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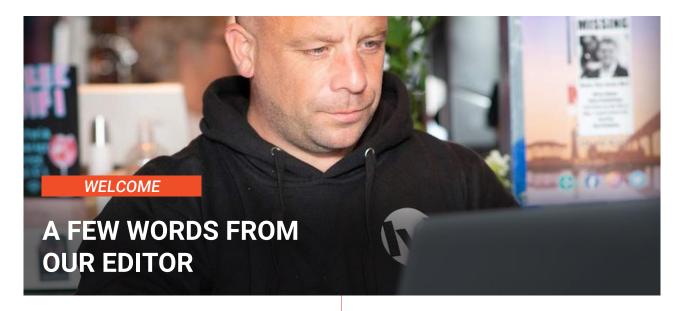
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Hey! Welcome to the second ever edition of La Vida Liverpool's print magazine! After 5 years of our online magazine and 18 months of our radio show on New Brighton Radio, we launched our first ever print magazine in March 2023. I am pleased to say it went down a storm throughout the region and here we bring you the second edition for July 2023.



This second La Vida Liverpool print magazine is high quality like the pilot edition -- jam packed with fascinating features, great places to eat and drink and showcasing the boss people, businesses and organisations in our region. Furthermore, we've included QR codes to take you direct to websites and socials and have increased our print production to 5,000 copies.

If you're reading La Vida Liverpool content for the first time, allow me to get you up to speed. My name is Justin Hopper and I founded La Vida Liverpool in April 2018. La Vida Liverpool started off as an online positive news magazine, evolving into a

radio show and now a print magazine. The aim of La Vida Liverpool is to make the region and the world a better place through positive media -- to encourage people to CHOOSE positive news.



Whereas the mainstream media is mostly negative and brings about fear, anger, hatred and division, the aim of La Vida Liverpool is to inspire faith, hope, love and unity. There are so many great things happening in our communities and society around us and if we focus on that, whilst coming together to combat the problems in the world collaboratively, we can indeed make the world a better place together.



The power of the media is significant and its impact on society is huge, especially in the digital age we live in with social media. As Malcolm X said: "The media's the most powerful entity on earth. They have the

power to make the innocent guilty and the guilty innocent and that's power. Because they control the minds of the masses." In a world of so much toxic media, La Vida Liverpool strives to be a beacon of light -- making a difference, no matter how small, one article at a time.

I am very proud to present you with this second edition of the print magazine -- oozing with goodness and with something for everyone. Perfect for summer reading, I hope it finds you well and inspires you. All I ask from you is to please 'pay it forward' -- once you've enjoyed the magazine please do pass it on so that others can benefit from it too. That would mean a lot to me and to those featured in it -- most importantly, it would help encourage more and more people to CHOOSE positive news and CHOOSE good over evil.



It's been a busy few months since releasing the first edition of the print magazine, that's for sure! Back in April I visited Vancouver and Whistler in Canada and WOW what an adventure that was! I met some truly wonderful people, did loads of cool stuff and explored the stunning natural beauty on offer -- you can read all about this on page 104. Canada touched my soul in a profound way and my advice to you is to live, love and explore what this amazing world has to offer. Don't hesitate -- do it today!

Indeed, the first edition of La Vida Liverpool print magazine has been touring the world. There are copies of the positive news magazine in Canada and also in Argentina, Australia, Germany, Egypt, France, Iceland, Turkey, the U.S and in other countries. This positive news revolution is going global, so thank you to all my friends across the world for supporting this cause!



I was honoured to compere the One Community Festival on Victoria Road in New Brighton back in May and the huge Wirral Wellness Event at Birkenhead Park in July and I am rather enjoying all this attention and limelight if I am honest haha! La Vida Liverpool also hosted the first ever Liverpool Independent Music Conference at Round The Corner recently -- a free event for the local music industry. What an incredible day of networking, guest speakers and live music it was and it was an honour to bring everyone together.

I have also been part of the Work Experience Programme and have been educating young minds about journalism, marketing, PR and most importantly -- the power of the media, the need for positive media and how to be a good person. It is vital we give our next generation the tools to be the best they can be -- they are the future.



Anyway, enough of my ramblings -- kick back, relax and enjoy all the boss people, businesses, charities and events showcased in this edition. One final thing I'll finish on is a big THANK YOU -- to my graphic designer Alec Lawley, Si Wilcox from In Print, Mark Taylor for helping me distribute the magazines and to my clients and friends for supporting me in this. Oh and of course to YOU, the reader, for CHOOSING positive news! Much love, enjoy x

words are energy. use and consume them carefully.



a vida liverpoo



In this brand new La Vida Liverpool feature, we bring you our Restaurant Of The Quarter! Featured in our online magazine and new print magazine, each quarter we'll be highlighting one of our favourite eateries in the region. This quarter our focus is on Bromborough's gem, Piña Loca.



What's Pina Loca about?

