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ISSUE 28
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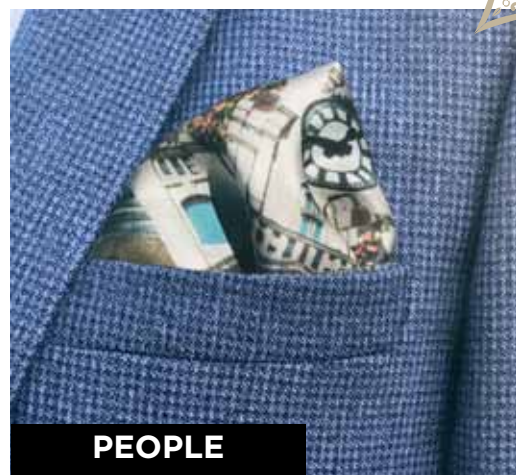
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MY PLANET LIVERPOOL

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The publisher cannot accept responsibility for the views expressed by contributors to this issue of My Planet Liverpool or for the accuracy of claims made by advertisements appearing in this edition.

In the previous issue (27) of My Planet Liverpool we looked at the initial steps of Liverpool's journey to a port of world renown. From King John's granting of the Letters Patent (Charter) in 1207 to the importance of the discovery of rock salt on a Cheshire estate. In this issue we briefly tell of how Liverpool's increasing wealth and growth was aided by both the expansion of the Salt Trade and the abhorrent Slave Trade years.

LIVERPOOL

— *the early years* —



Above left: Remains of harbour wall at Dungeon. Right: John Foster's Salthouse Dock and Custom House - circa 1900.

WHILST the discovery of rock salt in Cheshire would eventually contribute greatly to Liverpool's growing wealth, back in the early 18th century there were initially problems in expanding the trade to meet the world wide demand, including a distinct lack of decent transport links from Liverpool into the productive Cheshire salt fields. The River Weaver, which ran through the salt-producing area, was not deep enough to allow boats to reach the salt mines and so the movement of the newly discovered rock salt was initially done by pack horses, which had to carry the salt to the wharf to enable it to be loaded onto barges that used the ebbing tide to take them back down the river.

At this time there was also a growing demand for coal, which was used for helping in refining the salt by manufacturers on the Weaver and the subsequent new salt works and other industries that had sprung up in Liverpool. As the whole salt industry expanded, the calls to improve the river to simplify the movement of the salt grew louder, especially from the commercial centre of Liverpool. Eventually the calls were answered and, despite some strong opposition from local landowners, the construction of the 'Weaver Navigation' into the salt fields was completed by 1732 at a then huge cost of £15, 885. Barges of up to 40 tons were now able to reach Winsford and vessels called 'Weaver flats' were sailed up the river or were bow-hauled by teams of men.

This newly constructed navigation route was not that profitable initially however, and to the Liverpool Corporation it had become clear that that full potential of the lucrative salt industry was not being fully realised and that it would not be unless the problems, such as getting the fuel supply to refine the salt, were not resolved successfully – and quickly. To their mind, the logical answer was the creation of a similar operation to complement the Weaver Navigation route. The result was the proposed construction of the Sankey Brook Navigation. After preliminary surveys they petitioned Parliament for the necessary Act to construct this new improvement and with the support of Liverpool merchants and industrialists, along with the proprietors of the Northwich and Winsford salt works, behind them, the Sankey Brook Navigation, which would later be named as the St Helen's Canal before becoming the Sankey Canal, was given the go ahead.

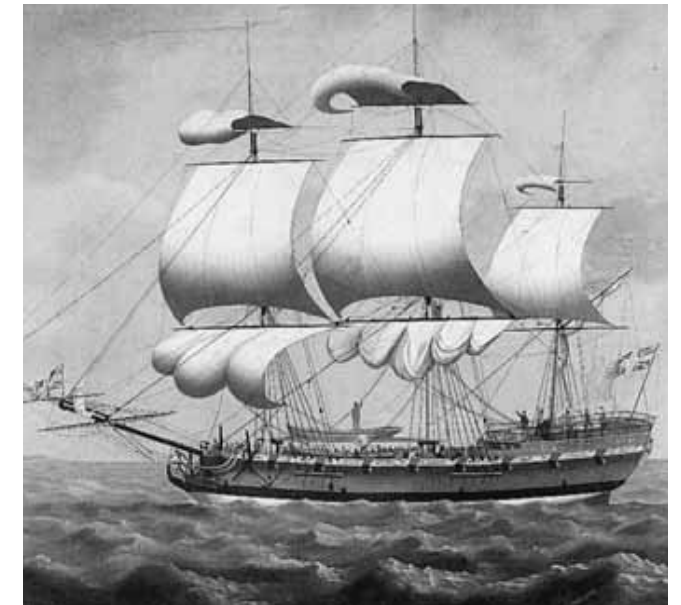
Liverpool's John Blackburne, owner of the Liverpool Salthouse Dock Refinery, and John Ashton, owner of the Dungeon Salt Works in Speke, were the two main agitators of this scheme. It was Ashton who put up half the required capital, owning 51% of the 120 shares in the Navigation and it was mainly due to his efforts that the Sankey Canal construction went ahead, opening in November 1757. The increase in salt production as a result of the new canal was remarkable. In 1752 there had been 14,000 tons yielded and by 1783 this had increased to 40,000 tons, with 100,000 tons being recorded by 1796 and 186,000 tons by 1820.

The Salt Trade is frequently ignored when talking about the many events that contributed to the rapid expansion of Liverpool as a major port but this was a sizeable industry and one that gave our city a big enough boost to help it to surge past what was the declining port of Chester.

However, at the start of the 1700s, the more unscrupulous of Liverpool's increasingly wealthy merchants and entrepreneurs had begun to get involved in another trade that would amass even greater fortunes for many of them. Sadly, these people would be allowed to create or add to their great wealth by profiting from the proceeds of the horrendous human suffering that took place due to the 'Slave Trade'.



Above: Goree Warehouses, 1828 St George's Dock, (by Austin), named after the small island of Goree in Senegal, an important staging post at the start of the Middle Passage. Right: John Foster's Salthouse Dock and Custom House - circa 1900.



It was trade with the New World during the 1700/1800s which brought the most prosperity to our expanding port, the West Indies being of far more importance to Liverpool than the Americas. Not only did the West Indies supply the main staples of our city's trade, such as sugar, tobacco and cotton, but the islands were at the centre of what was a very lucrative smuggling trade with Spanish Central and South America. At start of the 18th century it was the city of Bristol that had the largest share of this traffic but Liverpool had come to the fore by the mid-1700s, the city bringing in an annual profit from the trade of some £250,000. Manchester's growing industrialisation also played a significant part in the New World trade, with merchants able to supply the city's own commodities, such as coarse woollens and cottons, so giving the local mills greater commercial incentives.

The first recorded sailing of a Liverpool slave ship was made as early as September 1700, when the 'Liverpool Merchant' vessel transported 220 slaves from Africa to Barbados. A month later the 'Blessing' entered what would become known as the 'Triangular Trade', as the slave ships sailed from European slave ports to West Africa and the Americas, and as trade increased so did the growth of associated businesses like chandlers, grocers, rope-makers, carpenters and many other trades, all supplying and benefitting from the rising markets. Between 1788 and 1793 it is known that 98% of slaving ships using the rapidly expanding port of Liverpool were owned by many of the city's own merchants and by the turn of the century there were over one hundred of our town's vessels involved in the slave trade on a regular basis.

Many of the leading 'slavers' came from the more powerful and wealthy sections of Liverpool society, including councillors and bailiffs, Members of Parliament and Mayors, with all twenty Mayors from 1787 to 1807 believed to have been

involved in the industry. The Abolition of the Slave Trade finally came in 1807, leaving traders to concentrate on other markets such as palm oil to ensure that the port of Liverpool did not go into decline. However, it is certain that all manner of slave trading goods, like manacles and fetters, were still produced here and shipped out to the Americas for many years and that many merchants, and even some abolitionists, continued to profit from the trade by importing slave produced goods from the Americas.

In 1999, Liverpool City Council issued an apology for the part played by Liverpool in the Slave Trade and the Liverpool 800 (years) book dedicated sections to the history of the trade and the port of Liverpool's involvement, while the Merseyside Maritime Museum at Albert Dock has a list of books and articles in its own collections on slavery and the slave trade.



A depiction of the horrendous conditions that slaves had to endure during the 'Middle Passage' sailings (Courtesy International Slavery Museum Liverpool)

LIVERPOOL Women of Renown

Continuing with the theme of this year in which we are celebrating the 100th anniversary of women winning the right to vote, My Planet Liverpool is also acknowledging some of the Merseyside women who helped to bring credit to our region by helping improve the lives of many other people, here and world-wide. They did this in varying ways, thanks to their own great efforts and selflessness. For the final feature in this series My Planet Liverpool has selected another three ladies who deserve to be mentioned when talking about the role of women in the history of Liverpool and beyond.

ELIZABETH MARGARET 'BESSIE' BRADDOCK 1899-1970

"Bessie" Braddock (née Bamber) was born in Zante Street, Liverpool on 24 September 1899, to Hugh and Mary Bamber. Hugh was an activist who worked as a bookbinder, while Mary was national organiser for the Union of Distributive and Allied Workers. It was no surprise then that Bessie should grow up to become one of Liverpool's true working class heroes.

Liverpool in the late 19th century suffered extremes of poverty and had the highest infant mortality rate in the country. Bessie's mother became a trade union organiser and campaigner against poverty and established a reputation as an outstanding platform speaker. She was the dominant early influence on Bessie, who, inspired by her mother, developed a lifelong determination to represent and fight for the disadvantaged. It was a fight that she continued throughout her life, campaigning tirelessly to improve living and working conditions for our city's under-privileged.

In 1902 the Bamber family relocated to Smollett Street in Bootle, and alongside her normal schooling her political education began at the Marmaduke Street Socialist Sunday School and through her becoming involved in her mother's campaigning activities. One of Bessie's early memories was of the soup kitchen for the destitute which her mother helped to run on St George's Plateau: She said, "I remember the faces of the unemployed when the soup ran out. I remember blank, hopeless stares, day after day, week after week, all through the hard winter of 1906-07"

Aged just 11, she left the Sunday School and joined the youth section of the Independent Labour Party (ILP), where she studied socialism along with a busy programme of social activities. She later described herself at this time as "strong, agile and fond of walking and eating" Bessie left her weekday school in 1913 and began work filling seed packets for five shillings a week. The job was too boring for her and after a few months she moved to the drapery department of the Walton Road Co-operative store. She became a member of the Shopworkers' Union and attended classes run by the Workers' Educational Association and the Plebs' League.

After several years in the ILP, Bessie joined the Communist Party of Great Britain as a British Labour Party politician who served as Member of Parliament (MP) for the Liverpool Exchange division from 1945 to 1970. She was a member of Liverpool County Borough Council from 1930 to 1961 and although she never held office in government, she won a national reputation for her forthright campaigns in connection with housing, public health and other social issues.

In 1922 Bessie married John 'Jack' Braddock, who would later become Leader of the City Council on two occasions. The couple lived in Zig Zag Road, West Derby, from 1945 until her passing on 13th November 1970. For most of her parliamentary

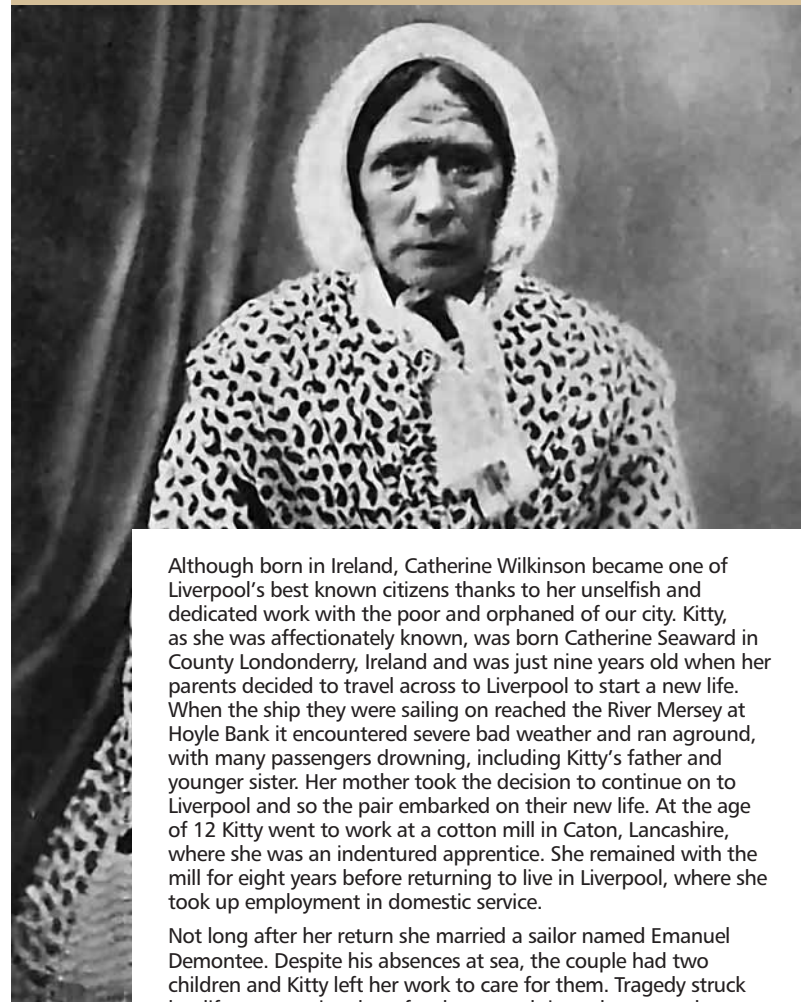


career she remained a member of Liverpool's council and just a few months before we lost her she was made a Freeman of the City of Liverpool, a lasting recognition for the vast amount of work she had done for the people here. After her death her obituary written by the Guardian, hailed her as "one of the most distinctive political personalities of the century"

Bessie's work for mental health reforms, her efforts on behalf of our city's barrow girls and her pugnacious determination to bring about better prison conditions brought her deserved local and national fame but she is probably best remembered for her larger-than-life political tactics and her frequent clashes with the press. To the working class people of Liverpool she was 'Our Bessie' and a bronze statue in her honour was unveiled in June 2009, standing alongside another Liverpool great, Ken Dodd, who Bessie counted as one of her best friends, on the concourse of Lime Street Station.



CATHERINE 'KITTY' WILKINSON 1786-1860

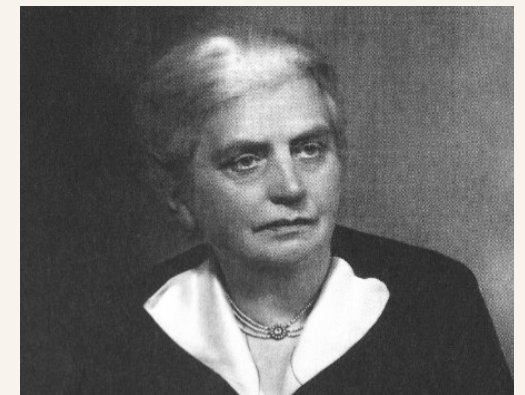


Although born in Ireland, Catherine Wilkinson became one of Liverpool's best known citizens thanks to her unselfish and dedicated work with the poor and orphaned of our city. Kitty, as she was affectionately known, was born Catherine Seaward in County Londonderry, Ireland and was just nine years old when her parents decided to travel across to Liverpool to start a new life. When the ship they were sailing on reached the River Mersey at Hoyle Bank it encountered severe bad weather and ran aground, with many passengers drowning, including Kitty's father and younger sister. Her mother took the decision to continue on to Liverpool and so the pair embarked on their new life. At the age of 12 Kitty went to work at a cotton mill in Caton, Lancashire, where she was an indentured apprentice. She remained with the mill for eight years before returning to live in Liverpool, where she took up employment in domestic service.

Not long after her return she married a sailor named Emanuel Demontee. Despite his absences at sea, the couple had two children and Kitty left her work to care for them. Tragedy struck her life once again when, for the second time, the sea took another loved one away from her, her husband being drowned while sailing abroad. Kitty, now having to raise two young children, returned to work in domestic service but when she received the gift of a mangle she took the decision to set up as a laundress, taking in people's washing. Her 'business' was a great success and in 1823 she married Tom Wilkinson, who worked as a warehouse porter, and the pair continued to live at house she rented on Denison Street.

In 1832, cholera broke out in Liverpool and boiling your clothes and linens etc. was found to kill the cholera bacteria that infected them. Kitty was the only person in her neighbourhood who owned a boiler for hot water so she invited those with infected clothes or linens to use it, letting them use her house and yard to wash their clothes, charging 1d (one penny) per week, and she also showed her neighbours how to use a chloride of lime to get their clothes and bed sheets clean, thus helping to save many lives. When news of Kitty's work came to the attention of the District Provident Society they, along with William Rathbone, gave her much needed support. Encouraged by this, and convinced of the importance of cleanliness in combating disease, Kitty pushed for the establishment of public baths where the poor could bathe. Her efforts were rewarded in 1842 when, thanks to public funds, a combined public baths and washhouse was opened on Upper Fredrick Street, the first in the UK. In 1846 Wilkinson was appointed superintendent of the public baths and that same year, the Mayoress of Liverpool presented Kitty with a silver teapot from Queen Victoria. The teapot was inscribed, "The Queen, the Queen Dowager, and the Ladies of Liverpool to Catherine Wilkinson, 1846."

Having achieved so much in selflessly helping others, Catherine 'Kitty' Wilkinson passed away on 11th November 1860 at the age of 73. She was buried in St. James Cemetery. Kitty will never be forgotten in Liverpool and in 2012 a marble statue of her was unveiled in St George's Hall.



ELEANOR FLORENCE RATHBONE 1872-1946

Eleanor Rathbone was an independent British M.P. and a long-term campaigner for women's rights. She was a member of the noted Rathbone family of Liverpool, being the daughter of the social reformer William Rathbone VI, an outstanding philanthropist dedicated to social reform and who established a District Nursing system in Liverpool which was adopted nationwide. She was also a first cousin once-removed of the actor Basil Rathbone, of Sherlock Holmes fame. William and his second wife, Emily Lyle, always encouraged Eleanor to concentrate on social issues.

She attended Kensington High School (later Kensington Prep School), London; before going on to Somerville College, Oxford and was supported by Classics coaching from Lucy Mary Silcox. Eleanor was involved with women's suffrage, human rights, and refugee issues and in 1897 she became Honorary Secretary of the Liverpool Women's Suffrage Society Executive Committee, focussing on the campaign for women to get the right to vote.

After her graduation, Eleanor worked alongside her father to investigate social and industrial conditions in Liverpool. He died in 1902 and in 1903 she published their report on the results of a Special Inquiry into the conditions of Labour at the Liverpool Docks. In 1905, she assisted in establishing the School of Social Science at the University of Liverpool, where she lectured in public administration. Her connection with the university is recognised by the Eleanor Rathbone building, lecture theatre and Chair of Sociology, while Edge Hill University, Ormskirk, also has a hall of residence named Eleanor Rathbone, in honour of her work as a social reformer.

Eleanor also wrote a series of articles to a suffragist magazine named The Common Cause and in 1913, with Nessie Stewart-Brown, she co-founded the Liverpool Women Citizen's Association to promote women's involvement in political affairs. At the outbreak of WWI, Eleanor organised the Town Hall Soldiers' and Sailors' Families Organisation to support the wives and dependants of those fighting for our country.

Eleanor was the first woman to be elected to Liverpool City Council, representing Granby ward from 1909 to 1934, the same year that she published How the Casual Labourer Lives. In 1929 she was elected as an independent MP, for the Combined English Universities, and continued in this position until her death in 1946. She was associated with many campaigns for social reform, particularly on issues affecting women and is probably most often associated with the campaign to introduce Family Allowances, a battle that was finally won in 1945, just a year before her passing.

In 1922 she contested the General Election as an Independent candidate at Liverpool East Toxteth against the sitting Unionist MP but was defeated. In 1924 in the Disinherited Family, she argued that economic dependence of women was based on the practice of supporting variably-sized families with wages that were paid to men, regardless of whether the men had families or not. Later she exposed insurance regulations that reduced married women's access to unemployment benefits and health insurance.

Eleanor Rathbone is a credit to her home city and its people and her name will long be remembered as being part of Liverpool's social history and one of our city's most renowned citizens.



ROSCOE ARMS

One of Liverpool city centre's most popular pubs, The Roscoe Arms, is enjoying a new lease of life and an increase in trade thanks to a new and enthusiastic owner and an experienced team of bar staff.

Regulars and a raft of new customers are once again flocking to this historic, friendly and welcoming pub, which has recently undergone a change of appearance following a thorough refurbishment and the installation of a new manager and an experienced team of bar staff.

WELCOME TO THE ROSCOE ARMS

Great Atmosphere • Quality Cask & Real Ales • Live Sports • Live Music



The Roscoe Arms stands at the junction of Renshaw Street and Oldham Street and is named in honour of William Roscoe, who himself lived in a pub run by his father in Mount Pleasant. Roscoe, who lived between 1753 and 1831, was a leading slave abolitionist, an avid art collector, an MP, lawyer, banker, botanist and writer and one of Liverpool's most famous residents. Today, he would no doubt be happy to see the diversity of the pub's customers, who all get to experience the warm, homely feel that provides for a wonderful atmosphere in which to enjoy your pint and a bite to eat.

There is a good range of draft and bottled beers, with Bombardier and Dixzy Blonde being the regulars, and a different local weekly 'Guest' cask. There is a wide variety of spirits, including a

selection of gins, and the Guinness is especially recommended. Sports fans are able to watch all the major sporting events on wide-screen televisions and the weekends can see tourists and students joining the regular clientele, as the pub really comes to life with a lively Karaoke and a variety of other great entertainment..

All of the above can be enjoyed inside a pub which has a great feel to it, with a great decor and modern furnishings, including a cool looking bar, a popular 'casual' back room, a classic wood floor and picture adorned walls, with plenty of seating spread throughout, all combining to provide customers with the comfort expected by those wishing to enjoy a relaxing drink.

