and concern about Women's Health and Well Being. Ideally, we should all be increasing our activity levels to become fitter and healthier. Extensive research tells us that activity will greatly improve Physical and Mental Health for each of us.

Regular Exercise will:

- Reduce and regulate your weight
- Enable individuals to become faster, more flexible, stronger and to increase stamina
- Have a beneficial effect against Depression and creates a positive state of mind
- Improve physical strength and muscle tone – reducing potential injury, backache etc.

Here are a few simple ideas to increase **YOUR** activity levels. If it is impossible to do this alone, there are also suggestions that enable you to exercise with your children, friends or family members.

- **Regular exercise:** do a little each day!
Try something as simple as walking. It will not only make you fit, it will really make a difference to your health and lifestyle. Aim to walk to, and from school with the children. Alternatively, if you have to drive, park further away from your work/school destination and walk.
It all adds up.
- **Family Time:** Get out to the local Park, Promenade or Wirral Way for 20 minutes or 1 hour of activity time together. Try Cycling/Jogging/Roller Blading/Scooters/ Skateboards/ Walk etc.
- **Find a friend to join you on a walk or jog.** This is great way to chat and catch up, whilst exercising. If you are on your own, put your favourite music on your iPod and enjoy it while walking etc.
- **Find a new Sport or Activity that the whole**

family can do together – Bowling, Climbing, Paintballing, Crazy Golf and lots more. **Fact:** research informs us that children respond to adults who lead by example and encourage them to exercise: children are therefore less likely to be overweight as they get older.

- **Join a weekly class:** once 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! There are a vast array of classes from different styles of Yoga, Martial Arts, Dance, Pilates, Zumba and....many more! Did you know that after a session, your metabolic rate remains high for many hours, so you continue to burn calories?
- **Sign up for a Charity Event.** Setting a goal will motivate you to get fitter, train and prepare for a Run, Walk, Cycle, Swim, Triathlon or other Challenge. These Events are usually for beginners, intermediate or experienced individuals.
- **Personal Trainer** – there are plenty of qualified Instructors around that can offer 1-to-1 training.

Lots of people find this personalised factor 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.

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MANAGE PET STRESS



Photo courtesy of Getty Images

Avoid bad behaviour brought on by fear, anxiety

Bad behavior by your four-legged family members can create disruptions that range from a minor nuisance to full-out frustration. In fact, leading veterinary organizations report that behaviour problems are the leading cause of pet euthanasia and account for as much as 80 percent of pet abandonment.

Warmer weather fosters many of the activities and situations that can bring out the worst in pets such as family travel, loud noises from increased activity in the neighbourhood or fireworks, and ceaseless barking in the yard or on a walk.

Fear and stress are common triggers for behaviour problems in pets, so taking steps to reduce the impact of scary and stressful situations can make a big difference.

Travel

While some pets can't wait to hop in the car and take off, others experience stress and fear from travel. For some, it is the motion of the vehicle, and for others it may be the fear of unfamiliar environments. With a grasp of basic commands, as well as a little planning on the part of the owner, your pet can enjoy a more comfortable travel environment.

- Keep your pet in a carrier during the journey. Include a favorite blanket or toy in the carrier to increase comfort and provide reassurance.
- Set the carrier out several days in advance, leaving the door open to allow your pet to explore it without fear of immediate departure.
- During the journey, allow your dog to exercise and relieve themselves every two hours. For cats, put a litter tray in the car, along with some water, and allow them to roam free in the car every few hours.
- The calming effects of pheromones are a proven way to help reduce the fear that traveling can cause in dogs and cats. A SENTRY Calming Collar with its soothing lavender chamo-mile fragrance contains pheromones that help to reduce fear and make traveling less stressful for pets. This is especially important if the journey is longer than three hours.

Loud noise

Loud noises such as thunder or fireworks can create extreme stress and fear that cause not only emotional distress, but also dangerous behaviors like trying to escape or becoming destructive. Avoid forcing your pet to stay with you and "get used to" the loud noises that are terrifying him. Instead, try a few of these recommendations:

- Create a safe place for your pet to come and go freely based on the area that he tries to go when he becomes frightened, such as the basement, your bedroom or behind the sofa.
- Make your pet's safe place extra therapeutic with a SENTRY Calming Diffuser that continuously emits calming pheromones in the immediate environment to help pets feel relaxed and safe.
- Run a fan or radio to help distract from the noise they fear.
- Try distracting your dog with favourite toys or activities just as he becomes anxious about the approach of a storm or sporadic firework sounds.

Barking incessantly

There are many reasons a dog might bark incessantly, preventing you from enjoying the company of guests, annoying your neighbours and leaving you feeling irritated.

Signs of Stress in Dogs and Cats

Like people, pets respond differently to stressful situations, and circumstances that one pet copes with easily can create extreme duress for another.