Situated on Allport Lane in Bromborough and open 7 days a week, Piña Loca is one of Wirral's gem's — with countless 5 star reviews since opening in November 2021. Voted by La Vida Liverpool readers as the second best restaurant of 2022, Piña Loca offers mouth-watering Mexican food and creative cocktails.

What's on the menu?

Piña Loca has a refined menu featuring small plates, tacos, bowls and burritos — all with their own intriguing twist and plenty of vegan options. Piña Loca certainly isn't your average Mexican. You can enjoy 3 small plates for £16, 12pm-4pm every day, or a burrito or bowl with a soft drink for £12. Meanwhile, their cocktail range is creative and fun.





Our favourite dishes....



Our 'go to' small plates at Piña Loca are firstly Piña Wings (crispy chicken wings with pineapple, chilli and honey glaze, black sesame seeds and spring onion) and Quesadilla Birria (braised beef and cheese in a flour tortilla dipped in a rich birria sauce and pan fried).

We love the Calabaza bowl (butternut squash, fennel and arbol) and our favourite cocktails has to be El Zombre (ocho anejo, ocho blanco, Wray & Nephew, mango, fresh lime, pineapple and hibiscus).

Why we love Pina Loca....



We love Piña Loca for its vibrant, fun and colourful dishes — as well as the creative cocktails. We love the soundtrack, decor and relaxed vibe — with super friendly service from Babul and the team. Piña Loca is our Restaurant Of The Quarter — well worth the trip to Bromborough!

Piña Loca / 24 Allport Lane, Bromborough, Wirral, CH62 7HP / 0151 245 3938

For the menu and to book visit pinaloca.co.uk

Check out Piña Loca on FACEBOOK!

Check out Piña Loca on INSTAGRAM!



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In this new quarterly feature, we bring you our Pub Of The Quarter and for summer 2023 we've chosen The Scrapyard! Having just celebrated its 5th birthday, The Scrapyard is actually much more than a pub—it's a super cool hangout offering belter brekkies, bites and coffee, quality cocktails and wines, an abundance of beers and craft ales, regular events and more! It's safe to say The Scrapyard has it all....

A Cool Coffee Shop



Quirky, quaint and all about quality, The Scrapyard is one of the coolest places to enjoy a coffee, brekkie or cake in Wirral — with colourful furniture and a chilled coffee shop vibe. Dog friendly (they serve puppaccinos) and with a sound playlist, The Scrapyard is the perfect meeting place any time of day or night!

The Scrapyard has become famous for their incredible cheese on toast — the best you'll find in Wirral! Their proper homemade chips are also a big hit and their huge selection vegan, gluten free and regular cakes will have you salivating as soon as you set your eyes on them!



A Boss Bar



With 24 taps of liquid heaven revolving, The Scrapyard is a beer and craft ale connoisseur's dream. You'll find an ever changing range of beers, ciders and ales on tap in addition to quality cocktails (check out their 2 for £12 offer Friday and Sunday, 12pm-9pm). There's live music every Friday night featuring some of the best acts around and an open mic on the last Sunday of every month!

Excellent Events



On the first Friday of every month there's a Tap Takeover event, featuring talks, guest beers, burgers, live music and more. At The Scrapyard you'll find random pop up events as they like to mix it up (follow them on Facebook for updates) and they have just introduced a Kids Movie Morning every Saturday morning where kids can enjoy movies whilst parents catch up!

The Secret Garden (and free hire)



The Scrapyard has one of the best secret gardens around, with a gazebo to enjoy it whatever the weather, and they offer FREE HIRE for charity events, baby showers, special events and private parties. Whether you're looking for a quiet coffee, a few drinks or a secluded celebration, it's a slice of sunshine in the centre of Liscard.



Why We Love The Scrapyard....

Here at La Vida Liverpool we love the hidden gems — the cool, quirky hangouts that hit the spot. The Scrapyard is a bit of everything rolled into one, in the centre of Liscard yet in a world of its own, and offers so much all at once. A cool coffee shop, a boss bar and an excellent events venue with a secret garden — we LOVE The Scrapyard!

The Scrapyard / 68-70 Wallasey Road, Liscard / 07542197532

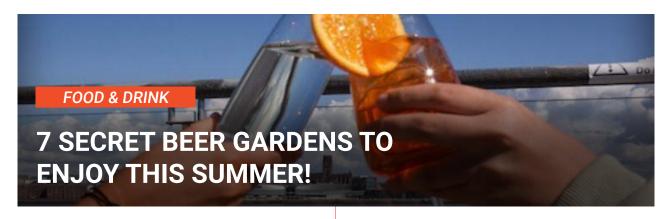
For what's on follow the scrapyard on FACEBOOK! For free venue hire call 07542197532!



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We've enjoyed some truly sublime weather so far this year and with summer now absolutely upon us, one of the 'hot topics' is beer gardens. We've scoured the region for some of the hidden gems to enjoy al fresco dining or refreshing drinks in the sun and here are some belters off the beaten track....