A NEW FOOD MENU WILL BE INTRODUCED IN EARLY 2019

— ROSCOE ARMS —

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dot-art Gallery

The Liverpool Collection
 running until 12th January 2019

This festive season, the Gallery is celebrating with another great exhibition. 'The Liverpool Collection' returns for the third in an annual series of local art. Launched on Friday 23rd November and running until 12th January 2019, this year's exhibition comprises 19 artists from across the Liverpool region; celebrating a city steeped in culture through a variety of distinctive artistic styles.

The Liverpool Collection showcases our city's vibrant, cultural landscape with an eclectic range of art ideal for a variety of tastes and budgets, from indulgent, original art pieces to thoughtful limited edition prints. Would you or a friend like a watercolour print of Goodison Park or a hand-embroidered, acrylic painting of Sefton Park Palm House? Discover dot-art's Christmas collection, filled to the brim with wonderful, unique Merseyside mementos and Liverpool iconography, all from our community of local creatives. Here are just a few things we have in store;

Liverpool is well known for its thriving music scene, and Amanda Oliphant's beautiful mixed media collages depict one of Liverpool's most famous exports, The Beatles. These simplistic yet intricate limited edition prints are available from only £75 and make a stand-out gift for the music lover you know.

Phill Gornall creates stunning pen and ink renderings of Liverpool's architectural triumphs. His brisk and energetic drawings are a keen favourite among those who love a minimal aesthetic – and with framed originals starting at only £160 they make the perfect, thought-filled gift.

Whether you frequented The Magnet for years or met your best friend in Cuthbert's coffee shop, you're bound to recognise one of Antonio Franco's subjects. Better known as the photographer behind 'Liverpool Shopfronts', Antonio's love for symmetry and balance is depicted in each of his charming shopfront portraits and from £35 you'll never have been a better Secret Santa!

Finally, to celebrate this third year of The Liverpool Collection, dot-art is releasing a brand new bauble design to adorn your tree, alongside the must-have collectables of the Palm House at Sefton Park and the Liver Building editions. In frosted white, their latest Metropolitan Cathedral bauble will glow among any Christmas themed décor and will be available in the gallery and online.

The exhibition runs until Saturday 12th January 2019 – ENTRY IS FREE

The dot-art Gallery can be found at **14 Queen Avenue, Castle Street, Liverpool, L2 4TX** (just 5 minutes' walk from Liverpool One).

Opening times: **Monday – Saturday, 10am – 6pm**

dot-art Gallery, located on Queens Avenue, the historic thoroughfare which runs from to Castle Street to Dale Street, supports visual artists and champions art as an integral part of everyday life. The Gallery does this by selling locally sourced, affordable art, working with businesses to put art in the workplace and public realm, running art classes and working with schools and community groups. All this is underpinned by dot-art's unique membership scheme for artists in the North West, which gives access to all the activities above and a package of support and advice, creating and developing artists' careers.
 Find out more: dot-art.com/@dotart



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◆◆◆◆ WYNN'S WORLD OF WINE

*“A day without wine
is like a day without sunshine.”*



Mike Wynn is a partner in Liverpool based wine company Cultural Wine, a specialist wine company that he helped to establish along with colleagues Paul Malkin and Ian Clarke. In this issue Mike gives an insight into a recent tasting with Cultural Wine's friends from the Morgenrot Group, one of their main suppliers, and he describes this as "Very much detective work" – because the wines are either new to Cultural Wine or new vintages.

The Wine Detective

AT Cultural Wine, we are continually looking to increase our range and offer of wines by organising tastings with our shippers and suppliers, and actually travelling to visit the producers or persuading them to visit us. This gives us an early opportunity of tasting new wines, new vintages and to see how the wine is produced. This careful process allows us to evaluate the wine and ultimately recommend it to our customers.

Our way of selecting the wines that we offer to our customers differentiates us from the supermarkets, as they can't possibly have this level of expertise at their point of sale. Our customers also benefit from our focused wine offers, based on the vast range of wines that we have tasted. The tasting notes we produce also clearly describe the wines and further on in this article you will see just how detailed our explanations are.

I thought that I would give you an insight into a recent tasting with our friends from the Morgenrot Group, one of our main suppliers. Those of you who read my article in the May 2013 edition of My Planet Liverpool will recall that I described the tasting process and here it is applied to this tasting event.

COLOUR (SIGHT)

Take the glass by the base and tip it forward away from you. Look through the wine onto a white surface. The colour will tell you about the body, age and condition of the wine. Intensity of colour tells you about the wine's body – the deeper the colour the more body the wine will have. The grape variety and processing also influence the colour. Colour is a measure of age; Swirl the glass to spin the wine and observe the tears or legs that run down the glass. The longer the legs then the more viscose the wine, which equates to higher levels of alcohol.

NOSE (SMELL)

The aroma of wine is made up of aromatic molecules that evaporate. The amount of evaporation depends on the temperature of the wine. Put your nose into the glass and sniff up. Then swirl the glass and sniff again. Next, smell the glass when it is empty.

PALATE (TASTE)

Always hold the glass by the base, this avoids heating the bowl. Take in the same amount of wine each time. Suck as if you are drinking out of a straw and move the wine around the mouth for a couple of seconds. Don't have any pre-conceived ideas. What do you taste? The first thing that comes into your mind is usually right.



For this article I have selected four wines and noted the results of the COLOUR, NOSE AND PALATE process as I found them.

2016 Afrikan Ridge Merlot

This red wine hails from the same producer as the Chenin Blanc and had real character. To our tongue it was mature beyond its vintage, which could mean that some older wine has been blended in. We thought it was a great wine and have added to our list. **Recommended.**

Colour - Crimson red, with a hint of amber at the edge and long legs

Nose - Warm dark berry fruits, with a touch of smokiness

Palate – This wine had a rich heady/sticky berry fruit flavour, with a really rich round finish.

2017 Afrikan Ridge Chenin Blanc

This fresh and fruity wine was produced at Darling Cellars, located on the cool west coast of the South African Coastal Region, between Malmesbury and Darling, and we thought that this is a wine worthy of adding to our lists.

Colour - This wine has a light straw/lemon and is very clear

Nose - It has a pleasant, fruity nose, with a hint of citrus fruit

Palate – We experienced a taste of Gooseberry and other fruit flavours, with a nice balance between an acidic and dry finish. **Recommended.**



2001 Vallemayor Gran Reserva Rioja Alta Spain

Those of you who have read my previous articles may remember that Bodega Vallemayor is a great favourite of mine – and indeed all of us at Cultural Wine. We had not tried this vintage for many years and the opportunity to taste it again was very exciting. It was a wine that lived up to our expectations and the tasting delivered a superb example of Rioja. It goes without saying that it is now on our list and only a few weeks ago we presented it at a private dinner and it was greatly appreciated. **Recommended.**

Colour – A deep amber red, with a brick coloured edge and long legs

Nose – This wine has an oak vanilla, dry, hot berry fruits, combined with a classic slightly oxidised smell.

Palate – A smooth, round, complex combination of rich berry fruit, with a wonderful long finish and for a 17-year old wine, it still tasted vibrant and fresh.



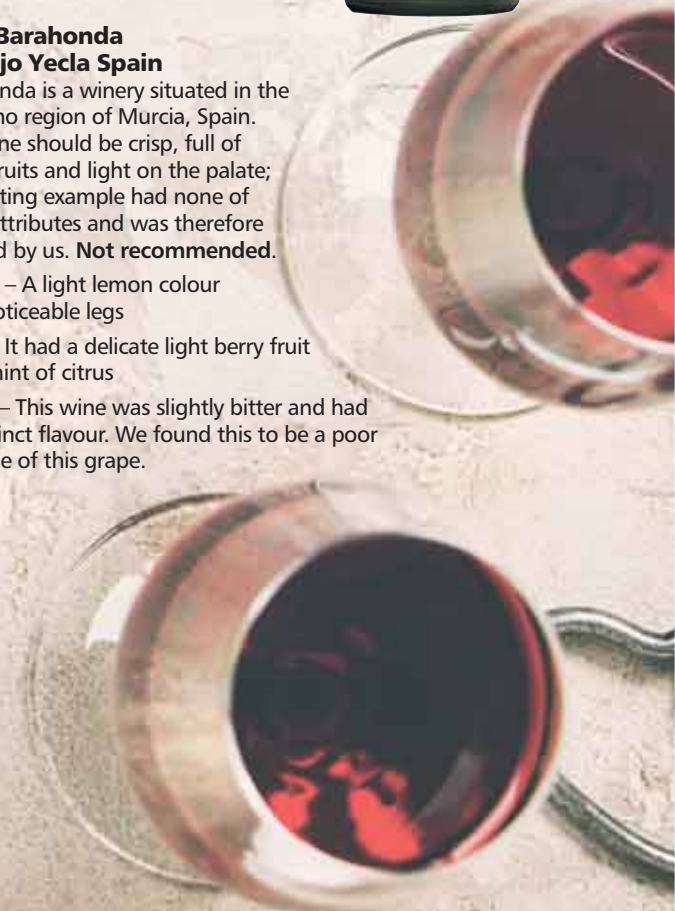
2017 Barahonda Verdejo Yecla Spain

Barahonda is a winery situated in the Altiplano region of Murcia, Spain. This wine should be crisp, full of citrus fruits and light on the palate; this tasting example had none of these attributes and was therefore rejected by us. **Not recommended.**

Colour – A light lemon colour with noticeable legs

Nose – It had a delicate light berry fruit and a hint of citrus

Palate – This wine was slightly bitter and had no distinct flavour. We found this to be a poor example of this grape.



I have presented only a small example of our "detective work", as it often requires us to taste many more wines – but as we always say "Someone has to do it!"



With the Christmas and New Year festivities fast approaching we are delighted to offer My Planet Liverpool readers a 5% discount on all wines purchased from Cultural Wine when quoting MPL28 at the time of placing your order.

To place an order or to discover more about ALL the wines Cultural Wines supply please contact:

Mike Wynn: 07747 052 890 E: mike@culturalwine.co.uk
Paul Malkin: 07747 803 041 E: paul@culturalwine.co.uk
Ian Clarke: 07841 248 758

THE THREE GRACES ROSE GIN A GREAT GIFT FOR CHRISTMAS AND ALL YEAR ROUND



The Three Graces Rose Gin 'THE SPIRIT OF LIVERPOOL'

Liverpool is a historic maritime city that has been created over 800 plus years alongside the River Mersey and our history will forever be interlocked in the traditions, legends and mythologies of the sea. The three magnificent Liverpool waterfront buildings known as The Three Graces help to create one of the most iconic and well-known skylines in the world. It is a wonderful waterfront view that has welcomed seafarers and travellers to our great city for centuries.



In May 2018, three local entrepreneurs paid homage to our waterfront when they introduced a new 'Spirit of Liverpool' – creating a beverage that we can happily fill our glasses with before raising a toast to our wonderful city, a city that the trio are proud to call home.

(L-R) Drew and Alan Hutchinson with friend and business partner Sam Mercer

www.thethreegracesliverpool.co.uk

THE THREE GRACES ROSE GIN A GREAT GIFT FOR CHRISTMAS AND ALL YEAR ROUND

Since its launch, The Three Graces Rose Gin has enjoyed great success and is now one of the most popular gin flavours in our region. Alan Hutchinson, his son Drew and their friend Sam Mercer, each gin drinkers themselves, have created a wonderful drink, while also paying homage to the history of our great city.

THE trio worked tirelessly to develop The Three Graces Rose Gin, essentially named 'The Spirit of Liverpool' and are planning to introduce more flavours for the Three Graces gin range, so offering an exclusive and selective range of spirits for their market partners. With Alan, Drew and Sam being gin drinkers they know what they like in a gin, its flavours and how it tastes, and at the same time they each understand that fellow gin connoisseurs desire a quality product at an affordable price.

A lot of thought was put into their product by the trio before they were satisfied that The Three Graces Rose Gin was ready to be put on the market. Eleven botanicals, including juniper berries, coriander, angelica, orange peel, lemon peel and the essence of roses go into this wonderful drink and this combination has resulted in the gin having a unique rose flavour and colour, proving to be the perfect drink on its own, over ice or with your favourite tonic mixer or cocktail flavours. Alan, Drew and Sam all agree when they enthuse, "The lasting rose essence and flavour in our Three Graces Gin lingers on the tongue and activates the taste buds to give you a flavour and taste that you will enjoy, savour and remember."

The Three Graces Rose Gin is currently being sold at many Merseyside outlets, including popular city centre venues such as The Hilton Hotel, Delifonseca, Ye Hole In Ye Wall and The Vernon Arms, along with Booker Flower and Gifts on Booker Avenue, and the Pickled Olive and The Loft public houses in Woolton Village, plus many more outlets across Merseyside and beyond. The Three Graces Rose Gin is very popular in the Silk Road Restaurants of Liverpool city centre, Wirral and Bramhall, Manchester, while it also goes down well with customers at the Nook, on Heaton Moor Road, and the Acoustic Lounge and Vinehop in Poynton, Stockport.

Alan, Drew and Sam did not stop at creating their gin only. Very cleverly, they also had designed and manufactured The Three Graces Rose Gin short-stemmed glasses, which are unique to the UK. Sam said, "These glasses have been produced purely for use with our Three Graces Rose Gin and can only be supplied by, and purchased from, us."



To purchase your bottle(s) of The Three Graces Rose Gin and the accompanying unique short-stemmed glasses, please visit one of the outlets listed above or buy on-line at:
www.thethreegracesliverpool.co.uk



SERVING SUGGESTIONS

The Three Graces Rose Gin (42.7%)
Refreshingly Light Fever Tree Tonic
and add 2 slices of Lime

The Three Graces Rose Gin (42.7%)
Mediterranean Fever Tree Tonic
and add 1 slice of Orange
and 2 Basil leaves

The Three Graces Rose Gin (42.7%)
Elderflower Fever Tree Tonic
and add 2 Slices of Cucumber
and 1 Sprig of Rosemary

Or simply enjoy
The Three Graces Rose Gin over Ice

The Three Graces Liverpool Ltd
Suite 124, The Liverpool Film Studios • 105 Boundary Street • Liverpool L5 9YJ
Tel: 0151 482 5522 • Email: threegracesltd@gmail.com
www.thethreegracesliverpool.co.uk



BATHGATE BEER FESTIVAL

A roaring success



On Thursday 4th October, Wirral-based Bathgate Business Finance hosted the latest of their extremely popular bi-annual social Beer Festivals. Held at Liverpool's H1780 Tap & Still, clients, colleagues and friends of Bathgate guests gathered for an evening of delicious beer and marvellous company. Also in attendance were representatives from Boast Plumbing Supplies Racing, the Ducati TriOptions Cup team that is sponsored by Bathgate. A roaring demonstration of the Ducati 959 engine certainly drew the attention of the crowd, with more than a few guests trying to hitch a lift home later in the evening!

Gordon Andrews, Managing Director at Bathgate Business Finance, said: "Once again it was a fantastic turnout for the Bathgate Beer Festival. It was a great night and we would like to thank everyone who came along for their valued support. We believe that it's incredibly important to take time to come together and celebrate the successes we achieve through working together. We are looking forward to the next festival already."

For more information visit www.bathgatebf.co.uk

Pictures by Ray Farley

RED BRICK HANGAR MARKET



'Camden-style Market' is going from strength to strength at Cain's Brewery Village

A TRULY UNIQUE SHOPPING EXPERIENCE FOR LIVERPOOL RESIDENTS AND VISITORS TO OUR CITY

NESTLED deep within the heart of the cultural quarter known as the Baltic Triangle, Red Brick Vintage sprouted out of the skeleton of Cain's Brewery Village and has now blossomed into a cultural hub, thanks to the owners, Jan Mian, and partner Deborah Steggle. In January 2016, Jan and Deborah decided to transform the once abandoned warehouse into a loving community where Liverpool-based businesses can get a leg-up and make an impact in the current co-operate climate.

Since its opening in April 2018, Red Brick Hangar Market has continued to go from strength to strength and today it provides a shopping experience like no other. Jan and Deborah aspired to keep the local community strong and they have achieved this by welcoming through its doors, and avidly supporting, independent traders, local artists and start-up business, all of which have brought a unique and inspiring shopping experience to the Baltic Triangle, Liverpool's fastest growing and coolest area. They have transformed the Cain Hall into what can be described as a 'Mini-Camden of Liverpool', providing a platform from which local start-ups and newborn businesses can grow, with affordable units starting from a cabinet to rent to a full shop or studio.

There is no doubt that The Hangar provides a shopping experience like no other. From the moment you step foot inside you will find yourself immersed in a jungle of rare curiosities and vintage splendour. You can quite easily lose several hours perusing the items on sale amongst the myriad of traders, each offering their own brands amongst a treasure trove of antiques, rare finds and original pieces; it is a place where you will discover an item that you didn't even know you needed!

Creativity, Love and Community are the keywords in Red Brick's manifesto, made clear with their history of supporting Liverpool charities such as Alzheimer's Association, Freshfield Animal Rescue and KIND. A unique collaboration with LIPA also gives students access to prop hire and allows them to perform and film on a unique set.

Site Manager, Chris Day explains: "The next chapter in the Red Brick story is to create a hub for new independents and emerging businesses, giving them a platform to transform their passion into a blossoming business in a safe fuss-free environment where they can feel part of the thriving community. We welcome all varieties of trade to join us in what is soon to become the North West's answer to London's infamous Camden Market."

The Red Brick Hangar Market features over 100 traders, creating a one-of-a-kind retail experience.

Follow them on Facebook for all the latest news or pop in to see for yourself at The Courtyard, Cain's Brewery Village, Stanhope Street, Liverpool L8 5XJ.

For more details contact the Site Manager Chris Day or Sara Sartorius (marketing support) on sartorius@me.com or 07940 576199.

continued overleaf ➔

RED BRICK HANGAR MARKET

Thanks to the seemingly unlimited amount of city centre stores, fantastic gems like the Red Brick Hangar can be missed by shoppers. Don't make that mistake! Thankfully the independent stalls here at Red Brick Hangar have their own champions who are ready and able to promote a genuine warmth of friendliness and hospitality that is often missing from the larger city centre stores. Shopping here is a wonderful and pleasant experience. **You are certainly missing out if you have never visited here before – so we suggest that you rectify your error as soon as possible.**



BALTIC4WOMEN

Baltic4Women customers are confident women who come to us for luxurious basics for their wardrobe, statement jewellery and accessories that they just cannot find on the high street. A finely curated collection of clothes and accessories for all women, and lovingly created for the style conscious woman who is looking for affordable, contemporary updates to their wardrobe. Baltic4Women has created a capsule collection that can take you from a casual day to a sophisticated night out, bringing together a carefully considered blend of garments and accessories that are so 'all-of-us' right now while consistently delivering a fresh take on the season's best fashion for women.

44MAN

44Man is an intriguing man cave offering exquisite tailoring and accessories for the stylish man about town, including hats, footwear and jewellery. We cater for youngsters from the age of 1 to 52-inch chest in men's. This is an outlet that offers a top quality and exclusive range of exclusive, modern fitting tweed Suits, Blazers, Waistcoats and Shirts. You can also team up with a fantastic choice of Newsboy Caps, Tribbles or even a Leopard Print Top Hat if you really want to rock out

All events catered for and Corporate Discounts available. Outstanding customer relationships with regional drop off service provided. Pay a visit, you will be pleasantly surprised.

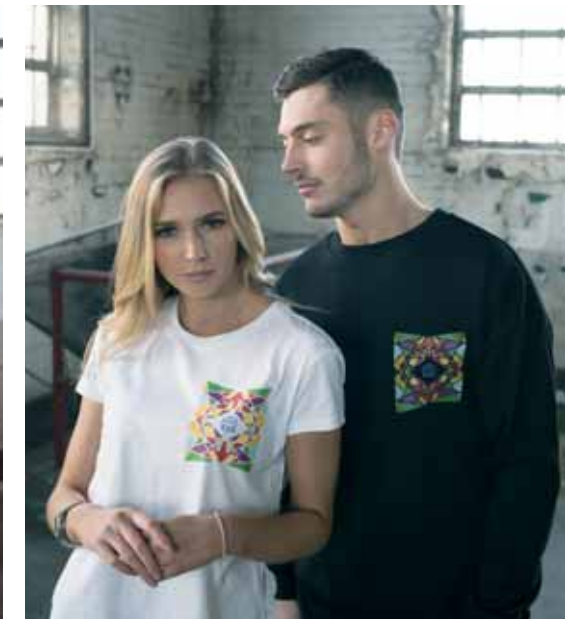
E: sales@44man.co.uk
www.44man.co.uk



FAB

F.A.B. (Fragrance, Art, Beauty) is a collection of all things beautiful, all curated by experts Amy Cooke and Peter Sherlock. When you visit FAB, Amy will talk you through her stunning portfolio of art that uses resins to spectacular effect (has to be seen to be believed), as well as giving the best eyelash enhancements around. Peter has created a complete range of best-selling fragrances, both for you and your home, as well as his own skincare line Liquilift (as seen in Vogue, Tatler and Harper's). These are just some of the many delights that you will discover at the FAB boutique.

Quote "My Planet Liverpool" to unlock personalised gifts and discounts. We can't wait to see you!



T-AMOH

T-AMOH is definitely something that will be on the Christmas lists of many! You will find us located in the only 'Jail Cell' in the Red Brick Hangar. Our Up & Coming brand specialises in Exclusive Prints of original artwork onto T-Shirts, Sweats & Hoodies, using art as a catalyst to create the newest of trends in fashion; the T-AMOH brand is soon to branch out into accessories too. Whilst continuing to grow, T-AMOH ensures that quality is our core value.

#KeepTheLoveLockedIn #ArtIsTheNewBlack
E: info@T-AMOH.com • www.t-amoh.com



JIMMY, BARBARA AND ALL THE TEAM AT
THE VERNON ARMS

WISH ALL OF THEIR CUSTOMERS
 A VERY HAPPY CHRISTMAS AND
 A HEALTHY AND SUCCESSFUL 2019



A PUB WITH A DIFFERENCE

LOCATED on the corner of Dale Street where it meets Vernon Street, the Vernon Arms is a popular venue for customers of all ages and status. When you enter this friendly and welcoming venue you will instantly sense that this pub is different from others. It maybe the sloping floor of the large bar area, or you could well be drawn to the sizable, eye-catching and often admired French Impressionist prints that adorn the walls. Whatever your thoughts, you will quickly feel at home here thanks to the warm welcome afforded by the management and staff and the many regulars who frequent for an afternoon or evening pint or two.

