

CELEBRATING 10 YEARS

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AND BEYOND

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BY CAPRICORN KITCHENS

Capricorn Kitchens is based in Liverpool and was established in 1974. Being a family run business has contributed to the company's success as they have stayed client focused, remained at the forefront of design, and can control the planning and installation process for each of their clients to ensure complete quality control.

"It is important to us that being a business based in Liverpool we employ local people to enhance local economy where and whenever possible."

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Capricorn Kitchens,  
5 Birchall Street, Liverpool L20 8PD

**0151 933 9633**

EMAIL: [reception@capricornhouse](mailto:reception@capricornhouse)

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# APPRECIATING NATURE



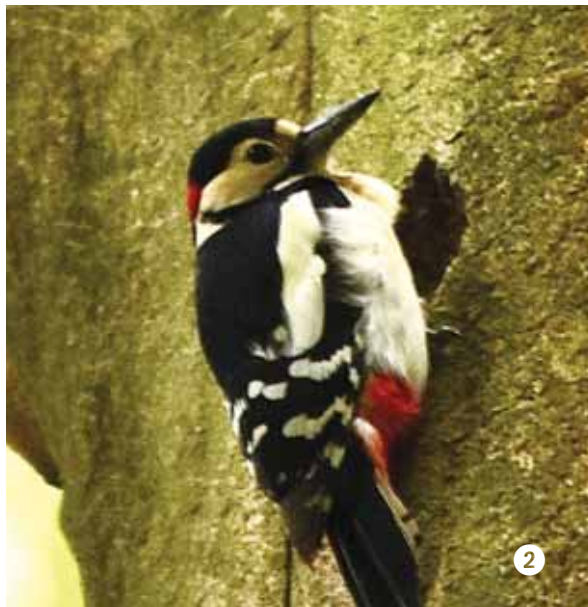
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In the last online version of My Planet Liverpool we published a selection of photographs taken during the lockdown period by four of our regular readers while they were walking through some of the wonderful parks and beauty spots that we are blessed with here on Merseyside.

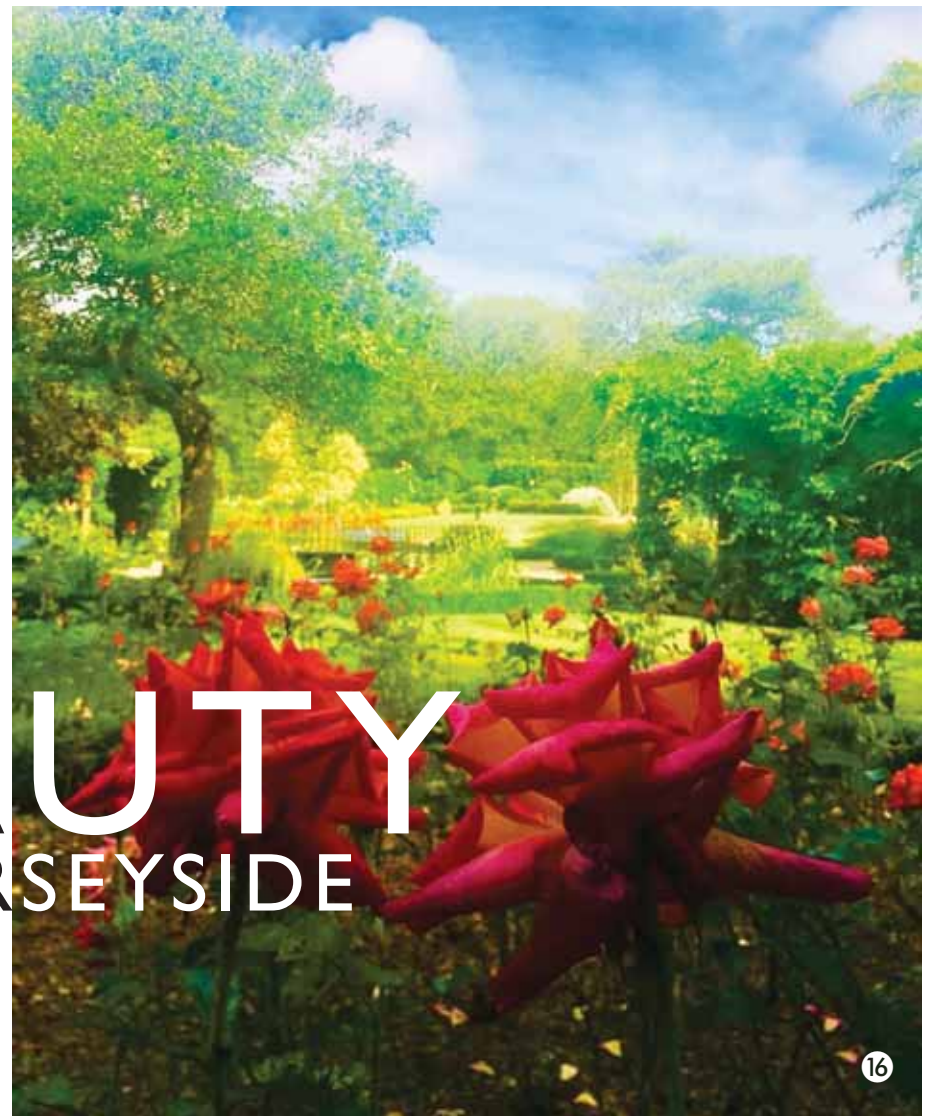
So well received was this feature by all our readers that we have decided to make 'Appreciating Nature' a regular feature in both our online and printed versions of the magazine. In this issue I would once again like to thank Alison Lobb (managing partner Morecrofts Solicitors), Joel Jelen (Ubiquitypr and Reset Breathing), Tony McDonough (YBNews), Nina Ali (Nina's Natural Clinic Liverpool) for sending in their photographs and thanks also to new contributor, Arthur Gold (goldsnapper@gmail.com), for allowing MPL to publish a selection of their great pictures.

Alison Lobb – Pictures 1 2

Tony McDonough – Pictures 3 5 6

Nina Ali – Picture 4

Joel Jelen – Picture 7



# THE BEAUTY OF MERSEYSIDE

Joel Jelen – Pictures 8, 16  
Tony McDonough – Picture 9  
Nina Ali – Picture 10, 12  
Arthur Gold – Pictures 11, 15  
Alison Lobb – Pictures 13, 14



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LEGAL

# Morecrofts

Solicitors in Liverpool City Region

## ANNOUNCE SEVEN SENIOR PROMOTIONS IN THEIR TEAM



PETER POWNALL



CARLY PHILP



HELEN ROBINS



CAROLINE GRUNDY



ALISON WILLIAMS



KIM OKELL



VICKI MORRIS

Morecrofts is delighted to have promoted seven members of their team to senior positions.

Highly experienced licensed conveyancer Peter Pownall, litigation specialist Carly Philp and Helen Robins, who leads the Court of Protection team, are now Senior Associates. Meanwhile, property specialists Caroline Grundy and Alison Williams, family law solicitor Kim Okell, and private client lawyer Vicki Morris have all been promoted to Associate Solicitor.

Alison Lobb, managing partner said: *"These thoroughly deserved promotions demonstrate the high level of performance and commitment to excellence shown throughout our team on a daily basis. They also reflect the breadth of our legal services and office network. We continue to attract and retain the best talent by giving them a clear career path at Morecrofts and the success of this approach is evidenced by the high proportion of our current senior and partnership team who began their training with us."*

# Morecrofts

SOLICITORS

# Want crystal clear legal advice?

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For more information call us today on:

# 0151 236 8871

or email [info@morecrofts.co.uk](mailto:info@morecrofts.co.uk)

## Morecrofts

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# WOOLTON TEACHER RAISES £10,000 FOR END OF LIFE CHARITY MARIE CURIE

WOOLTON MATHS TEACHER AND HEAD OF YEAR AT ST FRANCIS XAVIER COLLEGE, **KENNY GLOVER**, WHO IS ALSO A WEDDING AND EVENT PHOTOGRAPHER COVERING LIVERPOOL AND THE NORTH WEST (photokennyglover7@gmail.com), USED HIS DAILY HOUR OF LOCKDOWN EXERCISE TO PHOTOGRAPH HUNDREDS OF LOCKDOWN FAMILIES ON THEIR DOORSTEPS – AND HAS RAISED £10,000 FOR MARIE CURIE IN THE PROCESS.

Kenny said  
“I live very close to Marie Curie’s Woolton hospice and knowing the incredible care they provide to those with terminal illnesses I decided that I would like to raise funds for them. So whilst on lockdown I would take my exercise by walking around Liverpool capturing family portraits on people’s doorsteps . . .

I set up my ‘**On Your Doorstep**’ fundraising page and started promoting it on Facebook with a link to my website and it all started from there. I’ve been inundated with requests and have had to map out my routes to fit in as many people as possible, in fact I’ve now photographed over 500 households. All of my pictures are taken from the appropriate social distance and I endeavour to email them to each household within three days. All I ask for in return is that they make a donation to Marie Curie.

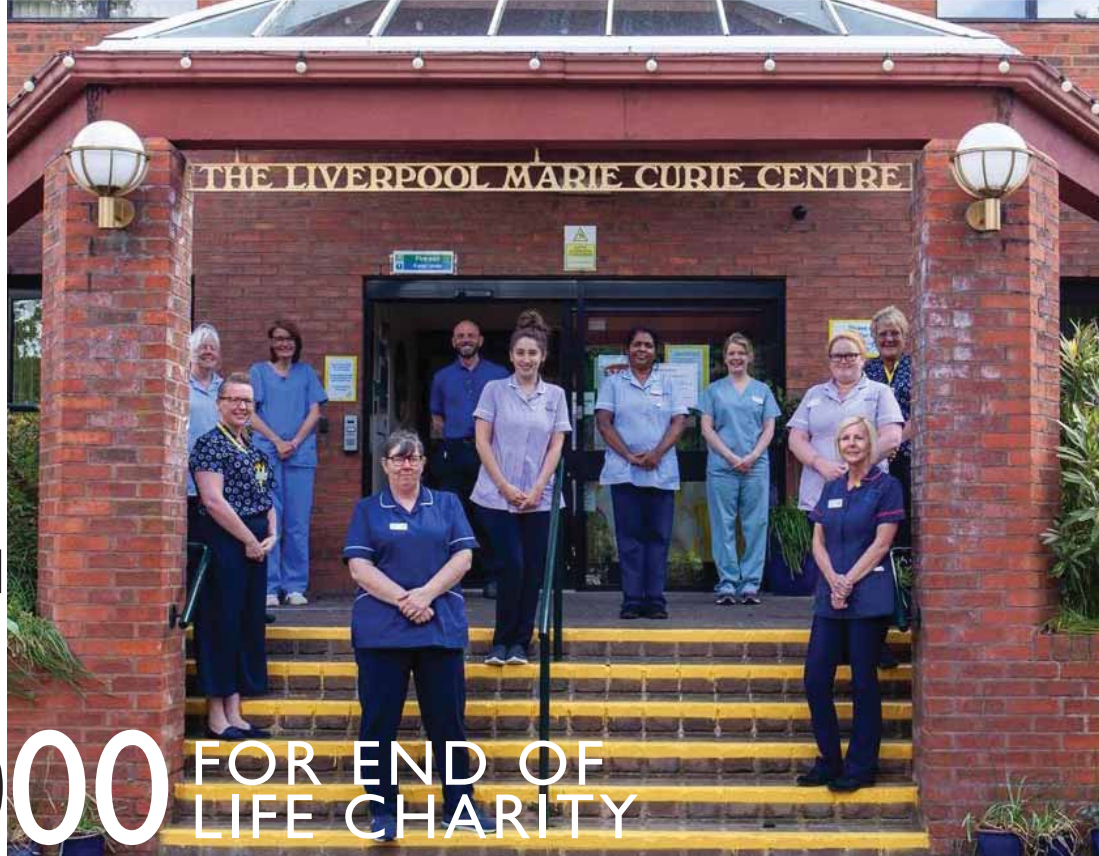
My original target was to raise £100, and I certainly never anticipated that it would be quite so successful! I’m thrilled to have raised so much for such a great cause. My camera has just about limped to the end and I must thank Wilkinson Cameras in Preston for so kindly lending me a replacement free of charge”.