Leasowe Castle (Leasowe)



Wirral's historic coastal castle is well known for weddings and luxury stays but many forget it's also a great destination for quality food and drink in a stunning setting. New Head Chef Gareth Cole's mouth-watering new menu is available 7 days a week and you can enjoy their delicious food or drinks in the garden that has an adjacent wooded area. A perfect stop off whilst on a coastal walk!

Leasowe Castle Hotel / Leasowe Road, Moreton, CH46 3RF / Check out Leasowe Castle's WEBSITE!

The Albert (Lark Lane)



This iconic pub on Lark Lane is steeped in history, character and charm. Here you'll find a great pint, craft ales, mouth-watering Pieminster pies, live music, open mic nights, live sport and a buzzing atmosphere. You'll also find their little gem of a beer garden to the rear with a mural. Hailed by many as 'the best pub on The Lane', a pint at The Albert is a must if you're visiting Sefton Park and Lark Lane!

The Albert / 66-68 Lark Lane, Aigburth, L17 8UU / Check out The Albert on FACEBOOK!

The Clarence (New Brighton)



Here at La Vida Liverpool, we love pubs off the beaten track and we're huge fans of this gem! Situated on Albion Street in Higher New Brighton, The Clarence is a 'proper pub' with a quiz night, karaoke, music bingo, open mic nights, live music at weekends, dog friendly and a great atmosphere. The beer garden plays boss music and is a great place to escape for an afternoon — you could literally be anywhere!

The Clarence Hotel / 89 Albion Street, New Brighton, CH45 9JQ / Check out The Clarence on FACEBOOK!

The Magazine (New Brighton)



This award winning pub located just off New Brighton promenade is full of character and original features and offers quality food served daily — with plenty of craft ales to choose from. Their beer garden is a little slice of heaven and a perfect place to bask for hours or enjoy Wine Wednesday (3 tapas dishes and a glass of wine for £13.95), Fish Fridays or a Sunday Roast. At weekends you'll find top live music and they have a beer festival the first weekend of July!

The Magazine / 7 Magazine Brow, New Brighton, CH45 1HP / Check out The Magazine on FACEBOOK!

The Pen Factory (Liverpool)



A cool basement hangout on Hope Street, The Pen Factory is one of Liverpool's true gems! This legendary institution offers the highest quality artisan produce, from their fresh deli or their exquisite small plates and main dishes. One for the connoisseurs, The Pen Factory brings you fine wines and cask ales, live music and events. Their secret courtyard is a charming sun trap and one of our favourite places to escape to.

The Pen Factory / 13 Hope Street, Liverpool, L1 9BQ / Check out The Pen Factory's WEBSITE!

The Ship (Hoylake)



With top notch food and drink, a great atmosphere, quality live music and live sport — this fine Hoylake establishment has it all! The beer garden to the rear is a little gem just off the high street and the car park transforms into 'The Shipyard' with cool street art, monthly artisan markets and a festival feel — the place to be this summer for The Open! Locals know all about The Ship but if you don't and you're in the area you need to visit!

The Ship / 80 Market Street, Hoylake, Wirral, CH47 3BB / Check out The Ship on FACEBOOK!

Woodside Ferry Village (Birkenhead)



Located just down the road from Hamilton Square station, Woodside Ferry Terminal is now a thriving food hall — with a wide range of independent food vendors and a licenced bar. Voted one of the 7 best food halls in the UK by Visit Britain, Woodside Ferry Village also boasts a stunning roof terrace — with panoramic views over to Liverpool. You won't find many better views than this to enjoy top quality food and drink!

Woodside Ferry Village / Woodside Ferry Terminal, Birkenhead / Check out the Woodside Ferry Village WEBSITE!



Nestled in between Duke Street and Hanover Street in the heart of Liverpool, you'll find a secret courtyard that offers the Best Pizza In England. The multi-award winning Amalia restaurant boasts one of the best outside spaces in the city and their hidden gem of a courtyard on Campbell Square has been spruced up for the summer.



Despite being located in one of Liverpool's busiest areas on the edge of Liverpool One, Amalia's courtyard is a safe haven — with green trees and buildings around it protecting diners from the noise of people and cars. The beautiful space has recently been given a new look too — with gorgeous new plants just about to bloom for the summer.



Having just celebrated its 10th birthday, Amalia is one of the highest rated restaurants in Liverpool — with countless awards such as Best Pizza In England and Best Team in England at the National Italian Awards. The restaurant is open seven days a week and offers the very best quality pizza, pasta and Italian cuisine, with celebrities and football players often visiting.



A popular choice amongst shoppers and for lunch dates, Amalia's courtyard offers a secluded suntrap in the heart of the city. Perfect for sunny days and for celebrating events such as Eurovision, there's also a very enticing lunch offer of a pizza or pasta dish with a drink for £10.95pp — available Mon-Fri, 12pm-5pm.

To add to the summer feel-good factor, the restaurant occasionally has live music at weekends, 2-4-1 cocktails (just £7.50) and it has recently had an interior uplift for its 10th birthday — with new features such as a selfie swing and a stunning mural of Rome upstairs. Despite being located off the beaten track, it is a very popular destination for Liverpool foodies.



