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Welcome to issue twenty-six of The Lake, the local interest magazine for West Kirby, Hoylake, Meols and Caldy.

We would like to thank our readers for your kind comments and to encourage you to keep writing to us with your thoughts and stories.

We’d also like to thank our advertisers without whom this magazine wouldn’t be possible – we are extremely grateful to them for their continuing support.

The Lake provides local interest and historical stories on a bi-monthly basis and we hope you enjoy it. Please get in touch if there is anything you want to see in future issues, or if you have any stories or pictures of your own that you want to share.

Contact the Editor by email: jon@lakemagazine.co.uk
Or by post to: Jon Bion, Editor, The Lake, Royal Standard House, 334 New Chester Road, Rock Ferry, Wirral CH42 1LE. Telephone 07796 945745.

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Kettle Design are now all settled in their new home in Heswall. Owner Suzanne Mercer told The Lake: “It has been great to have so many people just popping in to see what we do and have a chat about their projects.

“So far we have had enquiries ranging from fabrics for reupholstery of various chairs and sofas, designs for kitchens, plans for single and large double extensions, and purchases of some of our lovely gifts and homeware, so many thanks to you all.”

Kettle Design have their inaugural CUSHANZA! on Saturday 20th May where they will have cushions galore of all shapes and sizes. To make way for the new autumn collections many will have up to 50% off. Check their Facebook page for more details @kettledesign

Coastal Kayak Challenge making waves

This year’s Coastal Kayak Challenge will take place on 18 June – to coincide with the Coastal Walk – and the event is really starting to make waves. Nearly 40 people “took up the paddle” in 2016 and raised over £5,500 for local charities such as Claire House, the MS Society, Stick ‘n’ Step, ITU at Arrowe Park, and others. This year is set to be even more successful – in terms of both participants and raising money.

Paddling from Harrison Drive in New Brighton the route is approximately 14 miles to Thurstaston beach via Hilbre Island. But, as organiser Mike Dudley points out, you needn’t be super fit or an expert kayaker: “We have people of all abilities taking part and it’s great fun whether you’re a novice or an experienced kayaker. Everyone goes at their own pace and you can go on a double kayak to share the paddling. We can even organise kayak hire.”

From just a few hardy souls in 2011, Mike has worked tirelessly to make the event a success – and it’s worked, having raised approximately £18,000 for Claire House and other charities to date. Not only has participation increased, Mike has also gained invaluable support from local businesses, both on and off the water.

National Marine Safety Boats first came “on board” in 2016, providing safety boats and crew free of charge. Chester Kayak Hire offers kayak hire to participants at reduced rates. Two Wirral pubs support the event: The Ship Inn, Hoylake, and The Acorn Hotel, Bebington. Both host weekly meetings and will hold a fundraising night for the charities (The Acorn: 9 June/ The Ship Inn: 16 June). On 18 June, Dee Sailing Club will open its facilities and provide staff free of charge for a BBQ (catered for by The Ship Inn) – all are welcome. And many local businesses from West Kirby, Heswall, Irby and Bebington have donated raffle prizes for the charity evenings.

“The support of local businesses has been a great boost and hopefully this year we’ll raise even more money for local causes – which is the reason we do it, as well as having fun,” says Mike.

For more information visit: www.facebook.com/kayakchallengewirral

To register (£15) and pick up a sponsorship form, attend one of our meetings every Wednesday at The Ship Inn, Hoylake or contact Mike. To donate please visit www.justgiving.com/fundraising/teamkayak
Professor Hudson and the West Kirby Observatory

By Heather Chapman

Senior readers may remember the astronomical observatory that once stood in the back garden of 16 Dunraven Road, West Kirby. The observatory was clearly visible from the Ashton Drive football field, before houses were built there in the 1930s. This photograph of the 1915 West Kirby football team shows the observatory in the background.

Professor Rubenstein Hudson erected the observatory behind his Dunraven Road house. He was an astrologer and professor of music who ran the West Kirby School of Music from this address. The observatory was built shortly after the Dunraven Road houses were erected and is said to have cost £1,000. The circular building was 25 or 30 feet high, surmounted by a green copper dome. The dome was moveable, so that its telescope could follow the movement of the stars. At one time Professor Hudson worked in conjunction with the Bidston Observatory.

George Henry Hudson was born 3rd June 1866 at Eccleshill, Yorkshire. I am not sure when he acquired the additional name of Rubenstein (perhaps after the Russian composer and pianist, Anton Rubenstein), but for this article I will refer to him as Rubenstein. Rubenstein was the son of George Harrison Hudson and Eliza Hudson (nee Hunt). Rubenstein came from a musical family; his father and brother, Alfred, were also professors of music.

Rubenstein was living in West Kirby at the 1891 census. At that time he was lodging with Frederick Hunt, confectioner, and his family, who lived above the shop on the corner of Grange Road and Acacia Grove. Rubenstein’s mother’s surname was Hunt and her father was also a master baker. It seems likely that Frederick Hunt may have been a distant relation.

Rubenstein also at one time lodged with the Phillips family who lived in Birkett Road. John Phillips was a retired missionary and his three spinster daughters, Cecilia, Ada, and Amy, assisted Rubenstein at the West Kirby School of Music.

Professor Hudson was an eccentric gentleman. He was a pioneer in the district of wireless telegraphy and also a collector of china, cameos, stamps, and books. During later life he was described as having "long grey locks" of hair.

His mode of transport around West Kirby was a 1903 Humber Forecar. The Forecar was a three-wheeler vehicle based on a motorcycle. Early motorcycles did not have enough room for two riders, so if you wanted the convenience of a motorcycle but the passenger capacity of a small car, a Tandem Forecar was your best bet.

The sight of Rubenstein riding his Humber Forecar must have been a great source of interest and excitement in West Kirby.

Professor George Henry Rubenstein Hudson died in 1948 leaving behind his veteran motorcycle – a relic of a bygone age. It was bought by a Mr F C Potts of Newton and cleaned, restored and painted. It became his pride and joy and was admired by many people during Vintage Motor Cycle Runs.

A news article succinctly explained: "Under a green ‘observatory’ dome in Dunraven Road, West Kirby, worked aged Astrologer and Music Professor Rubenstein Hudson of the long grey locks. Familiar to hundreds of local people, he was a man who hitched his wagon to a star. The Professor answered the Call from aloft some time ago, but his ‘waggon’ is still earthbound. Here it is pictured by Mr A.W.Hesketh, jeweller, of Banks Road, West Kirby. The Heath-Robinson–like contraption on which the Professor used to do his shopping is a Humber tricar dated approximately 1900. It has a water–cooled engine and a terrifying tangle of controls. It came to light recently in connection with the forthcoming sale of 16, Dunraven Road."

Another treasure from this house was a ship’s bell from the cargo vessel City of Poona. This was donated to the 1st West Kirby Senior Scout Group.

Professor Rubenstein Hudson never married and left his estate to his spinster sister, Jessie Adele Hudson.
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Matt’s the Spirit

Last year Royal Liverpool Golf Club’s Matt Jordan followed in the footsteps of some great names in golf by winning the Hampshire Hog amateur tournament – and now aims to go even further.

Matt was just 20 when he claimed the prestigious title with a four-shot lead, adding his name to a trophy raised in the past by stars like Justin Rose, Sandy Lyle and Sir Michael Bonallack.

He grew up in West Kirby and now lives in Hoylake, and has been hitting golf balls ever since he could walk – hardly surprising given that he belongs to something of a sporting dynasty. His father Andy has been Club Champion at Royal Liverpool on a number of occasions, while his grandfather Tony was once captain of Wallasey Golf Club, the highest ranked badminton player in England, and a Commonwealth Games silver medallist.

Says Matt: “I started playing golf when I was three or four and became a member here at Royal Liverpool as soon as I was old enough, when I was seven. My handicap was 18 when I was nine, and has kept coming down ever since.” It’s currently +4, though it did drop to +5 during last season.

Matt has been able to throw all his energies into playing amateur golf since completing his A levels at Calday Grange Grammar School.

“I got an offer from Leeds University to study sports psychology. My dad wanted me to get that behind me, but then offered me the opportunity to try playing on the amateur circuit. My granddad has a place in Spain so I can go there to play through the winter. If you don’t play all year you aren’t really giving yourself the best chance.”

Other highlights of Matt’s season included coming fourth in the Irish Stroke Play, sixth in the Duncan Putter in Wales, and tied third in the Hampshire Salver. He was also runner-up in the Dutch Junior Open.

His Hampshire Hog victory saw hard work and ever increasing self-confidence pay off. After shooting a 67 in the morning round, Matt found himself tied for the lead and realised he was in with a chance of winning. But when he shot a triple bogey seven on the sixth hole in the afternoon, driving into trees and then thinning his approach shot into a bunker, the pressure was on.

“Experience tells in those situations,” recalls Matt. “I knew I was playing well and said to myself it was just a one-off.

“I then made a couple of pars and then on 10 I sank a 25-foot putt for birdie. That gives you momentum. I had four birdies in a 31 coming home.”

His two under par 68 for the afternoon was enough to seal his triumph by that comfortable four-shot margin. “Winning the Hampshire Hog took a bit of pressure off me in one way, but in another it raised my own expectations of what I can do and that, in its own way, is an added pressure.”

The season over, Matt felt it had gone pretty much as planned. Despite the odd disappointment, like missing the cut of the North of England at Alwoodley Golf Club, and being forced by illness to retire from the English Amateur, his Hog triumph secured one of his goals – to win a tournament; and he has comfortably exceeded his ambition to be ranked among the world’s top 500 amateur golfers – at time of writing he is 404th.

“I am taking my golf a year at a time and a competition at a time. I would love to be selected for the Walker Cup.”

The Hoylake links are the spiritual home of the Walker Cup Match, for it was Royal Liverpool where that the event was informally trialled in 1921. It would be clearly an extraordinary moment and achievement if Matt could take part and the Club wishes him well.