- Destructive behavior such as chewing furniture and other items in the home
- Excessive barking, both inside and outside the home
- Urinating and defecating around the house
- Sudden displays of growling, snarling and even biting family members that your dog is normally affectionate toward
- Physical signs of illness such as vomiting, diarrhea, loss of appetite, skin allergies, excessive licking and pulling out clumps of fur

When it comes to cats it can be more difficult to pick up signs of stress because signals such as hiding or sleeping out of sight are normal behaviors. Sometimes the escalating level of feline stress is gradual. Be aware that these situations can cause cats to feel stressed:

- Loud music
- Strangers in the home, such as repairmen
- A barking dog or new pets
- New family members, such as a baby and visitors
- New furniture
- A change of food or litter type
- A dirty litter box

In some cases, the fix is simple – turn down loud music or move pets to a different part of the house when guests visit, for example. Other times, more significant behavior training or tools such as pheromone therapy are necessary to ease your pet's distress.

Animals produce pheromones in response to stress, alarm or danger that change the behavior of another animal of the same species. Pheromone collars, diffusers and calming sprays, such as those made by SENTRY, mimic the pheromone that the mother dog or cat produces to calm and reassure her young and are recognized throughout life. When used by pet owners, pheromones are a safe, efficient and convenient means of behaviour management.

- Tell your dog to stop barking and wait to make sure he completely accepts this command.
- Give your dog plenty of exercise through active play, walking or running to ensure pent-up energy isn't driving your dog to bark. After correcting the behavior, activity can also help redirect a barking dog's attention.
- If underlying stress is the cause of your dog's barking, pheromone technology can be an effective tool. Try using SENTRY Calming Spray, which contains a soothing pheromone to help reduce fear and calm pets, in your pet's area to encourage him to lie down quietly.
- If your dog is barking for attention, ignore him until he quiets, then give a treat or reward to reinforce the "no barking" behaviour.

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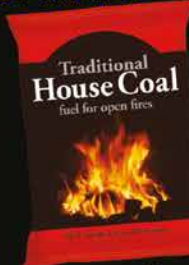
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HELPING HEDGEHOGS IN THE GARDEN

FACT FILE

If your dog has fleas - don't blame the hedgehogs in your garden. Hedgehog fleas can only survive by living on hedgehogs!

If you've got a garden, hedgehogs are useful visitors. They will eat slugs, beetles, caterpillars and a variety of other insects.

To attract hedgehogs to your garden you can try providing a natural shelter using log, leaf and compost piles (always check before moving the pile or having a bonfire) or allow patches of bramble to grow up, creating 'wild' areas. You could also place a piece of board against a pile of bricks to form a type of bivouac or buy a purpose built hedgehog house.

Hedgehogs can travel around a mile every night so, to provide access to enclosed gardens, try cutting holes in fences, removing bricks from walls, or digging tunnels under the garden boundary.

This will allow local hogs to move freely in and out of your garden. Food and fresh water laid out between February and October will encourage visiting hedgehogs to return regularly. You could try leaving out food such as minced meat, fresh liver, tinned dog food (not fish-based), or even scrambled eggs. Remember to check and replace the food and water daily and dispose of food if not eaten.

Hedgehogs like milk but it may give them diarrhoea. So it's best to give hedgehogs plain, fresh water each night in a shallow bowl. They should never be given cows' milk.



Hedgehog friendly gardening...

GARDEN PONDS can be death traps to small animals - make sure there is always an easy route for hedgehogs to climb out of the water. Steps built out of house brick or wire mesh are often used in ponds. Alternatively, make sure the pond has a gentle slope on at least one side. Ideally, swimming pools should have shallow steps and a tight-fitting insulating cover should be used overnight. Remember to check your pond or pool every day!

STRIMMERS should be used sparingly under hedges and in other areas of undergrowth and always make sure you check any areas you want to cut or trim before starting - hedgehogs and other animals are likely to be resting there during the day.

DRAINS and similar open holes frequently trap unwary hedgehogs and they can starve if they are not rescued. Keep all drain covers in good condition and cover any open holes.

LITTER is a real hazard - hedgehogs frequently get their heads stuck in tins, plastic bags, binders from drinks cans or discarded yoghurt pots - make sure you dispose of your rubbish safely. Bin bags left on the ground will also attract hedgehogs, they might try to nest in them and get put out with the rubbish!

NETS particularly those used for tennis, football or cricket, must be furled well above the ground when not in use - hedgehogs often get entangled and die of starvation. Fruit nets are a similar source of danger but can be kept taut to stop animals getting entangled. Make sure all barbed wire is also kept off the ground.



10 different hedgehogs may visit a garden over several nights, which could mean that 'your hedgehog' may in fact be a number of different individuals visiting at different times.