Owner Miguel Queipo said: "Our restaurant can definitely be considered a hidden gem. Even though it's located in the heart of Liverpool, once you enter our courtyard you could be anywhere on earth and it certainly doesn't feel like you are in a busy city centre. It's beautiful in the summer and people love it for that."

He continued: "We don't get as much natural passing trade but those who know we're here love the peace and quiet we offer. The way the trees and buildings surround the courtyard makes it a perfect place to enjoy great food and drink away from the hustle and bustle of the city, whilst it still captures the sun."



Amalia is family and dog friendly and offers a fun, relaxed atmosphere — with many 5 star reviews from customers. Further awards they've won include multiple Liverpool Lifestyle Awards, two Liverpool Food & Drink Festival Awards and The Positive Award, meanwhile Head Chef Antonio won Chef Of The Year at the National Italian Awards in 2018.



Miguel summarised: "We have a really friendly team here at Amalia and we have great relationships with our customers — they are like part of our family. We love seeing people have a good time, especially in the courtyard in the summer, and our new plants and flowers will add to people's good mood here this summer."

Amalia is located in Campbell Square, nestled just in between the bottom of Duke Street and the end of Hanover Street, and has a large outside courtyard. The restaurant serves high quality Italian cuisine and has won many awards including Best Pizza In England at the National Italian Awards.



Enjoy a Pizza or Pasta dish & a drink for £10.95pp / Mon-Fri 12pm-5pm

Amalia / 2 Campbell Square, Liverpool, L1 5FB / 0151 709 0402

To book a table visit amalialiverpool.co.uk or call 0151 709 0402!

Check out Amalia on FACEBOOK!

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Wallasey's Gravity Gin is now offering bespoke gins and spirits for people and businesses! Ideal as a customised present for someone or for a business to have their own tailored gin, rum, vodka or botanical spirit, it's the latest development from Ant Ryan's cosmic creation — having served businesses throughout the region for 4 years now.



The new bespoke options fill a gap in the market and people or businesses are able to choose their own flavours and label designs. Whether you're looking to get a niche present for a gin lover's birthday or you're a business wanting to stand out — it's a really cool thing on offer!



Gravity Gin was founded by Ant Ryan in 2019 and soon rose to meteoric heights in 30+ venues across the North West. With David Maloney joining Ant between 2020 and 2022, The Wirral Globe, The Liverpool Echo and BBC Radio Merseyside picked up the story about two chemists who set up their own drinks range. The stellar spirits have been a big hit ever since.



Gravity Gin's standard range offers pink (grapefruit and ginger), yellow (lemon and allspice) and London dry (clear, crisp) gins. Working out of his home distillery, Ant also offers Spiced Relativity Rum (golden, raisins, allspice, black peppercorn, cardamom, cinnamon, nutmeg), Velocity Vodka (carbon filtered) and VLABC (botanical spirit like gin but without juniper, Vanilla, Lemon, Allspice, Basil and Cardamom).

The standard range is vegan, organic, premium 39% ABV (spiced rum 40%), 70cl and offers money back on returned bottles. Another of their new developments is "Wallasey Gin", with a rum and vodka to follow. The new bespoke offering means that people can tailor their order to bottle size, strength and flavour — essentially, your spirit will be unique to you.

Ant said: "It's been a great journey these past few years and it's been fantastic to see the range in various bars, restaurants and venues throughout the region. The new bespoke offering offers something that bit more special though — giving people a very unique gift or giving a business that edge by having their own branded spirit or range."



He continued: "Gin, vodka and rum have always been popular, but have exploded in recent years. The new bespoke offering is something a bit different and brings something that extra special to the table — literally. I'm looking forward to creating beautiful presents for people and giving businesses something exciting to shout about!"



If bespoke spirits aren't for you, Ant still offers the full standard range that's been doing so well for some time now — Gravity Gin, Relativity Rum, Velocity Vodka and VLABC. Being a former laboratory technician, it's safe to say Ant knows a thing or two about spirits and mixology.

Ant said: "The new rebranded range is higher ABV and more refined, premium products than earlier spirits we've produced and feedback already has been overwhelming. The drinks are distilled multiple times and very smooth, with crisp flavours."

He continued: "Creating these drinks is a real passion of mine and I'm very proud of the new offerings. We're a local,

independent business that offer quality, premium spirits that are vegan and aim to be as organic and ethical as possible, always striving to improve. Whether you're looking for one of the classics or something bespoke, you'll always get quality products from us."



Gravity Gin is now offering bespoke spirits where people and businesses can design their own bottle or range — including the bottle size, label, strength and flavour. Ideal for a tailored present for someone or a business wanting to stand out, it's a really cool development from a cracking local independent!

Check out Gravity Gin's website www.bigbangbotanicals.co.uk

To enquire about a bespoke drink for you or your business email Gravity Gin on info@bigbangbotanicals.co.uk

Check out Gravity Gin on FACEBOOK!