Of course, it may just be the fact that this is a well-run establishment serving a varied selection of great beers, including regular and guest cask and real ales that attract the more discerning beer drinkers from our region and beyond. The fact that you are able to wash down your choice of beer with equally good tasting food is also a major plus point of the Vernon Arms. A varied selection of traditional pub-grub, including fish & chips and an excellent steak pie, or perhaps an ample serving of Chicken Masala Curry, is another good reason to enjoy your time here.

To the rear of the pub is the delightful Latham Lounge. This tends to be a peaceful environment during the week, somewhere to have a quiet read of a newspaper (also supplied) while relaxing with your pint and sampling a traditional pub lunch. This

area can also be hired for a private event and when you do so the small cost of the hire is donated to a local charity.

Friday and Saturday evenings - and on selected Thursday nights - sees live music being performed and these nights are always popular so get in early if you are looking to find a seat. Since 2009, Jimmy and his wife Barbara have been very successful in creating and maintaining a successful, friendly and welcoming pub. It is a venue that is run from the heart and ensures that the Vernon Arms continues to be one of Liverpool's most popular public houses. Make sure it is on your list of places to visit. You will not be disappointed.



The Vernon Arms, 69 Dale Street, Liverpool, L2 2HJ
 Tel: 0151 236 6132
 Facebook: [facebook.com/TheVernonArmsL2/](https://www.facebook.com/TheVernonArmsL2/)
 Twitter: @VernonArmsL2



THE VERNON ARMS

69 DALE STREET, LIVERPOOL, L2 2HJ
 0151 236 6132 • www.vernonarms.net



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VERNON ARMS

Please ask a member of staff with regards to Food Allergies



ALBANY
GENTLEMENS GROOMING



— **ALBANY BARBERS** —
Price List (from)

Cut	£11
Cut and Beard	£14.50
Wash, Cut & Dry	£19
Wash, Cut & Dry with Beard	£22.50
Re-Style	£15
Crops 1-8	£9
Crops 1-8 with Beard	£12.50
Beard	£4.50
Shave	£25

Opening Times:

Monday - Friday: 7am - 6pm

Saturday: 9am - 4pm

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the gentlemen's experience

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Tel: 0151 227 2443 (John or Ian)



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“ As a man that wears a lot of black I think that accessories are very important. A pocket square is about showing my personality and creative status, so buying something iconic that has a story behind it is much more interesting than a plain cotton pocket square. ”

Ryan James Lee

hashtag #manwithanedge

Founded in 2017 by Liverpool born designer and artist Ryan James Lee, who studied fashion at Liverpool John Moores University, the Ryan James Lee brand is a new presence on the fashion scene and one which aims to capture the vibrant cultural beauty and create fashion designs which people want to wear out of that beauty.

Continued overleaf →

Ryan James Lee has been in love with everything design and fashion since his first day at school. He has always had a keen eye when it comes to how clothes should look and fit a person, but the magic happens when he puts his own spin on what works well when accessorising both men and women.



- Model wearing Peacock



Peacock Pocket Square

Ryan left school in 2007 and followed his dream by studying fashion design at Liverpool John Moores University (LJMU). Ryan has travelled the world and it's through his global adventures that he has been able to capture ideas from different cultures which you can see have played a key role in his unique designs. Ryan graduated from LJMU in 2015 with a BA Honours and this then spurred him on to follow the next part of his dreams and be his own boss. Ryan may be young, but he was not naïve when it came to how tough it was going to be to start his own business.



Following his graduation, Ryan took up an internship in London. He attended an intensive start up & mentoring programme with the Princes Trust and despite the fear of the unknown, he took the leap of faith and set about starting his own business. Earlier this year, Ryan launched a special collection of culture-themed prints to raise money for the Liverpool homeless charity, The Whitechapel Centre. The designs are based on small sections of Liverpool landmarks and are available in both pocket squares and scarves.



- Liverpool Print

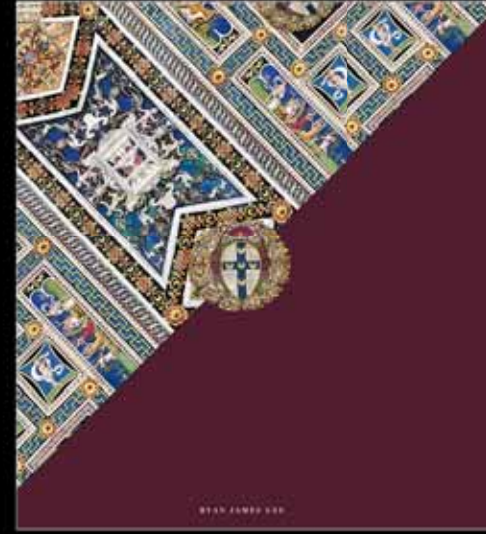
Ryan's collections encapsulate a different print for every personality. Ryan said "As a man that wears a lot of black, I think that accessories are very important. A pocket square is about showing your personality and creativity and buying something iconic that has a story behind it is much more interesting than a plain cotton pocket square."

Although pocket squares are his passion, Ryan's drive has always been influenced by the strong women in his life who have helped him achieve his dreams. Ryan's mum is one of those women and as a tribute to her and the other strong women who have played significant role models in his life, Ryan also offers a wide range of beautiful women's scarves. Everything begins in the heart and mind.

Every great achievement began in the mind of one person. They dared to dream, to believe what was possible.

Ryan travels around the world, capturing the essence of different communities, textiles, architecture and iconic landscapes, and the Ryan James Lee products reflect this.

Combining the visual images that Ryan witnesses with his unique creative vision ensures the artistic prints of his unique scarf and pocket square (also known as handkerchief, pocket kerchief, and pocket handkerchief) designs come alive, with his collections encapsulating a different print for every personality.



RYAN JAMES LEE



- Model wearing Fresco



- Model wearing Liverpool



- Model wearing Devine Angel

Today, any tailored jacket worth its salt has a breast pocket, and they are made specifically to show off some pocket linen, yet the pocket square is one of the tailored ensemble's finishing touches that is too often overlooked.

Not only does a pocket square make you look elegant and sophisticated, the pocket square is one of the easiest and most stylish ways a man can accessorise. A pocket square is meant to add more elegance and style to a gentleman's look, but to achieve that, it must be worn properly.

The biggest of occasions such as a wedding is a day to stand out. Everybody is proud of their wedding photos and the Ryan James Lee collection will add that dash of personality and individuality on your special day.

The pocket square is a decorative addition to a blazer or suit jacket and looks great at a black tie event.



- Ryan James wearing Peacock

“My collections encapsulate a different print for every personality. My drive has always been influenced by the strong women in my life helping me to achieve my dreams.”

hashtag # **manwithanedge**

ryanjameslee.co.uk



@ryanjleeuk



Clare Brookfield, Beth Tweddle, Natalie Dye and Marena Mondair



Beth Tweddle



Lydia Edgar



Eileen Lang

INAUGURAL SPORTSWOMAN'S LUNCH PROVIDES FINANCIAL BOOST FOR ALDER HEY

ON 26th September 2018, MSIF, Bathgate Business Finance, DTM Legal, Brabners and NatWest welcomed guests to the Grand Hall at 30 James Street Hotel for the inaugural Liverpool Sportswoman's Lunch, featuring as special guest, Great Britain's greatest ever female gymnast Beth Tweddle MBE. The event was in aid of Alder Hey Children's Hospital and the idea behind the lunch was to deliver an alternative, modern and more female-orientated version of the traditional and ever-popular Sportsman's Lunches. The 30 James Street Hotel was a perfect fit for the lunch, affording opulent surroundings, with the Management and staff providing a warm welcome and an excellent level of service throughout the afternoon. Andy Webster, from local accountants Moore and Smalley, was the MC for the day, keeping the agenda flowing smoothly throughout the event and successfully entertaining guests with his own brand of humour and enthusiasm.

Guests from the professional community of the Liverpool City Region first heard from Lydia Edgar, Partner and Head of the Sport Sector Group at Brabners. Lydia talked about the story and concept behind the creation of the Sportswoman's lunch and she was followed by Eileen Lang, Head of Corporate and Major Giving at Alder Hey, who spoke to guests about the important work that Alder Hey does and

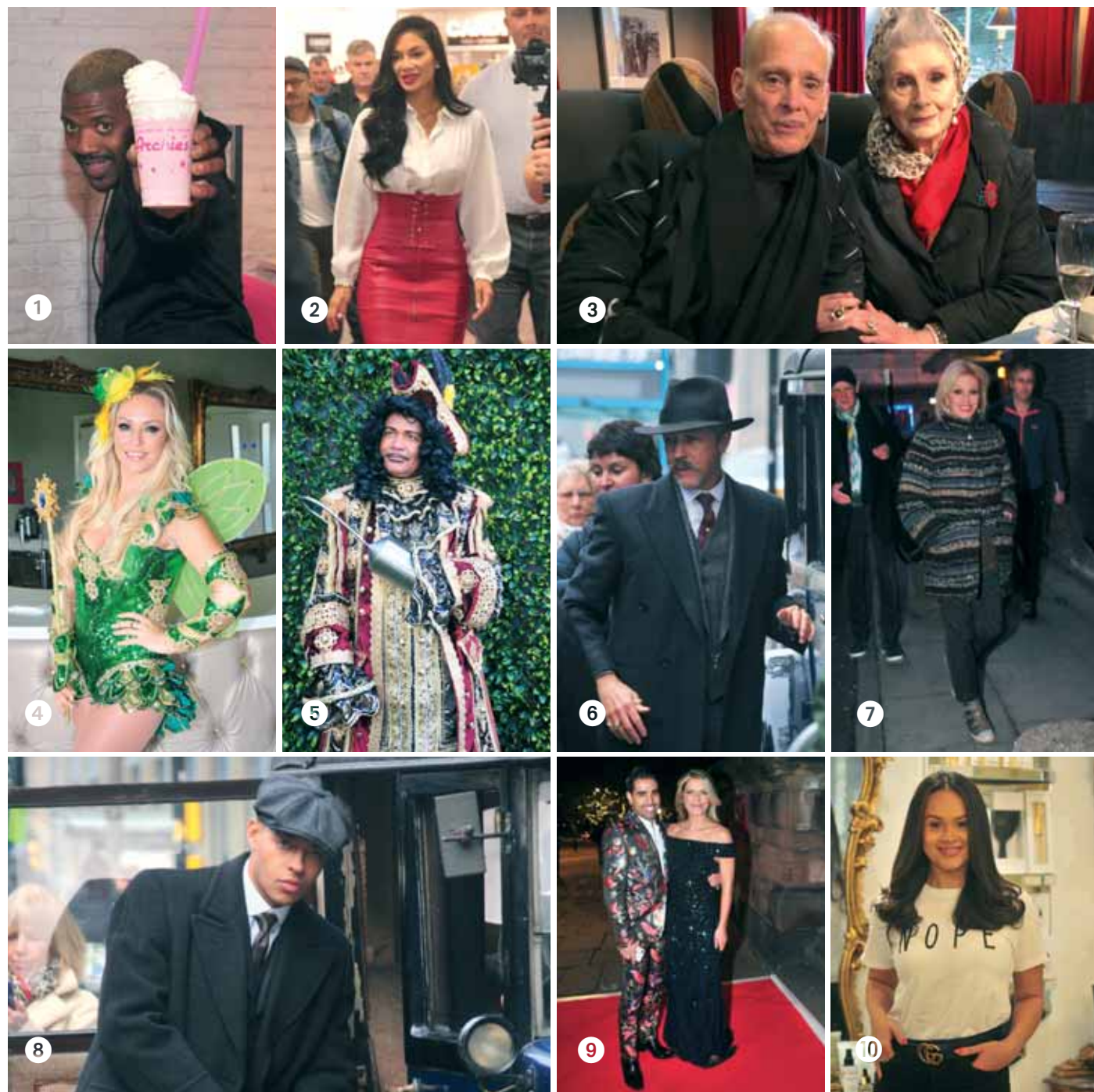
the recent developments at this world-class hospital. Finally, Alder Hey patron Beth Tweddle MBE, delivered her speech. Beth, who has amassed an incredible 28 major medals throughout her glittering career, had the room gripped as the audience listened raptly to her every word as she recounted some of the highs and lows of her stellar career.

The occasion delivered a great afternoon, providing the perfect opportunity to catch up with familiar faces and to make new professional connections in a relaxed and sociable atmosphere. After the lunch itself, guests enjoyed a charity raffle followed by a fabulous swing singer Lee Ball, who definitely managed to get the party started. After the afternoon came to a close, guests moved on to The Alchemist for a glass of fizz on arrival, followed by some incredible half-price cocktails.

An incredible total of £6,773.67 was raised on the day for Alder Hey and following this success, the Liverpool Sportswoman's Lunch will now become an annual event, with the next one due to be held in September 2019.

Pictures by Arthur Gold





DAVE THE PAP'S SEEN IN LIVERPOOL PICS

Liverpool's Dave 'the Pap' Evans, is a well known local photographer and he regularly shares with My Planet Liverpool some of his great pics of celebrities and local people that visit or live in our wonderful city. Look out for more pictures in 2019 courtesy of Dave.

- 1) American singer, songwriter and television personality **Ray J**, seen enjoying the delights of the famous Archie's burger and shakes bar following the recording of his new album at Liverpool's Parr Street Studios.
- 2) Singer and dancer **Nicole Scherzinger** visiting the Matlan store on Williamson Square to promote her 'Chosen by Nicole Scherzinger' perfume.
- 3) The Liverpool born transgender icon **April Ashley MBE** meets with cult film director **John Waters** (left), at the Doubletree Hilton on Liverpool's Sir Thomas Street. April returned to her home city to see John perform his one man show at The Philharmonic.
- 4) Dancer and former Strictly Come Dancing favourite **Kristina Rihanoff** will also be appearing alongside Mick, as a very sexy looking Tinkerbelle.
- 5) Liverpool born actor **Louis Emerick**, famous for his time as Mick Johnson in Brookside, is playing the lead role of Captain Hook in the St Helen's Theatre Royal production of Peter Pan, starting on December 8th

- 6) Irish actor and Game of Thrones star, **Aidan Gillen**, filming scenes for the forthcoming fifth season of TV drama Peaky Blinders, in which he plays the Romany hitman Aberama Gold.
- 7) The legendary and ever popular **Joanna Lumley OBE**, on her way to The Philharmonic where she was performing her show 'It's All About Me'.
- 8) Tipped as 'One to watch', actor **Daryl McCormack** will also be featuring alongside Aiden in the new series of 'Peaky'.
- 9) **Dr Ranj Singh** and his strictly Come dancing partner **Gemma Oaten** at the Gay Times magazine honours awards party in Liverpool on November 8th.
- 10) X-Factor singer and stage actress, **Zoe Birkett**, took advantage of a break from appearing in the musical Rock of Ages at the Liverpool Empire Theatre, to have her hair done at Pose and Pout in Cavern Walks.

Photographs courtesy Dave Evans



BLANKSTONE OPTICIANS OPTICIANS IN THE HEART OF LIVERPOOL

One of the leading opticians in Liverpool and the North West, Blankstone Opticians has been supplying Liverpool with designer sunglasses and designer frames since 1992. Blankstone's is home to several designer brands, including Oliver Goldsmith, Tom Ford, Gucci, Fendi.

Blankstone opticians has experienced an increase in trade over past festive seasons and with the season of goodwill fast approaching, this popular opticians, located at the junction of Liverpool city centre's Derby Square and Castle Street, is once again at the forefront in offering discerning shoppers a great range of designer sunglasses and spectacles as a must have present to give this Christmas.

"There's definitely been an emerging trend and it's already apparent this season, as eyewear gets depicted in more and more lifestyle media as an essential fashion accessory," said Blankstone Opticians managing director Mark Blankstone. "This has been the case in Europe for many years and it is now very much part of the style culture here in the UK. Naturally, with Liverpool being very much a style and fashion conscious city, we are witnessing this in-store too. It is why we stock so many exclusive brands like Gucci, Tom Ford, Chanel, Fendi, Rayban and Tiffany – brands such as these are what A-list celebrities have been wearing when stepping out this Autumn and Winter."

Much of Blankstone's stock has very recently arrived into the store, so customers can access the very latest designs. From the bling and extravagant to the more conservative, all of the frames make a strong statement in the style stakes. Plus, Blankstone's is carrying elegant 'La Loop' chains for your designer eyewear, along with specially commissioned vouchers for Christmas, as an extra special gift for your loved ones.



blankstone
opticians

Blankstone Opticians
2A Derby Square • City Centre • Liverpool L2 9XW
Tel: 0151 236 5392
www.blankstoneopticians.co.uk

Shortlisted for Retailer of the Year
at Merseyside Independent Business Awards 2018

Visit in store or sign up for a FREE eye test and to hear more about Blankstone's special offers or for that personal one-to-one service, please ring 0151 236 5392 and ask for Mark.





CHINESE WELLBEING

Chinese Wellbeing is a small charity working mainly with the Liverpool Chinese community.

They deliver a suite of services that aim to:

- Enable independent living
- Promote physical, mental, social and economic well-being
- Support community involvement
- Enable a better route for community engagement.
- Advocate on behalf of their clients – and help them develop and use their own voices.
- Provide information – to clients and about the needs of their clients, to Government, local agencies and the community at large.

MID-AUTUMN FESTIVAL

“May we live long and share the beauty of the moon together, even if we are hundreds of miles apart.”

A line from an ancient poem by Su Shi.

The above line best sums up the spirit of the Chinese Mid-Autumn Festival, which has its roots in ancient Chinese and Vietnamese cultures. Celebrated since the Shang dynasty (c.1600–1046 BCE) the Mid-Autumn Festival is the second biggest festival in the Chinese calendar after Chinese New Year. The festival falls on the 15th day of the eighth month of the lunar calendar, the night that the moon is at its fullest and brightest. It is also known as Moon festival or Harvest Moon Festival and for thousands of years Chinese families have gathered to feast and give thanks for the harvest of crops following the summer. It is an occasion when Chinese family members will travel long distances to be at home to celebrate the festival with loved ones.

Liverpool’s Chinese Wellbeing staff and members have held their own celebrations to mark the Festival for several years since their Luncheon club started and 2018 was no exception. This year the date fell on the 24 September and Chinese Wellbeing celebrated the occasion on the following day, with a lunchtime celebration attended by sixty guests, mostly members of Chinese Wellbeing’s Evergreen Club, at the excellent Angel Restaurant on Hanover Street, Liverpool City Centre, where they enjoyed a delicious eight-course banquet. The banquet was followed by a raffle and some great entertainment, including traditional Chinese dancing, Chinese songs from the always melodic Ms Lin Chen and a decorative fashion show put on by ladies from the Phoenix Qi Pau Group.

Colin Ling, CEO of Chinese Wellbeing, said, “I would like to thank everyone who attended the lunch and all our talented performers, with special thanks to Ms Ming Jiang

of the Angel Restaurant and her excellent staff. I would also like to say a big thank you to our special guests, Councillor Gary Millar, the always entertaining Steve Macfarlane, along with Alison Lobb, Julie Johnson, Charles Millett and Angela Boscarino from Morecrofts Solicitors, who kindly supported the event”.



For more information on all the services provided by Chinese Wellbeing, including translation services, please contact:

Chinese Wellbeing
Principal Office:
Staten Court • Tradewind Square • East Village • Duke Street • Liverpool L1 5BG
Telephone: 0151 709 2643
Email: info@chinesewellbeing.co.uk
www.chinesewellbeing.co.uk





EMPLOYEE WELLBEING & PRODUCTIVITY SEMINAR

On 11th October, BWM Chartered Accountants joined NatWest in hosting a special Employee Wellbeing & Productivity Seminar at the Old Hall, located within the Cotton Exchange Building on Bixteth Street.



The topic for the day was "The looking after the wellbeing of your staff and how this can boost your bottom line." Employers often consider getting the right people in the door to be the most crucial aspect of talent management - but the truth is that keeping those valuable and motivated employees at your company is equally important. By some estimates, the cost of losing an employee can be up to 2 times that employee's annual salary. BWM invited three expert speakers to cover the various aspects of the employee wellbeing, from the legal requirements through to real life case studies and to address some of the practicalities of making this work for your business.

The morning was opened by an introduction to the day's proceedings by Ian McGee, Relationship Manager at NatWest, who also introduced the three speakers, each of who delivered interesting and thought-provoking talks on the day's subject matter.

LEGAL ASPECTS TO WELLBEING

CHRIS HAYES
EMPLOYMENT AND HR SOLICITOR MSB LAW LLP

Chris was the first of the speakers to address the audience and he spoke about understanding the issues that face employers with regards to Wellbeing and Productivity in the workplace. He explained the importance of how employers should promote wellbeing in a positive manner and how to access and use the tools that are available to companies to assist in improving wellbeing, which can help to result in a happier, healthier and more productive workforce. Chris emphasised how employers would benefit from being proactive rather reactive in regards to health and wellbeing issues.

He also reported on how a recent YouGuv survey found that only 6% of UK working people work from 9am and 5pm and that the majority of full time workers would prefer their working hours to be 8am to 4pm. The survey also found that flexible working is more common than ever before. Chris then talked about what he called 'The elephant in the room - STRESS IN WORK'. The Health & Safety Executive (HSE) found that a startling total of 526,000 workers were suffering from work-related stress, depression or anxiety in 2016/17 and that during the same period 12.5 million days were lost due to workers taking time off because of these reasons. Stress, depression and anxiety was found by the HSE to be caused by



Chris Hayes (MSB Law) and Vicki Harper (Director of Client Services BWM)

a mixture of workload difficulties, changes at work, bullying or violence, a lack of support and various other issues.

Chris took the audience through a case study of an instance when a situation had gone wrong between an employer and an employee, explaining what the employer and employee should or could have done, possible solutions to the problem and the processes that could have been followed by both parties to prevent the problem escalating.