And will he ever join the professional ranks? “I would love to play golf for a living one day, but, like I say, I am taking it one step at a time,” he replies.

Matt has been champion at Royal Liverpool for the last two years. The Club is passionate about the amateur game, with the proud boast that the only three amateurs who have ever won The Open were all Hoylake members. Safe to say that Royal Liverpool is very proud of Matt and right behind him.

“I couldn’t do it without the Club’s support,” he says. “You have to treat it as a job, Monday to Friday, 8 to 5 – though I play till 6 or 6.30pm. I have to work really hard and make a few sacrifices with my friends and doing other stuff. But there is nothing I like to do more than pitch up to a big competition, stepping onto the first tee amongst these really good players. It gives me a buzz inside.

“That’s why I practice so much, so I can play against some of the best amateurs in the world.”

Many thanks to the Royal Liverpool Golf Club annual magazine for this article.
Online divorces – a help or a hindrance?

You may have heard of online divorces, but are they really that helpful or are they more of a hindrance when dealing with your divorce and financial proceedings?

More importantly, would you want to deal with the most sensitive and emotional part of your life with someone via email or telephone? Or would you rather sit in comfort with someone and have a supportive conversation and be made to feel at ease in a friendly environment?

Online divorce services are based all over the UK and, more often than not, the county court local to the service will issue the divorce. Therefore, should you need to attend court, it may not be as simple as attending your local court county to resolve matters.

The advantages of instructing a firm local to you is that you always have someone to contact and you know who you are dealing with. Lees Solicitors has three friendly offices over the Wirral and are open six days a week, greeting you with a smile.

It has been advertised that online divorces are quick and easy, when in fact they are no quicker than instructing a local firm. The length of time it takes for a court to handle a divorce is a precedent that cannot be changed and, therefore, whether you issue online or with a solicitor, this timetable cannot be altered.

If your case is amicable and has been agreed between yourself and your spouse, Lees Solicitors can undertake the legal aspect of your divorce for you in the same timescale as an online divorce.

What if there are complications? Who can you turn to?

Jennifer Brunt, head of Family Law and a partner at Lees Solicitors comments: “Should you start your divorce online and then feel that you need the advice of a solicitor, we are here to help. We can help you reach an agreement with your spouse with regard to finances and all work will be issued in your local court.”

“Whilst online services can be efficient, they will never be able to provide the personal service that we offer with every case. Online services do not have the ability to build a connection with a member of a team, which is an essential part of enabling you to feel comfortable enough to go through all the emotions of a divorce.”

At Lees Solicitors we understand that a breakdown of a relationship is upsetting and can be one of the most difficult times in your life. We will provide you with expert, professional and sensitive legal advice, helping you deal with divorce, financial matters and any questions you may have as a parent.

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We look forward to working with you soon.

Royal Liverpool Golf Club publishes the 2017 edition of its annual magazine

Royal Liverpool Golf Club, the historic championship golf links in Hoylake, Wirral, has published the 2017 edition of its innovative annual magazine.

With 64 beautifully illustrated pages and intriguing contributions, many of them written by members of the Club, the free magazine promotes Royal Liverpool in particular and the game of golf and its history in general.

With a print run of 7,000 copies and an estimated readership of at least 30,000 people, the RLGC magazine is supported by generous advertisers to whom the Club expresses its sincere thanks.

This year’s editorial content leads on the 50th anniversary of the Open Championship victory at Hoylake in 1967 of popular Argentine Roberto De Vicenzo. Eyewitness accounts provided by ‘the remembrance’ describe how Roberto held off the challenge from Jack Nicklaus and Gary Player to raise the Claret Jug.

Royal Liverpool’s Master Professional, John Heggarty, has more of his Top Tips for Low Scores. This year John begins his two-year role as Captain of the PGA, a great honour for John and a source of great pride for the Club.

Reflecting the fact that Royal Liverpool has the finest collection of golfing memorabilia outside St Andrews, the magazine’s ten-year mission to tell the History of Hoylake in 100 Objects reaches artefacts 51 to 60.

Editor Mark Gorton says: “We try to publish a magazine that has plenty in it for members and visitors alike. We are keen to share our historic course with golfers from home and abroad and we distribute the magazine to airport lounges across the country, as well as at major events like The Open. If people read it and enjoy it, great, and if as a result they decide to come and play Royal Liverpool, so much the better. It’s good for the Club and also our modest contribution to Wirral’s important tourism economy.”

Top Springtime Wine Picks

Summer is now well and truly on its way and with this being Britain, it’s either scorching/sunny/overcast/wet/cold/snowing (delete as appropriate). Anyway, I’m sure we are all hoping to see some sunshine if not a searing heat like the summers of ’76 or ’95. With that in mind, I have chosen six summery wines to brighten up even the most grey of days.

A Mano Bianco (Italy, £11.95)
When we think of Vermentino we usually think of Sardinia and steep, mountainous vineyards. However, what is really important for the Vermentino grape is temperature – it likes cooler climates, perfect on the sloping vineyards of Sardinia and also in on the gently sloping vineyards close to Mount Barker in the region of the same name in South Australia. This has one of the coolest climates in Australia and makes for a very fresh and zingy wine, with lots of minerality from the sandy, loamy soils. Lovely and refreshing for a springtime picnic.

Dr Loosen Erdener Treppchen Riesling Kabinett (Germany, £17.95)
For me, sitting out in the garden after a long day in work wouldn’t be the same without a glass of Riesling in hand. It could be from Australia, USA, New Zealand or Alsace, but there really isn’t anything quite like a lower alcohol, off-dry style German Riesling from the Mosel Valley and this one from the steep Erdener Treppchen vineyard, made by Ernie Loosen and his team, perfectly fits the bill. Notes of honey, lime zest and a streak of minerality, combine with fresh acidity for a harmonious wine indeed.

Domaine de Montredon Picpoul de Pinet (France, £12.50)
Picpoul is fast becoming a more popular wine amongst wine lovers in the know. Similar in style to the Gavi wines from Piedmont in Northern Italy, this southern French white is just what the doctor ordered for a warm spring evening. Great with goat’s cheese salad and any type of al fresco dining.

Don Cristobal Rosé (Argentina, £11.95)
Late spring and summer just wouldn’t be summer without a nice bit of rosé would it? This cracking rosé from Argentina is made from the Malbec grape, so it certainly isn’t wishy-washy. There are notes of raspberry and strawberry with a good all round juiciness to it. Absolutely delicious.

Domaine Berrod Fleurie (France, £16.95)
There are ten ‘Cru’ Beaujolais villages, which make wines of higher quality to the generic Beaujolais wines. They vary slightly in style depending on the vineyard sites and soil types and the Fleurie Cru wines are said to be the most feminine style of Beaujolais, making for soft, silky and seductive wines with no harsh edges or firm tannins. This Fleurie from Domaine Berrod is one of the best around and can even be taken slightly chilled if it’s an especially warm evening.

WINE COLUMN

By Graham Simpson, Whitmore & White
Top five things to do in West Kirby

By Rob Foster

There are few places I can think of that are more appealing than West Kirby in the summertime. Visitors are drawn from far and wide and locals just can’t resist exploring their familiar surroundings at every opportunity. For such a small town there is always a positive atmosphere and no shortage of things to do. Regulars will be well aware of the fun that can be had; but for those who have never paid the town a visit, here is a rundown of the essential things to do in West Kirby when the sun is shining:

1. Stroll around the Marine Lake

West Kirby is synonymous with its famous marine lake. Located on South Parade, the marine lake has been a favourite place for a casual stroll for generations. It’s a man–made lake that hosts a wide range of water sports and is enclosed by a generous pathway that is loved by joggers, families and dog walkers alike. It offers fantastic views across the Dee to Wales and Hilbre Island and is perfect for stretching your legs while eating an ice cream! The lake hosts regular sailing, kayaking and windsurfing competitions, which really are a marvel to watch.

2. Go crabbing

A trip to the seaside is a fantastic way to see local marine wildlife, so what better way to enjoy a summer afternoon than by catching crabs? These nippy little blighters are plentiful in the depths of the marine lake and can be easily caught with simple crabbing kits sold in many of the local shops. Just bait up, drop in your line and wait... you’ll soon be hauling in a catch that is guaranteed to fascinate children and adults alike. Low tide also offers the chance to explore the odd rock pool for starfish and other mysterious mini–beasts; but for those who squirm at the thought, there are plenty of eye–catching shells and pebbles to collect instead!

3. Sip a cocktail outside The Wro

For the more discerning visitor, a classy cocktail may be more up your street. In that case, The Wro is the place to go. The relaxed vibe, welcoming staff and prime position make this wine bar a must–visit venue and it’s always buzzing on sunny Saturday afternoons. So whether you want a cocktail or a light bite, make sure you pop in to see what’s on offer. For those who prefer good beer to glamorous cocktails, there are plenty of other fantastic pubs dotted around the town. The Tap is the place to go for fine real ale and the Ring O’ Bells has a fantastic beer garden with plenty of room for the whole family. For a more traditional pub atmosphere, the White Lion is perfect.

4. Relax on the beach

For all the fantastic cafes, restaurants and shops in West Kirby, a trip to the seaside means nothing without a beach to relax on. I may be biased, but there are few better beaches than that at West Kirby. Stretching from the marine lake, out to Hilbre Island and across to Red Rocks, the expanse of sand that is revealed when the tide is out is something to behold. While the beach is always busy, its size means there is always space for everyone. So whether you fancy sandcastles, volleyball, kite flying or cricket, you’re sure to find a suitable spot!