Check out Gravity Gin on INSTAGRAM!

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Two bartenders from Liverpool are on a mission to make limoncello the new gin. Andy Oyeneyin and Seamus Sullivan founded Zest Limoncello in 2020, becoming Merseyside's only limoncello producer and supplier, and have taken the city by storm — with their range now in over 40 bars and restaurants.



After experimenting with limoncello during lockdowns, the two cocktail barmen created the unique brand — offering a number of flavours such as original, lime, blood orange and blackberry. Most popular as a refreshing spritz (with Prosecco and soda), they have caused quite the 'stir' and have been endorsed by celebrity chef Paul Askew and Dragon's Den star John Tague.

Zest Limoncello supplies to some of Liverpool's most reputable hospitality venues, such as Barnacle, The Art School, Luca and Justino's, and many businesses say it has been a unique selling point. From just £13 per bottle and enjoyed either straight, on the rocks, in a spritz or in a cocktail, demand has increased due to its overwhelming popularity.

Andy and Seamus use the finest fresh fruit in their limoncello and have become a zero waste business — using the fruit syrup and skins to make seasoning, sauces, candles and wax melts. They also have a policy of giving customers £1 back for returned bottles — of which there are many due to it flying out!

Andy said: "Limoncello has always been seen as an after dinner drink, something you'd typically have in an Italian restaurant as a quirky palate cleanser following your meal. Attitudes are changing though, as people are starting to realise how refreshing it is when made right — especially as a spritz and with different flavours in addition to the standard lemon."



Zest Limoncello started out as a side hustle for the two barmen, but they are now having to work very hard to keep up with demand — with talk of investment, taking on employees and becoming wholesale supplier. The two friends are aiming to revolutionise limoncello and make it as popular and mainstream as gin has become.



Seamus explained: "As with everyone, lockdowns gave us the chance to play around with ideas and experiment. Andy and I started talking about limoncello and before we knew it we were making spritzes and cocktails with it — before moving on to actually making it from scratch, with different flavours."

He continued: "We started off selling it to the bar where we worked at and to friends but we never imagined it would grow so big so quickly. Word of mouth spread like wildfire and the feedback from businesses was unreal and as we've evolved we've got more creative — making seasoning, sauces, candles and wax melts from the fruit. People love it!"



Limoncello is an Italian lemon liqueur mainly produced in Southern Italy, especially in the region around the Sorrentine Peninsula and the coast of Amalfi. It is the second-most popular liqueur in Italy, however it is not as popular in the UK — with drinks such as gin and Prosecco taking centre stage. Andy and Seamus are looking to change that and revolutionise the drinks industry in the process.

Andy said: "We honestly believe that limoncello can be the new gin. Once people discover how refreshing it is, especially

as a spritz with Prosecco and soda or in a cocktail, they often say it's their favourite drink. Zest Limoncello offers that extra bit of flavour and as we're one of the UK's only producers and suppliers, we are in control of the process and ingredients."

Zest Limoncello is vegan, gluten free and is made with the freshest and highest quality ingredients. Consisting of fresh lemons (or other fruits), premium grain vodka, raw organic cane sugar and fresh mineral water, Zest Limoncello offers that fresh Amalfi feel with every sip.

Seamus summarized: "It's crazy how popular Zest has become, considering it was just an experimental thing for us when we started out. We've become really creative with it and have become experts — when we supply to people and businesses we like to pass on our knowledge so that people can get the best out of our products. We're so passionate about it!"



Zest Limoncello is based in South Liverpool and offers a range of different flavours such as original, lime, blood orange and blackberry. Founded by Andy Oyeneyin and Seamus Sullivan, their bottles start at just £13 — supplying to both businesses and individuals, with potential expansion and wholesale supply coming soon.

To order zest limoncello from just £13 per bottle visit the zestlimoncello.co.uk or email zestlimoncello@outlook.com!

Check out Zest Limoncello on FACEBOOK!

Check out Zest Limoncello on INSTAGRAM!



A West Kirby ice cream shop owner has become a local legend due to his bespoke creations for his customers. John 'Kipper' Hughes, owner of The Ice Cream Shop on Grange Road, invites customers to challenge him to make anything they wish — with some creations mouth-watering and others just plain crazy!



John and his wife Diane opened the quaint little shop in 2019 and has developed such a reputation that people travel from far and wide to enjoy their delights. The Ice Cream Shop has a revolving and ever changing range of fascinating flavours of ice creams including dog ice cream, as well as almost 40 different types of bubble tea — something that's also been going down a storm!



What makes John truly unique is that he actively encourages people to challenge him to make bespoke flavours. Some have been extremely popular, such as ice cream similar to Twister ice Iollies and ice cream similar to Vimto, whereas some have been rather 'interesting' — such as bacon and maple syrup flavour for a local business.

The beauty of John's bespoke creations is that if he makes a flavour a customer loves, they can buy tubs of it to take home. For businesses, John can make them a bespoke flavour that they can re-brand — giving them something interesting to offer, rather than just standard ice cream for dessert.