FACT FILE



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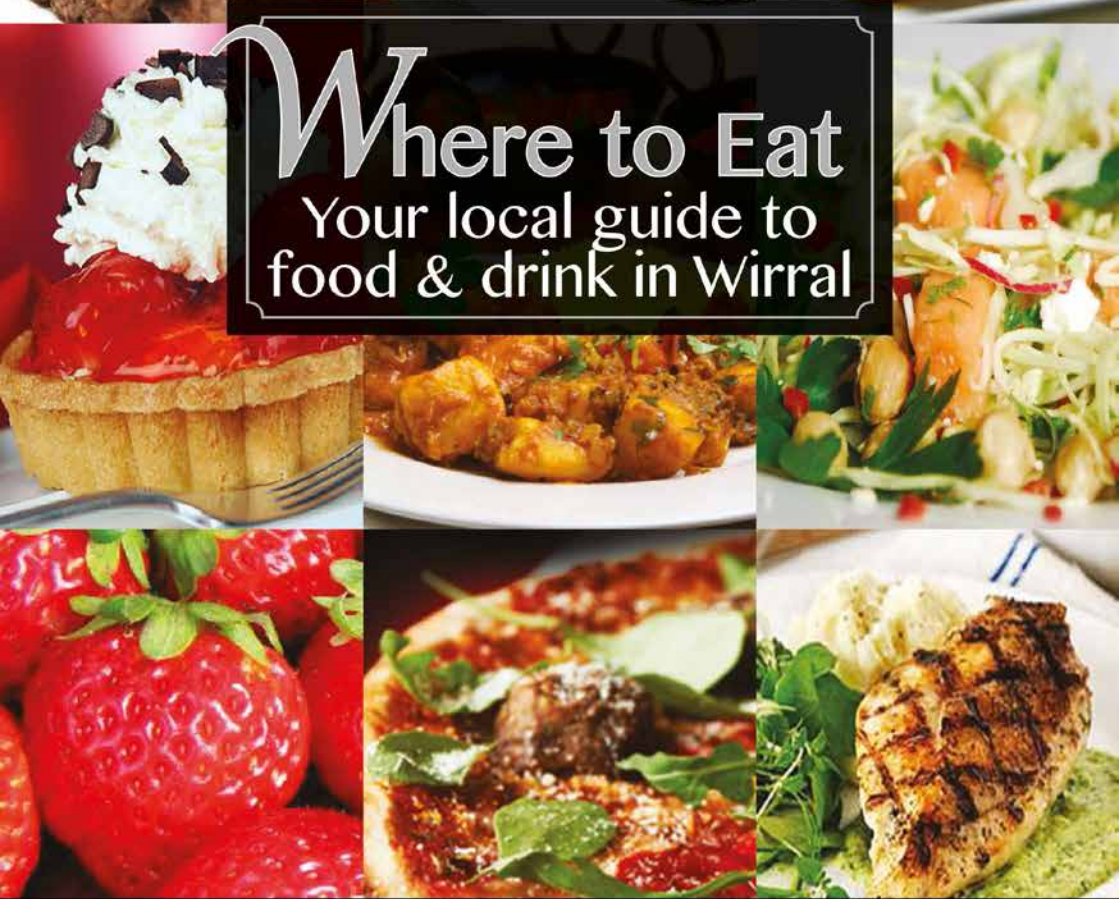
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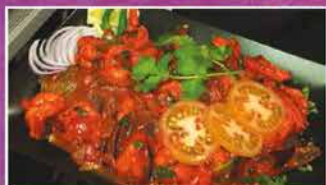
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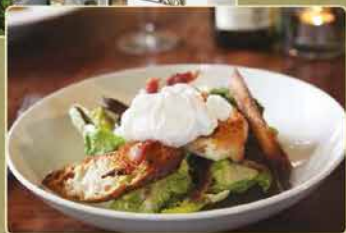
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FRESH TAKES ON KID'S FAVOURITES

As the kids head back to school, there's no better time to make a fresh start in the kitchen, too. Substituting nutritious ingredients such as sorghum in your favourite grain-based foods is an easy way to upgrade your family's menu this autumn.

Some of the traditional snacks kids love most – such as cakes, cookies and doughnuts – can all be prepared using sorghum, a gluten-free cereal grain grown throughout the world. This highly versatile ingredient is naturally high in fibre, iron and protein, and can be used

in a wide range of preparations. In fact, white food-grade sorghum can be milled directly into whole grain flour to produce foods such as brownies, pizza dough, pastas, cereals, pancakes and waffles.

Whether it's a power breakfast to fuel the day, a sweet lunchbox treat or a tasty after school snack, these recipes showcase how simple it can be to give your kids' favorite treats a nutritious makeover they'll be thrilled to sample.

For more nutritious back to school recipes and tips for cooking with sorghum, visit www.HealthySorghum.com.

Sorghum Pancakes

Recipe provided by Barbara Kliment

- 1 3/4 cups sorghum flour**
- 1/4 cup cornstarch**
- 3 teaspoons baking powder**
- 2 teaspoons sugar**
- 1/2 teaspoon salt**
- 1/2 cup powdered buttermilk**
- 2 eggs**
- 3 tablespoons melted butter**
- 1 1/2 cups water**

Heat oven to 200°F. Combine dry ingredients. In separate bowl, beat together eggs, melted butter and water; add to dry ingredients and mix just until well blended. Heat large skillet or griddle over medium-low heat. Spray pan with cooking oil. Wet fingertips under faucet and shake them over hot griddle.

If water droplets "sizzle," heat is right to begin making pancakes.