5. Visit Hilbre Island

If the hustle and bustle of the beach doesn’t float your boat, then perhaps a trip to the world–famous Hilbre Island will put you in the mood for adventure. Accessible by foot at low tide, Hilbre is the largest of three islands that guard the Dee Estuary. It takes around 40 minutes at a gentle pace to walk all the way out to the island, but once there visitors can gain a whole new perspective on the West Kirby coastline. The island is abundant with rare birds, butterflies and perhaps even offers the chance to spot a seal or two. Just make sure you time the walk carefully – don’t get cut off by the tide unless you’re well prepared! Whether you are an established local, a regular visitor or a potential beachcomber with no knowledge of the area, West Kirby always has something to offer. Food, drink, fun and games are never far away and it’s no surprise that West Kirby remains such a popular place to spend a summer’s afternoon.
Vice Commodore, Jean Louis Simons with the latest news from West Kirby Sailing Club

West Kirby Sailing Club ran two series of races for dinghies from January until March. One of the series was on the Dee Estuary, and the other on the lake. Both series were well attended, despite cold strong winds in some of the races. These were followed by a very well attended Easter series, held once again on both the Dee Estuary and the lake. The more traditional tidal classes, which consist of the West Kirby Star class designed over 100 years ago, the Hilbre OD and Liverpool Bay Falcons, started in earnest over the Easter weekend with the President’s long-distance race.

On April 4th, 5th and 6th, WKSC assisted the British University Sailing Association to run a very successful BUCS team racing championship. This was eventually won by Exeter University after a nail-biting final, followed in second and third place by two Cambridge University teams.

In 2017, WKSC also welcomes a new fleet of cruiser/racers. These are the Limbo 6.6, and it is expected to see a dozen of these new racers sailing on the Dee Estuary and beyond, such as Beaumaris.

The OnBoard training sessions started on Saturday 22nd April. These sessions are entirely run by WKSC volunteers, and were fully booked by a delighted group of young boys and girls all wanting to sail. These included two young carers, who were sponsored by the North West Rotary Club. WKSC will run a young carers sailing experience day on the 22nd July. The Monday night adult training sessions start on Monday 8th May with an introductory session, then sailing starts a week later. These sessions are run for WKSC members and non-members, and can be booked by visiting the WKSC website at www.wksc.org.uk

The 68th Wilson Trophy which took place earlier this month is followed by the Junior Traveller Coastal Championship on May 13th. The now annual Dragon Boat Race, held in support of Headway charity, takes place on 20th May. On the following day, the RYA ‘Push the Boat Out’ takes place – this is a ‘try a sail’ opportunity for any member of the community. No need to book in advance – just turn up at the south end of the lake and you can have a go.

Finally, from the 27th to the 30th of May, WKSC, in conjunction with Dee SC, will host its annual regatta event, which is one of the highlights of the year and promises a display of colour on the Dee Estuary.

Next stop Kirby Park!

A touch of nostalgia comes to the Old Village

Welcome to Kirby Park Café in Sandy Lane, West Kirby, located in West Kirby Old Village – one minute from the Wirral Way, up the steps at Sandy Lane Bridge, towards Hickory’s (Moby Dick Pub, to those who remember).

Situated on the site of the Old Kirby Park station shop, which remained a general store and newsagent up to September 2016, Kirby Park Café breathes life back into West Kirby old village. The café has been tastefully themed to incorporate the history of the old railway, with a nostalgic ambiance including music from a bygone era, along with lots of information and old photographs.

The building has a great historic link with the West Kirby to Hooton Railway, which is now the Wirral Way Country Park. Being close to Kirby Park Station it served as general store for all train users in the Old Village.

The café serves great coffee, specially imported from Berlin (including take out), and homemade cakes, along with a selection of meals and snacks. We are now serving super salads made to order, and are proud to offer specials from Ivan Duchene, our very own French chef.

For your important occasions we offer customised, luxury afternoon teas and lunches, to fit your specific age-related celebratory event.

We have 28 covers inside, outside seating at the front, and a back garden, which is a south-facing suntrap.

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Heather Chapman tells readers about 125 years of the West Kirby Museum

In 1892 a portion of the West Kirby old Parochial School was formed into a Museum to perpetuate the Memory of Charles Dawson Brown, a native of the Parish of West Kirby, a Friend of the Poor and the promoter of many Good Works, who was called to his Rest, July 4th 1890.

Charles Dawson Brown was born at Grange Hall Farm in 1829 and became a cotton broker in Liverpool. As he had greatly interested himself in the local history in the village it was thought fitting that part of the old school house in the village should be turned into a museum to be named after him. Here are kept the ancient crosses etc found in the restoration of the church and other local relics. The Museum was paid for out of publicly subscribed funds. There is also a memorial window to Charles Dawson Brown in St Bridget’s Church.

In 1912, an article in the local newspaper outlined the difficulties involved in finding and viewing the contents of the museum. Entrance could be obtained by the payment of sixpence, but there was also the problem of finding the custodian with the key.

During WWI, urgent accommodation was needed so evacuees from Liverpool were housed in the old School Room of St Bridget’s school. The contents of the Charles Dawson Brown Museum were taken into the church, leaving the museum room vacant for the Liverpool school staff. Unfortunately, during this period, some coins and other items went missing from the museum’s collection.

There was a refurbishment in 1955 under the watchful eye of the archaeologist Mr Joseph P Pearce. Another refurbishment took place in 1972, but access was still only by appointment.

The Museum Committee was formed in 2009 and is very grateful to St Bridget’s Church for extending the museum and giving its full support and assistance. Recent plans for the new St Bridget’s Centre include another refurbishment of the museum and an extension into the adjoining room.

In 2013, after refurbishment, the museum opened with regular hours and since then has welcomed 8,867 visitors in addition to the school and history groups who book by appointment. The museum now opens every Saturday between 10am and 1pm.

This year heralds the 125th anniversary of West Kirby Museum. To celebrate this occasion the museum will be holding a ‘Victorian Day’ at St Bridget’s Centre on Saturday 10th June 2017 from 10am to 4pm. There will be Victorian displays, Victorian teas, Victorian period dress, Victorian talks, Victorian school, and Victorian games for the children. The church will be open all day and there will be organ music playing in the afternoon. Admission is free and everybody is welcome.

The museum is open every Saturday morning 10am–1pm

Free admission

West Kirby Museum is situated within St Bridget’s Centre alongside St Bridget’s Church. The refurbished museum opened in 2013 and tells the story of a thousand years of St. Bridget’s Church and the ancient history of West Kirby village and the parish.

Forthcoming events

All events are free and held at St Bridget’s Centre

Saturday 24th June
Museum open 10am – 4pm for St Bridget’s Fair

Saturday 2nd September
Museum open 10am – 4pm for Heritage Day/Local History Fair. Travellers in time, Postcards, Books, Genealogy, Ephemera, Badges and much more such as exhibitions, walks, church tours etc

Saturday 9th September
Museum open 10am – 4pm for Earth Fest.

Friday 20th October
“Exploring the Flintshire Coast” – an illustrated talk by Lorna Jenner. Doors open 7.00 pm for 7.30 pm start.

Saturday 11th November
Exhibition Day – “West Kirby Remembers WW1”

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For more information, visit the website www.westkirbymuseum.co.uk
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Their attention to detail and superior understanding of high performance vehicles are the key to Unit 20’s success, according to owner Martin Adams: “People want quality,” he says, “which isn’t necessarily a main dealer philosophy. We’ve worked on these machines for over a decade — servicing, repairing and tuning high-performance vehicles, including Audi RS, R8 and S models, Bentley GT Continentals, and Lamborghini models. The simple truth is, we’ve become known for our quality of workmanship and outstanding value for money.”

And it shows. Unit 20’s success has been even more apparent in recent weeks, as Martin and his expert team of technicians turned their hands to something quite different — the mammoth task of moving all the gear from their small busy unit on the Clayhill Industrial Estate in Neston on the Wirral Peninsula, to Fiveways House just a stone’s throw away — increasing Unit 20’s space from 1,100 sq. ft to a gargantuan 5,100 sq. ft.

Martin tells us: “Bigger premises were never in the business plan, but as time’s gone on, staying small has become less of an option. Our customer portfolio has grown exponentially and now we owe it to our customers to be able to provide the kind of service they’ve become accustomed to — with a few nice surprises.”

The bigger, brand-new premises boast state-of-the-art facilities to ensure only the best equipment is used to service, repair and tune customers’ cars. And customers will be welcomed by a new reception area and refreshments lounge.

Martin concluded: “We’re all very excited by the move, the new tech, a brighter, larger space and the start of something big. But we’re equally excited about showing it all off to our valued customers — old and new — whilst providing them with the continued quality they deserve, in an environment to match.”

To find out more about how Unit 20 can help you, simply call 0151 336 6888. Or pop in for a coffee at: Fiveways House, Liverpool Road, Clayhill Industrial Estate, Neston, Wirral CH64 3RU.
2: 1929 – “Coming of Age” – West Wirral Scouting on the World Stage

I’m sure that many readers’ parents or grandparents would have been among the 300,000 visitors who attended the third World Scout Jamboree held at Arrowe Park, Upton, from 29 July to 12 August 1929. And many of them lucky enough to have represented one of the local West Wirral troops among the reported 50,000 Scouts from 43 nations camped on the park, or been one of the additional 10,000 Scouts camping on the overspill sites at Overchurch and Upton. I know that the 1st West Kirby Group was well represented by a contingent led by the Scoutmaster, Mr Ron Godson. I am sure that this jamboree was a lifelong highlight for all the Scouts who represented their District, or the visitors who witnessed it personally.

The Birkenhead and West Wirral Scouting Associations were given the honour and enormous responsibility of organising and hosting the third World Scout Jamboree. This jamboree commemorated the 21st birthday of scouting, counting from its foundation on 24 January 1908 in Birkenhead, and the publication of Scouting for Boys by General Baden-Powell. The jamboree was, therefore, known as the ‘Coming of Age Jamboree’. At the time it was the largest gathering of international youth anywhere in the world.

The jamboree, on a one-mile by half-mile site (1.8 sq. km) site, was opened by the President of the Boy Scout Association, the Duke of Connaught. The weather during the first week was wet, turning the ground into a quagmire with ankle-deep mud. Miles of railway sleepers and fencing was laid down to form pathways. Cruelly, the jamboree gained its nickname the ‘Jamboree of Mud’. It did nothing, however, to quell the enthusiasm and spirit of participants and visitors alike.