Ruth Todd, Marie Curie’s local Community Fundraiser said, “Kenny is an absolute star! He has done this for us while also continuing to provide support and lessons for his pupils at school and, with his wife Elisa, looking after their one year old and four year old daughters at home! What a brilliant idea, combining daily exercise, keeping in touch with the community, putting his fantastic photography skills to use in lockdown and raising money for Marie Curie at the same time.

We need to raise £6,397 per day to run our Woolton hospice, so every penny counts. Our thanks to Kenny for helping to make sure more people with a terminal illness in Liverpool get the care and support they need - £10,000 pays for 500 nursing hours to provide the very best care for someone at the end of their lives.

“Our Marie Curie Nurses, doctors and hospice staff are on the frontline, caring for dying people and their loved ones, both with and without coronavirus. The Marie Curie Hospice, Liverpool, needs to raise £5.2 million every year to continue to run these essential frontline services, yet our ability to generate this money has been seriously compromised by the Coronavirus crisis.”

Please support the Hospice by donating online at [www.marie.curie.org.uk/emergency](http://www.marie.curie.org.uk/emergency)



## LCR CARES DISTRIBUTES MORE THAN £1 MILLION IN LESS THAN TWO MONTHS

LESS THAN TWO MONTHS AFTER IT WAS LAUNCHED, LCR CARES, THE COMMUNITY FUND SET UP BY METRO MAYOR STEVE ROTHERAM, WORKING IN PARTNERSHIP WITH THE COMMUNITY FOUNDATION FOR MERSEYSIDE AND THE NATIONAL EMERGENCIES TRUST, HAS NOW DISTRIBUTED MORE THAN £1 MILLION TO 240 COMMUNITY GROUPS SUPPORTING THE VULNERABLE AND DISADVANTAGED ACROSS THE WHOLE OF THE LIVERPOOL CITY REGION.

**S**PEAKING about the milestone, Steve Rotheram said: “The people of the Liverpool City Region are extraordinarily kind, compassionate and resilient. It has been amazing to see how many have worked so hard to look after people in their communities who have needed a little bit of help in these difficult times.



Steve Rotheram

“We set up LCR Cares in a single day at the start of the crisis, working with the Community Foundation for Merseyside, because we knew that there would be not only a need within our communities but also tireless individuals working hard to help people, who would need some support.

“Since then, in partnership with the National Emergencies Trust, we’ve raised money extremely quickly and put that money to work in our communities just as fast. We’ve supported all kinds of groups, from foodbanks to mental health charities, from organisations providing activities for children, to hospices helping the dying and their families. I’m tremendously honoured that we have been able to support them all and proud of every group and individual involved. This is not over – we will build on what we have done so far and continue to offer support for as long as it is needed.”



Rae Brooke

Rae Brooke, Chief Executive for the Community Foundation for Merseyside, said: “Many people have helped, and have been helped, over the last two months which is fantastic and that is what community spirit is all about. People are looking out for each other, small acts of kindness and much needed support are making life bearable for those who are isolated or struggling with a variety of issues at this time. However, we know the detrimental impact of this pandemic will be with us for some time yet and that is why it’s so important the LCR Cares COVID-19 Community Support Fund is there to continue to provide vital assistance. We thank everyone and every organisation who have supported LCR Cares so far and encourage others, who are able to do so, to donate to the Fund.”

As well as significant donations from the National Emergencies Trust, the Fund has also benefited from contributions from other foundations, including the Daneway Foundation, local businesses such as Home Bargains and charitable foundations set-up by local SMEs including Financial Planning Corporation and The Momentum Group, along with high-profile individuals, including Jamie Carragher and Sir Terry Leahy, as well as hundreds of individual contributions from people across the city region.



LCR CARES HAS NOW DISTRIBUTED £1,022,376 TO 240 ORGANISATIONS OPERATING ACROSS THE LIVERPOOL CITY REGION.

Community organisations can apply for grants by visiting:

[www.cfmerseyside.org.uk](http://www.cfmerseyside.org.uk)



To donate: <https://uk.virginmoneygiving.com/fund/LCRcares>

CELEBRATIONS

# THE BUTTERCUP BAKERY

CUSTOM BAKED CAKES AND CUPCAKES FOR ALL OCCASIONS

Emma Whitwell has been baking her delicious cakes for almost 10 years. She has always had a passion for cake baking and cake decorating and in her spare time Emma would make 'occasion' cakes for her friends and family members. After a couple of months of creating her special cakes for them she began to be inundated with requests, not only from people she knew but also from others who had seen or tried her cakes. The orders for one or more of her creations started coming in regularly and during a visit to the famous Magnolia Bakery in New York, Emma discovered similarities in design and taste to her own cakes and so then, in 2012, she decided to give her dream a go and set up her own business.

The Buttercup Bakery specialises in occasion and corporate cakes, along with cupcakes, and it caters for all budgets. Emma is a fondant icing queen and has created some stunning cakes. She loves receiving a request for bespoke cakes, as it allows her to be creative and push herself even further in trying out new designs and techniques, her most popular flavour is chocolate, and you are likely to see her cakes at many corporate events throughout the city. Emma delights in creating beautiful, tasty pieces of art in the form of a cake and gets a great thrill from seeing people's reactions when they see the finished product!

It is no surprise that she has become the 'go to' for many people seeking that unique wedding or celebration cake.

### BUTTERCUP BAKERY

Orders via Email: [buttercupbakeryliverpool@hotmail.co.uk](mailto:buttercupbakeryliverpool@hotmail.co.uk)

Orders can also be placed via Facebook: **The Buttercup Bakery**

Instagram: [@thebuttercupbakery](https://www.instagram.com/thebuttercupbakery) and WhatsApp: 07969 006678

**FREE DELIVERY**



NINA ALI, FOUNDER OF NINA'S NATURAL CLINIC, IS ONE OF THE MOST RESPECTED REFLEXOLOGISTS AND AROMATHERAPIST PRACTITIONERS IN LIVERPOOL AND HAS BEEN DELIVERING HOLISTIC TREATMENTS TO LOCAL COMMUNITY ORGANISATIONS AND CORPORATE BUSINESSES ALIKE FOR SEVERAL DECADES.



# NINA'S NATURAL CLINIC (NNC)

NINA set up her own clinic having worked professionally within the mainstream Mental Health system, witnessing harmful and damaging effects and symptoms of psychiatric medications on clients. She says, "I feel passionate about supporting clients to empower themselves through Natural Holistic Health Lifestyle changes. After much research, studying and some personal shifts and changes, my decision to become a Holistic Health Therapist was just the beginning for me. Collaborations with other Holistic Health providers included working alongside Dare to Care, WHISC, A Quiet Place, Liverpool Arabic Arts Festival and Lark Lane Healing Day event."

NNC promotes the living of a Natural Holistic Healthy Lifestyle, which includes providing Holistic Health Treatments ranging from: Aromatherapy Massage Treatments, Reflexology Foot/Hand Treatments, Weight Management programs, Skincare support and more, along with the Unique Espring water filter system. Clients can also have access to a full Nutrilite Consultation, which aids in understanding potential supplementation requirements in order to sustain and improve natural health care on all levels, as well as gaining access to many other products within the range.

A client's journey starts with a thorough Health & Lifestyle Consultation, which enables specific and bespoke Treatment plans to be designed with each client. Decisions on Aromatherapy Oil blends are taken and a treatment routine is implemented. This is designed to be adaptable, depending on how the client is feeling on the day of each treatment session. After-care advice is given at the end of each treatment and includes information on dietary specifications, exercise and mindfulness techniques, including daily meditations, mantras and affirmations for well-being.

As you would expect, Nina is passionate about the therapies she uses and humbly describes the experience of witnessing the benefits for her clients as "It is an honour and joy to see them transform themselves via the treatments, which are often the catalyst for improving their overall lifestyle. I have been given incredible feedback over the years, which supports the passion, knowledge and expertise that I have and am able to apply to every client."

Commenting on her work with corporate businesses, Nina added: "The typical areas of the body that suffer pain, for example, when operating in an office space, are the head, neck and shoulders. Without any need to remove an item of clothing, these points can be massaged successfully in the comfort of a Massage chair. Chair Massage is efficient in terms of time, and the stress-reducing benefits for Clients and the company prove to be beneficial."

Last year (2019) saw a big rise in employers across the Merseyside region embrace wellness in the workplace and as a consequence that has presented many opportunities for me to demonstrate the power of Holistic Therapies and its impact on the wellness of an organisation or a company's team."

As Nina's Natural Clinic continues to grow, the business is currently planning its online strategy for the end of this Coronavirus impacted 2020. NNC is looking forward to 2021 with a new website and social media support. A positive move to 60 Rodney Street, in Liverpool City Centre. New procedures, standards, roles, requirements and practises are being designed to keep all within the building safe and healthy. Establishing Best Practice will be at the forefront in order to ensure the comfort, ease and relaxation for all.

"I AM TAKING THE BUSINESS INTO A NEW DECADE, WORKING BEYOND THE HISTORICALLY SUCCESSFUL 'WORD OF MOUTH' REFERRAL BASE TO ONE WITH A STRONG ONLINE PRESENCE THAT WILL ALSO GENERATE AND ENCOURAGE DIALOGUE ON MANY TOPICS IN WELLNESS & HOLISTIC HEALTH - BOTH WITHIN THE WORKPLACE AND LIFE!"

For more information please contact: NINA ALI email: [nina@ninasnaturalclinic.com](mailto:nina@ninasnaturalclinic.com)

Nina's Natural Clinic [ninasnaturalclinic](https://www.instagram.com/ninasnaturalclinic)





### BLUE VELVET SKIN

Sarah Moore set up the fabulous Blue Velvet Skin at the start of 2020 after taking a career break to start a family. Blue Velvet Skin offer a range of treatments using the popular Tropic Skincare fresh and vegan range, which are also competitively priced. Sarah is based at the Wellness & Beauty Clinic in Childwall and specialises in holistic therapy, hair removal, hot stone treatments, facials, dermaplaning and chemical peels. If you would like a treatment or to have some advice on relaxation or beauty please contact her via email: [bluevelvetsskin@outlook.com](mailto:bluevelvetsskin@outlook.com) or call: 07775 181731



### LEO SIGNS & GRAPHICS

Leo Hanley started up his signs and graphics business in September last year and has already built up a positive reputation for his company throughout Merseyside. He specialises in the design and installation of interior and exterior signage, along with print media such as posters, leaflets and business cards. His sign installations range from corporate door and window signs to fully lit LED signage. They offer competitive prices and a free quote and design service.

Call Leo on: 07754 761056  
or visit his website  
[www.leo-signs.com](http://www.leo-signs.com)



### GIFT & GRAZE

Gift & Graze is a brand new business, launched only two months ago, but they are already making a name for themselves throughout the City. The company specialise in edible personalised gifts, hampers and grazing boxes that range from beautifully decorated chocolate covered strawberries to the ultimate savoury platter.

Gift and Graze cater for an array of events, whether it's a baby shower or a large party and you can rest assured that they will definitely have something for you. So if you're looking for a gift or caterer with a difference, check out their Instagram page and get in touch with them today! Products also include cheese & wine boxes, edible bouquets, fondue style sets, sweet boxes and afternoon teas. If you are also looking for something bespoke then these creative ladies are the caterers for you.

Follow and DM them at [@giftandgraze](https://www.instagram.com/giftandgraze)



SUPPORT YOUR INDEPENDENTS



### DELORS GALORS

Founded by Lorie Wright, this wonderful Liverpool based independent business provides the most beautiful range of personalised gifts for all occasions, including frames, drinking glasses, scrapbooks and plaques - and all items are made to order. Whether it's for a birthday, anniversary, wedding favour or a general gift, Delors Galors will have something for you - and if not then Lorie can create it for you. Delors Galors has supplied many local businesses with a wide range of delightful gifts, Christmas decorations and branded goods.