For large cakes pour 1/4 cup of batter into pan; for small use 2 tablespoons of batter. Cook until bubbles form on top; flip and cook until golden brown on bottom. Transfer to baking sheet and keep warm in oven while making rest of pancakes. Serve warm with butter and syrup.

Chewy Oatmeal Toffee Cookies

Recipe provided by Kate Lange

- 1 cup butter, softened**
- 2 eggs**
- 2 cups light brown sugar**
- 2 teaspoons vanilla extract**
- 1 cup sorghum flour**
- 3/4 cup unbleached white flour**
- 1/2 teaspoon salt**
- 1 teaspoon baking soda**
- 1/8 teaspoon allspice**
- 1 1/2 teaspoons cinnamon**
- 1/8 teaspoon cloves**
- 3 cups oatmeal**
- 1 cup coconut flakes**
- 1 (10-ounce) package of almond toffee bits**

Heat oven to 375°F. Lightly grease cookie sheet. Cream butter, eggs, brown sugar and vanilla in large bowl until light and fluffy.

Mix flour, salt, soda, allspice, cinnamon and cloves; add to butter mixture. Beat until well blended. Stir in oatmeal, coconut and toffee bits with spoon. Drop by rounded teaspoons about 2 inches apart onto prepared sheet. Bake 8-10 minutes or until edges are lightly browned. Cool 1 minute; remove to wire rack.





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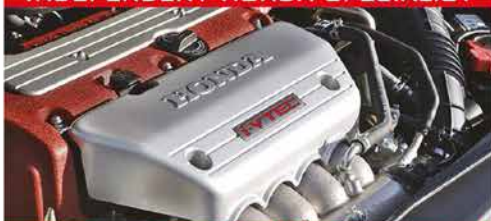
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COMMUNITY NEWS

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Caroline pictured with 'Howard', a lovely friendly little fellow, a rescue hedgehog who has lost one eye and is blind in the other. Howard is not safe to live in the wild now so lives freely in the secured garden of one of the volunteers.

Who can resist these cuties?

They don't do anyone any harm and happily mooch about, I know they always bring me a smile! Unfortunately, they are on a serious decline and many are killed each year, lots of them are injured and get poorly too.

After nursing a poorly hedgehog back to health 10 years ago, Caroline Howe has been rescuing them ever since!

She runs Wirral Hedgehog Rescue, where she has super facilities for the hogs that she helps all year round. Over the years Caroline has helped hundreds of hedgehogs back to good health before releasing them back to where they were found.

Caroline uses **Church View Vets in Neston and Heswall**, who provide great medical service and assistance, for which Caroline and the hogs are very grateful.

If, like me, you would like to give help to the hedgehogs, Caroline always needs supplies of cat or dog food (meat or poultry flavours), kitchen towels and wipes - all very gratefully received!

Please email Caroline at wirralhedgehog@gmail.com

Alternatively, you may wish to make a donation towards the medical expenses (any amount makes a big difference) you can nominate your donation via PayPal to:-
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Home to many of the rescued hedgehogs at Carolines home.

Neston and District Christian Aid

Neston and District Churches have again been busy this year, raising money for others. The sponsored walk in March raised £1,871 - slightly less than in 2014. Lent Lunches raised £230, and Count Your Blessings produced £348.

During Christian Aid week in May the house-to-house collection raised £8,505 - nearly a thousand pounds more than in 2014. Lynne Vaughan, Christian Aid Week Organiser, said 'This is a splendid amount, and we are most grateful to the volunteers who knocked on doors, and to the people of Neston and District who gave so generously'. Sainsbury's bag-packing & collection raised £533, and Gordale collection raised £341 - both more than in 2014. All this resulted in a total of £9,445 for Christian Aid Week.

In addition churches raised £732 towards the Nepal earthquake appeal.

Treasurer Eileen Ward said 'Many thanks to all who helped in any way to achieve these excellent results, offering a helping hand to people all over the world who are very much less fortunate than we are'.

The picture shows a few of the walkers on the 2015 sponsored walk about to set out from the United Reformed Church.

The Rotary Club of Birkenhead



Telephone Club Secretary on
0151 652 8170



Service before self

New President

Past President of Birkenhead Rotary Bill Lynn, who has been warmly praised by Club members for his Presidential year, is pictured left congratulating the newly elected Club President Hugh Lloyd, a past Mayor of Wirral and Rotarian since 2000.



Rotary Community Awards



Pictured from left; Susan Kirkham, Chair of The Rotary Club of Birkenhead Community Committee, Sally Thompson displaying her Rotary Community Award, Rotarian Hugh Smith, Organiser of Birkenhead Disabled Persons Swimming Club, Ann Pointon, Community Award recipient and Hugh Lloyd, President of Birkenhead Rotary.

Two Bebington residents have been presented with Rotary Community Awards for their contribution assisting attendees of the Birkenhead Disabled Persons Swimming Club, which was launched over 50 years ago by Rotarians.