A local artist, Ethel Harker took ‘A sketching holiday at the World Scouts Jamboree, 1929’. There are a number of her watercolour paintings of the jamboree hanging in the Liverpool Scout Headquarters. She reflected on her experiences in a short document presented with the paintings. Of course the weather was a number one topic:

“One day I was sitting on the high land facing Kingsway North, near to the paygates to the Grandstand – any jamboree visitor will remember that spot well – it was the day following the visit of HRH The Prince of Wales. Rain had fallen and the mud – that mud which later increased in volume and sliminess until it threatened to submerge the jamboree visitors and the jamboree camp – but never the jamboree spirit – that mud which brought a mild echo back to the minds of those of us who had experienced it in France and Flanders and associated it with camps of war and not peace – was gradually obliterating the green lands of Arrowe Park.

“Luckily I was now in high gum boots – I pitied those pedestrians who were not. By now most Scouts had discarded shoes and stockings and were plunging about, not even managing to keep on their feet even with the aid of their poles. I wandered from quagmire to bog, from bog to quagmire until I wondered whether it would be more sensible to go back than to go forward.”

West Wirral was on the world stage. The arrangements for this event must have been momentous and would have taken months of preparation. Remember, this was 1929 without all the now taken

Smith, Preston, Stoner and 1st West Kirby GSM Ron Godson at Jamboree
for granted transport, communication, and IT facilities. It involved setting up a large village for 50,000 people for a fortnight. Not only was accommodation to be considered, but food (with dietary considerations) and medical facilities also had to be provided.

A ‘Hospital under Canvas’ was established and Cheshire Girl Guides helped the medical staff. Two Guiders ran a dispensary providing both prescription and non-prescription medicines. There was also a dental clinic and an operating theatre. The hospital canteen provided meals for patients and the 50 members of staff, including many special diets, all cooked on open fires.

The hospital staff were asked to accommodate lost boys after the Wolf Cub Rally. Ethel describes quite humorously the plight of a lost boy:

“My concentration was broken in the twinkling of an eye — Please miss, wat shall I do, I’ve lost my little boy since I came on the ground an’ ’e’s never bin ’ere before, an’ ’e ain’t got any money for ’is tea an’ ’e doesn’t know his way ’ome an I dunno what th’ missus’ll say, an’ — here the speaker paused to recover his breath and raising my eyes I saw a worried looking man, gazng at me anxiously for a solution of his trouble. The Notice Board with which I had got mixed up this time said “Lost Property etc.” on its front. I explained to this man and to other troubled folk who followed him with their tales of woe, that I was an ignorant spectator and not in any way helpful, but doubtless inside the tent they might give some comfort. Five hours later I was sheltering in that tent from a downpour of rain and the tired father appeared, to give information that he had just found his small son. The fly in the ointment appeared to be that the small boy did not seem to care whether he was found or not, having had five glorious hours of freedom amongst the Scouts.”

The hospital was also proud to be asked to provide the bedding and equipment for the ‘Prince of Wales’ tent. Temporary shops were established, as was a Post Office and banking facilities. The camp was organised in eight sub-camps, around a specially built town in the middle, called ‘Midway’, where Scouts could purchase materials. Each sub-camp provided camping sites for a contingent of Scouts. The organisation of daily chores, such as cooking, wood collecting etc., was done in turn by the Scout groups.

Bestowing an honour

On 2 August 1929 a well-deserved peerage was conferred on Robert Baden–Powell by King George V. The honour was announced by His Royal Highness, The Prince of Wales, who attended the Jamboree in Scout uniform. The formal title of Baron Baden–Powell, of Gilwell, Essex, was granted on 17 September 1929, confirming the high notion Baden–Powell had of education and training. Gilwell Park is where the international Scout Leader training in the Wood Badge course still takes place.

On the morning of Sunday 4 August, an open-air thanksgiving service was held, presided by Cosmo Lang, Archbishop of Canterbury, and by Francis Boume, Archbishop of Westminster, for Protestant and Catholic Scouts. Later that same day, a service was also held in Liverpool Cathedral.

On 10 August, the Chief Scout Sir Robert Baden–Powell was given a special gift. On behalf of all Scouts worldwide, he was presented with a Rolls–Royce motorcar and a caravan trailer. The caravan was nicknamed ‘Eccles’ and is now on display at Gilwell Park. The Rolls–Royce, nicknamed ‘Jam Roll’, was sold after his death by his wife, Lady Olave Baden–Powell, in 1945. Jam Roll and Eccles were reunited at Gilwell for the 21st World Scout Jamboree in 2007. These gifts were paid for by penny donations of more than one million Scouts worldwide. It has been recently purchased on behalf of Scouting and is owned by a charity, B–P Jamroll Ltd (www.jamroll.org). Funds are being raised to repay the loan that was used to purchase the car.

Sir Robert Baden–Powell was also given a self-portrait in oils painted by David Jagger. This portrait has been used as a publicity picture by many Scout organisations and is on display in Baden–Powell House.

During the course of the jamboree, many Merseyside sightseeing trips were organised for participants. Closer to home, a Sea Scouts Gala Day was held on Saturday 3 August 1929 on the West Kirby Marine Lake. This was attended by many dignitaries, including the founder Lord Baden–Powell. For West Kirby and district residents this was the highlight of the jamboree — playing on home turf. Because this was a momentous and unforgettable occasion, it was reported on by many local papers and deserves coverage in its own right. [Woggle Talk #3 will concentrate on when World Scouting came to West Kirby]

Closing Ceremony and Golden Arrow ‘Farewell’

Like all good things, everything has to end sometime. The third World Scout Jamboree was no different. A very moving closing ceremony was held on the last day, 12 August 1929 — not a ‘goodbye/farewell’, but rather expressing the sentiment ‘until we meet the next time’.

The closing ceremony consisted of a march with flags and banners past the Royal Box with the Chief Scout and other officers. This ended in a Wheel of Friendship formed by the Scouts, with 21 spokes symbolic of the 21 years of Scouting.

While burying a hatchet in a cask of gilded wooden arrows, Baden–Powell addressed the gathered Scouts among the Great League of Nations at Arrowe Park with a message of world peace:

“Here is the hatchet of war, of enmity, of bad feeling, which I now bury in Arroche. From all corners of the world you came to the call of brotherhood and to Arroche. Now I send you forth to your homelands bearing the sign of peace, good-will and fellowship to all your fellow men. From now on in scouting the symbol of peace and goodwill is a golden arrow. Carry that arrow on and on, so that all may know of the brotherhood of men.”

Then he sent the golden arrows as peace symbols to the north, south, west, and east, through the spokes of the Wheel of Friendship.

“I want you all to go back from here to your countries in different parts of the world with a new idea in your minds of having brothers in every country. Go forth from here as ambassadors of goodwill and friendship. Every one of you Scouts, no matter how young or small, can spread a good word about this country and those whom you have met here. Try to make yourselves better Scouts than ever; try to help other boys, especially the poorer boys, to be happy, healthy, and helpful citizens like yourselves. And now, farewell, goodbye. God Bless you all.” (BP 12 August 1929)
The Golden Arrows, about 16 inches long, are made of gilded wood. It is not certain how many arrows there were. One is housed in the Museum at the Youlbury Scout Activity Centre, near Oxford. There are some wonderful and touching tales of how important, meaningful, and consoling the possession of a Golden Arrow was – especially in turbulent times in Europe.

Many readers will have seen the Edward Carter Preston sculptured jamboree memorial erected in 1931 at an entrance to Arrowe Park. It is now partly hidden and located within the entrance grounds of Arrowe Park Hospital. It was commissioned by the Boy Scout Movement and unveiled by Lord Hampton, the HQ Commissioner. It was restored in 1980 and unveiled again in 1983 by the then Chief Scout Major-General Michael Walsh.

Ethel succinctly describes her first-hand experiences of the jamboree, reflecting on final day’s happenings:

“There are many ways of spending a holiday, but many circumstances govern one’s selection as a rule, so that the possibilities of variety are not always as great as a creature of imagination could wish. As watercolour sketching is one of my greatest joys, I decided last July to spend the first fortnight in August among the camps of the World Jamboree, making colour studies of the Boy Scouts in their various activities, and camp life as it was at Arrowe Park.

“The jamboree atmosphere must be the first thought and the feeling of cheerful movement must be in everything… I watched with glee … At first it was all bewildering – a kaleidoscopic effect of colour in all directions.

I collected together my, by now, mud caked outfit and prepared to depart for home on this, my last evening at Arrowe Park and as I stood with a crowd round a great Camp Fire for the last time, the Home Songs of different lands were sung and as later a tiny ‘cub’ requested he might be allowed to help me carry my things, as I slowly wended home my memory ran back over the last fortnight, which I had felt had been rich in the Spirit of Friendliness and Consideration for others – That Spirit which must be the vital force in the movement for World Peace … The Brotherhood of Nations … The Federation of Mankind … What a mighty ideal for the youth of the world to visualise!

“And just a final peep. The final morning as I sat opposite the great Indian Gate putting finishing touches to my India sketch, I had my little audience as usual, and we were too engrossed in my subject to see a Press camera busy. When I discovered what was happening I suggested I should be given a print as a souvenir and accordingly gave the photographer of a ‘Leading Daily’, my card. I have received since a large photograph – myself in the centre, and the nations represented by seven Scouts gathered round me, ranging from a kneeling wearer of the “fez” on my right to a small Scout holding a half-furled ‘Stars and Stripes’ flag on my left. The Eastern and Western World! – and who shall say which was more interested in my box of colours and my humble efforts in painting pictures?”

The final Jamboree newspaper, the Arrowe News, sums up the final sad farewell of the third World Scout Jamboree.