Give her a follow [@delorgalors13](https://www.instagram.com/delorgalors13)



### DIVA HAIR DRESSING

Jeanette Unsworth owns Diva Hairdressing Salon in the heart of Woolton Village and has been based there for the last 19 years. She specialises in all aspects of hair for both ladies and gents, including cutting, styling and colouring as well as offering many high-end hair treatments. Jeanette is known throughout South Liverpool for creating fabulous bridal and occasion hair styles. If you want some hair care advice or to book in for a styling or colour consultation you can contact her on

T: 0151428 8838  
or give her a follow [@divahairdressing](https://www.instagram.com/divahairdressing)

CHARITY

# FUNDRAISER JOHN IS RIDING OUT ONCE AGAIN TO HELP 'THE BIKE EXPERIENCE' CHARITY

Over the past four years, successful insurance broker John Peers has circumnavigated Europe on his motorbike, his journeys covering over 30,000 miles while travelling through a total of 33 countries. During each of these adventurous trips, John, who is also a voluntary First Responder, has raised money and awareness for several different charities, with tens of thousands of pounds being donated to Cancer Research, Blood Bikes, Lady Taverners, Claire House along with many others, thanks to his efforts.

His trips have inevitably had their good and not so good experiences, with John finding love in the Czech Republic and, on the downside, narrowly escaping serious injury – and possibly worse – on several occasions during his travels. On the good side, John met his partner Gina last year when he stayed at the AirBnB that she ran from her home in the Czech Republic. John was on his way to Russia on his last adventure when he made the stop at Gina's and the two got on so amazingly that they have been virtually inseparable ever since, with John flying over to Czechia every few weeks to see her prior to the lockdown. Now the need for John to make those trips to meet with Gina will soon be over, as in September she is moving over to the UK so they can be together – a romantic story to warm the heart.

To chill the heart however, John recounts the horrific tales about how, "On two frightening occasions I have been chased by motorbike gangs wanting to do me some serious damage and to relieve me of my bike. Fortunately, my survival adrenalin kicked in and I managed to escape their unwanted attentions both times. Other near misses that involved the risk of my being attacked and pushed off the bike have been averted solely



John Peers

by my instincts and ability to ride my bike well. These have usually taken place when I have been waiting at a busy junction in a less desirable area of the country I was travelling through at the time.

The instinct of imminent danger would thankfully make me become aware of the potential problems to be caused by the appearance of some nasty looking individuals who were obviously aiming to cause me injury in order to procure my bike from me on a no payment basis. In such circumstances I have needed to ignore the waiting traffic and get away from my potential assailants by any means - once having needed to mount a busy pavement and drive along it for



John's partner Gina

a few hundred yards to avoid what would have no doubt been quite a nasty fate."

These incidents have not deterred John though and he has a trip planned for August this year. However, this latest fund-raising adventure will be different in two ways. Firstly, due to the Covid-19 pandemic, there is a change to his intended destination. Due to the uncertainty of whether the borders into Eastern Europe will remain closed, John has decided to re-route his trip throughout the UK, in particular the beautiful landscapes of Scotland.

Secondly, John will not be riding his bike alone. Gina will be John's pillion rider on the journey and he explained how different this experience will be for him. "I have loved being on my own on all of the trips I have undertaken. It has been a huge part of the experience being in countries where little English is spoken. It means that it is up to me to make the effort to communicate with people but having someone with you makes it far too easy just to chat with each other and miss the opportunity of talking and meeting with some of the people around you. Also, if you are on your own then people tend to make an extra effort to talk to you, whereas two people together will more often than not be left alone."

There is another much more important reason however why John would be apprehensive about taking Gina with him on a trip through Europe. He explains "If we should be riding through some parts of certain countries and happen to face some of the incidents I have related above then any sudden manoeuvring of the bike I may have to make to avoid danger would be extra difficult with Gina as my pillion rider. She might not have realised the situation and would not be expecting such evasive action – meaning that she could easily be thrown from the bike".

So John and Gina's planned trip to Scotland is going to serve two purposes, firstly it will be their first long bike ride together and secondly it will give them good preparation for their more ambitious trip into Eastern Europe the following month – if circumstances allow! John has another motorbike which he keeps in Czechia, in fact it is registered over there and Gina bought a rather special registration number J D PEER5 for it. So, before Gina makes her move to the UK, John will fly over to Prague and the pair will then ride to Transylvania together for a few days of touring before Gina then flies back to Prague for John to continue his ride through The Ukraine.



The Scottish Ride is going to be aid of the Charity 'The Bike Experience', another charity close to John's heart. He explains,

" I HAVE A FRIEND WHO LOST THE LOWER PART OF HIS LEG IN A MOTORBIKE ACCIDENT TWO YEARS AGO AND HE HAS BEEN TELLING ME HOW MUCH HE WANTS TO GET BACK IN THE SADDLE SO TO SPEAK, THE BIKE EXPERIENCE DOES EXACTLY THAT – IT HAS SEVERAL EVENT DAYS THROUGHOUT THE COUNTRY WHERE IT PROVIDES – FREE OF CHARGE – THE OPPORTUNITY FOR AN EX-BIKER WHO MAY HAVE LOST A LIMB OR BE PARTIALLY PARALYSED FOR EXAMPLE, TO GET BACK ON A BIKE. THE MOTORCYCLES HAVE BEEN CONVERTED SO THAT THE GEAR CHANGE MAYBE HAND CONTROLLED OR EVEN AUTOMATIC GEAR CHANGES."

If you know of someone who would like the experience of riding a motorcycle again in an entirely safe off-road location then give John a call on

**07957 403684,**

alternatively, if you would like to donate to this most worthy of charities you can do so through the following link

[www.justgiving.com/fundraising/john-peers8](http://www.justgiving.com/fundraising/john-peers8)



SPOTLIGHT ON  
**LAURA BURNS**  
 FREELANCE ILLUSTRATOR  
 AT EEEVE FOX ART LIVERPOOL

**WHERE WERE YOU BORN AND WHERE DO YOU LIVE NOW?**

I am Liverpool born and bred and live close to Princes Park, Toxteth. I am just a stones throw away from the Georgian quarter and I love it here. It's one of the best areas for me to be, as I often get sign writing and other creative jobs in the City centre - plus there's always so much going on.

**WHERE DID YOU STUDY?**

I went to Liverpool community college for a year, then attended John Moores University for three years. I met some amazing people during this time and gained most of my mac/adobe knowledge whilst studying. I have never used anything but a mac since.

**WHAT IS YOUR CAREER BACKGROUND AND WHEN DID YOU DECIDE TO MAKE A CAREER AS AN ILLUSTRATOR?**

I have always loved art and from a very young age I knew it was what I wanted to do as an adult.

I have been freelance for over ten years now and have always drawn for other people. My dream is to have my own cartoon series and work in the animation industry, but doing anything creative for a living makes me happy.

I visited an animation festival in Burbank, California a few years ago to see what I could learn about that area of work. The whole trip was an amazing experience for me and I got some really good constructive criticism on my character designs and backgrounds.

**WHAT HAS BEEN YOUR FAVOURITE PROJECT TO DATE?**

Most definitely the 'Journey For Peace' comics that I have created for St. Vincent's. I haven't worked that hard since I was in Uni! I created seven comic books in just under 3 months, and each comic has its own theme - HEALTH, HAPPINESS, WISDOM, PEACE, FRIENDSHIP, BRAVERY and JUSTICE. Each comic is an individual story about a group of children

trying to find 'keys' to restore the 'peace emblem'. 'A Journey For Peace' was originally an essay written by a young student named Joseph Critchlow, who attends St Vincent's school, a Specialist School for Sensory Impairment and Other Needs, located on Yew Tree Lane in West Derby. The comic books are an extension of his story and other students from the school joined in to help me write them! We plan to make more 'Journey For Peace' comics that are based in different countries. So I have lots of exciting things and hard work ahead, which is fantastic!

**WHAT ARE YOUR MAIN AMBITIONS GOING FORWARD?**

Last year I decided that I would write and publish one children's book a year, so there's that to achieve! I have been writing a new children's book during lockdown to do with the 'Black Lives Matter' movement, as its now more important than ever to make positive change. All of the books I have written have an underlying message of thinking more openly. I wrote a book about five years ago called 'Weird Willow' which is about not caring what others think and of being who you truly are, and last year I released a book called 'Violet the Ghost Kitty.' Which has a more subtle message of sharing what you have with others.

I have recently started trying to learn a 3d animation software programme, as I'd love to bring some of my story boards and comic books to life! I am very interested in toy design too and I also enjoy sculpting and creating people out of clay.

I am delighted that I have so much to look forward to and I particularly hope that everyone is able to enjoy the Journey For Peace comic.

**HOW CAN YOU BE CONTACTED?**

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 Web: www.eeveefox.art  
 Instagram: @eeveefoxart

THE 1960S WAS CHARACTERISED BY THE BEATLES AND THE "MERSEY SOUND." POST 2020, WE HAVE SOMETHING EQUALLY TRANSCENDENT: THE "MERSEY SIGHT." DR. JOHN PATTERSON

**ST. VINCENT'S SCHOOL**

A SPECIALIST SCHOOL FOR SENSORY IMPAIRMENT AND OTHER NEEDS

*This article was written by Dr JA Patterson in collaboration with Iain Goldrein QC*

**JOURNEYS FOR PEACE & HOPE  
 LIVERPOOL, A GLOBAL CENTRE OF EXCELLENCE OF VISUALLY IMPAIRED TEACHING AND LEARNING**

*"There is nothing so powerful as an idea whose time has come"*

We are certainly in challenging times post Brexit and pre-the end of a global pandemic, with a myriad of 'bad news' stories in between. Shared on these pages however, is an extraordinary good news story from which to take encouragement. It is a story which from the outset has been supported by the amazing City of Liverpool and one in which we invite you to share partnership; as we cement Liverpool and the City Region into a global centre of excellence.

**THE VISUALLY IMPAIRED AND NEW IDEAS:**

As the UK, and the world beyond, looks for new trade and ideas to stem the expected economic downturns, we can learn much from the innovations of visually impaired (VI) young people who in 'seeing things differently' know full well how to adapt and conquer barriers in their stride. Their resilience, their unique strength.

Unemployment for VI is a global concern and, challenged by this, St.Vincent's school for sensory impairment has a creative curriculum designed to nurture strengths, forge routes to employment and generate entrepreneurial new trade internationally with and for VI.

**CREATIVE CURRICULUM:**

Our creative curriculum lies at the heart of the success story, as does the reciprocal value engagement of collaborative partners internationally in curriculum projects. It is the projects in which our VI young people take active leading roles that we invite you to support and develop with us.

**INTERNATIONAL "TRAINERS OF THE TRAINERS" - @sightbox**

Since 2015, when the City of Liverpool waved St.Vincent's off to Ypres commemorating sight loss in the Great War, we have developed projects to connect our local pupils and their strengths with new innovation and as 'trainers of the trainers' both nationally and internationally. The range of projects is wide but they focus on conceptualising and designing access to sports and education resources shared internationally.

The key to this innovation is the @sightbox - and "internationally" means just that: With over 20 countries so far, including Pakistan, Indonesia, Rwanda, Gambia, India, Sierra Leone, Uganda, Malawi, Tanzania, working together.

**ROTARY AND LIONS:**

This work has been magnificently supported by both Rotary International and Lions clubs, as we connect and share our best practices out of Liverpool with VI communities globally.

More recently this now includes the ET box specifically focussed on supplying glasses to children and young people with albinism. An

outcome of this work has seen international students and teachers coming to Liverpool from Sierra Leone in partnership with All Saints in Anfield and from Indonesia, where, amongst other input, our pupils acted as the trainers of the sightbox content. The range and scope of our connected and focussed projects are shared on [www.stvin.com](http://www.stvin.com) "Your" Projects:

There are two projects you may wish to get involved with here. The 'Journey for Peace' and the 'Journey for Hope.' A simple 'follow' on twitter - @stvincentsL12 and @DrJohnAPatters1- or sharing the story for us in celebrating Liverpool creativity would be very much appreciated . . . or you may wish to help more!!