Ann Pointon commenced helping around 25 years ago, initially to transport a young lady swimming club member and a family friend. Organiser Hugh Smith commented; "Ann got totally involved looking after those members who needed support and continued even after her disabled friend stopped swimming. Years later Ann was joined by Sally Thompson. Both ladies have made a huge contribution to the Club and Birkenhead Rotary Club is delighted to recognise their work by presenting these awards."

Visit from Denmark

A group of Rotarians are pictured welcoming back Ida Moos, a past member of Birkenhead Rotary. Ida, pictured in the centre, has now moved back to Denmark to live with her daughter Dana but is in regular contact with her Rotary friends.

A special coffee morning was held, attended by President Hugh Lloyd, Rotarian David Martin and other club members.



Winning Smile

Rotarian Allan Williams is pictured being presented with the Lees golf cup by Peter Davey, the RIBI (Rotary in Britain and Ireland) President, who was visiting the Birkenhead club for lunch as part of his tours of Rotary Clubs during his Presidential year.

Allan beat off some seasoned Rotarians to win the cup for the first time. The competition is held to mark the appointment of Birkenhead's new Rotary President.



The sponsors, The Rotary Club of Birkenhead, reserve the right to use the winning images to promote the competition and Rotary.

www.BirkenheadRotary.org



COMMUNITY NEWS

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Bike & Go Comes to Bidston Station



Bike & Go, the country's only national bike hire scheme, is to add Bidston train station to its stable of bike hire facilities - just weeks before its second anniversary.

Bidston will be the 19th location on the Merseyrail network to offer bike hire, and demand is expected to be high from residents, visitors to the area, and commuters, as the cycling season gets into full swing.

As locals know, the area is an ideal location for cyclists, with Bidston Moss Nature Reserve situated next to the station, while National Cycle Route 56 - which runs from Chester to Liverpool - is also close by. The picturesque route takes in country lanes, a former railway track bed, a coastal path and a seaside promenade.

The new bike hire facility also offers the opportunity for those enjoying a daytrip to Wales to pick up a bike, allowing them to explore further afield.

Bike & Go Director Kaj Mook said: "We're delighted to be adding Bidston to our expanding collection of stations offering Bike & Go, providing users with a means of reaching their final destination as well as the chance to see more of the area by bike."

With a daily rental fee of just £3.80 for 24 hours, plus a £10 annual subscription cost, Bike & Go offers an enjoyable and easy way to experience the area, or even just to complete a train journey by bike.

Users simply need to register their card details online and pay the annual subscription fee. They will then be emailed a user number, which they can take along to their desired station's ticket office to verify their subscription and allow immediate bike hire.

To find your nearest bike hire location go to:
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ELLESMERE PORT TREFOIL GUILD

Tuesday, 29 September 2015

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Whitby United Reformed Church
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This month's meeting will be a presentation by Jenny Hope on the 'History of Tapestries'

Further details: Irene, Chair, Ellesmere Port Trefoil Guild.

Tel: 0151-355-5479

Visitors always welcome.

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last month at their fundraiser event in aid of Hospice of the Good Shepherd & McMillan Nurses and would like to thank all local businesses and people who helped raise such a generous amount.



Birkenhead Choral Society will celebrate its Diamond Jubilee

Our first concert takes place on

Saturday November 14th at 7.30pm

at St Saviours Church, Bidston Rd, Oxtou

when we will be performing Bach Magnificat, the Vivaldi Magnificat and the Haydn St Nicholas Mass. **Tickets costing £10** are available from Tapleys, Bebington; Lingham's, Heswall; Usher Travel, Wallasey, The Green Community Shop, Oxtou or by ringing 0151 638 6469. Under 19s are free.

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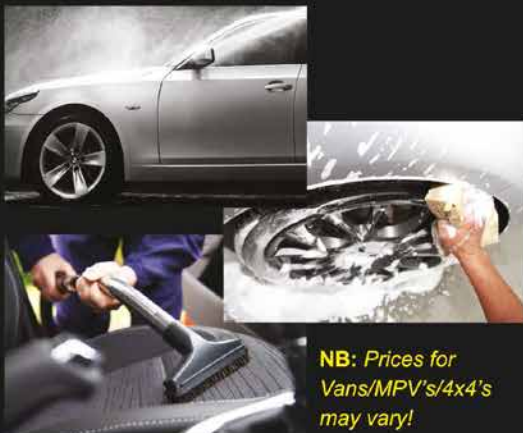
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COMMUNITY NEWS

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The next meeting of Neston Civic Society will be **Walking with Florence** (the city, not the lady) by John Corfe.

The meeting is on Thursday, September 17 at the United Reformed Church Hall, Moorside Lane NESTON CH64 6UZ.

Contact: Janet Griffiths 0151 336 5478, email janet.griffiths.ncs@googlemail.com Visitors and new members are always welcome.

Recent talks have been by wildlife photographer Gordon Yates on Arctic and Hebridean Odyssey; by Andrew Miller, member of parliament until May, on The Future of Neston; local house-owner Naomi Nuberry on her family's new build dream home and local builder Stuart Jones on converting a derelict Victorian slaughter house to a pair of cottages, in Neston's Grand Designs III; and by Age UK advisor Anne Jones on Options for Old Age in the Neston Area.