John said: "My love of ice cream was sparked whilst Diane and I were on holiday in Cyprus. We met a wonderful old lady who had a quirky, run down old ice cream hut that sold the best ice creams! When we returned I had a dream that I opened one in West Kirby and saw it as a sign, so I went to train with the Godfather of gelato — Jonny Ireland aka Jonny Gelato."

He continued: "I originally opened as Artisan Gelato in 2019 and developed a fantastic reputation, but was forced to close in 2022 due to the council closing the pavement and ruining my trade for four months. Closing gave me the opportunity to get creative with flavours, so when I re-opened as The Ice Cream Shop in February 2023 I introduced all sort of interesting flavours."



John has endured some battles since originally opening in 2019. His business suffered badly when the council closed the pavement in 2022, with no compensation, and they then threatened to fine him for having his iconic 'Tracey The Cow' outside the shop. He has recently been at loggerheads with the nearby Costa Coffee, after a staff member offered his customers free products.



Despite these battles, the adversities do not keep the local legend down and people are loving The Ice Cream Shop as much now as ever. John spends hours exploring supermarket aisles and experimenting with weird and wonderful flavours — some recent ones such as The Pensby Pig, one similar to Terry's Chocolate Orange and the one similar to Twister ice Iollies have been flying out.



John summarised: "I've had some bad dealings to contend with but I'm more passionate and creative than ever. It's so satisfying to see both kids and adults alike enjoying our creations — from custom ice creams made just for them to our huge range of refreshing bubble tea."



He continued: "Knowing that people love our creations and it makes them happy keeps us going no matter what the council or big companies throw at us. We're a passionate local independent and we also do lots for the community such as sponsoring the local football team and giving ice cream to residential homes. We love being an integral part of the community."



The Ice Cream Shop is located on Grange Road in West Kirby and offers a revolving range of interesting ice cream flavours, as well as bespoke flavours to customers and businesses. They offer vegan and dairy free options, dog ice cream and almost 40 different flavours of bubble tea, as well as other niche artisan delights.

The Ice Cream Shop / 8 Grange Road, West Kirby CH48 4HA / 0151 662 0007

TO CHALLENGE JOHN TO MAKE A
BESPOKE FLAVOUR FOR YOU OR YOUR
BUSINESS POP IN OR MESSAGE VIA
FACEBOOK!



A 'hidden gem' of a bistro offers free breakfasts as part of a Breakfast Club that aims to tackle isolation and loneliness. The Coffee Roast, located in the picturesque Vale Park in New Brighton, is loved for its top quality food, cakes, ice creams and coffee but also does some wonderful work in the community behind the scenes.



The Coffee Roast is open 7 days a week throughout the summer, offering breakfasts from 10am, a wide range of lunch meal deals from burgers to wraps, a huge selection of delicious homemade cakes with lots of vegan options and fascinating flavours of ice cream. The beautiful little gem off the beaten track also serves sensational coffee.



Soon to celebrate its 5th birthday, there aren't many bistros around located in such an idyllic setting and people love it for both its quality and location — however not

everyone is aware of the sterling work they do in the community. The Breakfast Club is one of the many community outreach projects that The Coffee Roast offers.

In collaboration with The Cheshire Freemasons, The Coffee Roast's Breakfast Club runs every Monday, Tuesday and Friday morning from 7.45am until 8.45am during term time — offering free breakfasts to people in order to combat isolation and loneliness. The club has been very successful and new friendships have been formed from it.

The Coffee Roast's Richard Pitt said: "During lockdowns we gave out 3,500 free fish and chips meals to people via socially distanced doorstep visits as a way to check in on people. During those times, people suffered from isolation, loneliness and mental health issues but there's still an overspill of that today, coupled with the cost of living crisis. It's hard out there."



Richard continued: "The idea of our Breakfast Club is to help combat these issues and get people out socialising. It's not a 'hand out' — it's a free service for anyone that aims to bring the community together and encourage human connection in a difficult climate. We do well at The Coffee Roast due to our quality and, of course, our stunning location, so we feel it's so important to give back."

During the pandemic, The Coffee Roast also gave out £7,200 worth of vouchers to schools for families to spend at the venue throughout the summer. Another incredible initiative, it bridged a gap when families were struggling and they will be doing this again through the 2023 summer holidays. Outside of the summer, they have a free craft club every Thursday from 5pm — where more free meals are given out.



Richard said: "Everyone knows us as that nice little cafe in the beautiful park that serves breakfast, lunch, cakes, ice cream and coffee. Not many people know that we do so much for the community though. To be honest, it's not something we've really shouted about — we just do what we do to make the world a better place."

The Coffee Roast is also known for its Breakfast Challenge — where people who complete a gargantuan four in one breakfast in 20 minutes eats for free along with their table. The challenge was successfully completed by the legendary Beard Meats Food, although to date he is only one of two people to have won.