THE SYLVAN ARCADE OF PILGRIM’S WAY IS TINGED WITH THE SADNESS OF FAREWELL

“The most eventful fortnight in the history of Birkenhead/West Wirral concluded on Monday when the World Jamboree at Arrowe Park came to an end amidst moving and memorable scenes of farewell. Today, in many parts of Arrowe, where only a short time ago tented thoroughfares teemed with boys from all over the world are now great voids and lonely silences. The city of canvas for which Arrowe will ever be famed is crumbling with the rapidity it came into being, and very soon it will vanish completely, leaving only blackened sites of thousands of campfires to mark the location. The city is falling fast, but the wonderful spirit of world-wide fellowship to which it gave an abode, lives in the hearts not only of the Scouts, but of thousands of people who came from far and wide to see the great festival. It was with a genuine feeling of regret that we said goodbye to the Scouts of all nations who came to the Jamboree, for their unfailing cheerfulness, open friendliness, and charm of manner which won the heart of everybody, while their free and frank expression of the high ideal of comradeship, which is the soul of the Scout Movement, made a lasting impression. In spite of the bad weather attending its early stages the Jamboree has been an enormous success, to which credit is due in a large measure to the public, who showed the same spirit as the Scouts and rallied round in amazing fashion. The hospitality and support extended by Birkenhead/West Wirral to the Scouts exceeded the now sanguine expectations, with the result that its name is enshrined in pleasant memories in those travelling to the ends of the earth.”

This was a very successful and memorable World Scout Jamboree embracing all of the Chief Scout’s wishes and hopes for world unity and peace. Ironically, ten years later, many of the participants would be involved in WWII – mostly against their will and contrary to the spirit of scouting friendship, fellowship and consideration of others. Oh! The folly of war – will we ever learn?

West Wirral Scouting, you excelled on the world stage and placed our home, the beautiful Wirral Peninsula, on the international scouting map. Well done!
After celebrating their two year anniversary last month, Whitfield have been talking about their aspirations for 2017. Co-founders Nik Ellis and Justine McLaughlin are keen to build on the success of the last year together with evolving some other interesting areas of the business. Since inception, Whitfield have partnered with small and medium sized businesses to provide an outsourcing solution for everything a company needs to grow & flourish. They can provide either a holistic service or individual products depending on their client's requirements.

Nik said “We’ve built some awesome websites, created beautiful graphics & designs and come up with some real marketing wizardry; when all this is put together it becomes highly cost effective and creates a consistent, professional message and brand across digital & traditional platforms.”

Justine, who was recently nominated for Cheshire Woman of the Year, said “We’re very proud to have built such a solid reputation offering these services to businesses who recognise the advantages of utilising us over employing a full-time marketer, web builder, designer, IT technician, etc.”

The reputation & success of Whitfield has been a double-edged sword. Nik explained “This is the first company I’ve been involved with where the demand for our services has almost outweighed the level of staff”. This created its own challenges as they have a clear view of the type of people they wish to recruit. Being quite an unorthodox company with a work hard / play hard culture and very broadminded & creative ethos, finding people with the fabulous skills and and awesome attitude proved quite a task.

In 2016 they recruited an extra four staff, doubling their size & this year they have already started two new graphic designers. Justine said “This is more than we needed but when we met Leigh & Chris, they were both brilliant and an excellent fit, so we decided to take them both.” This also ensures capacity for future growth and now forms part of their plan for the future. Nik explained “We will snap up really good people and then find projects for them, rather than the traditional, other way round.” This is typical of Whitfield’s disruptive style.

For 2017 the team are looking at various other avenues where they can help local businesses. One example is to formalise their coffee & consultation offerings general business strategy assistance & funding, with the launch of ‘Wirral Wolves’. Aimed at budding entrepreneurs through to businesses wanting to evolve to the next stage, Nik & Justine are keen to bring their less daunting version of Dragon’s Den to the Wirral. Nik said “There are some great people out there with huge potential & great ideas. Investment is only part of our solution; we can provide vital know how, key contacts or even just point them in the right direction.”

The team at Whitfield are keen to increase the help they give to businesses owners across the Wirral and continue to take great delight in the success stories in which they have played a part.

For more information, search Whitfield Business or visit www.whitfieldbusiness.co.uk
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Are the new vastly increased probate fees just another form of inheritance tax for the less wealthy?

BY MIKE BARNES, WIRRAL ESTATE PLANNING

It is said that the only two certainties in life are death and taxes. The new massive increase in probate fees certainly combines both!

The new sliding scale of probate fees is, most definitely, an increase in the scope of inheritance tax to ensnare average families and the less wealthy into the inheritance tax net.

Just like inheritance tax, this new ‘tax’ will have to be paid by the executors of your will before the grant of probate is received, which enables them to deal with your estate.

Your executors will have to use their own cash resources to pay the new fees, or as one cabinet minister recently said: “They should consider taking out short term expensive loans to pay the fees/tax.” How naive and pathetic a statement!!

And let’s not forget those souls paying inheritance tax as well – those people will suffer a double whammy.

The new fees are just a further additional raid on the finances of the elderly and the middle class. And, as if retirees and the elderly don’t lose enough already from their hard-earned (and already tax paid) assets and income, what with spiralling funeral costs, ever-increasing care home fees etc., the government comes along and imposes yet another raid on their finances!

But, apart from the two certainties in life of death and taxes, there is, in fact, a third certainty, which is that these taxes will rise inexorably!

All finance professionals, to a man, agree that this is only the start. Without question these new probate fees/inheritance tax will rise every year, just like the taxes on alcohol, tobacco, and fuel duties.

Make no mistake; this tax is set to rise every year, as it is a tax that is very cheap to collect. It will be just too tempting for chancellors to ignore in their future budgets. Professionals are all agreed that this tax could quite easily reach 10% of estate value within five to ten years. That would mean a tax raid of around £2,000 on an ‘average’ estate value of just over £200,000.

Luckily, there is a 100% legal way to avoid this punitive new tax. Setting up a family trust to hold your home and any other assets of value (including cash) will help you avoid this tax raid, possibly in full. Assets held within your family trust do not form part of your estate upon your death. Those assets pass immediately to your chosen beneficiaries, saving much time, taxes and legal fees.

Furthermore, you retain a ‘life interest’ in your family trust which allows you to use those assets in any way you wish during your lifetime.

For an info pack, call Wirral Estate Planning on 0845 052 2757 or visit www.wirralestateplanning.co.uk

The only recommended care home in the Wirral: The Hazelwell is named in top 20 by top care home website

A care home in the Wirral has been named in the Top 20 Recommended Care Homes in the North West for 2017 by a leading UK care home website.

The Hazelwell, a luxury all-inclusive residential, nursing, palliative and respite care home in Heswall, is the only care home in the area to be awarded this status by carehome.co.uk based on postal cards and website submissions completed by either residents or family members. There are a total of 125 care homes listed for Wirral and the surrounding area.

The Hazelwell in Oldfield Road, which only opened less than a year ago, has a 9.9 score on carehome.co.uk. All reviewers rated The Hazelwell as ‘excellent’ and were ‘extremely likely’ to recommend the care home.

This month, a family member submitted a review saying: “I cannot praise The Hazelwell highly enough. Everything about it is truly exceptional – the location, the quality of the building and furnishings/decor (in bedrooms and public rooms), the facilities, the cleanliness, the food and most importantly the staff. Since his move from another care home, my dad is so much happier. Dad needs a high level of care and support but absolutely nothing is too much trouble for any of the staff. Dad is treated with dignity and such kindness – he says he feels like he is being thoroughly spoilt each and every day! I would recommend anyone looking for truly exceptional care for a loved one to visit The Hazelwell to see this very special place for themselves.”

A daughter, whose mother stayed at The Hazelwell for respite care, wrote: “Fabulous care and attention given to my 81-year-old mum after a stay in hospital. The staff were very attentive and friendly and my mum loved staying there. The accommodation was excellent no complaints about anything.”

Another added: “The Hazelwell is wonderful. It is everything I hoped from a care home which didn’t think I would ever find. Staff went out of their way to make my mother’s stay as pleasant as possible. The surroundings were wonderful.”

The Hazelwell care home manager Liza Millington said: “We are naturally very pleased to be ranked in the top 20 recommended care homes out of 125 care homes which are listed on carehome.co.uk for the Wirral.

“We have only been open since June and all the staff have worked very hard so this is a fabulous endorsement for everybody at The Hazelwell.”
Is Back Pain Holding You Back?

According to a recent report carried out by The British Pain Society there are ten million chronic pain sufferers in Britain alone which affects not only their social life but interferes with their working life. Back pain costs the UK billions of pounds in health bills, loss of earnings and lost productivity. However, many people in the UK who are unable to work due to back pain are not covered by this or by allowances. Instead these sufferers are reliant on their partner or early retirement.

Following a recent survey, British businesses lose an estimated 4.9 million days from employee absence due to work related back pain. The North East suffers more than most, with two people in every hundred having to cope with the condition. As a result, each affected employee takes 19 days off work, which in turn puts the business at stake.

GP's tend to refer patients to chiropractors, physiotherapists, acupuncturists and in some cases suggest surgery. In recent studies carried out by the NHS there has been a significant increase in teenagers suffering with back pain. This age group costs the NHS nearly £4billion per year alone working out at an average of £8,000 per teenager. Despite this the number of back pain sufferers is still prominent with treatment showing no guarantee of success.

Bowen Therapy is an alternative therapy which has slowly but surely been sweeping the nation over the last 20 years. The Bowen Technique is a natural, drug-free non-invasive complementary therapy which was invented in Australia and introduced to the UK in the 1990s. Bowen Therapy has a particularly strong record of success in the treatment of back pain. A national study, carried out by The Bowen Therapy Professional Association (BTPA), showed that 95 per cent of back pain sufferers experienced either complete relief or a marked improvement, after a series of no more than three Bowen treatments. It prides itself on being able to trigger the body's own healing systems. Rather than 'making' the body change, Bowen 'asks' the body to recognise and make the changes it requires. With primarily fingers and thumbs, the Bowen practitioner makes small, rolling movements over muscles, tendons, ligaments and soft tissue at precise points on the body, using only the amount of pressure appropriate for that individual. No hard-tissue manipulation or force is needed or used. Between each set of moves, the body is allowed to rest for a few minutes, to allow it to absorb the information it has received and initiate the healing process.