In addition to public meetings, the committee meets every month to comment to Cheshire West & Chester on local planning applications. They recently gave comments to Neston Town Council on the draft Neighbourhood Plan. The Society have again joined with Neston Town Council to enter Neston & Little Neston in the Cheshire Community Pride competition (which they won in 2008) and organise litter-picking and weeding parties to help keep Neston looking good. The Society publish the Neston Town Trail leaflet, available free from Neston Library and Town Hall.



Andrew Miller MP, with Lindsey Hinks (Secretary), Janet Griffiths (Treasurer) and Rob Ward (chairman) at the March meeting.

Shaftesbury Youth Club



Shaftesbury Youth Club, or "Shaftes" as it is known locally, is a long established and successful youth club offering a wide range of activities for young people. Based alongside Tranmere Rovers Football Club in Birkenhead, it provides both indoor and outdoor activities for boys and girls aged 8 – 18yrs. It is fully accessible for wheelchair users. Grassed pitches and artificial pitches are available and in the near future an outdoor MUGA (Multi Use Games Area) is to be installed.

The youth club is open every evening from 6pm – 9pm with Friday being the most popular. The new bouncy castle and new "last one standing sweeper" are proving to be very popular activities.

This season 13 football teams of all ages will be representing Shaftes in local soccer leagues. This is complemented by the Monday night tournament sessions run by representatives of both Everton Football Club and the local Police. In addition a girls' football session is held on Tuesday evenings.

The club offers Tae Kwon-Do every Monday and Thursday, table tennis coaching on Tuesday and Thursday and an Art Club is held on Tuesday evenings for 8 -12 year olds.

DO YOU KNOW ANYBODY WHO WOULD BE INTERESTED IN COMING ALONG TO THE YOUTH CLUB?

The full time staff at the club are ably assisted by volunteers/coaches who perform a valuable role in club life. If you have a skill that you think would help the club and its young people please contact us at the links shown below. A volunteers' night was recently held at the club when volunteers were recognised for the important work they do. On Thursday 3rd September (7pm – 9pm) an open evening for people interested in becoming a new volunteer is being arranged so if you are interested in helping please come along to see the facilities and enjoy an informal evening with the staff.

Tel: 0151 608 7165

Email: admin@shaftesburyyouthclub.org.uk

HOPE FARM TREFOIL GUILD

Monday, 21 September 2015

This month's meeting be a craft evening,

'Building with Lego' 7.30pm at:

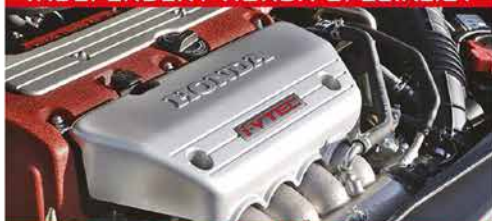
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Details: Debra Millican, Treasurer, Hope Farm Trefoil Guild.

Email: debramillican@yahoo.co.uk

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UPCOMING DATES & EVENTS IN SEPTEMBER

2015

3rd - 2pm to 4pm - Wirral Archives Service - Cheshire Lines Building, Birkenhead - FREE monthly Thursday afternoon workshops on a variety of family and local history topics, illustrated by original documents - September's talk is 'The Early Lairds' by Elizabeth Davey

4th & 5th - AAS Promenade Stages Rally - Wallasey Motor Club Promenade Stages Rally - This annual event takes on Kings Parade New Brighton. Winners of 'Wirral Event of the Year' 2014 The Promenade Stages Rally is the only closed road stage rally in the country, attracting top drivers from all over the UK to tackle this unique event with its challenging twists and turns, where being neat, tidy and precise as well as quick, can secure the win. This event offers the spectators excellent viewing of the entire stage, and allows them to get close to the cars and chat to the crews in the open service area. There is something for everyone whether it's your first time or you're a regular visitor. A great day out for all of the family For further details visit the Motor Club website www.wallaseymc.com

5th to 13th - Heritage Open Days - The Heritage Open Days are an opportunity to acknowledge and celebrate the local buildings that we often pass everyday with out a second glance. It is an opportunity for the doors of history to be opened and the heritage inside to be revealed and celebrated. For the programme of events please visit www.wirralhistoryandheritage.org.uk

6th & 20th - 1pm to 5pm - Leasowe Lighthouse Open Days - For full details of open days and events visit www.leasowelighthouse.co.uk

6th - Wallasey Food Fair - St Marys College, Wallasey Village

12th - Wirral Farmers Market - New Ferry Hall, New Ferry

13th - The Wirral Half-Marathon and 10k takes place - start in Historic Birkenhead Park then goes via Seacombe Ferry, down the Promenade to New Brighton along Kings Parade, turning to the finish on Coastal Drive. There will

also be a 10k run using part of the route. For full details including application form visit www.btrriverpool.com

17th - 6.30pm - The Old Schoolroom at the Lyceum, Port Sunlight - Tales from the Riverbanks by Stuart Irwin - Stuart talks about the story of life in the very early years of the village, featuring old stories, photos and testimonies of the first residents, how they dealt with water in their midst and what their lives were like. The talk also includes a detailed history of the Port Sunlight Swimming Pool, call 0151-644-6466 to book tickets (£5)

17th Neston Flower Show - Liz Broad from Formby with "Le Tour."