Vale Park is one of the most beautiful parks in Wirral — a delightful little pocket of paradise just off New Brighton promenade with a fairy glen, a bandstand, a play area and the Vale House hub. The Coffee Roast at Vale Park is one of the best bistros around, both for quality and location, but it's their community work that truly puts them on another level.



The Coffee Roast recently joined forces with The Black Pearl (Major and Sue), Joytime, and Wirral Council to re-form the Friends Of Vale Park group — resulting in the park receiving a prestigious Green Flag Award. They are currently planning some big things for the park for the future.

Richard summarised: "We'll soon be celebrating 5 years here in Vale Park and we absolutely love what we do. We must've served thousands of people here over the past few years and we get so busy in the summer! The things we do for the community are just our way of giving back and saying thank you. Without our community we wouldn't be here."

The Coffee Roast is located at Vale House in Vale Park and offers breakfasts, a wide range of lunch meal deals from burgers to wraps, a huge selection of delicious homemade cakes with lots of vegan options and fascinating flavours of ice cream. The Breakfast Club with free breakfasts takes place between 7.45am and 8.45am on Mondays, Tuesdays and Fridays.

The Coffee Roast / Vale House, Vale Park, New Brighton, CH45 1LZ / 0151 639 6599

For the menu and delivery check out www.thecoffeeroast.co.uk/order-now

FOLLOW THE COFFEE ROAST ON FACEBOOK AND INSTAGRAM!



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Wirral's first ever Nepalese restaurant has opened in Liscard, Wallasey, and people are absolutely loving it! Mt Everest is located on Wallasey Road and offers mouth-watering Nepalese cuisine alongside Indian classics — bringing something completely new to the Wirral dining scene.



The restaurant opened in February 2023 and since opening customers have been raving about the quality and being introduced to some incredible authentic Nepalese delights. The menu is extensive, with an abundance of Nepalese and Indian options available, and the Nepalese MoMos (dumplings) and Gurkhali Chicken have been particularly popular.



We visited on a Thursday evening and sampled a number of Nepalese speciality dishes, including the MoMo dumplings that everyone has been talking about. With a simple style, prayer flags and traditional music, dining here is like as visit to Nepal itself and if you're looking for flavoursome dishes to capture your senses, you will thank us for this recommendation!



During our visit, one customer, Adam, told us: "Absolutely stunning food. Took me right back to India! What absolutely amazing staff too, it was great to meet such a passionate community-conscious owner. Our review: 10/10 and our new favourite place to eat!"



The new restaurant has been created by Nepalese culinary legend, Deepak Khadka, who has enjoyed great success with Everest Kitchen in West Derby. Deepak Khadka has made a name for himself as one of the region's leading Nepalese chefs and is well respected in the Nepalese community.



An active member of LIVNEC (Liverpool Nepalese Community), he does lots of great work for local and Nepalese charities.

Deepak said: "It is a great honour for me to bring my native Nepal to Wirral and the feedback from customers has really touched us. To have such praise from local people is really special and we take great pride in giving each and every one of them a special experience — giving them an authentic taste of our culture and cuisine."



Deepak originally opened Mexican Bar & Grill at the venue but due to its success and request for large celebration bookings, he has moved that restaurant to a larger Liscard Road premises near Central Park and has now opened the more intimate Mt Everest on Wallasey Road.



Deepak said: "I opened Mexican Bar & Grill in Liscard in 2021 and it has been very popular, but we soon found that people were booking large parties regularly as it's a really fun celebration venue. That's when I came up with the idea of moving Mexican Bar & Grill to a larger venue and opening Wirral's first ever Nepalese restaurant here on Wallasey Road."

He continued: "It was a great decision.
Mexican Bar & Grill has been hosting some big celebrations and birthday parties and we always make a fuss so a bigger venue was logical! Meanwhile, people have been loving Mt Everest as it's intimate with traditional Nepalese music and there are some beautiful dishes people are trying for the first time. It's worked out great!"

Both of Deepak's Liscard restaurants are open 7 days, both offering a discount on takeaway and deliveries, and both bring something unique to the area. At Mexican Bar & Grill you'll find fun, colourful and filling Mexican classics such as fajitas, burritos and chimicangas alongside specials, burgers and steaks, whereas Mt Everest brings you mouth-watering Nepalese and Indian cuisine in an intimate setting.



Deepak summarised: "It is a great honour for me to bring my native Nepal to Wirral and the feedback from customers has really touched us. Mexican Bar & Grill has been doing great things in Liscard and we will continue to do so in our larger venue, but to see the Nepalese concept have such praise from local people is really special."

Mt Everest is located at 45 Wallasey Road, serving authentic Nepalese and Indian cuisine, and is open 7 days from 4pm.

Mexican Bar & Grill is now located at 233 Liscard Road, serving fun and colourful Mexican classics, and is also open 7 days. Both restaurants offer a 10% discount on deliveries and takeaways.