Bowen is generally pleasant to receive, each session lasting 30 – 60 minutes, depending on the age of the client and the nature of their condition. Many clients become so relaxed they fall asleep during the treatment.

Short-term (acute) injury may be resolved in one to three Bowen treatments, while long-standings (chronic) conditions may require longer. A gap of five to ten days is recommended between Bowen sessions; so that the body can process the subtle information it has been given. Once the healing process is underway, the treatment would have taken the relief off your back meaning you can carry out activities in and outside of the workplace which you had on hold. As well as back pain Bowen Therapy also may help with a host of other health issues such as: frozen shoulders, sports injuries, whiplash, migraine, hay fever, asthma, IBS, fertility matters to name but a few.

Adventurer Bear Grylls explains: “Bowen Therapy has helped keep my body together despite the continual bashing it takes. It’s a vital support in putting right a whole range of new aches and pains, making sure that old injuries don’t cause me problems, and helping me fight stress and fatigue.”

As with many other alternative therapies the success of a treatment mainly depends on visiting a legitimate, well trained practitioner, who is a member of BTPA (The Bowen Therapy Professional Association). BTPA is the largest UK professional association for qualified Bowen Therapists. Members of this association are qualified in Anatomy and Physiology and First Aid. They are also fully insured, abide by a strict code of conduct and ethics and are committed to a programme of continuing professional development.

To find out more about how Bowen Therapy can help you, contact Nicholas Tobin on 0749 659 6969
Email: ask@bowentherapy.org.uk
www.bowentherapy.org.uk
The Gilroy Scrape, West Kirby

Our contact from the Dee Estuary Birding group advises that the scrape remains largely empty and the dry spring weather has meant that the mud has been rapidly drying out, making it a sad sight. Nevertheless, some shallow water does remain and this has attracted small numbers of birds, including Black-tailed Godwits, Redshanks, and Shelducks – demonstrating just how important site this site is for our bird life. As the group now has a good understanding of how the scrape was emptied and why it is not refilling, they are confident it can be restored relatively easily. They are hopeful this work can be carried out in time for the returning Black-tailed Godwits in late July, this being one of the most important sites in the country for this species.

We are also advised that at a meeting of the Local Wildlife Sites Partnership in January, the decision to make a large portion of the Hoylake Langfields, including Gilroy Scrape, into a Site of Biological Interest (SBI) was temporarily put on hold while more data on bird numbers was gathered. Now this data has been acquired, it is expected that SBI status will be given the go-ahead later this year.

Burton’s Biscuits Site, Pasture Road, Moreton

As nothing appeared to be happening following the recent granting of planning permission for new housing on this site, we have been in touch with the company’s agents to find out if any progress is being made. We are told the site has been advertised to housebuilders, who have had until the end of April to bid for the option to develop the site. The successful bidder is due to be announced in a few months time, and the agents expect that site development work will begin early next year. It was confirmed the important water feature alongside Pasture Road is definitely an integral part of the redevelopment proposal.

Liverpool City Region

By the time this article is published a major change will have taken place on 4th May, when the ‘Metro Mayor’ is elected as part of the introduction of the new Liverpool City Region. The Region includes the Metropolitan Borough of Wirral, along with five boroughs north of the River Mersey. This new Combined Authority, under the control of the Metro Mayor, will have significant planning powers in its role of Strategic Planning Authority over the Region.

Amongst those powers will be the overall identification of land suitable for development, notably for new housing. The Mayor will thus become a key player in directing the type and location of development across the six boroughs. We have been encouraged to note in election prospectuses that each of the candidates has pledged to protect the Green Belt and direct new development onto previously used (‘Brownfield’) land. We hope that those candidates proposing ambitious housebuilding targets will still be able to honour their commitment to maintain the existing Green Belt, especially in Wirral Borough.

Proposed new Fire Station at Saughall Massie

As expected, the Fire Authority has lost no time in spending yet more public money in submitting another Application to Wirral Council to build in the Wirral Green Belt. They have carefully moved the car parking around the building, which they consider will meet the objections of residents and the Planning Committee. However, the Application would still require the operational fire station to be built on protected land close to sheltered housing and just a mile from the Upton Fire Station, against residents’ objections. We cannot understand why it is possible for such re-Applications to be made, which barely differ from a previously refused Application. We are, however, under no illusions that – despite all objections – the Planning Committee will give its approval this time around.

The Society is keen to invite people who would like to lend us their support, which would add to our lobbying strength. The subscription is just £10 a year. You can find further details on our website www.wirraisociety.net or contact our membership secretary, Mrs Avril Wilmshurst on 0151 200 3920. A number of illustrated talks on environmental matters relating to the Peninsula can be provided on request.
Beauty: Put a spring in your skin

The days are longer, the temperature’s rising, flowers are in bloom and the birds are singing. A cause for celebration, or is it? While Mother Nature wields her magic on the flora and fauna, when it comes to our skin, banishing the effects of winter isn’t always quite so seamless. After months spent indoors, eating comfort food and being less active, looking in the mirror can make you feel anything but full of the joys of spring. But, don’t let it get you down.

Slough
This has nothing to do with a town in Berkshire. Sloughing (pronounced ‘sluffing’) is the removal of dead skin cells – in other words exfoliating. Dead cells build up over winter and this dulls the complexion. It also reduces the absorption and efficacy of products such as serums and moisturisers. But it’s simple to address. Body brushing is an excellent way to combat this and can be done at home or by a professional therapist. For the face, use gentle exfoliating products, but booking microdermabrasion at a salon or clinic is definitely worthwhile. Not only will sloughing improve your complexion, it will also boost circulation and your lymphatic system (see below). Start now and you’ll have smooth, healthy, glowing skin when summer arrives.

Smooth out the lumps
The lymphatic system also plays a significant role in deposits of cellulite. However, once it’s formed, cellulite isn’t so simple to banish. But, there are some truly effective ways to improve it. Payot’s Celluli Ultra Performance is a home product that produces effective results on both cellulite and stretch marks. Combine it with body brushing. In clinic book a cellulite-specific massage, which will break down fatty deposits and smooth the skin. Skin tightening treatments also target cellulite and produce visible results quickly.

Be firm with yourself
After a winter of stagnating, most of us are eager to eat more healthily and exercise. But while this may burn off weight, it won’t tighten saggy skin. In fact it can exacerbate it. Skin tightening and lifting is what’s needed. Clinic-based treatments include: Venus, 3D and HIFU skin tightening. These make an incredible difference on areas such as the thighs, tum and bum, arms, etc. There are also some really effective home products, but it’s worth investing in one from a clinic if you can, as the results will be superior. For the face, neck and eyes, treatments such as the 3D Ultimate, the Vampire facial, micro-current Mediwave lifting and the Venus Freeze non-surgical facelift will redress sagging, lines, wrinkles and sallowness.

Drink it in
I always talk about hydration, but it’s fundamental in maintaining healthy skin. It’s also vital in the production of collagen (or rather lack of it), which causes the main signs of ageing. The weather, central heating, etc., all dehydrate the skin during winter, so it’s almost inevitable we spot new lines and wrinkles in spring – especially as collagen itself is largely made up of water. Increasing your water intake is obviously crucial, but there are also specific collagen-packed products such as Skinade and Image Skincare’s YANA collagen shots that you drink. These won’t erase every line and wrinkle – and for real results I’d always recommend clinic-based treatments; however, clinical trials show some astounding results that will put a spring in your step. See you soon.

Tracey Locke, Lead Clinician

Serenity Clinic Ltd, 162 Banks Road, West Kirby, Wirral CH48 0RH
T: 0151 625 6256
www.serenity-clinic.co.uk
I make no excuses for being passionate about endeavouring to run an efficient Auction Rooms together with my colleagues, all of whom are highly ethical in their approach to business practices. We all put in very long hours and nothing is too much trouble for us to serve the needs of the community.

We are justly proud of our reputation for being approachable and treating our clients as we would like to be treated ourselves. It is a constant task we have undertaken and maybe, sadly, a little unusual these days in a fast-changing world – ‘People before Profit’ is not a bad rule by which to work! The client comes first and we do work hard to achieve high prices at auction for our clients!

I do like to collect good stories about people I have met in life and I have many. Some years ago, a late friend of mine in Caldy politely refused a knighthood. He explained that his charitable works were to benefit the poor people for which he cared and not for self-aggrandisement, if there is such a word, or – if you like – social status!

The short life of the poet Henry Kirke White (1785–1806), is worth examining at some point. He wrote the lines “Great thy Strength, if great thy need” in the hymn *Oft in Danger Oft in Woe*. Inspirational indeed.

Coincidences seem to happen to me quite regularly. First I meet an old friend whom I have not seen for years when at the cheese section in the supermarket and then encounter him three times in the street the following week!

A few weeks ago I was invited to examine a portrait of Luke Hogan who was the first Irish-born Lord Mayor of Liverpool and served from 1945–46 at the end of WWll; he also practised as a solicitor in the city. The artist was Stanley Reed who taught me and Sir Paul McCartney – I hasten to add, the subject was actually art, and the appreciation of same at the Liverpool Institute High School for Boys founded in 1825. Stanley Reed was taught and guided by the well-known artist, William Charles Penn. We had no idea that Stan, as we called him, was such an accomplished portrait painter. The original oil sketch for this portrait of Luke Hogan is held by the Williamson Art Gallery in Oxton, Birkenhead. It would be nice if we could find a benefactor who was able to acquire the finished portrait and donate it to the Williamson to take its rightful place with Stanley Reed’s sketch, both of which are illustrated here.