19th & 20th - The Birkenhead Park Festival of Transport - the theme is transport through the ages, particularly the Victorian and Edwardian era, featuring Steam traction engines, steam boats, steam powered fairground, brass bands, trade stands, vintage buses etc. See website www.bheadtransportfest.com for full details.



26th - West Kirby Farmers Market - St Andrews Church, West Kirby

26th to 10th October - Heswall Arts Festival - For two weeks Heswall will host art, music, drama, dance and a host of other activities. See the website www.heswallfestival.com for full details of venues and tickets.

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<http://livmacmillanfundraiser.eventbrite.co.uk/?s=42893543>

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



Above: 1926, **Heswall Station** where a Constable Mullins found three men had ripped open the station safe.



Above: Telegraph Road, **Heswall** showing the Church of Good Shepherd and a crosville bus entering the depot in the distance. c.1955



Above: The Kings Cinema in Telegraph Road, **Heswall** was taken around 1950 and was showing Alan Ladd in a film called "After Midnight". The King's Hall, built c.1912, was upgraded by John Pye in 1928 – it closed in 1958.



Left: **West Kirby Marine Lake** is pictured in 1930. In February 1931 the local council borrowed £2,450 for construction of baths in West Kirby Lake and the bathing facilities improved.



Above: Banks Road in **West Kirby** pictured in 1906 with Dee Lane in the distance and The Crescent off to the right.

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Maggie's Centres exist to support anyone affected by cancer, at any stage of their experience. You could be,



- **Currently receiving treatment**
- **Completed treatment and be in remission**
- **Dealing with issues of recurrence**
- **Dealing with the fears associated with cancer**
- **Have a family member, friend or relative of someone who has received a diagnosis**
- **Grieving for someone you have just lost to cancer.**

Our Centre is open Monday to Friday from 9am – 5pm. There is no charge for our services. We run a full timetable of activities from yoga and tai'chi to specialist group meetings to singing classes. Everyone is welcome at Maggie's.

You can find out more by visiting our website www.maggiescentres.org or calling us on 0151 334 4301 or drop into our award-winning Centre next door to Clatterbridge Cancer Centre.

We are always looking for fundraising support and there are many ways in which you can do this including,

- **Friday 4 September** – Liverpool Culture Crawl – join us on a sponsored walk with a difference as we take in the cultural highlights of Liverpool
- **Thursday 17 September** – Colours Fashion Show, Bromborough Social Club

Contact Joanne Dobbie,
Centre Fundraising Manager for further details
on all our event on 07557 284816 or email
joanne.dobbie@maggiescentres.org



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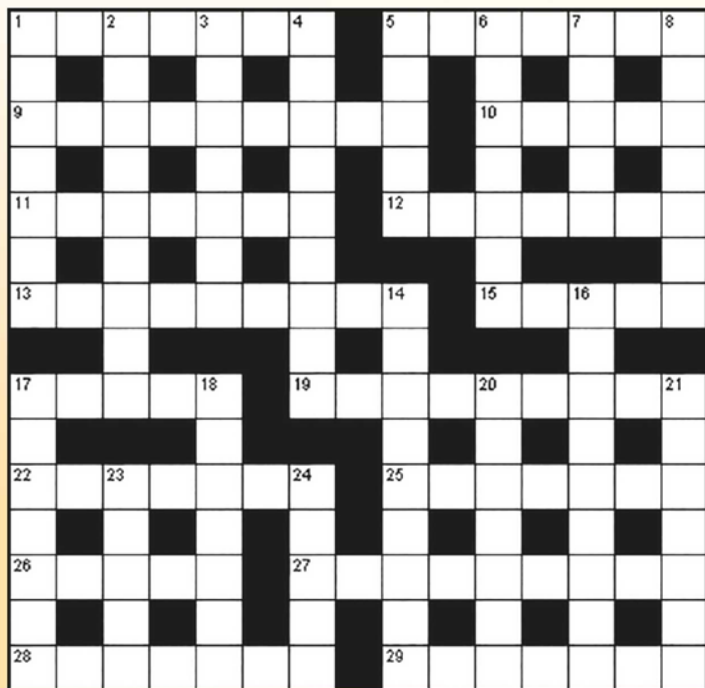
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info@cardiomyopathy.org
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PUZZLE CORNER



Down

1. Boundaries (7)
2. Be a delegate for (9)
3. Flyer (7)
4. Infamy (9)
5. In a poor fashion (5)
6. French country house (7)
7. Horrible in savagery (5)
8. A personal with confidential information (7)
14. The lower joint of the leg of a fowl (9)
16. Bum rides (9)
17. Social department (7)
18. How a snake moves (7)
20. Acrobat or tumbler (7)
21. Reverses the tape to the beginning (7)
23. Writing style (5)
24. Secretes a hormone (5)