**JOURNEY FOR PEACE PROJECT**

The Journey for Peace project illustrates our vision and curriculum. Liverpool Heartbeat, Merseyside Police and St. Vincent's worked on seven themes, presented in free, down-loadable comics celebrated through Liverpool iconic statues. The Key themes are Health, Happiness, Wisdom, Peace, Friendship, Bravery and Justice and it has been used effectively during 'lockdown' as a complete project.

'Journey for Peace' starts at a reading by Joe in New York at the LIONS UN Day. It leads to the project itself connecting the resources needed to engage with our pupil's project as connected locally, nationally and internationally, engaging with the 'intermediary' agencies specifically noted, which are of local relevance to anyone wishing to engage (Lions, Rotary Police etc) and with VI communities around the world.

You can view Joe's reading in New York and a link to the comics and wider project at: [www.youtube.com/watch?v=KPpb04Qd\\_lw&authuser=0](https://www.youtube.com/watch?v=KPpb04Qd_lw&authuser=0)

Joe reading in New York: [www.stvin.com/journey-for-peace-2020for2030](http://www.stvin.com/journey-for-peace-2020for2030)

If you would like to help repeat this project please support here: [www.spacehive.com/creative-inclusion-impact-project](http://www.spacehive.com/creative-inclusion-impact-project)



## ST. VINCENT'S SCHOOL

A SPECIALIST SCHOOL FOR SENSORY IMPAIRMENT AND OTHER NEEDS



# JOURNEY OF HOPE

**T**HE Journey of Hope is a tour of Britain's most sustainable schools, from North to South, with Visually Impaired students from St. Vincent's School for Sensory Impairment, using only sustainable transport. It is taking place in September 2020 for Global Goals Week and lands in Liverpool on the mid-way point for the 5th anniversary of the UN Sustainable Development Goals.

Sustainability has become a 'hot' topic of late. 'Climate emergency' was the Oxford Dictionary word of the year for 2019. But is all this attention translating into action? In 2019, school children around the world put down their pens and took to the streets to demand action on environmental and sustainability issues. A 15-year-old Swedish girl became a household name and addressed the UN. Yet from my own personal experience, my daughters' primary school still has streets outside full of traffic and idling cars, schoolgrounds that are devoid of nature, and packed lunches that are full of single-use plastics. Did I mention it is an Eco-School?

But there are schools throughout the country that have taken bold steps to ensure that care of the environment is a key part of their students' education. The Journey of Hope will find these schools, share their success, connect them with schools across the country, and present young people with an alternative and hopeful vision of the future.

We also want schools to be involved in the creation of the journey itself. That's why we are working with multiple schools in Liverpool and Kunming (Friendship Cities) to collaborate on supporting the

project. Conversations between schools have already started and the creative juices are flowing on how we can all work together to have a bigger impact, both during and after the journey.

When we are talking about a future world, it is critical to be inclusive. That means listening to the voices of those in society who may sometimes be excluded. We cannot build a world based solely on our own experiences. What is a sustainable world from the perspective of a young person? Or a visually impaired person? What does sustainability look like in China and the rest of the world? It is these perspectives that the Journey of Hope aims to explore.

It is also important that the journey isn't just a moment in time. This is why a legacy is at the heart of what we are trying to achieve. We are working in partnership with Liverpool John Moores University and the Centre for Alternative Technology to produce a range of educational resources themed around the journey that will be available for schools interested in doing more to tackle sustainability and environmental challenges. We are also encouraging schools to set their own school challenge and host an event or activity to support Global Goals Week while the journey is taking place.



Of course, 2020 is a year that will be forever remembered for something different entirely. It was the year our world changed forever. Our sustainability problems haven't disappeared in a COVID world. In fact, they remain as important as ever. Lockdowns around the world have shown us that change is possible when governments take action. Residents of Venice marvelled at seeing fish in their canals and many people in India were able to see the Himalayas for the first time in decades.

But education post-COVID needs rethinking, and young people are going to need something different for when they return to school. September will be the first time in almost half a year in a formal education setting for many students, and schools are recognising that it will take time for some to adjust back into the previous routines. All of the schools we are working with have emphasised the positive impact a project like Journey of Hope will have in getting their students fired up and inspired for learning again. Helping to plan and deliver a journey through Britain of sustainable schools by visually impaired students in electric cars in collaboration with partner schools from China is exactly what is needed!

Ultimately, the Journey of Hope is about connecting schools, empowering young people to take action and inspiring others to do the same. It sends a powerful message of hope in a time when it has never been needed more. And it is going to be a roaring success!

### THE END OF THE BEGINNING:

St George's Hall, the design of which was commissioned in the 1840s, evidences how great this City had become by the mid-19th Century. Surely it is no coincidence that St. George's Hall was built just 30 years after the "Rainhill Trials", which brought steam traction,



ULTIMATELY, THE JOURNEY OF HOPE IS ABOUT CONNECTING SCHOOLS, EMPOWERING YOUNG PEOPLE TO TAKE ACTION AND INSPIRING OTHERS TO DO THE SAME. IT SENDS A POWERFUL MESSAGE OF HOPE IN

IT IS NOT THE BLIND LEADING THE BLIND:  
IT IS THE BLIND LEADING THE SIGHTED.

It is not the blind leading the blind: It is the blind leading the sighted.

Visual impairment generates extraordinary powers of imagination. And it is that imagination which will re-launch Liverpool as one of the truly great cities of the world for everyone, visually impaired or otherwise – but with a vision so uniquely powerful that only those visually impaired can envisage it.

By reading this, you have already become a partner in an enterprise of breath-taking proportions.

Debbie Rogers founded Sean's Place following the loss of her brother, Sean, who suffered from mental health, an illness which ultimately led to his family losing him in July 2019. Debbie created Sean's Place, which opened its doors in January of this year, through a desire to want more support for those who need it, to create opportunities for men of all ages to connect together through free sessions that have been designed to increase confidence and self-esteem, while reducing social isolation and improving mental health and wellbeing.



Sean

# IN THIS TOGETHER

## SEAN'S PLACE

**D**EBBIE says, "At Sean's Place our aim is to improve mental health and wellbeing through sessions specifically identified to improve confidence and self-esteem, whilst reducing symptoms of stress and anxiety. Sessions are solution-focused and provide techniques that can be used to support you at home, in the workplace and in the community. I recognise that mental health illness is not a 9-5 condition so why should the support be? At Sean's Place we also open in the evenings to allow those who work of a day to be able access our support and be a part of what we do here."

Sean was just 34 years old when he passed away after a long battle with mental health. Debbie says of her brother, "Sean was the most amazing person. He was kind and caring, hilarious - often without meaning to be - and loved by so many people. However, despite all of this, he struggled with his confidence and self-esteem and became socially isolated, which contributed to his mental health becoming increasingly worse. Whilst counselling and medication helped him with symptoms of his illness it didn't tackle the social issues of loneliness and not having anyone who could fully understand how he was feeling. Neither did he

have the support that he needed to access opportunities in the community. Upon searching for something that he could access there were always barriers in the way, such as his age, too high costs or long waiting lists.

"Sean and I were extremely close, after leaving home we lived together for many years, wherever I went I would take him with me. Despite him being my older brother I was always so protective of him and he seemed to like knowing that I had his back if he needed me. Sean suffered greatly with anxiety and social isolation and for years I searched for somewhere that he could be around other men in the same position as him. Somewhere that he could learn skills, make friendships and improve his self-esteem. I was told by his community hospital team that he could have gym memberships but they were never going to be suitable for him and I knew there had to be more support out there.

One of my most special memories of Sean is the occasion of my wedding. When I asked him to give me away on my wedding day he was delighted and he looked so handsome walking me down the aisle. He was so proud to be doing so and I was as equally proud to have him by my side. I gave him a poem that I had written about having the best big brother and he kept it proudly on his cabinet in his living room. Sean had been in hospital a few months before my wedding day, following the first major dip in his mental health, so for him to do this and then later stand up in front of all the guests and deliver a speech was incredible. I will always be grateful that we had that moment together."



Sean had numerous amounts of therapy, counselling and medication but his mental health got worse and he developed Psychosis and around May 2019 he became really unwell again. Debbie tried to reach out for support for him but he didn't meet criteria for hospital admission and she was told he had to help himself. Then in July 2019 Sean became a lot worse and Debbie's calls for help increased.

"I had obviously known him my whole life and I had supported him with his mental health at every meeting so I knew that this was serious and I was going to lose him if I didn't get support immediately. On 19th July 2019, the night I lost Sean, I had begged the hospital to help me but again he didn't meet their criteria and I was told that they deemed him to have capacity. He didn't, but we could not get any help and that night we lost him, too young to leave us at 34 years old."

Debbie's world fell apart and she found herself in a spiral of investigations and inquests. "My life was shattered and yet I had to find the strength to sit in meeting after meeting and have endless calls about how this could happen. It took everything I had. To this date we have still not had my brother's inquest - and so I have to reserve my strength for when that eventually happens.

"I knew that there was so much more to Sean's life and that he deserved to be helped and supported by those we thought we could trust. I decided I was going to do something positive to remember my brother and help others who were in the situation that he had been in. I also want to help other families who are searching for the right support."

Six weeks after losing Sean, Debbie had her first business meeting with the Women's Organisation in Liverpool. "I told them about my idea to set up a men's mental health centre. I went to this appointment an hour

"I KNEW THAT THERE WAS SO MUCH MORE TO SEAN'S LIFE AND THAT HE DESERVED TO BE HELPED AND SUPPORTED BY THOSE WE THOUGHT WE COULD TRUST. I DECIDED I WAS GOING TO DO SOMETHING POSITIVE TO REMEMBER MY BROTHER AND HELP OTHERS WHO WERE IN THE SITUATION THAT HE HAD BEEN IN. I ALSO WANT TO HELP OTHER FAMILIES WHO ARE SEARCHING FOR THE RIGHT SUPPORT."



Activities at Sean's Place

after sitting in a hospital meeting fighting for answers over my brother's death, so I didn't think I would be taken seriously as I was quite emotional. However, the Women's Organisation were wonderful and they supported me throughout the entire daunting process. Another six weeks later I had my first pilot session!"

Sean's Place now has over 30 guys per week attending. They can attend sessions such as guitar lessons, cookery sessions, forest school, training courses, hypnotherapy, art and much more. There are also evening sessions that are focused around talking about our mental health, which encourages the guys to open up and learn

strategies and techniques to manage at home. Adds Debbie, "We have an amazing team of volunteers who support the sessions and have almost become a little family. It takes my breath away how lovely the sessions are and the difference we have seen in some of the guys already. The feedback has been amazing from them and their families as it's something they too have been searching for.

"I am still grieving every day since losing Sean, especially as it's approaching a year since we lost him. There are so many other men in the community who feel the way Sean did, which is why I have taken the steps to create my own service that has everything I was looking for to support Sean. I am now providing this service in Sean's memory, to help others.

"Knowing my brother's story is saving lives means the absolute world to me and I couldn't be prouder of him. Sean's Place is a very special place. It is a place that has not just saved the lives of others - it has saved mine too. Sean would be so proud!"

For more information on Sean's Place please visit [www.seansplace.org.uk](http://www.seansplace.org.uk)



Sean giving Debbie away at her wedding



Sean's Place

In This Together

McGILLICUDDY & ASSOCIATES JOIN WITH NATIONAL  
**PHOTOGRAPHERS  
 WITHOUT FRONTIERS**

INITIATIVE TO SAY THANK YOU TO THE NHS

**McGILLICUDDY & ASSOCIATES,**  
 WHO ARE BASED IN WIDNES,  
 ARE PLEASED TO ANNOUNCE THE LAUNCH OF  
 'PHOTOGRAPHERS WITHOUT FRONTIERS' –  
 A NATIONAL INITIATIVE TO RAISE MUCH NEEDED  
 FUNDS FOR THE NHS.