Ian McGee (Relationship Manager NatWest) Neil Kirkham and Mark Owen (CBRE)

THE PHYSICAL ENVIRONMENT

MARK OWEN
DIRECTOR CBRE WORKPLACE

CBRE, the world's leading global real estate adviser, say that societal and technological changes are shifting the approach individuals and organisations take regarding health and wellbeing, making wellness in the workplace a priority. Mark, with the aid of informative on-screen slides and input from his colleague Neil Kirkham, shared examples of how CBRE are addressing this issue, for example by way of the CBRE Workplace Virtuathon, which is an initiative to help businesses located within their buildings inspire their employees to become more physically active and live healthier lifestyles both in and out of the workplace.

It was shown to the audience that employees are living longer, with the average life expectancy for both men and women having been increased by 2 years since 2005 - but that they are less healthy, with world-wide obesity almost doubling since 1980. Mark also pointed out that 80% of employees say that wellness programmes would be crucial to attracting and keeping them over the next ten years and that 79% of people say that balancing professional and private commitments is a cause of stress. However, technology is making it easier for people to manage their health but employers and employees must have the desire to do this. Mark also presented slides showing a variety of research programmes designed to help employees work within much healthier and less stressful workplace environments.

The seminar was considered to be a great success and many of the attendees agreed that the event had proved to be of great use and that they would be taking several positives from the day back to their own workplaces or homes.

If you would like more information please contact:

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www.bwm.co.uk



Nicola Forshaw

AN INTRODUCTION TO MINDFULNESS

NICOLA FORSHAW MINDFIT

Improving wellbeing, resilience and happiness was the theme that Nicola, as always, spoke passionately and very knowledgeably about. Nicola is a highly experienced Mindfulness trainer and works across all three of the aforementioned sectors, delivering Mindfulness training that is tailored to meet organisation needs. From 1-to-1 Executive Sessions, along with sessions for up to 100 people at a time, Nicola is expert at making people of all status to relax and discover an inner calmness that helps them to feel at ease, relax, and to "enjoy the moment".

Her methods have proved successful within several high profile organisations, including Merseyside Police, and she quickly had the audience feeling the value of her expertise as they took part in a couple of simple exercises designed to help them relax and discard negative thoughts, if only for a brief time, during her presentation. There is no doubt that Nicola does have an effect on your 'Mindfulness' and I found myself feeling the benefit of her exercises and have since put them into practice, successfully, in my own workplace.

COULD CHANGING THE WAY YOU BREATHE REALLY IMPROVE YOUR HEALTH?



Reset Breathing, a breathing retraining practice in Liverpool that was founded by Joel Jelen, who is also well-known for his role in the fast moving world of PR & media, aims to boost both morale and, as a result, productivity of companies, organisations and their employees, via the reducing of stress in the workplace with a series of techniques known as Buteyko Breathing exercises.

JOEL explained that the Reset Breathing techniques were originally developed in Russia in the 1950s by Professor Buteyko, who cured his own chronic hypertension using 'reduced breathing' methods. He said: "We are already working with SMEs, corporate business and community organisations, demonstrating how this tried and tested technique can both relax and reinvigorate people."

Joel is PR adviser to the UK & Ireland for Buteyko Professional International, the organisation representing the global breathing retraining industry, of which he is also a Fellow and serves on their Management Board. (www.buteykoclinic.com) and he added, "Professor Buteyko was a remarkably clever and determined man. Thanks to his work, the techniques are especially popular in Russia and in the Southern Hemisphere, particularly in Australia. We are using these techniques in workshops to help people understand the power of the breath and how it has a massive influence on how you feel and function."

Joel told MPL more about his breathing retraining practice. "Whenever I have given talks in the past about changing the way we breathe and inhale and explain the dramatic positive effects on well-being, people immediately become very curious! I am not surprised, as so many people regard learning to breathe a bit like – well erm – learning to grow your hair and nails. Bad breathers develop their habits during sleep, whilst they are eating, working, working out and even relaxing!"

"We can blame all aspects of our lifestyle on bad breathing but regardless, there are

ground rules when it comes to being a good breather. Irrespective of whether for example, we are sitting down and deskbound or using technology in a variety of circumstances and being on a heightened sense of anticipation, all of these scenarios can cause breathing to move from the tummy to the intercostal muscles around the upper chest area. As a result, our breathing often increases."

"Given that our nervous system doesn't allow us to relax without slow and gentle breathing and what Buteyko practitioners call low-volume breathing, this increase in breathing creates an overwhelmed and agitated mind. Our nervous system, once we become adults, is designed to function at around eight breaths per minute. I explain this to people that I treat in consults and in companies and organisations that I visit and many are shocked, given the propensity to take on average around 15 to 20 inhalations a minute, which is bordering on the pathological!"

Buteyko enables people to learn core techniques that calm the breathing and calm our mind and body. The evidence from numerous studies is substantial. The positive effects of good breathing not only calm the mind but help, for example, bring optimal nutrition to your cells. Ultimately, once you become aware of how much the breath and how we breathe influences how we feel – mentally, emotionally and physically – you will see the practice of breathing techniques as an essential assailant to a happy, calm and fulfilling lifestyle."

To enquire about a workshop or a one-to-one individual consultation, please contact Joel via email: joel@resetbreathing.com
www.resetbreathing.com



HOW ENTREPRENEURS CAN USE ANXIETY TO THEIR ADVANTAGE



Acclaimed Liverpool psychiatrist, Dr. Hassan Yasin, tells of how anxiety, when directed in the right way, can actually be used to help entrepreneurs to face and deal with work problems and to focus attention on really important issues.

We have all been there: heart pounding, muscles tense, sweaty palms and fast breathing. What if I told you those feelings that come with anxiety can actually be good for entrepreneurs? We actually evolved anxiety to help us when we find ourselves in a tricky situation. If we were to take a walk through a pre-historic field and spot a sabre-toothed tiger what would our physical response be? Heart pounding? Check. Tense muscles? Check. Fast breathing? Check. That comes in really handy when the beast decides that we are looking like a reasonable mid-morning snack.

You see, when our hearts and lungs are already moving quickly and our muscles are tense, then spotting and reacting quickly to threats is easier – and often lifesaving. Of course, in the world of entrepreneurship there are not too many occasions that are threatening to our own lives but there are many that are threatening to the lives of our companies.

As a psychiatrist and founder of moodit (a social wellness app that empowers people to take ownership of their mental wellness and understand their own thoughts and emotions) I have the privilege of helping people reach a state of empowerment and ownership in their mental wellness. I get to guide people through the minefield that is anxiety, and although I agree that anxiety as a disorder can be quite debilitating to an individual, anxiety as an emotion can actually be beneficial.

Next time you have a big meeting or a deadline and that all too familiar feeling kicks in remember that it is actually there to help you. Use it to your advantage!

Let me talk you through a few ways that anxiety can be helpful to you:

PREP WORK

When anxiety kicks in it takes control of our imagination. In that scenario we start to imagine a bunch of "what-ifs" and worst-case scenarios that can play out. This can be particularly helpful when preparing for a pitch or a meeting as it can ensure that you are ultra-prepared and ready to go!

MOTIVATION

Sometimes putting things off can become habitual. Procrastination is one of the most commonly complained about problems that I hear from entrepreneurs. This is where some anxiety can come in really handy. The fear of the consequences of inaction can become anxiety provoking, which in turn can become action provoking.

FOCUS

Anxiety can help us focus in on what is actually important, and what isn't. We all only have a maximum 24 hours in any one day - but a million different things that require our attention. Anxiety can help us understand what requires our immediate focus and attention.

SELF-PRESERVATION

As I alluded to in the opening paragraph; anxiety and fear are close relatives of each other. Anxiety is specifically designed to protect us from danger and negative outcomes. It is by using this feeling of anxiety that entrepreneurs can make decisions that are in the best interest of their company - by avoiding dangerous or high risk and potentially catastrophic scenarios.

COMMUNICATION

It is really good practice for any entrepreneur to be able to communicate how he or she is feeling. When practiced, communicating both positive and negative emotions (all of which are absolutely normal and a part of the human emotional experience) becomes empowering and creates a level of insight that will hold any entrepreneur in good stead when navigating difficult waters. This skill is one that can and should be encouraged and spread through any organisation to promote positive team relationships and organisations with a focus on mental wellness for their employees.

WHAT HAPPENS IF MY ANXIETY GOES TOO FAR?

Of course, anxiety can go from being a helpful feeling to a disorder. It can reach a point when it stops alerting us to danger and starts to create false dangers within our own minds. This is unfortunately a fairly common occurrence, as it affects 15-20% of the adult population in any given year. The good news is that there is a lot of help out there, with multiple methods and approaches to dealing with the problem. As someone who sees people beat anxiety disorders day in and day out, I know that with just a little work people can start to use anxiety in their lives the way it is designed to be used.

To all those entrepreneurs in the midst of feeling anxiety right now, know this: you are not alone, and what you are feeling is normal. Embrace it and use it to take a step closer to your success.

www.moodit.com



CELEBRATE THE FESTIVE SEASON AT SANCTUARY TAP

Since its opening, Sanctuary Tap, so called in deference to the Sanctuary Stone, the medieval landmark that is situated on the pavement directly outside the Castle Street bar's entrance, has proved to be very popular with customers of all ages, serving up a tasty treat of Real Ales, a great selection of cocktails, delicious Homemade pies and live music two nights a week.

A friendly and welcoming venue, Sanctuary Tap has quickly become the 'go to' bar for those looking for some quality pub food and a choice of real ale or bottled beers, offering such wonderful beers as Mud City Stout, Worcester Sorcerer, Windermere Pale Ale, Thin Ice, Lakeland Golden Ale and Peaky Blinder. Aside from the choice of drinks, it is the stomach-filling and very, very, tasty pies, along with servings of traditional bowls of scouse, that are attracting regular complimentary comments from customers.

The mouth-watering pies, accompanied by you being able to make a choice from several favourable pints of real ale, or a heady cocktail if so minded, are served up daily. The real ales are from the award winning Saddlers and Hawkshead breweries and are a great way to

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wash down your choice of these wonderful pies, all freshly made on the premises, and served with a delicious and generous portion of mash and gravy.

A trip to Sanctuary Tap should be on your 'to do' list when visiting the city centre. The bar is aptly named as it really is a place of Sanctuary. You will not be disappointed by the food and drinks that are served here, and always with a friendly smile and a description of the beers should you wish to discover more about them.

Open from 11am until late Monday to Friday and weekends open to late, Sanctuary Tap offers a great alternative to the cocktail bars and high-end restaurants that are in abundance on Castle Street.

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Situated in the heart of Liverpool City Centre on the bustling Castle Street, Rox is a contemporary cocktail bar that sets the standard when it comes to quality. In close proximity to the city's popular shopping, tourist and business destinations, Rox's popular day-to-night venue is the ideal place to enjoy your weekend drinks, after work gatherings or casual lunchtime dining with friends or work colleagues.

Serving a varied selection of tempting signature cocktails, including a Cocktail of the Week, and our Gin of the Week - both changing weekly, Rox has got everyone covered. Here at Rox, you can expect great food and exquisite drinks, no matter what time of day you visit. From a sumptuous breakfast through to tasty late night bites, Rox has something for everyone. From Monday until Saturday until 5pm, guests can also enjoy a Bottomless Brunch that includes any breakfast item and 90 minutes of unlimited fizz for just £25 per person.

Whether you're visiting for a drink or a bite to eat, make yourself at home; sink into the comfortable lounge seating and enjoy the luxury surroundings as you unwind and let the friendly, welcoming staff take care of the rest.



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ARCHIPHONIC CELEBRATES SIXTH YEAR IN BUSINESS WITH NEW LOOK WEBSITE AND TEAM EXPANSION

Architectural design firm, ArchiPhonic, is celebrating its sixth year in business by expanding its team from three to five and revealing a brand new website.

The company has appointed architectural designer, Allan Yeates and office administrator, Grace Costello, to support its expanding client base and influx of new projects. In the past twelve months the independent practice has been instructed on 84 new projects in the residential and commercial sectors and reported a 78% increase in turnover.

Bringing more than a decade's experience in the industry to the team, including a stint with renowned international practice, Benoy, Allan has worked extensively in the residential sector, as well as in large scale mixed-use projects and commercial design for the food and catering industries. Speaking of his appointment, Allan said: "ArchiPhonic is very different to other practices. The team is young, ambitious and constantly challenges the usual approach to deliver work that is always different and really enhances lives. That is what attracted me to the role and I am looking forward to combining my experience and vision with that of the existing team to elevate its work and help to grow the business even further."

First class graduate, Grace Costello, joins the team as office administrator, with responsibility for the day-to-day organisation of the team and as first point of contact for clients. Grace studied Modern History and Politics at the University of Liverpool and developed a love of architecture when writing her dissertation on Modernist architecture in Liverpool in a political context. She said "Joining the ArchiPhonic team is an incredible opportunity for me to embrace a role that I love and work collaboratively alongside a really innovative team in a field that I have always had a deep interest in."

Allan and Grace join architect, Ioanna Tsakanika and ArchiPhonic directors Adam Mokhtar and Dave Banister, who founded the ambitious young practice in 2012. Its conceptual architectural design work is rooted in principles derived from music and concepts taken from other disciplines, to deliver solutions that improve and enhance lives. As part of its sixth year celebrations, the company has also revealed a brand new website that was designed by Liverpool-based technology consultancy, Mashbo.

Speaking of the milestone, director and co-founder, Adam said: "The last 12 months has been a really exciting period of development for ArchiPhonic. We've seen considerable growth in turnover that has been reflected in profit and an increase in new appointments has meant that we have needed to bring some talented new professionals into our team. Both Allan and Grace bring valuable skills and new ideas to the practice that will support our ambitious growth plans for the business, as well as sharing our vision and values. Grace's organisational abilities are second-to-none and keep us focused on our core objectives, while also helping to look after our rapidly expanding client base. Allan's significant experience and creative thinking will be key to our expansion into new sectors."

Dave Banister added: "In the six years since we established ArchiPhonic we have seen our sector and the city of Liverpool itself change dramatically, which has made for an exciting journey. We have been honoured to work with countless domestic and commercial clients, as well as supporting fantastic local events and organisations such as Pride Liverpool, Threshold Festival, Bickerstock Festival and the GIT Awards. Now, with our expanded team, new website, and bold growth strategy, we are looking forward to another busy twelve months, with significant new projects about to begin and exciting work in the pipeline."

www.archiphonic.co.uk



Andrew Collinge Hairdressing receives royal recognition



Andrew Collinge Hairdressing has been honoured for its commitment to upskilling its workforce with a 2018 Princess Royal Training Award. Chairman and Creative Director Andrew Collinge personally received the award from HRH Princess Anne at an awards ceremony in St James's Palace yesterday. The prestigious awards honour UK employers for their outstanding training and development programmes, which have directly resulted in measurable success.

The company received the commendation for its unique Graduate salons concept, so becoming the first Merseyside company and the first hairdressing group, to receive this honour. Created by Hazel and Peter Collinge in the mid 1980s, a Graduates salon is akin to a finishing school for hairdressers. All newly qualified Andrew Collinge apprentices go through a Graduates salon. These stand alone salons allow newly qualified stylists the chance to hone their hairdressing skills and to be given responsibility to help run the salons on their own; which sees them flourish and gain invaluable confidence. This successful programme has not only resulted in improving client retention year-on-year and fast-tracking careers but has also ensured the company has a solid base of loyal home grown talent.

There are six Andrew Collinge salons and two Andrew Collinge Graduate salons, all situated throughout the North West. To date, 83% of all Andrew Collinge stylists have been through the Graduate programme and almost half of all stylists have been with the company for more than 10 years

Commenting on the awards, Charlie Collinge, Andrew Collinge Managing Director said: "We are particularly proud not only to be the first hairdressing company to receive a Princess Royal Training Award but also the first Merseyside-based company to be awarded. I am very pleased for our Graduates Salon teams, and the Graduate Apprentices themselves, to be recognised."

Chris Jones, Chief Executive of the City & Guilds Group added: 'In an ever changing world, it continues to be critical for Britain's businesses to invest in training to boost their productivity, address skills gaps and further develop their teams. We are delighted that Andrew Collinge is among a diverse group of organisations achieving the Princess Royal Training Award standard in 2018. I congratulate them. They are truly worthy recipients of this rigorously assessed royal award and it is fitting that their achievements have been rewarded.'

*Pictured above: Andrew Collinge (back centre) with graduates
Photograph by Ray Farley*

PROJECT FOUR SECURES NEW CONTRACTS ON TWO NORTH WEST PROJECTS

Liverpool construction safety consultancy Project Four has secured two new contracts and is now working on property schemes worth more than £550m across the UK. The business, founded by leading health and safety consultant Alan Robson, has been appointed to provide expert consultancy on Hilton House, an office scheme in Manchester's Northern Quarter, and an office-to-apartments conversion project at Atherton House in Old Trafford. Alan set up the business in October 2016 and was joined by co-director and specialist safety advisor and former surveyor, Max Meadows, in June 2017.

SPECIALIST CLIENTS

Its development clients include Liverpool-based YPG, a company that is delivering a number of local schemes, and FI Real Estate, which is currently undertaking a £185m office-to-residential conversion in Croydon. Project Four is also retained as designer lead by a number of specialist firms, including K2 Architects, JDA Architects, Shedkm Architectural in Liverpool and London, Boyes Rees in London and Cardiff, Zerum Consult in Manchester, Smith & Young Architects Liverpool, Fletcher Rae Architects.

COMPLEX PROJECTS

Project Four set up home in Avenue HQ in the shadow of the Three Graces, on Liverpool's world famous waterfront and from a standing start the firm has already established itself as a formidable player in the construction sector in the North West and across the UK. The business specialises in construction, design and management (CDM), which relates to the process whereby construction projects of all sizes and types are



Alan Robson (left) and Max Meadows

planned and delivered. New CDM regulations came into force in 2015 introducing greater accountability for the client and introducing a new role of principal designer.

"The industry is struggling to grasp the changes – we are seeing some really bad advice being given and former CDM coordinators taking on the new principal designer role, which is wrong," says Alan. He adds, "Embarking on any construction project – be it an apartment building, a school or a fire station – is a complex logistical process. Not only does it have to be delivered on time and within budget but it has to be meticulously planned with strict adherence to building and health and safety regulations."

www.projectfoursafety.com

THE THREE GRACES ROSE GIN AT THE 'GIN TO MY TONIC' FESTIVAL

It was intriguing for the small and dedicated team at The Three Graces Liverpool Ltd, to realise that it had been only four months since the launch of their The Three Graces Rose Gin at Matou Restaurant, Pier Head Liverpool, in May 2018, when, on the weekend of Friday 8/9/10th September 2018, they were happy to be an exhibitor and showcase their Rose Gin, The Spirit of Liverpool, at the Exhibition Centre Liverpool, near to our City's iconic Three Graces Buildings; The Liver, Cunard and the Port of Liverpool Buildings.

The trio behind The Three Graces Liverpool Ltd, Alan and Drew Hutchinson and Sam were delighted by the positive response to their gin. Alan said, "It was important for us, as a local Liverpool company, as directors and Liverpoolians, to show and reflect our City's seafaring culture and heritage in our product, its presentation and its name; The Three Graces, whose skylines are known throughout the world, and of course, the seafarers Mythological Three Sea Sirens rising from the sea. At the Exhibition Centre we showcased, provided samples and sold bottles of our Rose Gin alongside many other gins from near and far, and our many thanks go to the organisers, Paul and Emira, for their fantastic organisation of the 'The Gin to my Tonic' festival."

Sam added, "It was a busy and very successful weekend for us, with many samples of our The Three Graces Rose Gin being happily provided by us to new clients and customers who have experienced our Rose Gin previously. The weekend bottle sales of our Rose Gin surpassed all our expectations, with many new and regular clients buying The Three Graces Rose Gin, accompanied by our specialty Rose Gin Glasses as well."

Drew was also pleased with the way the festival unfolded, "As is usual with these festivals, competing companies supported each other with help and assistance when needed, and we are happy to say that many future friendships and business relationships were established throughout the weekend. Our illuminated The Three Graces signs by Colour2Glass, Liverpool, really assisted us in promoting our Rose Gin, and many comments were received about the visual effectiveness of them highlighting our Rose Gin and our company."

The three were unanimous in their declaration that the weekend was success for the company, "Over the weekend, many clients asked us; 'In such a short period of time, what has been



the secret of your successful Rose Gin?' We replied; 'It's very simple. It's personal to us! Our Rose Gin was developed by us - three gin drinkers who wanted to produce a Rose Gin that we liked and would buy, but most importantly, would be a gin that our clients also liked and enjoyed! That's why it took twelve months from concept to production'.

Alan summed up the trio's delight with the way their Rose Gin has quickly gained in popularity over these past months. "It has been

very satisfying for us at TTG, to know that our company ethos; 'To continually provide a professional service, with good, consistent quality and competitively priced products; combined with the good feeling of knowing that our client's requirements are always foremost in our mind', is working and will continue to do so."

Drew, Sam, Alan, Danika and Kate at The Three Graces Liverpool Ltd, would like to thank all of our clients, for your valued and continued support.

www.thethreegracesliverpool.co.uk



BATHGATE BUSINESS FINANCE

Established back in 1991 as Bathgate Leasing Ltd, West Kirby-based Bathgate Business Finance is an independent, privately owned 'business-to-business' finance provider that prides itself on the strength of its commercial relationships and in finding appropriate business finance solutions for all kinds of organisations throughout the UK. The company has developed into a fully fledged Business Finance Solutions provider, serving the UK's increasingly important SME market. As a small, privately owned company themselves, Bathgate's fit firmly with the SME category and can readily empathise with the frustrations that often arise during day-to-day business operations. The company prefers the traditional values and behaviours associated with high quality personal service and a genuine appreciation of a customer's needs which, it feels, coupled with up-to-date finance solutions, is the best way to do business.

Here we feature two of our region's companies that have recently benefited from the expertise of Bathgate's advisers.

Family flooring firm eyes expansion with £250k finance package

WALTON Flooring Centre worked with Bathgate Business Finance to secure a series of deals that would support the growth plans of the family-owned business. The largest family owned flooring company in the North West, Walton Flooring Centre has grown from just one store in Walton in 2011 to five across the region in less than seven years. Established in 2011 by father and son team Edward and James Harper, the business was launched on a modest budget of £9,000. The pair worked seven days a week and clocked up four measures a night to meet unprecedented demand for their products and high-quality service.