Across

- | | | |
|--|-------------------------------------|----------------------------------|
| 1. Deal (7) | 12. Ceded (7) | 25. In an unspecified manner (7) |
| 5. Rod-shaped bacteria (7) | 13. Lead (9) | 26. Father of Methuselah (5) |
| 9. Reproduced (9) | 15. Show someone to their seats (5) | 27. Disturbance (9) |
| 10. The sharp edge at the junction of 2 surfaces (5) | 17. Mongrels (5) | 28. Smiled contemptuously (7) |
| 11. Voter (7) | 19. Child (9) | 29. Baby cats (7) |
| | 22. Biting (7) | |

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

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Autobiography

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Being brought up with strict Victorian values Ursula went on to sing in the club scene in Liverpool at the start of the Merseybeat.

Ursula always met up with the Beatles and their then manager Alan Williams at the Jacaranda Club with her nurse friends dancing the night away to the Royal Caribbean Steel Band.

Filled with colour and black and white photos of Edwardian and Victorian family members to modern day meet ups with the stars around the UK.

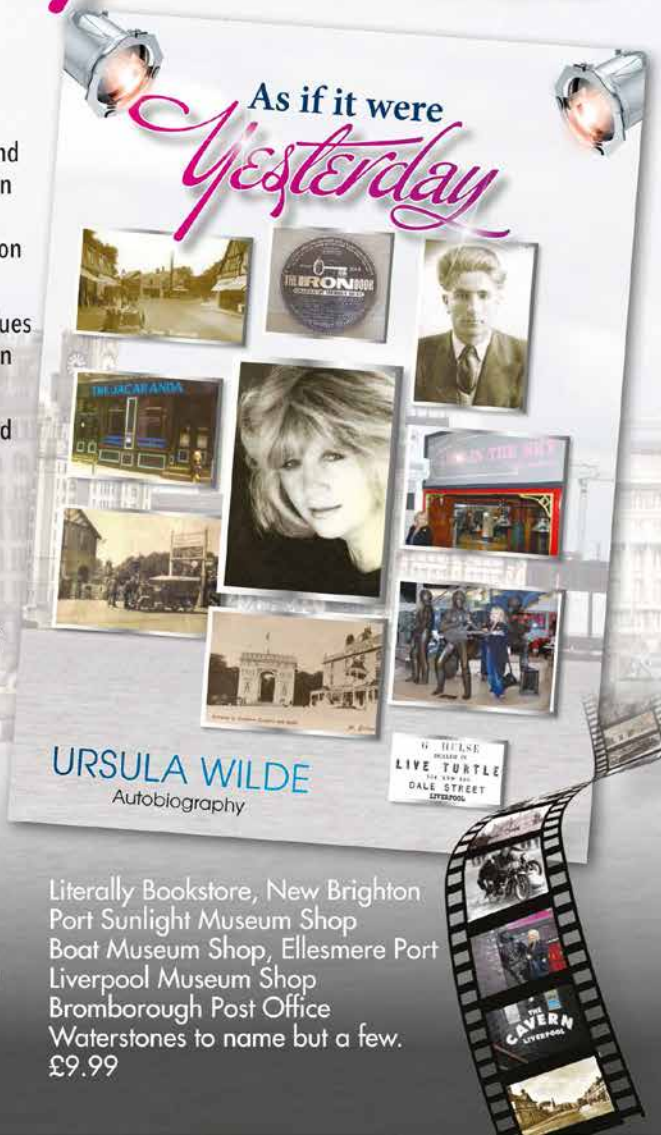
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WIRRAL RADIO MAKING WAVES

This month Wirral Radio were able to give a very special boy a birthday to remember after backing a campaign to get William Magee thousands of cards to mark his 6th Birthday.

Among the gifts was a special trip to visit his Grandmother in France with the youngster getting set to jet off to Paris!

William's mum Kelly Magee appealed for people to send birthday cards to the youngster who suffers from Duchenne Muscular Dystrophy.

Wirral Radio appealed to businesses and listeners to back their campaign and the Breakfast show were inundated with generous gifts, as well as receiving cards from all over the world for the brave little boy.

The four return flights were donated by British Airways and William was also able to have breakfast with the Liverpool Football Club 1st team, watch training and receive a private tour of the Anfield museum.

Halfords, Light Cinema in New Brighton, Chester Zoo, Brimstage Maize Maze, Gusto in Heswall, Tesco and Argos all contributed gifts as did many other loyal companies.

Wirral Radio also contacted Disney and Micky Mouse sent a bag of gifts and a very special Birthday card.

Duchenne Muscular Dystrophy is a muscle wasting disease which affects around 2,500 people in the UK and is one of the biggest genetic killers of children.

The gifts were given to William on our Breakfast show, with William's Mum taking home the giant sack of cards for William to open on his Birthday.

What a great bunch of people we are in Wirral. Thank you to everyone who helped us make this happen for this wonderful little boy and his family.



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