Another visit to a Wirral property unearned a picture simply titled ‘A Cheshire Footpath’ but it had extremely good composition and perspective depth. The artist in this case was the great John Finnie (1829–1907). Space does not allow me to list all the accolades bestowed upon John Finnie. He belonged to many of the renowned Victorian art academies and exhibited widely in the UK and France. Finnie was also Headmaster and Art Master at the Liverpool Institute School from 1855–96! It was then known as the Mechanics Institute and School of Art. It was referred to in one of William Brown’s speeches as “Enabling the education of the boys of the humble classes”. I will leave you to think about that!

I have also discovered another picture of an extremely generous benefactor to Liverpool Cathedral who was wearing a Liverpool Institute old boys’ tie! But this story will wait until the next issue!

Prince Bira of Siam, Juan Manuel Fangio, Mike Hawthorn, Stirling Moss, Niki Lauda and Michael Schumacher are a few of the great names in Formula One motor racing of the last 80 years or so. Along with them on those dangerous early circuits, driving cars that offered little protection, was Les Leston – not a name that readily springs to mind, but easier to remember than his real name of Alfred Lazarus Fingleston. Born in 1930, Les was a former jazz musician, innovator and an army surplus trader to raise money for his dream of being a top racing driver – a true genius polymath! Self-funded by his trading skills in the early days, Les Leston raced successfully in the F1 championships

Alderman Luke Hogan Lord Mayor of Liverpool 1945-46

Castell Dinas Bran – by William Charles Penn

By Stanley Reed – Art Teacher at Liverpool institute

By John Finnie
for the Connaught Engineering team and developed the design and manufacture of fireproof racing suits for drivers, saving many lives. Drivers trapped in crashed and burning racing cars accounted for much loss of life in the early days on the motor circuits. Leston also designed and marketed car accessories and no smart 1960s Mini or Austin Healey Sprite was complete without a Les Leston wood-rimmed replacement steering wheel or a ‘boy-racer’ without his Leston string-backed driving gloves. Ah... nostalgia is a wonderful thing!

His range of products was enormous, with many different designs for each product. Cato Crane recently sold a Les Leston steering wheel, brought in to our Heswall Valuation Office, from an Avanti sports car, together with lots of automobile old headlamps, badge bars and badges, a pistol grip spotlight from a 1955 Singer Gazelle, which made top money together with several car bonnet mascots. Internet bidding was extremely brisk!

Now here’s your opportunity. Visit our Heswall office, for Valuations Consultations on jewellery, silver, good pictures, toys, militaria and good collectibles. Please telephone to book a consultation time to avoid waiting on 0151 342 2321. We are still searching for the £1,000,000 Chinese Vase! So steer a course to Heswall and be first past the chequered flag!

Nearly finally; a tale of two robes, or in the real world outside the confines of the auction rooms, wardrobes! Two distinct styles, 100 years apart and both doing the same job. Which one would you or your children or their children choose to own nowadays?

It is all a question of desirability, re-invented fashion and good taste; I will leave that decision to you!

Our three-day Valuation Event in Heswall was a great success and provided many discoveries, which I will share with you in the future.

Our Heswall office is at 48 The Mount and is open every Friday morning by appointment and during the week by appointment. Telephone our office in Liverpool 0151 799 5559 when Anna will make an appointment for you, or call me direct on 0151 342 2321. Our website is CatoCrane.co.uk or 5cv.co.uk

And follow us on Twitter @catocrane where you can follow my journeys of discovery! Thank you for joining my passion for my work by reading my articles. More adventures in the next issue. Bye for now.
Shorelines
By Stephen G Baker

Are you frightened about the state of the world? Every day seems to bring another disaster. Murder seems to be so commonplace! We regularly hear of someone else going on the rampage and killing people! Individual acts of terrorism are on the increase, resulting in tragedy by an act of violence. Recent events on Westminster Bridge, and in Stockholm, Germany and France, have demonstrated this. Events of yesterday seem so long ago as we wake up to hear of another tragic and evil act being perpetrated.

I find it all very distressing and yet I, sadly, can see the inevitability of the way the world is going. The Bible teaches that conditions in society will get worse and worse as time progresses. Paul, an old man, wrote to Timothy, a young man — “but understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self control, brutal, not loving good, treacherous, reckless, swollen with deceit, lovers of pleasure rather than lovers of God, having the appearance of godliness but denying its power” 2 Timothy 3:1-5. I think what the Bible is saying in these verses is staring us in the face. Do you recognise a description of our society?

If we reject the moral compass of the Bible then ultimately there are consequences. In that type of society morality becomes subjective and personal. There is no absolute standard of right and wrong. Everyone does what is right in their own eyes. This is not a new problem. It happened in biblical times, and many times since, but every time it happens the results are disastrous. The old book says “there is a way that seems right to a man but its end is the way of death” Proverbs 14:12.

If we don’t get back to the Bible we can expect society to get worse and worse. We need to educate the next generation so that they don’t make the mistakes that we have made. The Bible says, “train up a child in the way he should go; even when he is old he will not depart from it” Proverbs 22:6.

I’m also glad to say that the Bible states that “where sin increased, grace abounded all the more” Romans 5:20. This means that the gospel of Jesus Christ can meet the needs of a wicked society. Forgiveness starts with the individual. The promise of scripture is still true — “If we confess our sins, he (God) is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” 1 John 1:9. Society will never change by enforcement but by the transforming power of God working in each individual’s life through the gospel of Jesus Christ.

Are you fearful? Scripture says, “perfect love casts out fear” . . . “the love of God in Christ Jesus our Lord”.

Further explanations of what the Bible teaches can be found at

www.findingthemissingpeace.blogspot.co.uk

www.seekthetruth.org.uk
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The over 65s are now rapidly approaching a staggering 25% (that’s 15 million) of the UK population, and it is an age at which we should be thinking of protecting ourselves and our families by putting lasting powers of attorney and wills in place.

Around 65% of over 65s do not have wills; however, a staggering 94% have not put lasting powers of attorney in place! In fact just over one million lasting powers of attorney have been registered, since their inception in 2007, covering all age groups. Generally, despite there having been many press reports of horror stories, many people still seem unaware of the necessity to draw up lasting powers of attorney.

The Mental Capacity Act 2005 states that should you have some form of incapacity (permanent or temporary) which prevents you from looking after your day-to-day affairs – then you must have attorneys in place. If you have a registered lasting power of attorney in place, then all is well and those attorneys can act immediately, without further fuss.

If you have such an incapacity with no power of attorney in place then there is an extremely onerous, complex and very expensive procedure for your family or close friends to undertake. This involves making application to the Court of Protection by family or friends. This complex process can take over six months and costs can easily exceed £2,000, with no guarantees of success!

Should you have no family or friends able or willing to undertake the rigours of such an application, then indeed there is a much worse case scenario that can occur. The court has the power to immediately appoint attorneys for you, called deputies. These deputies will take full control of your finances and divert your pensions to themselves. Your bank account will be closed and cheque books, bank and credit cards cancelled.

Your appointed deputies can be a solicitor, an accountant and even the County Council official and this worst case scenario is when it becomes wickedly expensive. They will charge £800 per year before they do anything and they charge for every single transaction they undertake on your behalf. Costs and charges can easily exceed £3,000 per year. There is even a final ‘winding up’ fee of £290 when you die. You have been warned!
Welcome to The Lake magazine’s film column. Each issue will provide a rundown of what’s on over the next few weeks, including blockbusters, independent films and arts screenings that are available for you to check out in your local cinema.

May

**A Dog’s Purpose**
Based on the beloved bestselling novel by W. Bruce Cameron, A Dog’s Purpose, from director Lasse Hallström (The Cider House Rules, Dear John, The 100-Foot Journey), shares the soulful and surprising story of one devoted dog (voiced by Josh Gad) who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love. The family film told from the dog’s perspective also stars Dennis Quaid, Peggy Lipton, Britt Robertson, K.J. Apa, Juliet Rylance, Luke Kirby, John Ortiz and Pooch Hall.

**Alien: Covenant**
Ridley Scott returns to the universe he created with Alien: Covenant, a new chapter in his groundbreaking Alien franchise. The crew of the colonyship Covenant, bound for a remote planet on the far side of the galaxy, discover what they think is an uncharted paradise, but is actually a dark, dangerous world. When they uncover a threat beyond their imagination, they must attempt a harrowing escape.

**Pirates of the Caribbean: Salazar’s Revenge**
Johnny Depp returns to the big screen as the iconic, swashbuckling anti-hero Jack Sparrow in the all-new Pirates of the Caribbean: Salazar’s Revenge.

This rip-roaring adventure finds down-on-his-luck Captain Jack feeling the winds of ill fortune blowing strongly his way when deadly ghost sailors, led by the terrifying Captain Salazar (Javier Bardem), escape from the Devil’s Triangle bent on killing every pirate at sea — notably Jack’s only hope of survival lies in the legendary Trident of Poseidon, but to find it he must forge an uneasy alliance with Carina Smyth (Kaya Scodelario), a brilliant and beautiful astronomer, and Henry (Brenton Thwaites), a headstrong young sailor in the Royal Navy.

At the helm of the Dying Gull, his pitifully small and shabby ship, Captain Jack seeks not only to reverse his recent spate of ill fortune, but to save his very life from the most formidable and malicious foe he has ever faced.

**Also this May**
* Miss Sloan
* Snatched
* McLaren
* Diary of a Wimpy Kid: The Long Haul

Baywatch

**JUNE**

**Wonder Woman**
Gal Gadot returns as the title character in the epic action-adventure from director Patty Jenkins (Monster). Joining Gadot in the international cast are Chris Pine (Star Trek) and Robin Wright (House of Cards).

Before she was Wonder Woman, she was Diana, princess of the Amazons, raised on a sheltered island paradise and trained to be an unbeatable warrior. When an American pilot crashes on their shores and tells of a massive conflict raging in the outside world, Diana leaves her home, convinced she can stop the threat. Fighting alongside man in a war to end all wars, Diana will discover her full powers... and her true destiny.

**My Cousin Rachel**
A dark romance. My Cousin Rachel tells the story of a young Englishman who plots revenge against his mysterious, beautiful cousin, believing that she murdered his guardian. But his feelings become complicated as he finds himself falling under the beguiling spell of her charms. Rachel Weisz stars and Roger Michell directs the adaptation of the novel by Daphne du Maurier.