The company responded to this demand by opening branches in Wavertree, Huyton, Burscough in West Lancashire and – most recently – Moreton, Wirral, which opened in September 2017. A move into the lucrative contract market in 2018, with its high upfront purchase costs and longer payment terms, combined with a challenging period for retail sale at the start of the year, moved the company to seek short term cashflow support to enable it to continue its growth plans.

Accountant Alan Woods, Managing Director of Woods Squared Limited, introduced Edward and James to Paul Trickett at Bathgate Business Finance and the finance specialists were able to broker a number of deals that allowed Walton Flooring Centre to redistribute tax and VAT payments. It also secured two working capital loans worth a total of £110k to finance everyday operations, ensuring the company had enough money in reserve to support its expansion strategy and foray into contract work.

With finance in place, the flooring firm now plans to move from its current 6,000 sqft headquarters to a new 36,000 sqft unit in Huyton in early 2019, which will house its head office function, Huyton operations, warehouse and a training academy. It also aims to accelerate its store launch programme, planning five new locations for 2019, creating an estimated 11 new jobs, as well as launching two e-commerce websites to further increase revenue.

James, said: "Despite a challenging start to the year we are approaching our busiest sales period in an extremely healthy

position. We are starting to see the results of our investment into the contract market, which is a new area for us and significant opportunity to increase revenue. The financial solutions provided to us by Bathgate Business Finance have made it so much easier to operate and forecast cashflow, allowing us to invest more confidently in stock. The whole process has been incredibly simple and it has meant that we haven't lost any momentum in our expansion plans."

Paul Trickett said: "It has been a pleasure to support James and Edward through this growth cycle and help a truly fantastic family business continue to thrive. We have worked together to ensure that our team fully understands their business in order to understand what works best for them and source the very best, tailored solutions. We are proud to have them as part of the Bathgate family now and wish them every success with their bold business plans."

Over the past twelve months, Walton Flooring Centre has been named Retailer of the Year by national magazine, DIY Week and Business of the Year at the Echo Regional Business Awards 2018. It has also recently been shortlisted in the Retailer of the Year category at the Merseyside Independent Business Awards 2018.



(L-R) James Harper (Walton Flooring Centre) and Paul Trickett (Bathgate Business Finance) outside Walton Flooring Centre headquarters in Huyton.



Pictured left: (L-R) Graeme Poston (Zero Gravity), Chris Henson (Zero Gravity), Simon Preedy (Zero Gravity) and Gordon Andrews (Bathgate Business Finance)



Altrincham Float Spa Buoyant thanks to £220k Investment

ZERO Gravity Float Spa, based in Altrincham, opened its doors just three months ago and is already breaking even on a weekly basis, with bookings to 'float' at the spa increasing exponentially. Bathgate Business Finance secured £100k in asset finance for the purchase of four state-of-the-art floatation tanks. The finance experts then introduced Zero Gravity to MSIF, who arranged four working capital loans worth a total of £120k to fund the highly specialised build of the spa.

The four-tank facility is the largest in the UK outside of London and one of only two spas of its kind in the North West. Float therapy is a method of deep relaxation achieved by lying in darkness in a private floatation tank, suspended in a warm solution of Epsom salt and water. The reduction in sensory input has been proven to provide a feeling of calmness and reduction of stress, anxiety and the symptoms of other mental health concerns, as well as reducing physical pain and tension.

The spa was the brainchild of co-director and Chief Operations Officer, Simon Preedy, a former massage therapist who turned to float therapy to help manage his own anxiety and sleeping problems. Simon 'floated' the idea for the business with co-director Graeme Poston, a retired surgeon and former client, after recommending he try floating to reduce neck pain.

Spotting the gap in the market, Graeme invested £60k in the business and joined forces with Simon and Simon's childhood friend Chris Henson, now Technical Director at Zero Gravity "I wasn't initially convinced, as I had never heard of float spas

before, but once I tried it I was a convert." said Graeme. "I discovered that there were so few float tanks outside of London that I could see a real opportunity in helping Simon to bring a high-quality, multi tank spa to the North West."

The Zero Gravity team was introduced to Gordon Andrews, Managing Director of Bathgate Business Finance, by its legal firm, Weightmans, at the start of this year. Simon said: "The initial financial outlay for the spa was significant, with the cost of the four tanks and the specialist build to ensure each therapy room was completely soundproof and of the highest standard. However, working with Gordon and the team at Bathgate and gaining access to its exceptional network made the process of securing the funding we needed incredibly fast and straightforward. We went from business plan to doors open in just seven months. Thanks to Bathgate and MSIF the business is off to a flying start. We are already recruiting new team members to cope with customer demand and exploring opportunities to expand, either in our current location or by opening other sites in the North West."

Gordon Andrews added: "We would like to congratulate Simon and the team at Zero Gravity on a fantastic first few months. It has been a real pleasure to help get this innovative new business off the ground and we are looking forward to watching it go from strength to strength."

Photographs by Carla Speight

For more information on Bathgate Business Finance contact:

MERSEYSIDE INDEPENDENT BUSINESS AWARDS 2018



Suites Hotel

named as Merseyside Independent Business of the Year at the MIB Awards 2018



MERSEYSIDE INDEPENDENT BUSINESS OF THE YEAR 2018

The Merseyside Independent Business (MIB) Awards were created by Morecrofts Solicitors in 2013 to recognise the region's independent business sector and to mark the milestone of the firm's 200th anniversary, while leaving a lasting legacy to the regional business community. Marking the sixth consecutive year of the awards, the 2018 winners were announced on Thursday 18 October at a glittering ceremony, attracting some 500 guests, at the Titanic Rum Warehouse. The ceremony was organised and hosted by Morecrofts Solicitors and sponsored by Liverpool BID Company, with Radio Merseyside's Roger Phillips and his daughter, journalist, Ellie Phillips, presenting the evening and the talented Ukebox band and DJ Max Armstrong entertaining the guests.

Suites Hotel & Spa was the big winner at this year's event, scooping a total of three awards. The Knowsley-based four-star venue was named overall Merseyside Independent Business of the Year and also won the Best Employer and Best Place to Stay awards.

Alison Lobb, managing partner at Morecrofts Solicitors, said:

"Suites Hotel & Spa is arguably one of Merseyside's best kept secrets but its quality and continued success has been reflected in such a large haul of awards this year. Their achievements serve as an example of what can be accomplished when a local independent business is innovative and determined to maximise market opportunities. The MIB Awards exists to shine a light into every corner of the independent business community and this year certainly hit the mark, with record numbers of entries from across Merseyside. It was another incredible night spent celebrating some of the brightest independent businesses this region has to offer and my huge congratulations go to every nominee and winner, each of whom should all feel very proud of what they have achieved. Our region is a hotbed for independent business talent and it is important that we may continue to honour their successes through these awards."



- 1 Uke Box
- 2 (L-R) Helen Broughton, Mrs Wendy Robinson, Mayor of Sefton Councillor Dave Robinson and Julie Johnson (partner Morecrofts & Chair Liverpool BID Company)
- 3 (L-R) Dave Parr (partner Morecrofts), Councillor Mrs Marjorie Bradshaw and Mayor of Halton Councillor John Bradshaw
- 4 Roger Phillips
- 5 Ellie Phillips
- 6 DJ Mark Armstrong
- 7 Rebecca Keegan (marketing manager Morecrofts), John Lowe (Bolland & Lowe) and Alison Lobb (managing partner Morecrofts)



Continued overleaf...



- 1 OVERALL MERSEYSIDE BUSINESS OF THE YEAR 2018 AND BEST PLACE TO STAY: SUITES HOTEL & SPA
- 2 EMPLOYER OF THE YEAR: SUITES HOTEL & SPA 3 RETAILER OF THE YEAR: EASY TOTS
- 4 CULTURE & TOURISM BUSINESS OF THE YEAR: EVERYMAN & PLAYHOUSE
- 5 HEALTH & BEAUTY BUSINESS OF THE YEAR: WHITE WOLF YOGA
- 6 BEST CREATIVE BUSINESS: HI IMPACT CONSULTANCY
- 7 THE COMMUNITY IMPACT AWARD: THE OPEN DOOR CENTRE
- 8 BEST START UP BUSINESS: GHETTO GOLF



- 1 RESTAURANT OF THE YEAR: BELZAN
- 2 BUSINESS PERSON OF THE YEAR: RACHEL FORSHAW
- 3 BUSINESS & PROFESSIONAL SERVICES COMPANY OF THE YEAR: MGMA STUDIO
- 4 TRADES OR MANUFACTURING BUSINESS OF THE YEAR: UNIVERSAL ARCHES
- 5 DIGITAL & TECHNOLOGY BUSINESS OF THE YEAR: CATTINGTON
- 6 COMMENDATION – CULTURE & TOURISM: WESTERN APPROACHES
- 7 COMMENDATION – COMMUNITY IMPACT: TOMORROW'S WOMEN WIRRAL
- 8 COMMENDATION – BEST CREATIVE: THE GUIDE LIVERPOOL
- 9 COMMENDATION – BEST START UP: NEXUS PROJECT



Continued overleaf...



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MATTA'S INTERNATIONAL FOODS

With the festive season almost upon us, and the resulting excessive eating that this can bring to us all, Dalip Matta, co-owner of the popular Matta's, Bold Street, points out how we can enjoy the festivities without having a detrimental effect on our health, our planet and also help to ease the suffering of animals and improve animal agriculture as a whole.

NOVEMBER was World Vegan Month, "A great time for anyone who's curious about the benefits of eating vegan," says Dalip Matta. "It has never been easier to go vegan. During this year alone, a huge number of Liverpool restaurants, cafés, bars and other food brands have embraced plant-based eating-in by releasing new vegan menu items, products, and even whole ranges free of animal-based ingredients."

Google searches for "vegan" have increased by 380% in the last five years, and savvy businesses are stepping up to meet the ever-growing demand. "Not only is eating vegan on trend, it is the best thing you can do to prevent animals from suffering," says Dalip. "People who are concerned about their impact on the Earth should also take a look at the environmental consequences of animal agriculture. Pollution from farms, destruction of rainforests and other natural environments for pastureland, along with the inefficient farming of crops to feed animals are wreaking havoc on our planet. Consequently, choosing plant-based foods can dramatically reduce your carbon footprint."

With Christmas and New Year on the horizon, Dalip asks why not start to think about opting for a diet based on vegetables, fruits, grains, pulses, and other wholesome plant foods, all of

which are so much better for our health than loading up on fatty, cholesterol-laden meat, eggs, and dairy "products"? And if you're craving something indulgent, vegan chocolates, cupcakes and other tasty snacks are widely available, enabling you to create a huge variety of delicious dishes.

Getting started with a vegan diet can be as easy as swapping a few of the products that you use every day for plant-based alternatives. Dalip explains, "You could switch from cows' milk to the many different varieties that we sell here, for example, from butter to dairy-free spread. The broader vegan variety of foods and drink is quite startling and we are really excited to see our business grow on the back of the trend."

"In fairness though, many of our customers have already adopted lots of the mantras of a vegan diet and have done so for decades. For them, it's about respecting what they eat, appreciating where it's come from and buying the raw ingredients from us to cook up their favourite recipes. Being vegan was never about celebrating just one month but hopefully World Vegan Month has had the effect of inspiring more people to at least think about where their food comes from and why it's so important to embrace eating in a way that harms fewer animals, people and the planet."

“Many of our customers have already adopted lots of the mantras of a vegan diet and have done so for decades. For them, it's about respecting what they eat, appreciating where it's come from and buying the raw ingredients from us to cook up their favourite recipes.”

Matta's International Foods • 51 Bold Street Liverpool L1 4EU
Tel: 0151 709 3031
www.mattas.co.uk

CELEBRATE THE FESTIVE SEASON AT LUNYA OR LUNYALITA

Acclaimed Lunya Christmas tapas banquet
now also available at Lunyalita



Feliz Navidad
Come and celebrate with your friends and family, the Catalan and Spanish way!

REGULARLY lauded during the festive season as the North West's best Christmas dining experience, Lunya's much talked about Christmas tapas banquet menu is now available at baby sister Lunyalita too.

"Since opening Lunyalita in July, we have been able to offer our brand of wining, dining, shopping and entertainment to both our loyal regulars and a new, broader audience at Royal Albert Dock," said Peter Kinsella, co-owner along with business partner and wife Elaine.

Highlights of their famous five-course banquet includes luxurious platters of the finest Spanish meats and cheeses, Catalan tomato bread, Tortilla with sage and onion allioli, rich Catalan beef stew infused with cinnamon and orange, sticky parsnips sautéed in PX sherry with honey, Crema Catalana, Chocolate con Churros and Tarta de Santiago with Christmas pudding ice cream.

"Plus, we have also created a fabulous New Year's Eve banquet – the perfect way to welcome 2019 in style" added Peter.

"Come and celebrate with your friends and family 'Noche Vieja', the Catalan and Spanish way. On New Year's Eve our last table is at 8.45pm and the restaurant closes at 11pm, giving you plenty of time to carry on your New Year's celebrations

at your own party or wherever you go on to for midnight!

"Luxurious starter platters from our deli include Spain's best cheeses, Ibérico meats, olives, nibbles and dips. Tapas tasters include Deep fried Monte Enebro goat's cheese and orange blossom honey, Seared sirloin of Galician beef with patatas a lo pobre, Secreto Ibérico with shallot puree and caramelised red onions Chipirones with allioli. An impressive vegetarian menu is also available."



Lunya and Lunyalita's full a la carte menu is also running on New Year's Eve.

BOOKING IS ESSENTIAL

Both Lunya and Lunyalita offer wonderful festive hampers as gifts, with Lunya once again offering office catering, providing a choice of buffets, canapé and drinks packages.

Lunya Christmas boxes are also available from just £7.

www.lunya.co.uk



**MAHARISHI
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Ayurveda stems from the great Vedic civilisation of India and is the science of long life.

It stands as the most ancient and comprehensive health system in the world and is based on the timeless knowledge for enlivening the unlimited inner intelligence of mind and body – the intelligence that expresses itself in perfect balance, the foundation of lasting health, satisfaction and natural beauty.

For 30 years Maharishi Mahesh Yogi, the founder of Transcendental Meditation, worked with the world's foremost Ayurvedic physicians to restore this age-old natural health care system to its most complete and integrated form. Maharishi AyurVeda clarifies the central importance of the mind-body relationship for health and provides a wide range of time-honoured practical techniques to enliven powerful natural healing responses in both mind and body. Doctors around the world are now convinced of the effectiveness of Maharishi AyurVeda, which sees perfect health as man's natural state. Maharishi AyurVeda recognises no limits to the healing potential inherent within our body.

As the end of 2018 approaches, do you wonder what to cook that will be tasty while also helping you to stay in balance? The answer is to provide you with the tasty Butternut Dhal Curry recipe (see facing page), along with some understanding of how to navigate the seasonal changes for optimal nourishment.

Ayurvedic wisdom explains that our bodies are made up of five great elements (Maha Bhutas) – space, air, fire, water and earth. These five elements combine to form the three doshas – Vata, Pitta and Kapha. Each of these doshas have specific functions, while at the same time regulating thousands of separate function in the mind and body. Nature requires all three doshas to build and maintain a healthy body.

WHAT IS VATA?

Vata controls movement or motion to guide breathing, blood circulation, passing of food through the digestive tract and the sending and receiving of nerve pulses from the brain. Vata is most dominant the Autumn and Winters seasons.

WHAT IS PITTA?

Pitta controls metabolism to process food, air, water, thoughts and feelings throughout the body and is most dominant during the Summer season.

WHAT IS KAPHA?

Kapha controls structure to hold cells and matter together to form muscle, fat, bone and sinew and is most dominant in Spring.

During the Autumn and Winter months Vata dosha is most active. Vata is the moving, quickly changing dosha and it adapts quickly to positive changes in diet. People notice that their energy level is steadier and eating Vata settling foods helps them to feel more calm, settled and happy. As Vata dosha can give erratic digestion, well-cooked foods, such as hearty stews and dhal, soups, pastas, slow cooked casseroles, fresh-baked bread and fruit pies are best for Vata dosha. So why not start off by trying the recipe opposite for a delicious Dhal Curry.

SOME EATING TIPS FOR THE VATA SEASON

- Use spice to warm-up digestion – ginger, cinnamon, fennel and cardamom are all ideal. An instant way to settle Vata is to sprinkle Vata Aromatic Seasoning over your plate at the table or use in the cooking process itself.
- Favour warm, moist, soothing foods, such as warm milk, cream, butter, warm soups and long-cooked stews, hot cereals and fresh-baked bread as these will soothe you best.
- When you are feeling nervous, worried or anxious, a bowl of hot oatmeal or a cup of cream vegetable soup will help you feel much better than a sugar rich drink or a chocolate bar.
- Drink plenty of warm or hot liquids such as Vata tea and avoid ice-cold and carbonated drinks, which aggravate Vata.
- A cooked cereal that is warm, milky and sweet is most settling at breakfast time.
- At lunchtime, drink Lassi, a traditional Indian drink, to help rid the body of excess Vata.
- Stop what you are doing at midday to have your main meal of the day, which is when your digestion is strongest. Then for a welcome energy boost at mid-afternoon (3-4pm) have a cup of Vata tea and a date slice or a biscuit.
- At dinner have a hot soup instead of salad, bread and butter, and then enjoy a warm dessert, such as apple sponge or apple pie or a date pudding. Alternatively have a hot breakfast cereal again.
- Avoid eating late at night, as your body will feel worse in the morning. Instead, make a drink of warm milk with cardamom, ginger, nutmeg and a little raw sugar. This makes for a tasty and helpful drink before going to bed during Vata season.

For more information on Maharishi Ayurveda please visit: www.maharishi.co.uk



**MAHARISHI
AYURVEDA***

BUTTERNUT DHAL CURRY

This tasty curry can be eaten as a lunch or evening meal. Aim to have your largest meal of the day at lunchtime and try to eat your lunch between 12 – 1pm and your evening meal by 7pm.

INGREDIENTS

- 2 Cups peeled cubed butternut
- ¼ tablespoon rock salt
- ½ tablespoon turmeric
- 1 cup boiling water
- 1 tablespoon oil or Ghee
- 1 tablespoon urad dhal, without skins
- ½ tablespoon black mustard seeds
- ¼ cup freshly grated coconut or 1/8th cup of desiccated coconut
- ¼ cup quinoa
- ¼ cup rice
- Pinch of rock salt
- ½ tablespoon cumin seeds
- ¼ teaspoon of turmeric

DIRECTIONS

- 1) Add butternut, rock salt and turmeric to boiling water. Cover and simmer for 10 minutes. Then drain the squash and keep to one side.
 - 2) In a large skillet, heat the oil or Ghee and lightly roast urad dhal and mustard seeds until the seeds begin to pop.
 - 3) Add coconut and sauté for a few minutes, then add the squash and simmer for 2 minutes.
 - 4) Wash the quinoa until the water runs clear. Then add quinoa, rice, rock salt and 2 cups of water to a pot and bring to the boil, then simmer covered for 15 minutes, adding more water as needed.
 - 5) While the quinoa and rice are cooking, dry roast the cumin and turmeric in a small pan for 2 minutes, add to the quinoa/rice mixture when that is finished cooking, stirring to combine.
 - 6) Serve the dhal on top of the quinoa/rice mixture with 1.5 cups of cooked Vata, settling vegetables such as carrots, kumara, spinach and green beans.
- Use the Ayurvedic way to assess the right portion size for you. Take as your first portion the amount that would fill your two hands when cupped. Sit and eat with full attention. Chew well and sip small amounts of warm water if desired. Sit for 5 minutes following your meal then take a easy 10-15 minute walk to aid digestion.

For more information on Maharishi Ayurveda please visit: www.maharishi.co.uk



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Aqualogic's history goes back over 30 years, and throughout this period the company has held the same philosophy - "Saving water makes absolute sense." Aqualogic is passionate about water and is dedicated to saving water and providing an industry leading service. The company knows that water efficiency is more than simply installing a variety of products and they believe in total engagement with their customers. Aqualogic scour the world for new and innovative products and partner a number of multinational water efficiency companies. They are also sponsors and key partners of Waterwise (NGO) and have access to new products before they come onto the market.



Aqualogic managing director Ben Rice (left) with Saad Latif Trimble Water's regional business manager

AQUALOGIC TO DISTRIBUTE TRIMBLE UNITY SMART WATER PLATFORM

Wirral-based water specialist Aqualogic has become the distributor for the Trimble Unity smart water software platform for water companies in the UK.

Trimble Unity is a cloud-based, GIS-centric Software-as-a-Service (SaaS) solution that offers a suite of applications and tools for the water, wastewater, stormwater and environmental water industry. The solution, which is already being successfully employed by the water industry in the United States as well as by one water company in the UK, supports companies to implement smart technology to save costs, reduce water loss and enhance the performance of their assets - all of which lead to improved regulatory compliance and customer service.

Trimble's Water Division focuses on solving key challenges that water, wastewater and stormwater utilities face as their infrastructure ages; flooding, droughts and other environmental issues increase; and customer needs grow. Trimble's solutions combine advanced positioning devices, Internet of Things (IoT) sensors and communication technologies with enterprise, mobile and cloud software and analytics to provide utilities with a digital view and analysis of their networks.

Trimble Unity is available now through Aqualogic. For more information and to also find out more about Aqualogic's wide range of services and projects, including smart leak detection and prevention controls and their Hydrocell 18 Aqua Fund, please contact:

Email: sales@aqualogic-wc.com REF: Leaks or Scrappage or Tel: 0844 324 0844



The solutions enable utilities to assess, monitor, inspect and manage their network in real-time, so saving costs, reducing water loss, enhancing asset performance while improving regulatory compliance and customer service. Trimble Unity provides situational awareness of water and wastewater utility asset performance, offering a single view of remote monitoring data, performance measurement reports, GIS, operational data, asset conditions and events.

Aqualogic managing director Ben Rice said: "Collaborating with Trimble builds on the work we have been doing across the UK water industry, innovating with disruptive leak detection technology. The Trimble Unity platform will allow water companies to view and manage current and new assets in the field, all in one place using one platform - UK water companies see this as an ideal solution to significantly improve field operations."