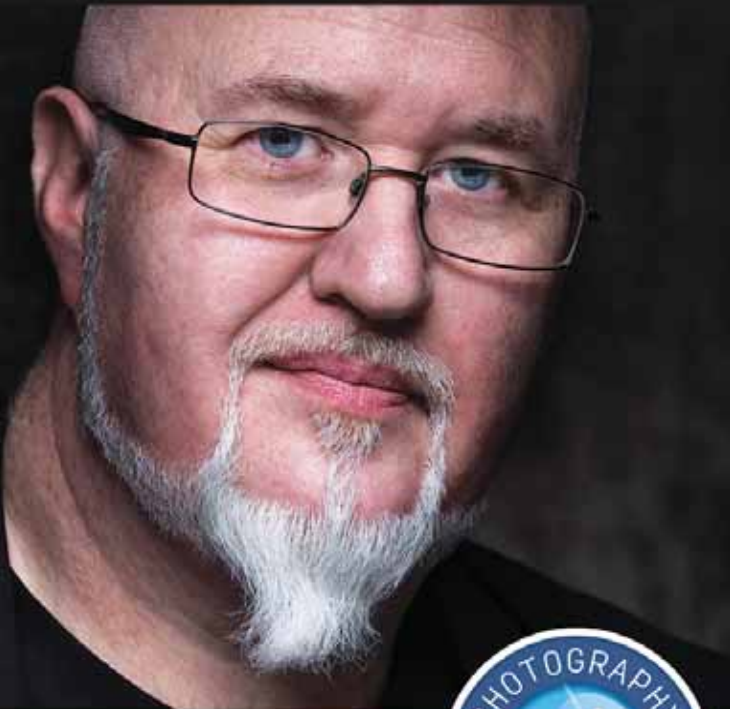
**L**AUNCHED by Ronan Ryle and internationally renowned photographer, Damian McGillicuddy, 'Photographers without Frontiers' sees over 100 photographers from all over the UK come together to offer families a chance to capture a precious image of their loved ones, while at the same time raise funds for the NHS.

Damian commented 'We wanted to give something back to the NHS and show our appreciation to them, not just for what they have done recently for the country but what they have been doing for us over the past 70 plus years. We are asking people to make a minimum donation of £10 through our just giving page to the 'NHS Charities Together' and in return they will receive a voucher that entitles them to a free portrait session with us and a web image for them to use saying they have supported the NHS.'

"I think now more than ever we see the value and importance of capturing special moments of our loved ones, family, pets and children, which is why we thought as photographers that we should all come together in what is a very competitive industry and make a difference to a special charity. We also want to give something back to the communities in which we live and work, along with raising these vital funds for the wonderful work that the 'NHS Charities Together' carries out."

'NHS Charities Together' play an important role in contributing to provide services that are above and beyond what the NHS alone can provide. They are also a forum for nationwide fundraising and advocacy campaigns, offering specialist advice and guidance and bespoke training, as well as access to online resources for those who need them.

'Photographers without Frontiers' aims to bring together a community of photographers, from Scotland to the South Coast, with just two aims; support 'NHS Charities Together' and ensure families have a fantastic image to enjoy for years to come. One thing for sure is that social distancing has reminded us all that only a portrait can bridge the distance and time until we are able to see and spend time with our loved ones.



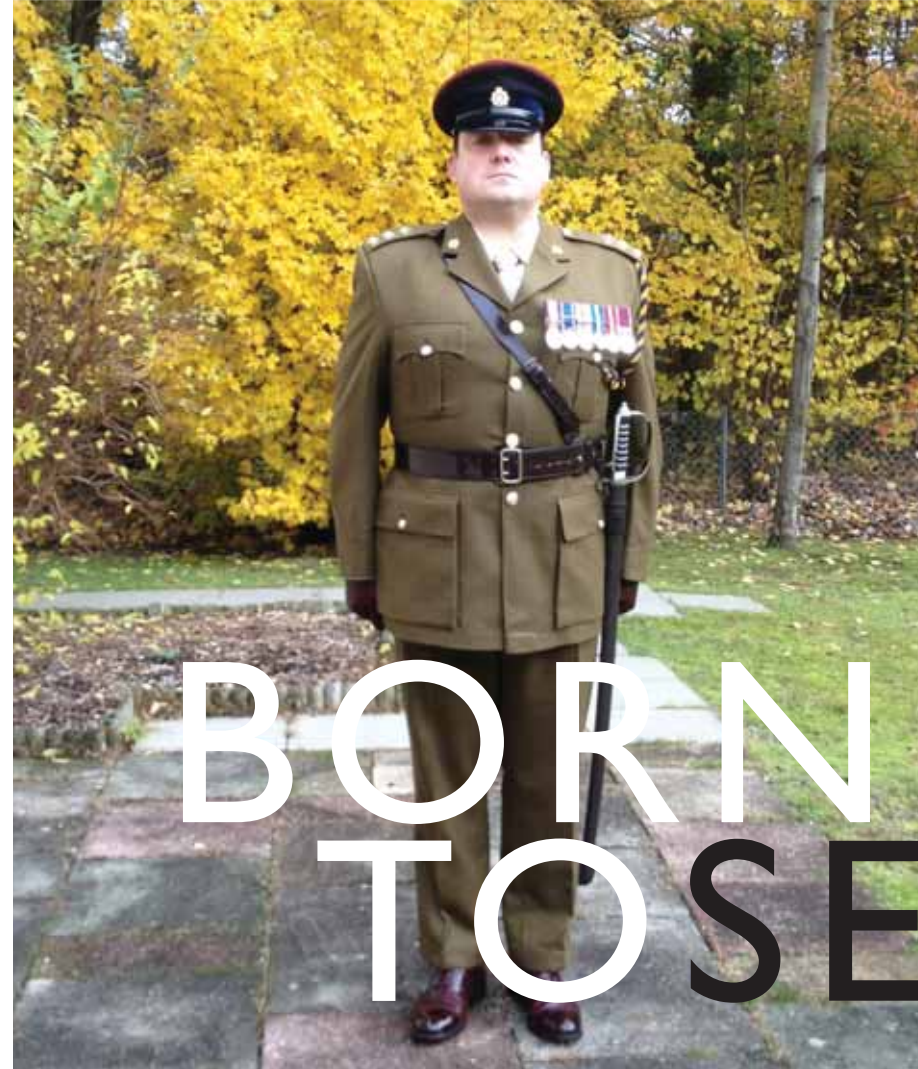
McGillicuddy  
 Associates  
 THE Portrait Photographers

**I HELPED SUPPORT OUR NHS**



To book your slot with McGillicuddy & Associates or to find your nearest participating photographer visit <https://bit.ly/3cQuD5f> or you can go directly to the Just Giving page; [justgiving.com/fundraising/photographywithoutfrontiers](https://www.justgiving.com/fundraising/photographywithoutfrontiers)

Damian will also be donating £5 to the charity for every voucher he sends out!  
 For any enquiries about this initiative email; [contact@damianmcgillicuddy.com](mailto:contact@damianmcgillicuddy.com)  
 Media enquiries please contact [Helen@goodwineventsmarketing.co.uk](mailto:Helen@goodwineventsmarketing.co.uk)



**CAPTAIN ANTHONY SANDLE RLC**  
 PSAO 238 SUPPLY SQUADRON ROYAL LOGISTIC CORPS

Anthony Sandle joined the Army on 14 August 1989 and has served almost 31 years to date. My Planet Liverpool asked him for his story with the Army and his current role with PSAO 238 Supply Squadron at Mather Avenue, Liverpool.

**A**NTHONY was born in 1971 and started life in Southdene, Kirkby before his family moved across town to Northwood. He attended St Lawrence's Roman Catholic Infant and Primary School before going on to St Kevin's RC Secondary Comprehensive. Not a lover of school life, "I couldn't wait to leave" he left St. Kevin's in 1987 to enter the big wide world at the age of 16.

Although his close family had a rich tradition of Armed Forces service, his mother was an ex-Woman's Royal Navy (a Wren) and he had two uncles that were Army and another who was in the Royal Marines, for Anthony, going into the services "Never really flicked my switch".

His first choice of career was to become a Professional Footballer, as was almost every 14-16 year old's dream in Liverpool at that time, but when he realised that was unlikely to happen he decided that he would become a Police Officer. He completed several jobs between the ages of 16-18 whilst biding his time to apply for the Police, including working in a fashion store in town, trying his hand at butchery and also as a Security Guard on St John's Precinct – you were supposed to be 18 to do this but Anthony was a big lad and background checks weren't as stringent in those days.

When he did officially reach 18, he applied to the Police service only to receive the response that he was too young and inexperienced and that he should go and "see a bit of life first and get some real-life experiences".

So Anthony did just that. He decided to apply to join the Army, for THREE years...

Anthony duly arrived at his first training unit in September 1989 and, with his ambition of becoming a Police Officer still acting as his primary driving factor, he joined the Royal Military Police (RMP). His initial training was conducted at the RMP Training Centre (RMPTC) at Rousillon Barracks, Chichester, West Sussex, where he spent just over six months in training, prior to passing out. However, as he was coming towards the end of his tenure there, it was becoming ever more apparent that he and the RMP had different perspectives on what constituted 'acceptable behaviour' – "you can take the lad out of Kirkby but..." as they say!!!

The impasse meant that Anthony was 'invited' to change cap-badge! So, not being completely enamoured with that 'forced career change',

he decided that he wanted to drive big trucks instead. As a result, Anthony transferred into the Royal Corps of Transport (RCT) and after a period of retraining, which included attaining his driving licences – "The RMP never did work out that I didn't have a licence to drive the car that I turned up in for training" – he arrived in May of 1990 at his first working unit of 1 Squadron RCT in Colchester for his 4-year stint, complete with a licence to drive BIG TRUCKS.



Anthony during his basic training days in 1990

Continued overleaf ➡

**CAPTAIN ANTHONY SANDLE RLC**  
PSAO 238 SUPPLY SQUADRON ROYAL LOGISTIC CORPS



Anthony attending 10 Downing Street



Sergeant Anthony Sandle • 2003 Gulf War

**A**NTHONY is what is referred to as a 'Late Entry Commissioned Officer' which means that he joined the Army as a Private Soldier, progressing through every rank in turn, all the way to Warrant Officer Class (WO1), and was then offered the opportunity to apply for a Commission. A warrant officer in the British Armed Forces is a member of the highest group of non-commissioned ranks, holding the Queen's (or King's) warrant, which is signed by the Secretary of State for Defence. Warrant officers are not saluted as they do not hold the Queen's Commission, however they are to be addressed as 'Sir/Ma'am' by subordinates.

Once you have decided to apply for a Commission, the process itself takes 12-months. Many applicants are filtered out along the way, but ultimately it culminates in a 3-day residential psychometric selection process ranging from mental robustness to physical endurance tests. It is a daunting process to enter into, especially when you consider that you are already competing against what is seen to be the absolute cream of the British Army (only around 1% of those walking through the doors of a recruiting office make the rank of WO1) and of the 96 personnel that applied alongside Anthony in that year for his particular career stream, only 22 were offered Commissions.

When Anthony was commissioned in 2012, he was given an initial 10-year contract, which would likely have been extended out until his 55th birthday in 2026, when at which point he would have been forced to leave the Army on an age ruling. However, just before Christmas 2016, he found out about the job he is now employed in. After discussions with Shirley, he decided to apply for it and did so in early 2017. He was successful with his application and decided to terminate his Regular contract early – and in July 2017 he commenced the role he has today.

Anthony explains, "My contract type is called Full-Time Reserve Service, so I still serve in a full-time capacity. The only difference is that I am on what is termed a 'Home Commitment' only contract. Which means, although there are still circumstances where it can happen (exceptional circumstances) I am no longer deployable to operational theatres of war. I am employed for the one role I fulfil, with no need to move posts or compete for promotion – I have been selected for this role only. As this is a permanent position and if I am deemed to be 'effective in post' I could realistically be employed in this role until 60 years of age. Not bad for a bloke that joined the Army at 18 for just the three years hey!!"

During his time with the Regular Army, Anthony was deployed to many different parts of the world, including being deployed on operational service for a combined total of two and a half years of his career. He spent those times in Iraq (twice) Bosnia and The Falklands (not in 1982, "I'm not that old"). On both occasions in Iraq, 1990-91 and then again in 2003, during the two Gulf Wars, Anthony was deployed in a forward war-fighting role.