**Baby Driver**
A talented, young getaway driver (Ansel Elgort) relies on the beat of his personal soundtrack to be the best in the game. But after being coerced into working for a crime boss (Kevin Spacey), he must face the music when a doomed heist threatens his life, love and freedom.

The much loved Edgar Wright directs this stylish crime caper which features a fantastic ensemble cast including Jon Bernthal, Eiza González, Jon Hamm, Jamie Foxx, Lily James and Kevin Spacey.

**Also this June**
* The Mummy
* Wilson
* Churchill
* Despicable Me 3

During May and June, The Light Cinema New Brighton is hosting a wealth of live cinema including theatre, opera and ballet.

**Who’s Afraid Of Virginia Woolf?** — May 18th
James Macdonald directs a new production of multi-Tony and Pulitzer prize-winning playwright Edward Albee’s landmark play.

**RSC Live: Antony and Cleopatra** — May 24th
Iqbal Khan directs Shakespeare’s tragedy of love and duty, picking up the story where Julius Caesar ends.

**Alien: Covenant**
Launching Films and The Light Cinema.

**IT WAS 50 YEARS AGO TODAY! THE BEATLES: SGT. PEPPER & BEYOND** — June 1st
On 1st June 1967 The Beatles released what would become the world’s first concept album – Sgt. Pepper’s Lonely Hearts Club Band. Featuring interviews with former employees, fellow musicians, family members and journalists, and supported by a vast array of original and exclusive never-seen-before footage, the film offers a fascinating insight into the swinging sixties and the 12 months surrounding the album’s release.

**British Museum: Hokusai** — June 4th
A groundbreaking documentary and exclusive private view of the forthcoming British Museum exhibition ‘Hokusai: Beyond the Great Wave’.

**Take That: Wonderland** — Live from the 02 — June 9th
Take That invite you to experience their concert LIVE from the 02 at your local cinema on Friday 9th June, for one night only! The boys are sure to deliver a unique and unforgettable cinematic experience — get ready for it!

**NT Live: Peter Pan** — June 10th
Captured live at the National Theatre, a recorded performance of JM Barrie’s much-loved tale screens in cinemas this summer.

**Exhibition On Screen: Michelangelo: Love and Death** — June 14th
To coincide with a glorious new exhibition at the National Gallery of London, this film offers a full and fresh biography of Michelangelo who, with Leonardo, is considered one of the greatest artists of the Renaissance — and perhaps of all time.

**NT Live: Salome** — June 22nd
The story has been told before, but never like this. An occupied desert nation. A radical from the wilderness on hunger strike. A girl whose mysterious dance will change the course of the world.

Craig Barton is the co-director of Pilot Light TV Festival and works within film exhibition at Multiplexes and Film Festivals and is a former lecturer of film and creative media.

Release dates are subject to change and are provided by Launching Films and The Light Cinema.
Ulcerative colitis is a condition that you hear a lot more about these days. I have wanted to share the story of my own battle with this disease for a number of years now in the hope that it will inspire anyone that is battling a chronic illness.

My ulcerative colitis (UC) story began in August 2011 when I visited my GP after passing blood in my stool. After medication for haemorrhoids and irritable bowel syndrome failed to make any improvement my consultant performed a colonoscopy and diagnosed me with ulcerative colitis. Diagnosis with a chronic condition came as a huge shock to me as I suppose we all expect a quick visit to the doctor to result in a prescription or antibiotics to resolve health issues! I had worked as a personal trainer for 10 years and never had a serious illness. I had the occasional drink, never smoked and always ate good food.

My condition started to worsen week by week with crippling abdominal pain adding to my list of symptoms. I managed to continue my work as a personal trainer in the Houses of Parliament however the disease was starting to take its toll.

After persevering for two months with no significant improvement and now on high doses of steroids I was rushed into hospital in Kent on 13th December 2011 where I remained until Christmas Eve. During this time I was given many different drugs to try to control the condition but nothing seemed to improve my symptoms. On the 7th February 2012 my fiancée and I travelled from London to The Wirral for a family birthday. I spent most of the weekend in bed and by Monday 9th I was too unwell to travel back to London.

Over the next few days I became critically ill and was rushed into Arrowe Park Hospital on the 14th February with toxic mega colon caused by the acute UC. In a nutshell my bowel had stopped working and was leaking toxins throughout my body – my body was shutting down. I had life-saving surgery on the 17th February to remove my large bowel and form an ileostomy (stoma). This is where the small intestine is brought through the surface of the abdomen and your stool is collected in a stoma bag. Miraculously I made it through the eight-hour operation and my recovery began. I owe my life to the surgeons, doctors and nurses that cared for me so well at Arrowe Park Hospital.

I had the pain of major surgery to contend with but the pain from UC had gone and I was alive. I had lost over 60lbs in five months, was extremely weak, but could only eat the smallest amounts of food to ensure my body slowly got used to eating calories again. I could barely stand up but I committed to taking a few steps each day and to walking a little further every day. The biggest challenge of all was getting used to my stoma as I found it very daunting to begin with. I had to dig deep to become mentally tough enough to accept the need to use a stoma bag every day of my life.

Planning, patience and perseverance were key to my recovery. Seven weeks post-surgery I felt able to start small amounts of jogging and abdominal exercises, and two months on I was in the gym lifting light weights. I planned my exercise routine meticulously. To build up cardiovascular fitness I alternated jogging and walking at 30 second intervals for 20 minutes and within six months was jogging 10km. I also focused on building my muscular strength and endurance using weights and core stability exercises.

My health and fitness improved rapidly, and only six months after surgery I was in great physical and mental shape. My health has never been better.

I look back on the personal journey I have been on over the last four years and feel proud about what I have achieved. I want to put my personal experience coupled with my expertise and passion for fitness into helping others achieve their individual fitness goals.

I launch ‘CH Personal Training’ this month offering one-to-one or group training sessions in the gym or in your home. My clients will also benefit from online, email and phone support, weekly motivational check-ins with diet and lifestyle advice.

For more information about CH Personal Training email fitness@chpersonaltraining.com or call me on 07944 645186. Follow me on Facebook @christianholcombept, Twitter and Instagram @christianhpt.
So you want to reduce belly fat? You’ve tried everything, but you just can’t seem to shift it? Well this blog is just for you! If you’re someone who stores fat evenly throughout your body, the first step is to follow clean eating and get some exercise (I can help you with that).

Ok, so why can belly fat be so stubborn to shift? And what can you do? What can be stopping you if you have tried everything without success?

Your problem may be due to stress. These days we have long periods of stress that result in our cortisol being spiked! Cortisol is an important hormone, but it has been termed ‘the stress hormone’ as it is secreted in higher levels during stress. High cortisol levels can result in your body storing fat around the waist area.

If you’re looking for a quick and simple way to shift the bulge, then reducing the stresses placed on your body may be the answer!

So what are the things that could be causing you stress without you even realising it’s happening?

Highly stressful job – this may be hard to address, so getting time to relax and unwind may help reduce the stress.

Juggling work and children – again, getting some ‘downtime’, or having some ‘me time’, as well as looking at dietary choices may help.

Emotional worry or stress – ‘mindset work’ would be helpful, alongside some relaxation activity of choice.

Stay hydrated – being dehydrated puts stress on the body so ensure you keep hydrated.

Reduce caffeine – if you stop you will suffer headaches for sure, so reduce your intake over the space of a week if you usually drink a lot!

Cut out alcohol – sorry to be a killjoy, but alcohol puts too much stress on the liver so it needs to be cut out for a period! I find that when I set clients a 21-day challenge, they find it achievable and it helps form new habits. Alcohol results in ‘beer belly’, so it’s just going to slow your progress. If you use alcohol to relax, try an alternative just until you see improvement.

Smoking – again this puts a big stress in the body so may be hindering your progress!

Food sensitivity – try to avoid foods that don’t agree with you. If your body reacts in a negative way to certain foods it will not be helping you on your way to a reduced waistline. Signs are: heartburn, bloating, nausea, and fatigue.

Sleep – lack of sleep is something people don’t consider when looking to reduce fat! Everyone is different when it comes to ways of improving sleep, so I’d take the time to unwind and de-stress close to bedtime and look into options for relaxation.

To combat stress, meditation and yoga are both fantastic – they will help you manage the things that stress you out, and get you feeling relaxed. Personally I struggle to find time to chill out as I love feeling energised, but I have seen at first hand how these help transform clients who are dealing with stress. I believe you can get an app that does mini-meditation sessions, so maybe give that a whirl.

Obviously you may not be able to change everything straight away and some life circumstances cause us stress that we can’t avoid, so just wait until the time is right to set out a plan. I’d recommend setting a 21-day or 6-week plan, depending on your lifestyle, etc. I can help you through one-to-one coaching or on one of my personal training programmes, so get in touch if you have any questions or want to know more about how I can help you reach your goals! Success rate is much higher with the right guidance.

You can contact me today via the details shown below.

M: 0773 547 0326
W: www.thefitnessqueen.co.uk
F: Fitness Queen
E: Hayley@thefitnessqueen.co.uk

Hayley x
We’re hugely proud of our wine selection here at Whitmore & White. We wanted to put together a collection of wines from the smaller vineyards, made by talented individuals. We wanted to show that good wine did not have to be expensive wine, it just had to be well made.

You won’t find most of the wines we stock in any supermarket or warehouse wine stores. Between us, we have decades of experience in the wine trade and we have tried and tested every single wine on our shelves, so trust us when we say that we have an exciting wine selection. If you enjoy wine, you’ll enjoy ours.

If you’ve not visited us in West Kirby yet, come and have a look at what we do. You can try a varying range of wines in our tasting machine before you buy, or pick up a copy of our wine tasting calendar for the next event dates.

Follow us on Facebook, Twitter and Instagram for news, or visit our website for tasting dates and to shop online.
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