Saad Latif, Trimble Water's regional business manager, added: "Aqualogic is a specialist in water management and field services as well as acoustic leak detection. Working with Aqualogic is an ideal choice for their expertise and contacts across the industry to launch the Trimble Unity platform in the UK."

Merseyside's Office Furniture and Installation Specialist

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Mike Byrne

CORPORATE GOLF EVENT

My Planet Liverpool caught up with Red Office Director Mike Byrne, just a day after his company hosted a special Golf & Hospitality Day, held at Formby Hall Golf Club on a sunny Monday 20th August, to find out how the idea came about and how the day went.

MPL: Hello Mike. It has been a while since we last met up. How's business? Were there any products that you guys sell that have been particularly popular with customers during the summer?

Mike: Yeah, everything is great thanks. Summer was a very busy time for us. As you know we are an Office Supplies and Furniture company and we deal with lots of schools and colleges. During August, all the Education sector like to have any new Classroom Furniture installed while the kids are off school in order to avoid any disruption, so we have been busy doing furniture installations in time for the start of the new academic year.

MPL: So what made you think about putting on a golf day and who was invited?

Mike: Well, I have always been a keen golfer and from speaking to some of our customers I discovered that they are too, and so I thought it would be nice to thank them for their support since we were founded. It has been three years since we started the business and happily everything is going in the right direction. We are extremely grateful to be in this position and it's all down to our customers believing in us from the beginning. We are also lucky to be bringing new customers on board all the time, so it was a chance for us to all get together and have a good time and enjoy day out in the fresh air.

MPL: That sounds great Mike. How did the day go? Were there any surprises that you didn't plan for?

Mike: Everything went brilliant thanks. I believe everyone really enjoyed themselves. There weren't any surprises as such, however I didn't realise the power of networking on the golf course. I understand lots of friendships were made during the golf and since the day lots of business has been done between several of the companies that came along. Which is obviously great news for all concerned!

MPL: Judging by your reaction and the pictures overleaf it sounds and looks like the day was a big success then, are you going to do it again?

Mike: We are definitely doing it again - and we are already thinking about how we can make it bigger and better next time. We would really like to forge relationships with other local companies and I am expecting the places for the next event to be taken quickly - so if any Directors or Managers of companies would like to come along to our next Red Office Golf Hospitality Day, please email me at: Michael.byrne@redoffice.co.uk and I will add them and a plus one to the event.

Places are likely to be in demand, so please contact Michael asap.

www.redofficemerseyside.co.uk

Photographs by Arthur Gold

Continued overleaf ➔



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ELECTRONIC SIGNATURES ARE NOW VALID - BUT PROPERTY DEALS WILL REMAIN AN EXCEPTION

Neil Kelly, partner and head of commercial property at Liverpool-based law firm MSB Solicitors, reflects on the announcement of new legislation around electronic signatures and how new processes are likely to take affect.



'Just sign here' is a concept embedded into all our lives but official approval for use of electronic signatures in the UK represents a major change in our daily business dealings.

The Government's Law Commission has said that formal documents, such as commercial contracts, employment contracts, consent forms or credit agreements, do not need a written signature to be regarded as valid and has confirmed that electronic signatures are valid and binding. Allowing legal documents to be signed electronically does allow many legal and contractual processes to be speeded up, saving both time and money. Individuals would not always have to be present to sign a document.

PROPERTY DEALS

Leading Liverpool property lawyer Neil Kelly, a partner at MSB Solicitors, has welcomed the clarification from the Commission but added that transfer deeds in property deals, and wills, still require a 'wet signature' and that will be the case until the law is changed. He said: "Property lawyers should not get too excited. As people who have been involved in property sales will know, the usual procedure is that contracts are exchanged and completion usually takes place 28 days later. The contract to exchange contracts can be signed electronically provided the signatory has an intention to authenticate the document. However, the transfer deed will still need a wet signature and a solicitor will need to hold a hard copy signed and witnessed transfer deed before he or she can complete the transaction. The rules for deeds when it comes to property documents are not changing so you will still need to either attend in person at your solicitors office to sign a deed or rely on the snail mail."

LAW CHANGE

The Law Commission has said that it is looking into the deeds issue and, if it recommends the extension of electronic signatures into this area, then new legislation will be required. But the challenge will be to balance advances in modern technology with security and potential fraud risks. Neil added: "Property lawyers have recently been in the firing line from a risk perspective when it comes to responsibility for fraudulent property transactions and many solicitors may feel having a hard copy signed and witnessed document is still the safest way to proceed. The Commission also confirmed that the rules relating to wills have not changed and electronic signatures will not be valid for a will."

VIDEO LINK

The Commission has also suggested that where electronic signatures need to be witnessed, this could be done by either using a video link or allowing those involved to log-in to an online portal.

"We do need to keep pace with how modern transactions are now conducted and we live in a digital age and it is right we do accept the validity of electronic signatures," Neil explained. "The Law Commission guidance is valuable in clarifying the position on electronic signatures and further changes may well be on the way. I would not be surprised if, in the not too distant future, there may not be any need for any physical signatures."

MSB Solicitors Tel: 0151 281 9040 Email: neilkelly@msbsolicitors.co.uk



Photographs by Uncorked Productions

continued overleaf ➔

ROCKET & RUBY



ROCKET & RUBY

Rocket & Ruby offers a new concept for city centre diners, with a tasty menu featuring a mixed cuisine, serving up early morning breakfasts followed by a great variety of small plates from noon until late. A good selection of wines, cocktails, spirits and beers, along with coffees, teas and soft drinks are also available to accompany your meal.

This new venue is the latest in the Red and Blue Restaurants portfolio, which is a real Liverpool success story. The owners, Jonny Poole and Paddy Smith, opened their first venture, Salt House Tapas, in July 2010, specialising in Spanish small plates and then followed that success with the launch of Hanover Street Social in August 2011, which was designed with a more modern brasserie style menu in mind. In 2014, the team opened the hugely popular Bacaro, on Castle Street, producing Italian small plates and offering a wonderful intimate atmosphere that is hard to find anywhere else.

Paddy said: "We are very excited about Rocket & Ruby. We have transformed the old Cheese & Co. site into the perfect place for diners to relax and enjoy a delicious selection of small plates, freshly made sandwiches and home baked goodies, as well as an exciting new coffee window. Our executive chef Matt Walsh and his team have created a fantastic menu which has a wide range of

dishes, so there will be something for everyone to enjoy. Castle Street is a real food destination and we feel Rocket & Ruby is a fantastic addition to the area."

When asked about the choice of name for the new venue, Paddy explained, "Quite simple really- it is named after our dogs!" Paddy went on to say that Rocket & Ruby completes his and John's original business plan of opening four different, independently named restaurants in Liverpool, and they remain extremely proud of the high quality standards being maintained across their venues. He then announced some further exciting news for fans of the Red and Blue Restaurant's brand, saying, "We are now looking to expand our popular Bacaro restaurant by opening a new site in Manchester in the New Year."

Rocket & Ruby is already proving to be a big hit with diners and paying a visit to this great new venue really is a must.

Bookings can be made by calling in or by telephoning:

0151 227 4004

— ROCKET & RUBY —

55 Castle Street • Liverpool L2 9TN • Tel: 0151 227 4004

@RocketandRuby





Begbies Traynor is one of the most respected and experienced business rescue specialists. It operates through a national network of over 50 offices and enjoys an excellent reputation for the provision of professional services to businesses, their owners and advisers, Bankers and other financial institutions in the specialist areas of Recovery, Restructuring, Corporate Advisory, Finance plus Investigation and Risk management.

MY BUSINESS IS MAKING A LOSS WHAT ARE MY OPTIONS?

John Fairbrother

partner at the Liverpool office of Begbies Traynor, explains some of the options that are available to prevent insolvency should a business be in debt and making a loss.



John Fairbrother

in swift legal action being taken by HMRC.

ALTERNATIVE FINANCE

Finding an appropriate source of alternative funding could quickly help you manage the situation and escape debt. One of the main benefits of alternative funding is that it's more flexible than traditional bank lending, and you may be able to find the type of finance that better suits your business.

Invoice finance is one such source – it releases regular sums of working capital throughout each month and is based on the value of your sales ledger. Not only can you improve cash flow, but a factoring company can also take over your credit control function, allowing you to focus more on income-generating activities and lead your business out of debt.

But what if your company has already become insolvent? Are there many options remaining open?

COMPANY VOLUNTARY ARRANGEMENT (CVA)

A Company Voluntary Arrangement, or CVA, involves a licensed Insolvency Practitioner (IP) formally proposing an arrangement with company creditors seeking reduced repayments over a longer time period. This arrangement is legally binding on all parties, and because your creditors cannot take legal action against you whilst the CVA is in place, (providing you're meeting all the terms and conditions), it provides the breathing space your business needs to

recover by trading your way out of difficulty. A CVA is flexible but usually runs over a three or five year period.

The fact that you remain in control of the company once the CVA is approved by the creditors is a huge bonus for directors, and reflects the fact that beneath the financial difficulties lies a business deemed fundamentally viable by experts.

COMPANY ADMINISTRATION

Company administration is another official insolvency solution that offers a 'breathing space.' In this case, once your company enters administration, an eight-week moratorium period commences, which allows the appointed administrator to assess the business and formulate an appropriate plan.

The eventual exit from company administration can take a number of forms, from entering into a Company Voluntary Arrangement as mentioned above, to taking a pre-pack administration route that allows for the purchase of underlying business assets.

PRE-PACK ADMINISTRATION

This process can be a controversial method of business purchase in creditor's eyes as they are usually only advised after a sale has actually taken place. However, there are stringent rules surrounding pre-pack administration – for example, a licensed IP must be able to prove that it provides the highest returns for creditors.

Pre pack administration is a process by which underlying business assets are sold on. Members of staff are transferred to the new company, or 'newco,' using TUPE - Transfer of Undertakings (Protection of Employment) legislation.

The main features of pre pack administration include the speed with which the business is sold, and the fact that existing directors can buy these underlying assets if they have the personal funds to do so.



If your business has experienced a decline and is making a loss, you should take action quickly to limit the damage and prevent formal insolvency. A number of options are available to you even if you do enter insolvency, such as formally negotiating an affordable repayment plan with creditors or finding alternative funding.

If you are in debt to HMRC, this is a particularly stressful situation to deal with. HMRC can help some companies struggling to keep up with tax and National Insurance liabilities via their Time to Pay arrangement.

HMRC TIME TO PAY ARRANGEMENT (TTP)

An HMRC Time to Pay arrangement (TTP) lets you make pre-agreed payments over a longer period of time. This is generally around six months, but under certain circumstances a longer period may be agreed – sometimes up to 12 months.

You will need to negotiate an instalment plan with HMRC, and present a solid case for them to grant this extra time, clearly demonstrating your ability and commitment to repay the money you owe.

Current and upcoming tax liabilities must still be paid in full, as a Time to Pay arrangement generally only covers payment arrears. Your previous payment history with HMRC will be taken into account when they decide whether to grant a TTP.

It is also worth noting that failing to adhere to the agreed terms at any point during the course of a TTP is likely to result

If you would like more information on how to improve a loss-making business and deal with financial decline, please get in touch with Begbies Traynor. They have extensive experience of helping businesses in all industries and can offer you a free same-day consultation.



John Fairbrother: T: 0151 227 4040 E: john.fairbrother@begbies-traynor.com
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Begbies Traynor is the corporate recovery and insolvency division of Begbies Traynor Group. Their Liverpool office is located at No. 1 Old Hall Street in the heart of Liverpool's business community.



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Richie Lowry has almost 40 years experience of working in the freight forwarding industry and over the past eight years he has kindly contributed to a variety of articles for My Planet Liverpool on the importing and exporting undertaken by Dartswift of a wide range of products from and to many of the world's major countries.



RICHIE LOWRY

DARTSWIFT has a strong and long term partnership with one of the world's largest companies in the trading, importing and distribution of agricultural commodities for human and animal consumption and which specialises in Organic grains and Oilseeds. As an importer of such products, Dartswift is registered, as required by law, to bring this type of product into the country and works closely with their client to arrange the shipments of many products, including Organic Soya and sweet potatoes (from China), wheat and corn from Central Asia and Starch Pellets from North America. All of this food type imported into the UK must be processed or produced by an operator with an EU organic control body. This Dartswift client also has strategic port storage facilities and exclusive port storage arrangements



throughout the UK, so enabling the distribution of all required shipments to be carried out safely, and quickly, to all UK mills, maintaining a competitive edge in the market place.

There are many other agricultural commodity products, which have all received a Certificate of Inspection for organic produce, that Dartswift arrange on behalf of their clients to be delivered to those who require them and these include, grains, oil seeds, fishmeal, oil meals, derivatives and also fish oil, which is sourced throughout the major producing countries across the world and is stored in Liverpool.

Dartswift arrange for all the necessary licences for the movement of the above products to be issued, including DEFRA licences for the shipment of wheat, and ensure that all the required forms are completed correctly to ensure the safe importation and delivery of all the products they are responsible for bringing into our country. All organic products are checked by the relevant Port Authorities and Trading Standards and the Certificate of Inspection must be endorsed before being allowed into the UK and once the shipments have been cleared for delivery they will be loaded into tipper wagons for delivery to designated farms and wholesalers throughout the country.

The company uses four modes of transport, ships, trains, wagons and planes to ensure that all the goods handled by them reach their intended destination on time, safely and in perfect condition and thanks in the main to their many connections throughout



Europe and the rest of the world, Dartswift hold a distinct advantage when delivering goods to their clients satisfaction.

Dartswift also provided a variety of add-on services, such as Customs Clearance at all the main UK Ports, Warehousing and Secondary Distribution. The handling of paperwork, insurance at home or internationally, specialist shipping solutions for a wide range of goods and the tracking of their client's shipments are all offered to all of their customers and it is Dartswift's aim as a company to continue to build on their reputation as a provider of quality shipping services.



One of the over-riding forces driving Richie and his staff is a strong desire to fully understand their customers exact requirements and to fulfil those requirements. All the staff offer a professional, confidential, courteous, personal and friendly service, ensuring that all of Dartswift's clients get the best possible service at all times. It is Dartswift's aim to continue building on their reputation as a provider of quality shipping services via the ethos of "Getting the job done safely, on time and at the right price."

For more information on how Dartswift can help with your freight forwarding enquiries or to obtain a free quotation and to find out more on all the services provided by Dartswift International please contact the Customer Service team at:



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WATER WITCH

Innovative Liverpool business creating a sea change and providing solutions to help rid our world's waters of plastic pollution.

Director Jackie Caddick with her brother Ian Caddick, a Marine Engineer.

A pioneering Liverpool based Marine & Engineering company is leading the way in helping to clean up pollution from the world's waterways. Located on Lightbody Street, off Great Howard Street, Water Witch is acclaimed for designing and building innovative workboats and dredgers, and is one the world leaders in Waterway clean up solutions. Water Witch Workboats are in service in all corners of the world and the company's mission is simple – provide solutions to help rid our world's waters of plastic pollution.

THE concept of the Water Witch was created in 1965 by Francis Richard Caddick, the father of current Managing Director, Joseph Caddick. Francis started his working life working a horse and barge on the Leeds Liverpool Canal before later moving on to freight barges within the Port of Liverpool. The company he founded was named Bootle Barge.

Whilst operating waste barges within the Port of Liverpool, Francis was very much aware of the problems caused by all the flotsam and jetsam (anything from general rubbish to huge baulks of timber) that would end up discarded in the dock. At the time, dock workers were fishing the flotsam by hand from gig boats so Francis decided he would design a boat to do the job. The boat that he invented, which used a loading arm similar to that found on a JCB, was called the Water Witch, so named because Francis said, "It cleaned the water like magic!"

In 1963, the prototype Water Witch was launched and immediately went into work recovering all types of debris deposited in over 37 miles of polluted docks for Mersey Dock and Harbour Board. Almost immediately, other Ports from around the world got in touch with the company asking for their own Water Witch ves-

sels. As a result, boats were shipped to Baltimore, New York and Chicago in quick succession and a new company was formed, Liverpool Water Witch Marine & Engineering Co Ltd. Sadly, Francis died before the true success of his invention was realised, and the company is now a world leader in the design and innovation of workboats for cleaning up the world's waters. Today, Water Witch remains a 3rd generation family business, run under the guidance of Managing Director Joe Caddick, Francis's son.

The past 50 years has seen the range of vessels continually developed to provide pioneering, innovative solutions for customers world-wide and, in particular, to fight the horrendous growth in the amount of plastics in our marine environment. Back in the early 1960's, plastics were a relatively new product but today we are drowning in a sea of plastics, with over 8 million tonnes of plastics finding their way into our oceans every year. Floating plastic is currently the most abundant item of marine litter, making up 80% of all marine debris.

My Planet Liverpool asked director Jackie Craddick about the company's future targets and the 'Buddy' boat that is manufactured by Water Witch.



Francis Richard Caddick (front bending)

HOW DO YOU PLAN TO FURTHER ATTRACT THE INTERNATIONAL MARKET FOR YOUR BOATS?

We will do this by continuing to lead the market in new, innovative solutions for cleaning the marine environment.

WHO IS YOUR IDEAL TARGET MARKET AND WHY?

Any marina or harbour, or anyone with a problem of debris and trash in their waterways, will have an interest in our products.

Primarily for our export market our target is: new, high-end marinas and waterfront developments, in particular Middle-Eastern developments, i.e. man-made islands like the Palm in Dubai or The Pearl in Qatar (both existing owners of our boats). These developments are huge capital investments, very ambitious, world renowned and focused on the water front, maritime activities and attractive surroundings. Developers are aiming to attract the mega-yacht market, tourist focused businesses (hotels/marinas) and the focal point is enclosed waterways. These waterways need to be maintained to a pristine standard for the best possible visitor experience and they have the money to spend.

Most of these developments are run by Government backed companies with the marine element run by a marina company (for example Ronautica Middle East). We would usually deal with the Marina Manager or Harbour Master who are usually very experienced but do not necessarily want to take responsibility for the cleanliness. Attractive, safe and prestigious waterfronts need to be clean - our products help customers to stay proud of their waterfront

Another target customer is waste management companies that have been engaged to keep the marina, harbour or the marine environment clean, as part of a more general contract, but they have limited knowledge of the task - in short, they have been given the responsibility but don't really know how to deliver. For this type of client our focus is to let them know that we are here and what we can do - provide proven solutions for marine waste - we have been doing this at Water Witch for decades all around the world - we know what works!

Our final target audience is any organisation or individual concerned about the marine environment or engaged in cleanup. Very varied, basically not-for-profit environmental groups, public sector organisations or commercial companies who want to improve or protect the marine environment. They can be anywhere in the world but we find it easier to target groups in the UK.

These groups recognise the desperate need to cleanup plastics, but it is more difficult to get someone to take responsibility. There are many campaign groups but few are doing the work of actually cleaning up and retrieving plastics or they are just not aware of Water Witch products. Our target needs to be groups who will actually step up and do it - they could be driven by public pressure, environmental concerns or have a growing awareness of the problems of plastics in our environment.

Our message for this audience would be; "Anyone can use a Buddy boat to clean up our waters - but somebody has to take responsibility!"

WHAT PRODUCT INNOVATIONS HAVE YOU MADE IN THE LAST FEW YEARS?

The nature of marine debris has changed significantly over the years and now 85% is plastic, and the amount in our marine environment is growing at a tremendous rate. We have developed our boats to provide a highly efficient system for recovering floating plastics of all sizes - from crisp packets to really large items.

WHAT IS UNIQUE ABOUT YOUR BOATS?

The 'Buddy' is designed specifically to retrieve plastics without the need for complex or expensive machinery. It is so easy to use that you don't need to have any training or experience. We have made the design of our 'Buddy' boat in a clever way that allows all the components to be interchangeable so it reduces manufacturing costs. The Buddy boat breaks down to be shipped in a standard shipping container. This makes it easy and cheap to ship and we offer a door to door service. It has a multi-purpose application by changing the pods, which makes it a more attractive option for commercial operators.



Early Mersey Witch boat

WHICH PARTICULAR COUNTRIES WILL YOU TARGET AND WHY?

Our main target country is the UK but we are also aiming at the UAE, Qatar, Bahrain and Saudi Arabia.

HOW HAS DEMAND CHANGED FOR YOUR PRODUCT IN THE LAST FEW YEARS?

The increased public awareness of the problems of plastics in our marine environment is leading us to focus more on cost-effective solutions to tackle the problem.



1970s boat

More information about Water Witch Marine & Engineering Co. Ltd. can be found at: www.waterwitch.com



Mersey Maritime takes the lead in national Women in Maritime campaign

Report by Tony McDonough Liverpool Business News

Mersey Maritime is spearheading a national campaign to increase the number of women in the industry

THE WOMEN IN MARITIME CHARTER

The Women in Maritime initiative was set up by Maritime UK, who are part of the Taskforce that is addressing the lack of gender diversity in the UK maritime sector. We recently saw the launch of a Charter which creates a framework to challenge companies to make progress on diversity and will be supported by a suite of 'toolkits' or resources to help companies realise those targets.

Companies joining the Women in Maritime Charter will be required to agree an 'action plan', setting out individual targets for each participating company. Since Maritime UK's Women in Maritime Taskforce called for companies to engage in its work, more than 60 companies have signed a pledge designed to signal intent on gender diversity, including local businesses Peel Ports Group, CMA CGM and Complete Training Solutions. Having consulted those companies on the design of the Charter, the Taskforce is now calling for Charter 'pilots' to come forward and agree their action plans.



Joe Anderson

THE NORTHERN CHARTER LAUNCH

On Thursday 13th September, eighty delegates attended Liverpool Town Hall as Mersey Maritime hosted the Northern Launch of the Charter. The event was opened by Liverpool Mayor Joe Anderson; a former seafarer himself. Joe signed the pledge and spoke about the importance of maritime and the River Mersey to the region: "This magnificent river runs through our city region and it runs through our veins...we have to demand more equality in the sector and encourage women to be part of the maritime community".