Anthony in 2009 at Lourdes



Ask him the question and Anthony will tell you that there have been many highlights over the years, too many to mention in fact, but those that particularly stand out for him are:

- "Each time I was deployed on active service as mentioned. That may sound a little unhinged, but as I often say to people – imagine being a fire fighter and never putting out a fire."
- "Whilst employed at one stage in a Close Protection (CP) role, I was detached to London during the 50th Anniversary celebrations of VE Day (1995) and worked with SO12 of New Scotland Yard, as part of the CP Team for the President of Trinidad & Tobago."
- "I spent around seven years of my career at differing stages in instructional roles in Defence Colleges. The satisfaction of taking a soldier with no knowledge and little faith in their own ability to achieve what you want them to do, right through to a tangible qualification, is an experience I cherish."
- "The pride of not only making it to the rank of WO1 but doing it in such a timescale that meant I was afforded the opportunity to serve at that rank for five years and then being assessed as suitable to undertake a Commission."
- In January 2016 I was added to her Majesty's New-Year honours list for "outstanding service to the British Army".

**"A DEFINITE LOW-POINT WAS REACHED EVERY TIME I HAD TO LEAVE MY WIFE SHIRLEY BEHIND WHILST REPRESENTING MY QUEEN AND COUNTRY. THIS WOULD OFTEN BE FOR MONTHS AT A TIME AND SOMETIMES YOU WERE NOT TO KNOW IF YOU WOULD EVER RETURN, THIS WAS SOMETHING I CERTAINLY DON'T MISS. IT'S ALSO A COMMITMENT THAT MOST SPOUSES OF ARMED FORCES PERSONNEL DON'T RECEIVE ENOUGH CREDIT FOR COPING WITH EITHER."**



Tony and Shirley Sandle

On the subject of lowlights, Anthony says, "To be completely honest, there have not been that many. That said, a definite low-point was reached every time I had to leave my wife Shirley behind whilst representing my Queen and Country. This would often be for months at a time and sometimes you were not to know if you would ever return, this was something I certainly don't miss. It's also a commitment that most spouses of Armed Forces personnel don't receive enough credit for coping with either."

**SO WHAT IS ANTHONY'S ROLE TODAY?**

Anthony is employed as the Permanent Staff Administrative Officer of an Army Reserve Unit which has a total Strength of 104, including Regular and Reserve Soldiers and a number of Civilian support staff.

This means that Monday to Friday 0830-1630 he oversees the management of the Squadron, ensuring that all its staff and equipment are ready to deploy on world-wide operations if called upon to do so. To that end, it is Anthony's job to ensure that the troops and all their equipment make it to the camp gate. When they then drive through the gate and onwards to the operational theatre, the Reserve Chain of Command takes over, whilst he takes charge of those left behind – "Finally I am 'in the rear, with the gear'!"

The role covers all aspects of Squadron HR Management, Recruitment of Reserve Forces personnel, Personal & Personnel Security, IT and general communications management, budgetary management and civil engagement, with not just the local councils and departments and the likes of the Emergency Services, but Anthony is also charged with developing relationships with local businesses. He says, "In this area, I explore where those 'mutually beneficial' relationships may be possible, in terms of us providing trained personnel to potential civilian employers or an opportunity for us to recruit from them and into our unit, thus hopefully enhancing their own product."

"It is a very involved, and at times, challenging role. That is why the MO of those that fill this sort of role are 'often' Late Entry Commissioned Officers with a wide and varied background from their Military Service. That said, it is also a hugely rewarding role. I am employed in a job which is in an organisation I love, with a language I can speak and a culture that I understand, and it still affords me the opportunity to work with soldiers daily."

I would like to end by thanking my wife, Shirley. She is the most important part of my life. We got together in 1987, both aged 16, married in 1992 and are still happily married to this day – quite how she has managed to put up with everything I have put her through really is beyond me!

**"I CONSIDER MYSELF A LUCKY MAN. I HAVE SERVED MY QUEEN AND COUNTRY AND WILL CONTINUE TO DO SO AND I HAVE EXPERIENCED ALL OF THE AFOREMENTIONED. TODAY, MY CURRENT ROLE MEANS THAT I AM NOW ONLY SIX MILES AWAY FROM MY 'FOREVER HOME' – WHY WOULDN'T I LOVE THAT?"**

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# SUTTON KERSH

## HAVE SECURED OVER 120 LOTS FOR THEIR SUMMER PROPERTY AUCTION ON 16 JULY 2020

FOLLOWING ON FROM THE PHENOMENAL SUCCESS OF THEIR MAY AUCTION, SUTTON KERSH ARE STEAMING AHEAD WITH THEIR SUMMER AUCTION AND ALREADY HAVE 129 CONFIRMED LOTS AVAILABLE FOR BUYERS.



It has been a rough few months for all industries and sectors throughout the country. However, it is very positive to see that people are still investing in residential and commercial properties.

Katie Donohue, Senior Valuer, said 'March was a worrying time for us as we didn't want to have to cancel our April auction and let down all of the vendors, so we worked around the clock to make it a success, and subsequently held Liverpool's first online property auction. This momentum carried on and we were able to hold a very exciting live-streamed auction in May, which attracted hundreds of viewers nationwide and saw us sell over £7million of property, which I believe shows how committed the team are to get the best results for our clients.'

Sutton Kersh have managed to not only secure a high amount of Lots but they have really branched out geographically, attracting Lots from all over the country. Two in particular that stand out are located on the South Coast; a stunning set of three cottages in Cornwall, with a guide price of £450,000, and a fantastic freehold investment opportunity in Devon, on the market for the first time in 47 years with a guide price of £300,000.

The majority of the Lots are, however, throughout Merseyside and they include some bargain investment properties for all those property developers out there, starting at just £30,000. Sutton Kersh recently sold the Penny Lane Wine Bar through auction and now in this one, they have the renowned Penny Lane Hotel on Smithdown Place available with a guide price of £750,000.

There is also a developers dream, a substantial piece of cleared land off Kremlin Drive, where planning permission was granted for a 4-bedroom detached property to be built. This looks likely to sell quickly due to the amount of queries the auction team have received regarding it. Lot 53 in Wavertree, L15, is a three-storey mixed use investment opportunity that has a guide price of £135,00 and is attracting a lot of interest due to the location and potential of the building.

Apart from investment/development properties and commercial spaces, there are also some fantastic residential properties that are move in ready, such as Lot 71, a spacious 4-bedroom terraced property in Birkenhead, or Lot 83, a charismatic cottage style property in West Derby.

Sutton Kersh's next auction is taking place on 16th July and will be a live streamed event.

All Lots are available online to view at [www.suttonkersh.co.uk](http://www.suttonkersh.co.uk)

You must register online at [www.suttonkersh.co.uk](http://www.suttonkersh.co.uk) to be able to bid.

For all queries relating to the auction please call 0151 207 6315



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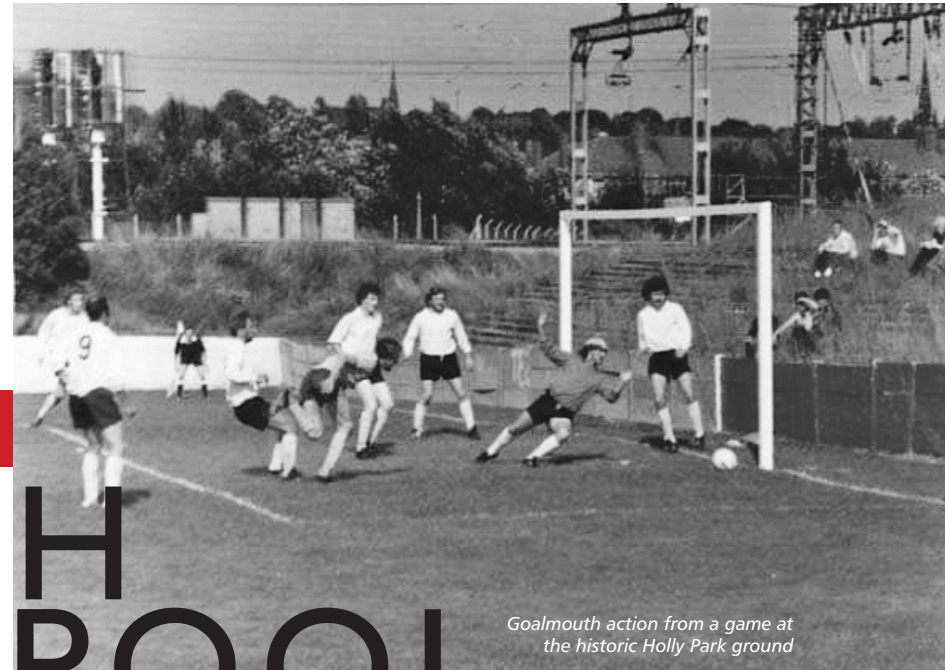
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D O C K





ALIVE AND KICKING...

# SOUTH LIVERPOOL FOOTBALL CLUB



Goalmouth action from a game at the historic Holly Park ground



First team squad 2019/20 season. Back row L-R: Martin Ryman (Manager), Stephen Ward (Assistant Manager), Bradley Williams, Andy Lloyd, Mason Nevitt, Stephen Longrigg (GK), Peter McShane, Steve Doyle, Kieran Gaul, Tony Sayer, David Cringle (Coach). Front row L-R: Jack Bennett, Alex Woodcock, Stevie Kelly, Stuart Cornfoot, Kevin Martin, Kevin Cringle, Ali Birmingham.



Below: Club Captain Cameron Dalton holding the 2015 West Cheshire League Division One Championship Trophy won by SLFC.



SOUTH LIVERPOOL FC, THE LOCAL NON-LEAGUE SIDE CLUB THAT WAS FORMED IN APRIL 1935, HAS A RICH FOOTBALLING HISTORY AND TODAY IT IS VERY MUCH ALIVE AND KICKING – AND SETTING THEIR SIGHTS ON GREATER THINGS!

### What's happening now?

Well, South Liverpool FC are firmly based at their new ground at the Jericho Lane Sports Hub, located on Otterspool Drive, Liverpool 17. They had applied to join the North West Counties Football League (Step 6) for season 2020/21 and were a healthy 8 points clear at the top of the West Cheshire League Division 1, which had them on course for a return to the Non-League Pyramid for the first time since their resignation from the Northern Premier League in 1992.

### Then COVID-19 hit!!!

Subsequently, the FA Council took the decision to end the season with a 'Null and Void' outcome, thus cancelling all promotions and relegations! This was a bitter blow for South Liverpool, a club that is renowned for possessing some remarkable nuggets of information and taking part in many special football occasions during their long history.

As many local football fans of a certain generation will know, the club played their home games at the famous Holly Park in Garston (now the site of Liverpool South Parkway station) which was once a breeding ground for top players such as Liverpool FC legends Jimmy Case and John Aldridge, along with former Everton star Peter Billing. There is also a notable list of highlights from their historic past including the beating of Cardiff City 2-1 to win the Welsh Cup Final at Wrexham FC's Racecourse Ground in 1939 and the appearance in a charity game played at Holly Park in May 1967 of 'The Galloping Major' the late great Ferenc Puskas. The Hungarian born legend, who starred for Real Madrid and played internationally for both his country of birth and Spain, was joined on the pitch by opponents that included footballing greats Billy Liddell and John Charles, along with many more top names from the footballing world at that time.

Then there is the intriguing story of 'South' playing host to a Nigerian national team in September 1949, recorded as the first football match to be played under 'permanent' floodlights in the UK, and the amazing fact that 10 of the Nigerian players took part in the game in their bare feet!

The highlights of South Liverpool's history are truly endless and My Planet Liverpool will be featuring the history of the club, including the above events, in more detail over future issues.

But back to the present – and indeed the future – of this proud club. South Liverpool has recently leveraged some great exposure in the local and national press and ample crowds have been returning to their games. Their last two home matches of the curtailed season saw attendances of over 100, a figure that is unprecedented at this level, as they maintained their unbeaten league run to sit at the top of the table.