The launch celebrated the thriving maritime industry within Liverpool city region, which contributes more than £3.5bn to the region's economy and employs over 28,000 people. Those present heard the career journeys of three women within the industry - Angie Redhead, head of city assets at Liverpool City Council; Ruth Wood, commercial manager at Mersey Maritime; and Kirsten Blood, quality assurance

inspector at Cammell Laird. The purpose of the talks was to challenge some of the misconceptions about the industry.

There was also a panel discussion about the charter, represented by Julia Bradley, sales and marketing director at Peel Ports Group, Kathryn Nielson, director at the Merchant Navy Training Board, Helen Kelly, European editor in chief at Lloyds List and Tom Powell, managing director at Complete Training Solutions. Julia Bradley said: "There is a fallacy that maritime is dark and archaic but we want to highlight that it is actually very technology led".

A key focus of the discussion was the importance of education and demystifying the maritime industry from a young age. Kathryn Nielson said: "If this campaign is to succeed then it requires a huge cultural change. We need to start with the younger generation and capture the hearts and minds of 8-10-year olds before they develop any preconceived ideas about male and female work roles"

The event was closed by Sue Terpilowski, chair of the Women in Maritime Taskforce, who told the attendees: "The world is changing and this campaign represents a golden opportunity for the maritime sector. Please get involved because if we are united, we can get this done".

GOVERNMENT BACKING

The Women in Maritime Taskforce has the support of the Department for Transport and Maritime Minister, Nusrat Ghani MP, who said: "Our maritime sector keeps Britain thriving but it's missing out on a wealth of talent. No industry is a closed shop and there are simply too few women working in rewarding maritime careers, both at sea and on shore. It's great to now see a real drive from companies wanting to attract women into roles, from captains and chief engineers at sea, to senior executives on shore, which will in turn help unlock the potential of their businesses."

To find out more about the Women in Maritime Charter please contact: info@merseymaritime.co.uk

Spotlight on... Rae Brooke

Chief Executive
Community Foundation For Merseyside
Third Floor Stanley Buildings • 43, Hanover Street
Liverpool L1 3DN
www.cfmerseyside.org.uk



WHERE WERE YOU BORN AND WHICH SCHOOLS DID YOU ATTEND?

I am a very proud born and bred Liverpoolian. I attended Litherland High school, which hit the headlines in my teens for the kids going on strike! I went on to study at Southport College and DeMontford University

IN WHICH AREA DO YOU LIVE NOW?

I live in Blundellsands, where I can walk to the beach in just 15 minutes, the shops in 10 minutes and, more importantly, the pub in 5 minutes!

WHAT IS YOUR CAREER BACKGROUND AND WHEN DID YOU JOIN COMMUNITY FOUNDATION FOR MERSEYSIDE?

I have over 30 years senior management experience gained in the private, public and third sectors. During my career I have engaged in market development, business growth and change management initiatives for Littlewoods Pools, Volvo Truck and Bus, Northwest Regional Development Agency, KPMG and Hill Dickinson LLP.

I joined Littlewoods Pools as a Graduate Management Trainee, which was a fantastic foundation for my career as you were given a lot of responsibility very early on. Following on from this, five years as a Marketing Manager in the Truck industry certainly built resilience in what was, and still is, a male dominated industry. Whilst at the NWDA I headed up a team responsible for attracting global inward investment to the North West of England, this included a secondment to Chicago targeting high growth US companies. Post NWDA I worked in the professional services sector for KPMG and Hill Dickinson, where B2B client service excellence across multi-disciplinary teams was paramount.

I joined the Community Foundation for Merseyside as Chief Executive in February 2017. The personal satisfaction you receive daily as a result of working with inspirational individuals and organisations that care about their community really is incredible.

WHAT IS YOUR ROLE AT COMMUNITY FOUNDATION FOR MERSEYSIDE?

As mentioned above I am Chief Executive and I believe I have the best job in the world. It is so rewarding to be working with individuals and organisations that are truly committed to making a positive difference to the lives of others in Merseyside who need help and support. I have overall responsibility for the strategic development, financial management and performance of the Community Foundation for Merseyside, including developing and building sustainable relationships with existing and potential donors, community groups and regional stakeholders in the private, public and third sectors.

OUTSIDE OF YOUR WORKING HOURS

WHAT IS YOUR FAVOURITE PASTIME?

Spending time with my teenage daughter. I would probably steer clear of zip wiring, jet skiing and white water rafting if it wasn't for her, so she keeps me young. Well at least mentally!!!

WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?

I watched a lot of Elvis movies growing up so I have already ticked Hawaii off my bucket list, although the Elvis tribute act in Maui left a lot to be desired. I now have touring parts of Australia in a camper van on my list of things to do.

WHO OR WHAT MAKES YOU LAUGH

Spike Milligan - his war diaries and epitaph are hilarious!

IF YOU BOOKED A TABLE FOR 6 FOR A DINNER PARTY, WHICH 5 GUESTS (PAST OR PRESENT) WOULD YOU LIKE TO HAVE SITTING WITH YOU?

Nelson Mandela, Mother Teresa, Spiderman, Wonder Woman and Spike Milligan. These would provide great dynamic and visual impact and would make an for interesting evening I'm sure.

WHAT'S YOUR FAVOURITE GUILTY PLEASURE?

Chocolate, chocolate and did I mention chocolate! Special breakfast treat on birthdays and Christmas morning.

WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?

My favourite book is 'An Evil Cradling' by Brian Keenan. It is a fantastic true story account of resilience when faced with unimaginable terror. His account, however, allows you to imagine it, which is why it's so gripping. The book illustrates amazing strength of character and what the human spirit is capable of at its best and worst. My favourite film is Billy Elliot. Not for the dancing necessarily, although I do love to dance, but for the resonance with the era in which I grew up in, the loss of a parent as a youngster and how someone from a working class upbringing dealing with many challenges can achieve their goal if supported.

IF YOU WON THE LOTTERY WHAT WOULD YOU DO?

After ensuring my wider family and close friends were financially secure I would set up an endowment fund to support children from disadvantaged areas to achieve their ambitions.

BACK TO WORK! –

WHAT ARE YOUR MAIN AMBITIONS WITH COMMUNITY FOUNDATION FOR MERSEYSIDE GOING FORWARD?

To continue to build a legacy for the people of Merseyside who need our collective help and support. We have distributed over £40m since 1999 to local charities and grass root community groups but we need to do more!

HOW CAN YOU BE CONTACTED

AT COMMUNITY FOUNDATION FOR MERSEYSIDE?

Email: rae.brooke@cflm.email
Tel: 0330 440 4900
Web: www.cfmerseyside.org.uk



AN INDEPENDENT CHARITY WHICH PROMOTES LOCAL GIVING TO ADDRESS LOCAL DISADVANTAGE

“Where there is most need – and will have the greatest impact”

That is the message regularly sent out by the Community Foundation for Merseyside (CFM). Based on Hanover Street, the CFM was established in 1999 and helps people and organisations to invest in local communities where it is most needed and where it will have the greatest impact. Over £40m has been distributed to local charities and grassroots community groups by the CFM since it was established.

THE CFM works as part of a national network of 46 UK Community Foundations that undertake a strategic and robust grant making service which contributes to achieving maximum impact within local communities. The CFM works with a variety of individuals, families, companies, charitable trusts and funding partners in order to facilitate effective giving. The organisation’s knowledge of the sector allows them to find and reach charities in our community, including lesser-known charities operating at grass roots; ensuing charitable awards create lasting change. The Community Foundation provides expert advice and guidance to enable individuals and organisations give to causes that matter to them where there is most need.

Organisations such as Comic Relief, The Big Lottery Fund and British Red Cross, connect, support and invest in Merseyside’s communities through charitable giving and CFM has also been fortunate to work with a wide range of companies and individuals here on Merseyside, such as Liverpool ONE, Hill Dickinson, and Santander, along with Sir Terry Leahy, Sir Michael Bibby and Jamie Carragher, in order to manage their charitable giving and it has built-up long term relationships founded on trust.

In addition, CFM work with many local inspirational individuals, such as, our talented, committed, unsung heroes who each deliver a wide variety of much-needed support to people within our communities, making a real difference to those that they reach. Together with the help of their donors, CFM can ensure the continuing delivery of their support.

Community Foundation Merseyside provides sound management, due diligence and administration support services to make charitable giving easy, tax efficient and robust. CFM offer independent and professional advice on charitable giving, linking you to exceptional charities that are seeking funding.

The Community Foundation for Merseyside’s ultimate vision is to drive as much investment into Merseyside’s voluntary and community sector to enrich the lives of people in our region and to grow stronger communities together.

MAKING AN IMPACT

The Community Foundation for Merseyside can revitalise ineffective funds through **trust transfers** and the setting up of effective named funds managed by them. If your trust fund has become ineffective or if you are looking to transfer your active trust fund, CFM can offer a bespoke charitable giving service that is acknowledged by the Charity Commission. In regard to **endowment** funds, CFM view charitable giving as a long-term strategic investment. For those wishing to achieve this objective, your capital is invested and the income earned is awarded in charitable donations, achieving a long lasting impact for the local community, with a continuing annual income for distributing grants. CFM can also help you create a **unique and lasting legacy** for your community and one which reflects your personal wishes, supports the causes and issues or the area that you care about and benefitting future generations in the years to come.

CFM is also able to provide the opportunity to set up a **stand-alone charitable fund or foundation** for your personal, family or corporate charitable giving aims. A dedicated relationship manager will work with you on developing your plans, identifying cause areas and levels of involvement, enabling you to direct your giving whilst benefiting from their guidance.

MERSEYSIDE WOMEN’S FUND

Earlier this year The Community Foundation for Merseyside announced the launch of the new Merseyside Women’s Fund after its national membership body UK Community Foundations (UKCF), secured a record £3.4 million award from the *DCMS Tampon Scheme. This is the largest grant

awarded to any organisation from this fund. The CFM will receive approximately £70,000 from this allocation to enable the launch of the new Merseyside Women’s Fund and ultimately aims to raise £1 million to help support local women. The Women’s Fund will award grants to local groups working with women and girls, including women-only charities to help women throughout Merseyside.

A recent study, commissioned by the Community Foundation for Merseyside, reveals that there are a number of key issues affecting women and girls in Merseyside, which include confidence, aspiration, self-belief and resilience, mental wellbeing, social isolation and domestic violence and abuse. In welcoming this new initiative, the Community Foundation for Merseyside Chief Executive, Rae Brooke, commented on the need to launch a specific fund due to significant cuts in local resources in recent years, meaning many women have been left unable to access crucial support. 35% of women’s groups recently consulted in Merseyside believe their sustainability in the next three years is questionable.

Rae said, “Similar women-only funds are already in existence in the North East, Scotland and USA and have delivered real impact for women in their communities. We want women to feel safe, supported, empowered and confident when confronted by abuse, discrimination and a lack of opportunities”, Ms Brooke said. By highlighting key issues and difficulties facing girls and women in Merseyside, we can encourage others to support meeting the need. We hope sharing these findings amplifies the message. We want to equip girls and women in Merseyside with adequate resources to allow them to flourish.”

Karen Morris, Development Director, Community Foundation for Merseyside echoed these sentiments and added, “In order to achieve the ambitions and needs of women and girls in Merseyside we encourage more philanthropists, organisations and individuals to get behind this Fund and commit their support.”

In response to the first round of funding available through the Merseyside Women’s Fund, CFM have received an incredible response from applicants being five times greater than the current budget available. This demonstrates the real need for this fund and reinforces how coming together we can achieve so much more. Donations now towards the Merseyside Women’s Fund will have an immediate positive impact benefiting the lives of women and girls for years to come.

Further information on all of CFM’s services can be found on their website:

www.cfmerseyside.org.uk

or contact Rae Brooke, Chief Executive CFM, 07515 328 162 or email Rae.Brooke@cflm.email

Community Foundation for Merseyside
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Tel: 0330 440 4900 Email: info@cflm.email

The Community Foundation for Merseyside will be celebrating its 20th Anniversary next year and the team are currently planning an event(s) to mark the occasion, so please check with their website to look out for more details of their plans.

** The DCMS Tampon Scheme: The government announced in the 2015 Autumn Statement that VAT on women’s sanitary products would be used to provide £15m of grant funding each year for women’s health and support charities. George Osborne, the Chancellor of the Exchequer at the time, said the government would provide the funding for as long as European Union rules required the government to levy VAT on sanitary products. The latest funding brings the total given out by the government through the scheme to £47m.*

The Community Foundation for Merseyside work closely with their trustees, industry professionals and supporters to ensure they bring you the best charitable giving offer to grow communities.



BWM CHARTERED ACCOUNTANTS

BWM is one of the leading, independent chartered accountancy firm in Liverpool, with a heritage that can be traced back to 1926. The practice provides a wide range of accountancy and business support services to organisations and individuals throughout the North West of England and beyond.

A successful, growing, single office practice BWM is big enough to deal with complexities of their largest clients, yet small enough to care about the needs of all their clients, irrespective of the size of their businesses. BWM's client base ranges from individuals and families to large companies and charities.

Charity Autumn Update

On Tuesday 2nd October, BWM held a free 'Charity Autumn Update' seminar at The Quaker Meeting House on School Lane.

Following a welcome breakfast of pastries, tea and coffee, BWM Managing Partner Peter Taaffe gave a brief introduction to the seminar and to the expert speakers, consisting of Jeff Prescott, a senior accountant at The Charity Commission and an experienced figure in the charity industry, Catherine Rustomji (Partner at Brown Jacobson) and Caron Bradshaw, Chief Executive of Charity Finance Group.

Jeff Prescott has forty years of experience in accounting and finance. He has worked at all levels within the private, public and not-for-profit sectors and has also worked at the Charity Commission for ten years and has "lost count" of the number of charity accounts that he has looked at. Jeff says that he has never enjoyed accounting so much! His work includes the scrutinising of accounts (where the Commission has grounds for believing there is a regulatory concern), as well as proactive work and research into charity accounting related issues.

Mr Prescott's talk included a SORP (Statement of Recommended Practice) update, news on the Charity Commission's recent guidance and publications and a look at some of their current regulatory concerns. Perhaps his most resounding point was when he told of how public confidence in UK charities is at the lowest point in more than a decade. Mr Prescott said there had been a steady decline in public confidence since around 2005, adding this had accelerated since 2014. He added that charities could help fight this trend by ensuring their accounts were of good quality and that the trustees annual report told the full story of their achievements - too many charities are failing to do this he warned.

In the last four years there had been a number of scandals around the charity sector that had caused public confidence to ebb away - including the collapse of Kids Company, misconduct by Oxfam staff overseas and concern over what are seen as aggressive fundraising practices. Earlier this year The Charity Commission published a report which found the average level of trust in charity had fallen to 5.5 out of 10 from 5.7 out of 10 two years ago.



Jeff Prescott



Catherine Rustomji

Catherine Rustomji has been exclusively advising charities, social enterprises and other not-for-profit organisations for some 18 years. At Brown Jacobson, she specialises in charity law, with particular emphasis on constitutional and governance matters, legal structures, social enterprises and duties and responsibilities of charity trustees. Catherine shared important practical advice with the audience, featuring on helping charities of all sizes to prioritise the key factors in ensuring good governance. Her talk also included a briefing on the new trustee disqualification and waiver provisions, along with useful best practice advice for trustee appointments.



Caron Bradshaw

Caron Bradshaw has been at Charity Finance Group since 2010, coming from ICAEW, where she was Head of Charity & Voluntary Community. Having trained as a Barrister, Caron has held responsibilities for a wide range of areas from services to policy work. Throughout her career, she has taken on many Trustees and advisory roles, serving on the board for a number of small charities from Education and Arts. Caron is currently the Chair of the Directory of Social Change and is also a member of the SORP committee and a member of the BBC Charity Appeals Advisory Panel. Her talk featured a wide ranging look at the charity sector today, the issues that face nearly all charities (particularly those issues with a financial slant) and how change can be managed to prepare for a better future. Caron is also Chair of the DSC (Directory of Social Change) and she was joined at the seminar by colleagues who handed out information about the resources and the help they have available for charities.

Following the speaker's, BWM, which counts many Merseyside charities among its client base, held a Question & Answer session for audience participation. This involved the three speakers and BWM Managing Partner Peter Taaffe and his colleague BWM Audit Partner Lesley Malkin. Summing up the seminar, Peter Taaffe said:



Peter Taaffe

Lesley Malkin

“As always at our charity updates, the speakers offered a valuable insight into the sector as a whole and also gave us a fascinating snapshot into how charities are perceived by the public. There have been efforts to tighten up regulations around charities and that will perhaps take time to make a measurable impact. I think Jeff and Caron both made great points and there is no question that a series of scandals has eroded trust in the charity sector but, on the other hand, I and my team at BWM have seen first-hand what an amazing contribution charities make to communities across Merseyside and they have every right to shout about that.”

For more information about how BWM's experienced and skilled partners and their teams are ready to support you with high quality, individual yet affordable services, however complex your personal or business needs please contact:

Vicki Harper, Client Services Director



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Legacy Liverpool is a group of charities and voluntary organisations across Merseyside who have come together to promote an awareness campaign to encourage people from all walks of life to leave a gift in their Will to local charities and voluntary organisations working across our region. Legacy Liverpool does not solicit gifts for any particular organisations. Supporters are encouraged to make a charitable gift to the charities, voluntary organisations or issue that they deem deserving of their support. We understand that family and friends come first, but if you are able to leave just 1% to charity, this could make a real difference.

THE 21 (and growing) charities that make up Legacy Liverpool all have one common purpose – they all have a local project or they work within the region to benefit people in Merseyside. Alexis Fairclough, who heads the Legacy Liverpool team, said: “We have been attracting attention from press and the great and good of Liverpool about how leaving a charitable gift within your Will can make such a difference to your favourite local charities in our city.

When we were devising the idea, we were confident of being able to deliver a successful campaign because, as we all know, the Liverpool public are so very passionate about this city. There is such a strength and depth of feeling for the community in Liverpool that, in fact, it made perfect sense. Plus, we have had some great feedback since we began the drive, have added more charities and law firms and we will be hosting a Liverpool networking event in January 2019 to add further profile to our cause.

“When you're gone it would be nice to know you have left something that makes life better for others. That's what Legacy Liverpool does – leave a gift in your Will and you will leave a smile behind.”

We have so many fantastic charities collaborating together to promote the importance of legacies, which is crucial in order for us to change Will writing statistics in Liverpool, which are historically low and charitable legacy giving is not common practice.”

Legacy Liverpool is encouraging everyone without a Will to visit their solicitor and write one, simultaneously remembering a local cause. As Alexis puts it neatly, “We are not here to solicit gifts or ask for Legacy Liverpool to be included within an individual's Will, but rather to encourage people to think about leaving a lasting gift to a local charity, voluntary organisation or issue that they want to give their help to in the future.”

Legacy Liverpool has already attracted support from star names such as Beth Tweddle and John Bishop. John said: “When you're gone it would be nice to know you have left something that makes life better for others. That's what Legacy Liverpool does – leave a gift in your Will and you will leave a smile behind”.

In developing the campaign further, Legacy Liverpool have struck up an exciting partnership with Bequeathed, enabling Liverpool Legacy to offer a free online will-writing service to people in Liverpool via Bequeathed (see box alongside).

For more information please visit: www.legacyliverpool.org.uk



Southport-born **Jon Brewer**, CEO of Bequeathed said:

“We're really pleased to be able to offer our free online will-writing service to people in Liverpool. It means everyone can make the will their family needs and everyone can consider the impact a gift in their will could have for a local good cause they feel passionately about. People don't have to leave a gift in their free online will but many choose to and there are some fabulous charities in Legacy Liverpool who can do so much good with even a small legacy.”

To make your online will for free visit www.bequeathed.org/legacyliverpool



Excuses for NOT making a Will

Here is a list of some of the more oft-quoted reasons that people say in order to put off their making of a Will.

I'VE GOT NOTHING TO LEAVE – ONLY RICH PEOPLE MAKE WILLS

Wills are not just for people leaving millions of pounds! Most people have personal possessions; a bank account; or a car. For younger people, their most important consideration is their children – with a Will they can appoint guardians to look after their children. Everyone needs a Will, whether you are young or old, rich or poor, whether you have children or not. You probably have property and personal possessions that you would want to go to certain people. To put it all down on paper for your family and friends helps to prevent squabbling – or things going where you may not want them to go.

WILLS ARE FOR OLD PEOPLE: I'LL WRITE ONE WHEN I'M OLD

The only certainty in life is death. We can't choose when we are going to die. Unfortunately, many people die young or unexpectedly and have not made arrangements for their children, family, friends, possessions, etc. Sometimes we may become ill and physically or mentally not competent enough to write a Will, in these cases decisions may be taken out of our hands.

I'M MARRIED – I DON'T NEED TO MAKE A WILL, MY HUSBAND/WIFE AND CHILDREN WILL GET EVERYTHING

It really is not as simple as that. Under the intestacy rules (rules that apply when there is no written Will), your spouse and children will inherit everything but any step-children will not. Similarly, the rules will take no account of your situation if you have become separated or estranged from a family member or if you have someone that you count as a family member.

I DON'T HAVE ANYONE TO LEAVE ANYTHING TO

If you don't make a Will, you may find things being left to a very distant relative that you have never met or heard of (think of the TV programme Heir Hunters) all over the world, someone who you have never met or heard of. If you have no 'blood relatives', you may wish to leave something to a friend or a neighbour who has been kind or you could leave something to a charity.

I CAN'T MAKE THESE DECISIONS YET, IT'S TOO COMPLICATED

Even if you have very complex finances e.g. pensions, businesses, insurances, and family members and friends, then solicitors are experienced in dealing with these issues and can offer you advice. Additionally, you don't have to specify every decision at the point of making a Will but you can appoint Executors (people you trust and whose opinions you value) to make decisions.

I HAVEN'T GOT THE TIME AND IT'S TOO EXPENSIVE

The time it takes to write a Will is about the same as taking out insurance or switching a utility supplier, which are things we make time for regularly. You can also save time by doing some thinking and making some notes prior to an appointment, which can be fitted in at the start or end of a working day or even a lunch hour. In terms of the cost it has to be looked at in perspective of the importance and compare it with the cost of an essential car repair or service.

It is important that you seek advice on making a Will. Legacy Liverpool is a group of Liverpool charities encouraging people to make a Will and consider leaving a gift in their Will to a charity that will benefit a local cause.



As part of Remember a Charity Week we asked Naomi Pinder, Solicitor at Catherine Higgins Law, for her top 5 tips for making a Will...

- 1 **Top Tip 1**
Make sure that you leave your dependants enough money in your Will, so that they have no financial worries.
- 2 **Top Tip 2**
Consider any other smaller gifts that you may like to include in your Will in order to remember friends, perhaps you'd like to leave them a memento or special ornament they have always admired.
- 3 **Top Tip 3**
Then think about all the good causes which are close to your heart and which you have supported during your lifetime. We all have our special concerns, be they animal welfare, supporting children, health and hospices, alleviation of poverty, overseas aid, advancement of public art and education or supporting faith and well-being. Remember, that if you have given your generous support during your lifetime this income will be lost after you have died and therefore it is important to consider making provision in your Will.
- 4 **Top Tip 4**
There are 4 main ways of including your charitable legacy in your Will;
 - You can leave a particular item, for example a painting to an art gallery, but always check first that it will be accepted.
 - A gift of money, for example £1,000 to your named charity. You can include a single gift or multiple gifts.
 - A gift of your residuary estate or part of your residuary estate (residuary estate is your estate that is left after everyone named in your Will has been allocated what you have specified). For example, you could leave your residuary estate to your named charity or to be equally divided between 5 named charities. Or you could specify that your residuary estate is to be divided 50% to your grandchildren and 50% to your named charity.
 - A gift in trust to be distributed between such charities as are selected after you have died and by your trustees. You can indicate which type of charities should benefit, for example charities devoted to the alleviation of poverty in the UK.
- 5 **Top Tip 5**
Finally, there's the old saying about death and taxes! There are good reasons to include charitable legacies – because they are exempt from inheritance tax and will lower the size of your taxable estate. If you leave more than 10% of your net estate to charity and your estate is still over the allowance, the rate of tax is reduced to 36%.
In summary, to include a gift in your Will for the benefit of others creates a wonderful lasting legacy, enabling your kindness and generosity to live on long after you have passed away.

New Charity aims to help the most vulnerable children and young people

the Cornerstones Foundation



"The Liverpool Drill"
Cornerstones Children First

Cornerstones Foundation

The Cornerstones Foundation is a new and unique charity (Registered No. 1169145) that focuses on vulnerable children and young people in Liverpool. It is founded on a partnership that brings together people and resources from the business world, including the private, public, voluntary and academic sectors. These are people with passion, creativity and innovation and who know and understand what it means to get a break in life and also appreciate that many children and young people need a break too.

WHO WE ARE

The Cornerstones Foundation is a Liverpool-based independent charity that aims to raise the aspirations and achievements of some of our most vulnerable children through a programme of specific and targeted interventions that meet their individual (often complex) needs and circumstances. The concept came from Iain Goldrein QC, the Chair of Cornerstones Foundation, and he seeks to draw from a rich vein of resources and expertise that exists within Liverpool's business community to help the charity achieve its aims, building on Liverpool's long and splendid philanthropic history and sense of corporate social responsibility.

The charity is supported and directed by a Board of Trustees from all walks of life but each possessing a common set of principles. All have faced challenges in order to succeed, are working with children or come from an education/academic background with experience of working with young people. Most importantly, they each have a passion and determination to do whatever possible to help turn around the lives of children and young people who face enormous disadvantages and challenges. These Trustees have taken the seed of Iain's idea and have helped shape and develop it into something tangible and deliverable – the Cornerstones Foundation.

The charity plans to provide for a unique range of services, not currently available in one place, to bring out the best in our vulnerable young people and to give them an open future.

SOME FACTS ABOUT CHILDREN IN CARE

- 23% of the adult prison population has been in care and almost 40% of prisoners under 21 were in care as children (only 2% of the general population spend time in prison).
- Liverpool currently has approximately 1,250 children in care, the majority as a result of abuse or neglect, and there are over 3,500 children on the 'edge of care'.
- According to a Government 'think tank', it costs the public purse around £65,000 per year per 'looked after' child – but it's not just about money!
- 'Looked after children' are four times more likely than their peers to have a mental health difficulty.
- 'Looked after children' are less likely to do well at school, with only 15% of children in care achieving five or more GCSEs at grades A to C compared with 58% of children not in care.

If you would like your business to help please contact: Pauline Crabtree via email: pcrab58@gmail.com



- There is a much higher proportion of care leavers not in education, employment or training at age 19 (34%) compared to 15.5% of the general population.
- Only 6% of care leavers go to university – compared with 38% of all young people.

WHAT WE DO

There are two main components to the Cornerstones Foundation:

- A reward and recognition scheme for children of primary school age, called the 'Young People's Award' was launched on 1 February 2016. This activity-based, incentivised scheme, targets solely children at primary school age currently within the care system. These activities have been developed to encourage participating children build self-esteem, confidence and a range of inter-personal skills.
- The 'World of Work' is a programme of employment and employability-related opportunities for children in care, those who are emerging from the care system or are on the edge of care, to introduce them to the concepts of employment. By linking up with local businesses to develop an extensive range of apprenticeships, work placement and work experience opportunities, young people will be matched to a work placement or apprenticeship that meets their individual career aspirations.

What makes this approach different from what others may be doing is that the Cornerstones Foundation aims to provide support to both the young people and our business partners in order to help everyone involved to deliver the best possible outcomes all round – basically whatever is needed to get the young person and their business partner off the blocks and to sustain them to the finish line.

YOUR HELP

The Cornerstones Foundation has made a good start and is in the very early stages of getting everything off the ground, so they are looking for support from great organisations like yours. What this charity offers is unique; it doesn't exist in one place anywhere else. These children did not ask to be born but they can demand from us to be reborn – and the Cornerstones Foundation aims to be the midwife to their rebirth.



Colin Wallender



Iain Goldrein QC (left) with Mayor of Liverpool Joe Anderson



Rebecca Ferguson



Leah Gould



Sophie White



Relda Ming



Lord Mayor of Liverpool Cllr Christine Banks



Simon Ross

"The Liverpool Drill"

Cornerstones Children First

The Cornerstones Foundation was officially launched on Friday 16th November with a special 'Launch Lunch' at the Hilton Hotel, compered by Radio City's Simon 'Rossie' Ross.



Hans Bloekman

Rossie welcomed the invited attendees before introducing Liverpool Mayor Joe Anderson who spoke passionately about Cornerstones, which was conceived by Iain Goldrein QC, and its aims. Rossie then introduced Colin Wayland, the Virtual Headmaster of Children in Care, who spoke about local disadvantaged children and the difficulties that they face but how these difficulties could be overcome. Colin then introduced the audience to two wonderful young ladies who had both battled to turn their lives around and are now both enjoying working in environments that they love.

Leah Gould and Sophie White spoke about their experiences growing up and the difficulties they faced, but how they were determined to turn their lives around. Leah and Sophie were then followed by Relda, a wonderful young vocalist who brilliantly performed a song close to her heart and received a standing ovation from everyone in attendance. Believe me, there was not a dry eye in the house as these three wonderful young ladies enthralled everyone in the room, Leah and Sophie with their sometimes sad, sometimes humorous, but ultimately inspiring stories and Relda with her wonderful voice. The three girls were



then followed on stage by popular Liverpool singer Rebecca Ferguson who spoke eloquently about her childhood, her experiences in care, and the problems she had faced growing up and how she had faced up to the challenges she had to overcome to reach the stage of her life that she was enjoying now.

The Lord Mayor of Liverpool Cllr Christine Banks then presented each of the three young ladies with Mayoral Certificates marking each of their wonderful achievements and the afternoon was continued by Hans Broekman, Principal at Liverpool College who spoke about the benefits the Cornerstones Foundation would bring to the disadvantaged children of Liverpool and urged the guests to pledge their support by signing up to the Cornerstones Deed of Partnership.

Rossie then thanked everyone for their support of the event and closed the lunch by wishing the Cornerstones Foundation every success going forward. A sentiment echoed by all the guests.

Pictures by Ray Farley

More pictures overleaf...



cornerstones
Because we believe in every child
Cornerstones Foundation



cornerstones
Because we believe in every child
Cornerstones Foundation

'thortful' company supports Chasing the Stigma with mental health cards

All profits from the three special card designs pictured below, which were created to celebrate World Mental Health Day on October 10th, are being donated to the national mental health charity.



NATIONAL mental health charity, Chasing the Stigma, has once again joined forces with creative card marketplace, thortful, and launched three brand new greetings cards that celebrated World Mental Health Day – with all proceeds being donated to the charity.

Chasing the Stigma is a national mental health charity committed to removing the fear and unnecessary stigma around mental health issues. The Hub of Hope is the UK's first ever comprehensive national mental health database, which was created in partnership by Chasing the Stigma, with design led technology agency, Mashbo

The three designs for the greetings cards were selected from around 120 responses to the brief submitted to user-generated social content community, One Minute Briefs. The challenge asked creatives to come up with designs for a mental health greetings card in just one minute and then share them on Twitter, with three being chosen to go into production.

Created by designer, Lizzie Owen, copywriter, Gary Lewis and creative designer, Phil Issac, whose submission incorporated an illustration by @DoodlemumWales, the cards are still available to purchase on thortful's website (see images above and links below).

Jake Mills, CEO of Chasing the Stigma, said: "We're committed to removing the stigma around mental health issues and normalising the topic. Encouraging and empowering people to acknowledge and talk more freely about their own mental wellbeing, and that of others, is a huge part of our mission."

"We are delighted to be working alongside thortful again following the success of our last range of 'Are you ok?' cards. We are excited that thortful want to continue the conversation around mental

health by adding these new designs to the existing collection, to make it easier for people to reach out and show people we care. The response to the One Minute Brief was incredible and it was no mean feat to pick the final three. We want to congratulate the three winners and to thank the team at thortful for their continued support."

Andy Pearce, CEO of thortful, added: "Studies have shown that receiving a handwritten card is far more personal, creates a positive boost and makes people feel far more special than receiving texts, emails or social media messages. With this in mind we wanted to work with Chasing the Stigma to mark World Mental Health Day with a new range of wellbeing cards. thortful's content is led by its community of creatives, so it made sense to reach out to a creative community like One Minute Briefs to create three unique cards that have now joined others in our existing 'Are you OK?' range. We are delighted with the results and 100% of the profits on all these cards will be going to Chasing the Stigma."

The charity has previously collaborated with the card company and Alexander McQueen's nephew, designer Gary James McQueen. In July 2017, as part of the launch of the 'Hub of Hope', Gary created a range of cards intended to create greater communication for people suffering with mental health issues based on his debut scarf collection and dedicated to his late uncle.

If you or a loved one is struggling with their mental health, visit the Hub of Hope to find your nearest and most relevant source of support. The web app is available online, in the App Store and in the Play Store. It is free to download and use and also free for organisations to register, simply visit: www.chasingthestigma.co.uk/hub-of-hope/



CHARITY news

COMMUNITY ORGANISATIONS WORKING TOGETHER

West Derby Rotary Club and City of Liverpool Lions Club member Robin Baynes MBE recently went along with his wife Brenda to Alder Hey Children's Hospital to present the hospital's Bereavement Baby Unit (BBU) with some much-needed gifts and funding. Robin and Brenda were responding to a request for aid from Amy Edwards, who works in Alder Hey's High Dependency Unit and who has set out to raise money for the BBU. Robin and Brenda, who regularly promote the need for Community Organisations to work together, were able to, thanks to the generosity of the City of Liverpool Lions Club, hand over a cheque to Amy for £150, while West Derby Rotary Club provided a variety of Teddy Bears for the youngsters. In addition, Liverpool Heartbeat, a charity founded by Robin, donated a sack filled with presents to be shared amongst the children.

Pictured above: Robin and Brenda Baynes with Amy Edwards (centre).



MANIFEST YOUR DESTINY FOR ALDER HEY

Held recently at the fabulous 60 Hope Street, The 'Manifest your Destiny' fundraising event, organised and hosted by Kim Mellor of Arbonne International, was a HUGE success, raising over £1,100 to be shared by Alder Hey Children's Hospital and the Panacea Project. People travelled from as far as Dublin and Portsmouth to hear talks from Kim and three other speakers; Gina Swire, (Self Love Coach), Rechelle Davies of Energy Fairies and Sparkle Networking's Ashton Tansey. Each of these ladies gave individual talks covering meditation, inspirational stories, and visualisation, leaving the audience feeling empowered to make positive changes in their life. Following the success of the day, Kim is looking at potential dates for her next event. She would also like to take this opportunity to thank 60 Hope Street Hotel for their generosity in only charging minimal costs for the room hire. "They went above and beyond and I would highly recommend them if anyone is thinking of holding an event in the future."

LIVERPOOL HEARTBEAT AID FOR NORTH WEST TRIATHLON

Liverpool Heartbeat's sponsorship of the North West Triathlon reaped improving success across all junior age groups this season. The best representative feat was recorded by both Dan Slater and Matt Willis, not only smashing their A levels but also getting selected as part of the 8-strong team (4 men and 4 women) to represent Team GB in the World Junior Championships on the Gold Coast. Although they didn't medal in the individual race they did secure an unexpected bronze medal in the mixed relay against very strong competition. They are now both taking a little rest as Matt settles into Loughborough University and Dan heads off to start his Natural Science Degree at Cambridge University. The head of the NW Academy, Mike Myers, said he was very proud of their achievements in reaching the World Championships, as this is the pinnacle of the sport and the highest honour achieved by any NW triathlete. Matt and Dan both joined the NW Academy in 2013 and, as they are leaving for University, will be attached to their centre's and have access to onsite support from locally based triathlon support and TASS.

As Dan and Matt move on from the NW Academy they leave behind other very able and exciting future prospects, who took part across numerous competitions this summer. There were medals in the Super Tri event in Jersey, with Mike Fry winning gold and Ollie Mackinson clinching bronze. The NW IRC also secured an overall team bronze at Mallory Park, and they were also some excellent results at the Youth School races. A special mention goes to Charlie Cook, who guided for the first time.

The North West Academy athletes have used the money donated by Liverpool Heartbeat to find kit including, t-shirts, hoodies, tri-suits and cycling jackets. It has been a fantastic help and enabled the kids to look smart and like a team. It is great that these future Olympic prospects can benefit from the John Hulley legacy and Liverpool Heartbeat's support.





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On Sunday November 11th at 11am Liverpool paid tribute to those who fought and died and also to those who fought and survived the horrors of two world wars.

As our city and the whole of Merseyside marked the 100th anniversary since Armistice Day and the end of World War One on 11 November 1918, along with the end of hostilities of WW2, a huge crowd, which included war veterans, religious leaders and members of the armed forces, watched in respectful silence as thousands of poppies were dropped from the roof of St George's Hall and from the top of Radio City Tower (St John's Beacon) during the annual service of Remembrance and Dedication at St George's Hall Plateau.

Elsewhere across the city the anniversary of WW1 was marked with special tributes to those who, during some of the bloodiest battles ever known, fell. Many of those killed were young men who should have had a full life ahead of them to enjoy. At Exchange Flags, located behind Liverpool Town Hall, the names of almost 14,000 Liverpool men who lost their lives during the hostilities were beamed on to the ground.

On the side of a building on Skelhorne Street, next to Lime Street Station, from where the majority of soldiers left Liverpool to join their fellow countrymen in a variety of foreign fields, a portrait, created by local artist Anthony Brown, of poet Wilfred Owen, a former pupil of Birkenhead Institute, was projected in honour of all those who had fallen in battle.

Pictures by Dave Evans



The people of Liverpool will never forget their sacrifice.

**“They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.”**

Laurence Binyon 1914



Liverpool Parks ...
A WALK IN THE PARK

PRINCES PARK

Local marketing consultant and writer, **Stephanie Heneghan**, takes a look at the history of Liverpool's delightful Princes Park, which was named in honour of Queen Victoria's first born son, Prince Edward of Wales. It was also the first public park design by the eminent park designer Joseph Paxton.



Princes Park Lake

P RINCES PARK may be one of the smaller parks within South Liverpool but its beginnings were nothing less than grand. The brainchild of Richard Vaughan Yates, a member of a prominent Liverpool family and a successful philanthropist, Princes Park was an experiment; the development of a public green space to be paid for by the large private houses that would be built around the park and sold to the wealthy merchants who mostly inhabited Liverpool's city centre area during the 1800s.

It was the first time such a scheme had been attempted on a large scale outside of London, and so the plans were initially met with hesitancy. However, Yates had a vision and he purchased a total of 90 acres of land from Lord Sefton in order to layout his dream. With 50 acres of the land reserved for the park, the other 40 acres were to be sold as plots to build the exclusive terraces that would overlook it.

The design of the park also required a forward thinker – namely one of the greatest landscape architects of the nineteenth century, Joseph Paxton. Paxton had honed his craft in the magnificent grounds of Chatsworth House and would go on to design the Crystal Palace for the Great Exhibition in 1851. He was commissioned to design Princes Park, which would be one of his most influential works, laying the

blueprint for the future design of public parks, including his own work on Birkenhead Park in 1847.

Within Princes Park, Paxton's aim was to combine private and public gardens with the feel of a country estate. Assisted by his colleague James Pennethorne, he included a wide carriage drive, which he drew influence from Regent's Park in London, a large serpentine fishing lake was created and the entrances to the park were marked by imposing ornate fixtures, known locally as the Sunburst Gates.

It was opened to the public in 1842 and additional developments were made to the park over the following years, including the construction of a boat house, and a Chinese style bridge over the lake. Princes Park was a success, proving popular with the wealthy elite that lived in the surrounding terraces and their serving staff. As was hoped, local working class residents also enjoyed the park and it played host to a number of large public festivals, drawing crowds of over 10,000, with events such as hot air balloon rides on offer.

Following Yates' death, the reversionary interest in the land was conveyed to Liverpool Corporation in 1884 and after protracted negotiations with the Yates family Liverpool Corporation took over the park in 1918. After his death an obelisk drinking



The Fancy Fair at Prince's Park 1849



Princes Park Boating Lake



Princes Park Gates



Princes Park

fountain made from polished red granite was erected in honour of Yates, bearing an inscription to his memory, and this still stands today. Another famous, to locals anyway, memorial location within the park is the grave of Judy the Donkey. The grave is dated 1926 and is a reminder of this much loved animal and the 21 years of service she gave in providing children with rides around the park. It is a well-known local landmark and is still kept tidy, with gifts of bright flowers in pots often left next to it.

From the early 1910's various improvements were made to the park, with a cricket ground, a bowling green, and tennis courts being created. Sadly the effects of war were felt across the country and this led to public parks becoming damaged and requiring extensive restoration. Many of the park's original features were lost during this time and it wasn't until the 1970s that a determined effort to return Princes Park to its former glory was put in place.

In 2009 the park was given a Grade II Historic Park status by English Heritage, paying recognition to its inspiration to other urban public parks throughout the country. They highlighted the involvement of Joseph Paxton and that the environment of the park today is still very much reflective of the original design.



Princes Park Obelisk



Princes Park - The Henge

Over the last 20 years the park has once again began to flourish, with groups such as 'Friends of Princes Park' keen to encourage the continuation of this, holding regular events, including dog walking and volunteer gardening days. It is also used to host the popular 'Park Run' event every Saturday morning, with a 5km course plotted around the park's rolling grounds, drawing runners from across the city eager to leave with a personal best. The tennis courts have been restored and are in active use, a children's playground has been created and the fishing lake is still a popular location for many local anglers to cast their rods. 'Squash Nutrition', a local community health initiative, hold regular events in the park, including outdoor yoga sessions in the summertime, with the group inviting people to join them "near the park's big oak tree".

In 2015, a wooden 'Henge' was constructed out of reclaimed wood and trees, this being done as part of a project to bring people together. The 'Henge' being the central figure in a unique area where people can sit, with activities and talks taking place within it. October 2018 saw a very high profile duo pay a visit to Princes Park - 'The Giants'. On their last jaunt to the city, large crowds gathered to watch the magnificent figures and their 'Lilliputian' guides dance their way down Princes Road to spend a few hours in the park, with crowds gathering to see 'Little Boy Giant' eat his dinner – a bowl of Scouse, naturally! – and 'Xolo the Dog' scampering around, much to the delight of the local schoolchildren in attendance.

It is over 175 years since the park's creation and today it is very much part of Liverpool's fantastic history. It is clear when you visit Princes Park that it is a still a much-loved location for those who live nearby. The park is a well-kept and welcoming green space, a quietly vibrant area full of inspiration and history that offers a moment of peace in our city.

For more information on activities at Princes Park please visit: www.friendsofprincespark18.org.uk

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TAKEN**



FOOD & DRINK

The Slaughter House offers an extensive range of drinks and food, including their award-winning pint of Guinness. The pub's traditional home-cooked meals, all of which are served seven days a week, include a very tasty range of Light Bites and Main Meals, alongside our nation's favourite Traditional Pub Grub and there is also a Children's Menu available.

LIVE MUSIC

The Slaughter House is renowned for its great nights of live music, and features performances from a variety of local singers and bands at the weekends, while each Thursday evening from 8pm there is an OPEN MIC night hosted by Jake Doran and which includes ONE FREE DRINK for every singer.

LIVE SPORTS COVERAGE

Sports lovers need look no further than The Slaughter House. The pub has several large screens located throughout bar area and is an official Carling Premier League pub, enabling them to feature all of the Premier League and Champion's League matches that are shown live on both Sky Sports and BT Sports. The pub also shows all of the major sporting events throughout the year, including boxing world-title fights and horse racing, which can be seen on both Racing UK and At The Races.

COMEDY

The Slaughter House is also the home to one of the best comedy clubs in the country LAUGHTERHOUSE, which was voted the number one comedy club in Liverpool on the independent review site Trip Advisor. Located in the compact basement of the pub, Laughterhouse has played host to some of the UK comedy's biggest names, including John Bishop, Sarah Millican and Jason Manford. You can enjoy a great night of comedy at the Laughterhouse from 8.00-10.00pm every Friday and Saturday night and then follow up by going upstairs to further enjoy some great live music until late.



Pictures courtesy Matthew Carroll

The Slaughter House
13-15 Fenwick Street, Liverpool L2 7LS
Tel: 0151 236 0704

Laughterhouse enquiries: Tel: 0151 227 5946





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