Ambition for the future is high at the club. Upgrade work has been started and this has included a covered terrace for 100 spectators; fencing work has taken place behind both goals and alterations made to both the home and away changing rooms, as well as the officials' rooms. With further upgrade work in the pipeline, the club will

be ready and able to move up the leagues when the opportunity arises. This is a club determined to reclaim their place back in the Non-League Pyramid. The wait has been far too long!

Committee Member, Gary Johansen, who deals with the Advertising, Marketing and Social Media for South Liverpool FC, said "The future looks very bright for our club. We all know that Liverpool is THE most successful city in the history of English football in terms of trophies won. The south end of our city needs a good, successful Non-League side – one that can play its full part within the local community".

With Premier League football prices continually on the rise, the possibility of going to a match as a family is a big financial commitment, so supporting your local community football club is fast becoming a more attractive prospect and a visit to Jericho Lane should be on the 'to do' list of every local football fan.

Gary added: "We have a cohesive, club-focussed committee and a great squad of players led by a hugely successful manager in Martin Ryman, who has won 13 trophies in his 18 years in charge. Our aim is to initially get our club back to where it belongs – playing Step 6 football in the North West Counties Football League and then pushing on even further up the league ladder. South Liverpool and its surrounding areas would definitely benefit from having a successful football club, one that is embedded in the local community".

Whilst many clubs up and down the country are struggling financially and have been impacted severely by the current pandemic, the committee at South Liverpool FC have been very astute and the club finds itself financially stable. With football currently on hold, work continues behind the scenes at South Liverpool FC. "Although gaining access to our Jericho Lane home

"The future looks very bright for our club. We all know that Liverpool is THE most successful city in the history of English football in terms of trophies won. The south end of our city needs a good, successful Non-League side – one that can play its full part within the local community". GARY JOHANSEN



has not been possible due to the lockdown...", says Gary, "We are hopeful that due to certain Government guidelines being relaxed, additional work can now be carried out and whilst there is no football being played at the moment it gives us the perfect opportunity to get things prepared and ready for the time when football will eventually resume.

"South Liverpool FC didn't end in 1992 - we are very much alive and kicking and pushing forward with a renewed focus and drive. We have a number of local businesses who help the club out as much as they are able and we can offer some great value options, so we are always on the lookout to collaborate with new business partners. Please contact me to explore how we can create a bespoke package to suit your business and budget while bringing you the community impact you are seeking."

GARY JOHANSEN  
e: [gary.johansen@southliverpoolfc.com](mailto:gary.johansen@southliverpoolfc.com) m: 07903 323555  
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# WEIGHT LOSS IS A MARATHON NOT A SPRINT!

THE LAST 3-4 MONTHS HAVE BEEN CHALLENGING FOR US ALL IN MANY DIFFERENT WAYS. WITHOUT BEING ABLE TO DO AS MUCH EXERCISE AS MANY OF US ARE USED TO WE ARE STARTING TO WORRY ABOUT THOSE EXTRA POUNDS THAT HAVE SLOWLY MADE AN APPEARANCE. WE GOT IN TOUCH WITH ONE OF OUR CITY'S LEADING PERSONAL TRAINERS AND NUTRITION EXPERTS, **TOM WELLMAN**, FOR SOME ADVICE TO ACHIEVE YOUR GOALS. HERE IS WHAT HE HAD TO SAY:

“ When people start their weight loss journey they often set themselves unrealistic goals and carry out drastic measures which will only lead to a poor relationship with food/exercise and resulting in short term results.

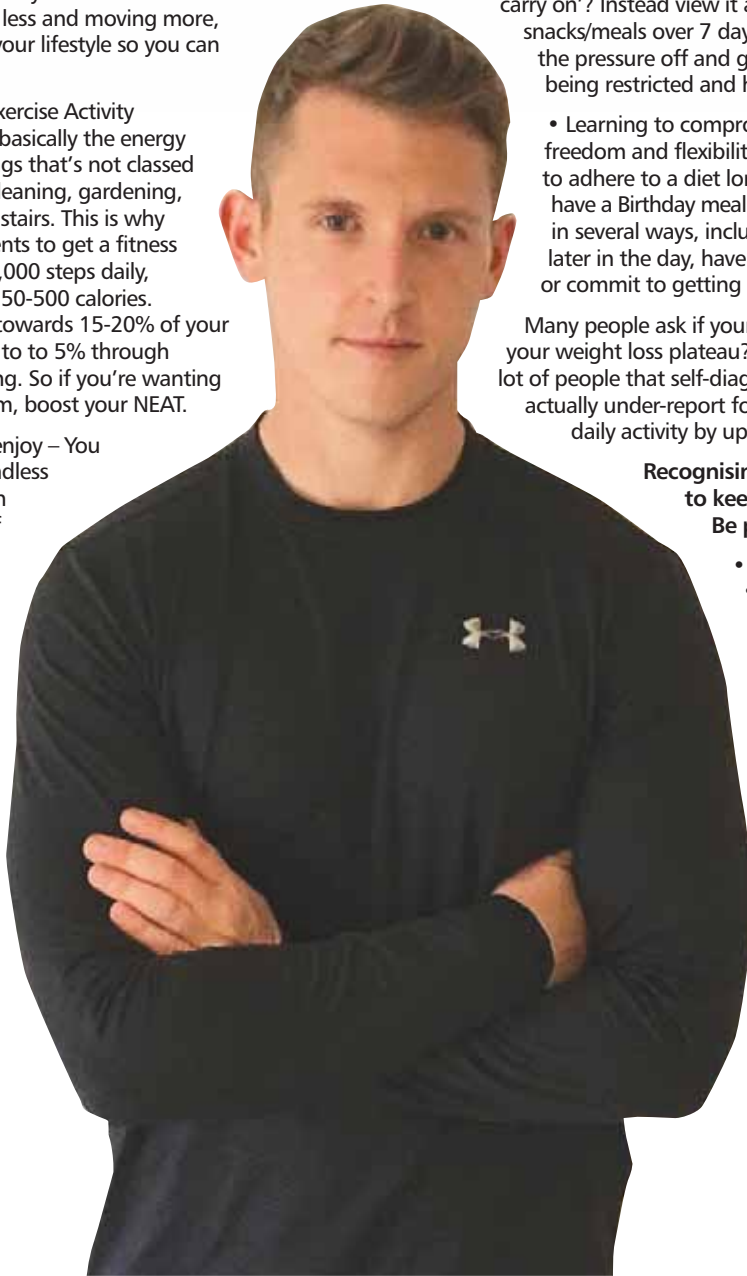
To achieve sustainable results you need to create a sustainable method which should include the following:

- The goal is to create a lifestyle that involves a sustainable way of eating less and moving more, that is enjoyable and fits your lifestyle so you can do it day in, day out.

- Increasing NEAT (Non Exercise Activity Thermogenesis), which is basically the energy spent doing everyday things that's not classed as exercise, e.g walking, cleaning, gardening, fidgeting, walking up the stairs. This is why I like to encourage my clients to get a fitness tracker band and walk 10,000 steps daily, which burns on average 350-500 calories. NEAT contributes greatly towards 15-20% of your calorie output, compared to to 5% through exercise like weight training. So if you're wanting to 'boost' your metabolism, boost your NEAT.

- Find activities that you enjoy – You don't have to be doing endless amounts of cardio to burn calories. I encourage all of my clients to do activities they enjoy, like hiking, cycling, swimming, golf etc - you don't have to be in a gym to burn calories.

- Also look for low calories alternatives. Making slight tweaks to the food you like can half your calorie consumption, making a huge difference to the daily/weekly calorie intake. A mantra for you: "Find ways to make healthier versions of your favourite foods". So burning 400-500 calories each day by



moving more and consuming 400-500 calories less by opting for low calorie alternatives will help create the energy balance needed to lose weight, without doing anything too drastic

- Mindset is also key in your weightloss journey. The slice of cake won't determine your results, it's what you do next. Was it the slice of cake that made you put on weight, or was it the mindset of 'I have screwed up my diet now, I might as well carry on'? Instead view it as 1 'cheat' meal out of 30-35 snacks/meals over 7 days. Having that mindset takes the pressure off and gives you the feeling of not being restricted and having feelings of guilt

- Learning to compromise will help give you the freedom and flexibility needed to for you to be able to adhere to a diet long term. For example if you have a Birthday meal planned, you can compromise in several ways, including saving your calories for later in the day, have a 2-course meal instead of 3, or commit to getting back on track the next day

Many people ask if your metabolism is to blame for your weight loss plateau? Studies have found that a lot of people that self-diagnose a "slow metabolism" actually under-report food intake AND over-report daily activity by up to 50%!!

**Recognising the small gains will help to keep you motivated.**

**Be proud of:**

- Dropping a dress size
- Getting compliments
- Losing inches
- Getting stronger
- Feeling confident

Enjoy the journey.

Find a strategy that works for you, consider the type of exercise you enjoy and look for a way you can incorporate some of your favourite foods into your day. If you enjoy the process, you are more likely to be consistent and reach your end goal.

Tom



Local Entrepreneur and Football Agent, Ian Seddon, is an FA Registered Intermediary and a Director of Tempus Sports Management Ltd, a company he founded in April 2015. Tempus is a Sports Agency for football players and managers and My Planet Liverpool is delighted that in each issue Ian has kindly agreed to interview a variety of players, coaches and managers (former and current) with a Merseyside connection, along with some of those who work, or have worked, in the local football media

For the second of his 'My Footballing Chats' series, Ian speaks with his father Ben about his highly successful playing career,

**IAN SEDDON**  
My Footballing Chats with...



Ben was born in Liverpool and is a former pupil of St. Augustine's R.C. High School, Bootle, leaving school in 1967. It was at St Augustine's that Ben first earned a reputation as a quality centre half, the highlight for him being a member of the successful Bootle Schoolboys team that beat the English Trophy finalists Liverpool Schoolboys in the 1967 W R Williams Memorial Cup Final, which was played at Anfield in front of a crowd of 1,561. In the Liverpool Boys team was David Johnson who would enjoy a great career with Liverpool, Everton and Ipswich Town along with other clubs.

**Ian: WHO WAS THE FIRST NON LEAGUE CLUB YOU PLAYED FOR?**

**Ben:** When I left school, I worked at Scott's Bakery with a man named Charlie Powell who was a committee member at Southport FC. Charlie arranged for me to go along to Southport and I subsequently signed for their reserves and became an ever-present member of the team, which played in then Lancashire League/Northern Floodlit League. Playing in the team at the same time was a young Peter Withe, who later went on to win the European Cup playing for Aston Villa.

**Ian: HOW LONG DID YOU STAY AT SOUTHPORT?**

**Ben:** I left to join Formby, who then played in the Cheshire League, in the 1971-72 season. I scored on my debut but we lost to Droylesden 5-1, ironically one of their strikers also had the surname Seddon - and he scored a hat-trick!!! However, I must have been doing something right over the full season, as when it ended the club appointed me Club Captain for the new season and also started paying me. I was

only the fourth player on the books to be paid, so it was quite an honour.

**Ian: WHAT WAS YOUR FIRST LEAGUE CLUB AND WHEN AND WHY DID YOU CHOOSE TO SIGN FOR THEM?**

**Ben:** While I was at Formby, the former Liverpool captain Ron Yeats was managing Tranmere Rovers, who were in the in the old Third Division at that time. He offered me a professional contract with 'Rovers'. I was now 21 and Tranmere had some really good players, including Ronnie Moore, Steve Coppel, Ray Mathias, Mark Palios, and former Liverpool stars Willie Stevenson and goalkeeper Tommy Lawrence. I decided it was a great opportunity for me, so I signed for them on 18 April 1973 and made my league debut on 25 August that year, away to Aldershot.

**Ian: I KNOW IT DID NOT WORK OUT FOR YOU AT TRANMERE SO WHAT HAPPENED NEXT?**

**Ben:** That's right. I was not getting any real game time and wasn't happy, so I put in a transfer request which was accepted. I was sent on a two-month loan to Wigan Athletic, who were a top Northern Premier League club at that time. I played for Wigan in seven games, scoring one goal, and during this spell I was noticed by Roy Chapman (father of Lee Chapman, the ex Leeds United star) who was the manager of Stafford Rangers. I was still only 22 and Stafford were also one of the top Northern Premier League clubs and they had a great set-up, so when Roy asked me if I was interested in joining them I was delighted to sign for them and I made my debut in a 3-1 win over Barrow on 17 March 1974.



Ben (4th from right on middle row) with Tranmere squad 1973



Tempus Sports Management is not your typical agency. Find out what makes them different by contacting Ian on 0151 708 3301.

**Ian: YOU ENJOYED YOUR MOST SUCCESSFUL PERIOD AS A PLAYER WITH STAFFORD RANGERS. WHAT WAS IT LIKE WHEN YOU WERE THERE?**

**Ben:** Yes, Stafford were the most successful Non-league side in the 1970s and I had a wonderful time with them. In my first season we reached the FA Cup 4th Round, the first Northern Premier League club to do so, and we were drawn at home to Peterborough. However, so much interest was shown in the game that we had to play at Stoke City's Victoria Ground. A crowd of 31,160 turned up and we played really well but eventually lost the game 2-1.



*Ben holding aloft the FA Trophy on the Stafford Rangers victory parade*



*Ben leading the team out at Runcorn*

“ IN 1979 I WAS OFF TO ONCE AGAIN PLAY AT THE ORIGINAL AND HISTORIC WEMBLEY STADIUM. SOME OF THE WORLD'S GREATEST PLAYERS NEVER GOT TO PLAY THERE, SO FOR ME TO BE ABLE TO ENJOY THE EXPERIENCE TWICE IS FANTASTIC! ”



*Ben (No 5) in action at Wembley 1979*

Ian's Footballing Chat with...

# BEN SEDDON

**Ian: IN 1976 YOU ALMOST MISSED MY BIRTH DUE TO WHAT YOU HAVE SAID IS YOUR SECOND GREATEST FOOTBALLING EXPERIENCE. WHAT WAS HAPPENING?**

**Ben:** Yes, you're right. We had reached the F.A. Challenge Trophy final and were due to play Scarborough FC on Saturday 24 April 1976. The game was to be played at Wembley so you can imagine how excited I was about playing at the 'Home of Football'. However, you were very close to being born so I had to think about how my wife Christine (your mum to be of course) would feel about me playing in the game and being away from home at such a special time. We talked and with her blessing I travelled to London and played in the final. It was a fantastic experience but it was to be a nightmare end of the game for me, as I gave away a penalty in the last moments of extra-time. It was scored and Scarborough took the trophy by 3-2.

Then, after the game I had to get back home to Bootle. Thankfully I made it in time and was at Fazakerley Hospital when Christine gave birth to our first child, which of course was you, on the Sunday. So, from playing at the hallowed twin towers of Wembley to a maternity ward at Fazakerley Hospital in 48 hours - it was quite a weekend! Seeing you being born and your mum safe and well certainly took the disappointment

of losing to Scarborough completely out of my thoughts. It was weekend that I will never forget!

Later that year we actually played European football, taking part in the Anglo-Italian Tournament in May and June and playing home and away against Udinese and Monza. It was a great experience for all of us. We beat Udinese 3-2 and drew 1-1 with Monza in our home games but in the return games we lost 6-2 to Udinese before finishing with a 1-1 draw in Monza, leaving us in 5th place overall in the English section.

**Ian: WHAT DO YOU CONSIDER TO BE YOUR FAVOURITE FOOTBALLING MEMORY?**

**Ben:** 1979 brought me the best footballing experience of my life. We reached the FA Trophy final by beating my old club Runcorn 3-2 over two legs in the semi-final and I was off to once again play at the original and historic Wembley Stadium. Some of the world's greatest players never got to play there, so for me to be able to enjoy the experience twice is fantastic. This time I was on the winning side as we beat Kettering Town 2-0 in the final, played on Saturday 19th May. The game saw a record crowd gather for an FA Trophy final, with the attendance being 32,000 and it was certainly the highlight of my sporting career and another day I will never forget.

In November of that year we reached the FA Cup second round and were drawn to play against Blackburn Rovers away at Ewood Park. In goal for 'Rovers' that day was Jim Arnold, who was our goalkeeper in the FA Trophy Final, and he kept another clean sheet as we went down 2-0. Jim would later go on to play for Everton.

**Ian: WHEN DID YOU LEAVE STAFFORD RANGERS?**

**Ben:** I played my last game for the club at home to Wealdstone on 22 March 1980, having played 331 games and scoring 49 goals from centre half. I had really enjoyed my six years with them but it was time for me to move on. I was only 28 and I joined Runcorn for a fee of £2,000. We achieved the treble in

**Ian: JUST A FEW QUICK FIRE QUESTIONS TO FINISH PLEASE?**

**WHO WAS THE BEST MANAGER/COACH YOU PLAYED UNDER?** Roy Chapman - my manager at Stafford Rangers

**WHO WOULD YOU SAY WAS THE BEST PLAYER YOU EVER PLAYED WITH?** Bobby Thompson, who became a player-manager when I was still at Stafford Rangers. He is a legend at Wolves and was one of the finest full-backs in the game.

**WHO WAS THE MOST DIFFICULT DIRECT OPPONENT YOU EVER PLAYED AGAINST?**

I played against Cyril Regis in a testimonial match when he was at West Bromwich Albion and he was very difficult to play against - he was so strong and very fast and skilful. However I will have to go with Kenny Dalglish. He and Michael Robinson played in a game against Southport in 1984 when I was in my second spell at the club. Kenny was playing in the game to get match fitness after being out with a broken jaw for several months. Even though I was not actually marking him directly, his movement and speed of thought on the pitch was incredible.

**WHAT WAS THE BEST GROUND - OUTSIDE OF WEMBLEY - THAT YOU PLAYED AT?**

Stoke City's Victoria Ground, when we played Peterborough in the FA Cup in 1974

**WHAT WOULD YOU SAY WAS YOUR BEST ASSET AS A PLAYER?** My heading ability and my strength in the tackle, combined with my awareness of what was happening around me while defending.

1980-81, lifting the Northern Premier League Championship, Northern Premier League Cup and the Northern Premier League Shield. Winning the title meant we were promoted to the Alliance Premier League for the 1981-82 season and we caused a little bit of a shock by winning the title at our first attempt. This meant that we should have been promoted into the football league but the club's entry was refused by the Football League due to our ground not being up to their standards. That season we only lost five games, achieved 93 points and reached the first round of the FA Cup, drawing away at Burnley before only losing the replay at Canal Street by 2-1, so not being allowed into the Football League for non-playing reasons was extremely harsh.

**Ian: YOUR CAREER WAS BEGINNING TO WIND DOWN ABOUT THIS TIME SO HOW DID YOU END YOUR PLAYING DAYS?**

**vBen:** In the 1982-83 season, I signed for Macclesfield Town and played over 35 games for them and scored 5 goals. I then returned to my first club, Southport, for the 1983-84 season and made 57 appearances and scored two goals before moving to Newtown for a short spell. My old manager from Formby, Bryan Griffiths, was at South Liverpool in 1984 and I signed for him and stayed at 'South' until the end of the season before deciding to retire from paid football.



*Some of the many trophies won by Ben during his career*

*In the next issue of My Planet Liverpool, Ian chats with John McMahon, the popular, former Everton youth and reserve team player who has also been associated with several of our region's Non-league clubs. He was also a Caretaker Manager at Tranmere Rovers (on two occasions) and Shrewsbury Town and Manager of Liverpool Reserves*

FOOD AND DRINK

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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 Cultural Wine, a specialist wine company that he helped to establish along with colleagues Paul Malkin and Ian Clarke. Mike is a regular contributor to My Planet Liverpool and during this period of lockdown and isolation Cultural Wine is continuing to provide a service to regular and new customers by delivering a range of quality white, red and rose wines to your doorstep. Here we take a look at five of the best selling wines that Mike and his colleagues have been delivering over the past couple of months.

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WHERE YOU CAN ALSO REQUEST A LIST OF ALL AVAILABLE WINES.

### WHITE VALLEMAYOR BLANCO

Vallemayour is a family run Bodega and has been a favourite Rioja agency for Cultural Wine for decades. At Vallemayor they combine modern technology and traditional knowledge for the elaboration of their wines and this modern style white Rioja, with 10% Sauvignon added to the Viura grape from which the wine is produced, is a very popular choice with customers. Fermentation takes place in stainless steel tanks at controlled temperatures and this wine has an Alcohol/VOL of 12.5%. It is a fresh and fruity white wine produced from excellent quality grapes and possesses an intense floral bouquet that is well balanced with crisp citrus fruit. It is a good choice for including fish and shellfish dishes.



### WHITE PICPOUL (PIQUEPOUL) DE PINET" (La Sauerelle Languedoc)

Picpoul de Pinet is a Crystal clear wine, with green highlights and is produced from one of the oldest Languedoc grapes, the Piquepoul, which has been growing near the Thau Lagoon for centuries. These "Marine" vineyards on the edge of the lagoon are among the oldest on the Mediterranean; they are crossed by the Via Domitienne and lie close to the historic ports of Sète and Agde. The area's dry and sweet white wines, originally named the "Vin de Picardan", have been known for centuries thanks to the "Piquepoul" grape which thrives here, winning a constant battle with winds and tides. White is the most common of the grapes, though both blush and black grapes are to be found. It grows in a dry climate, so the end-of-season humidity helps grapes fill out and finish ripening.



This is a wine that is delicate and fresh in the mouth and has an excellent acid/structure balance. It neutralizes the salt and iodine in shellfish and other crustaceans and is surprisingly good with rich cheese and charcuterie. It is not only splendid with seafood and shellfish, along with other traditional Mediterranean dishes, but also fits with cheese and chocolate. It is best drunk young and cool (between 8-10°).

### ROSE LE BIJOU LANGUEDOC

This rosé comprises 45% Cinsault, 40% Grenache, 10% Caladoc and 5% Syrah. For the production of Le Bijou, grapes are harvested early in the morning in order to preserve the fresh acidity levels. They are then directly pressed and the Syrah grape undergoes light maceration on its skins. Clarification and low temperature vinification take place for the varieties separately before being blended together.

The result is a pale, salmon-coloured rosé that is exuberant with bold flavours of strawberry and citrus zest combined with a long, lingering finish with an Alcohol/VOL of 12.5%. It offers aromas of citrus and exotic fruits as well as good acidity and makes for the perfect accompaniment to canapés, salads, white meats and fish and is a highly recommended match for grilled sea bass with a garlic and herb crust plus roasted vegetables. A wonderful wine that is recommended for all tastes, including vegan and vegetarian.



### RED VALLEMAYOR CRIANZA RIOJA

This wonderful award winning wine is typically Riojan, with a blend comprising of 90% Tempranillo, 5% Mazuelo and 5% Graciano. It offers aromas of black cherry and dark fruits, toasty notes from the wood and secondary sensations from the malolactic fermentation. It is full bodied and very well balanced between a fruity bouquet and vanilla flavours, resulting from its 12 months in both American and French oak barrels. It has a soft and very smooth finish and makes for a delightful accompaniment for red and white meats, cheeses, cold meats and spoon dishes. Vegans and vegetarians will certainly enjoy.



### RED VALLEMAYOR RESERVA

A traditional styled, full bodied Reserva with great poise. Produced with selected grapes from Vallemayor's own vineyards, the blend is 85% Tempranillo, 10% Mazuelo and 5% Graciano, giving complex aromas with a multi-layered palate that is soft with a long aftertaste. It is a powerful wine with a garnet color and red edges. On the nose it leaves an intense aroma of red berries with hints of licorice. The aromas given to the wine are created by the aging and appear in the background, while blurred behind the fruit are the balsamic and spicy characteristics of the new oak. Broad, smooth and long on the palate with an intense aftertaste of blackberries. The result is a wine with an optimal consumption period of 4/6 years, provided that the maintenance temperature is around 15 °C. The dishes that best accompany this Reserva are game meat, salted or smoked fish and all stewed meats.



Cultural Wine

For more information on all the wines available from Cultural wine please contact:

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Paul Malkin: 07747 803 041 E: [paul@culturalwine.co.uk](mailto:paul@culturalwine.co.uk)



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