Mt Everest / 45 Wallasey Road, Liscard, CH45 4NN / 0151 458 8906

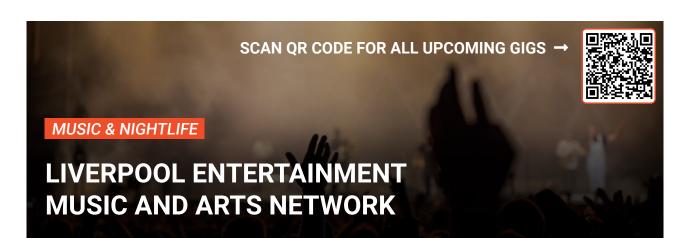
For more info on Mt Everest visit www.mteverestcuisine.co.uk

Follow Mt Everest on FACEBOOK!

Mexican Bar & Grill / 233 Liscard Road, Liscard, CH44 5TH / 0151 345 6382

For more info on sister restaurant Mexican Bar & Grill visit www.mexicanbargrill.co.uk

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LEMAN presents Jeanines, Mt. Misery, The Internet Cafe



LEMAN presents Honeycub, Cottons and Neven



Tue 25th Jul at 7:00pm Jimmy's Liverpool



Sat 29th Jul at 7:00pm Round the Corner Liverpool



Acoustic Afternoons Sophie Mac, Sophie Bernice, Julie Myhre, Plazzy Bag (poet), Shannon Peterson



LEMAN presents Gdansk81, The High Rip, Roxanne and The Reprobates



Sun 30th Jul at 1:00pm Round the Corner Liverpool



Sat 19th Aug at 7:00pm Jimmy's Liverpool



Acoustic Afternoons The Mighty George Farmer, John Witherspoon, Jonny Taylor, Bibby, **Liam Sweeney**



LEMAN presents James Holt, KIT and Martin **Quinn**



Sun 20th Aug at 1:00pm Round the Corner Liverpool



Thu 24th Aug at 7:00pm **Prohibition Recording Studios**

20th, 21st & 22nd October



Acoustic Afternoons Only Child, Mick Dunne, Jack Jack, Asa Murphy, Mitch **Upton**



Fri 20th Oct at 6:00pm Sat 21st Oct at 6:00pm

LEMAN presents

"Octoband Fest"



Sun 17th Sep at 1:00pm Cross Keys, Liverpool



Sun 22nd Oct at 1:00pm

Round the Corner Liverpool



la vida liverpool

MAGAZINE





Covering the month of September, we check in on what concerts Liverpool promoters EVOL have booked and what exciting new artists are coming to play in a grassroots venue near you. Having just celebrated 20 years, the legendary local promoters are showing no sign of slowing down! Here's what's coming up....

BLACK DOLDRUMS: Thurs 7th Sept / Jimmy's



Emanating from and formed in the depths of North London, Kevin Gibbard and Sophie Landers produce dark wave, synth pop, post punk inspired music and as Black Doldrums they're a live force to be reckoned with. They're touring their debut album 'Dead Awake' that's out now on the mighty Fuzz Club Records and we've been waiting a while for them to come and play for us in Liverpool. A beguiling evening awaits.

SBT aka SARABETH TUCEK: Fri 8th Sept / Jimmy's



Coming in all the way from Los Angeles the former Brian Jonestown Massacre and Dandy Warhols protégée returns after a 12 year hiatus since the release of her second album 'Get Well Soon' in 2011 — armed with a double of new material, the critically acclaimed piece of uplifting rock and roll work 'Joan of All' released via Ocean Omen Records. One of those easy-going drift away transcendental travel somewhere whilst watching shows.

VON WILDENHAUS: Fri 15th Sept / Jimmy's



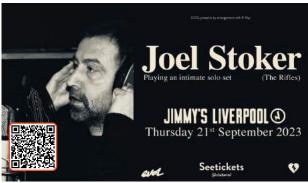
Iggy Pop approved, vibrant bunch of crazies hailing from the fog-drenched Pacific Northwest city of Seattle, led by the enigmatic Ben Von Wildenhaus on guitar and Billie Bloom on vocals, they kind of have some lounge-Beck vibes and play out as a bizarro avantgarde pop group in the flesh. Currently in the run of releasing nine singles this year known as the Von Universe Collection they're bringing the full compliment to Jimmy's basement to enthral and inspire us with their effervescent art.

CARSICK: Tuesday 19th Sept / Jimmy's



Currently tearing up the festival season before embarking on a what you would call a real UK tour playing everywhere and not just three cities in support of their brand new Alcopop Records released EP 'Drunk Hymns' the high energy Salisbury four piece are building towards big things and here's your chance to witness them before they do up close and personal in a tight room where you can get amongst it with them.

JOEL STOKER of The Rifles: Thurs 21st Sept / Jimmy's



The Rifles may be back for a special oneoff reunion show at the Electric Ballroom
in London late October but their frontman
JOEL STOKER is breaking out from his
own shadow as a solo artist with his debut
album 'The Undertow' released September
1st on Cooking Vinyl Records and plays as
special guest to Liam Gallagher at a sold
out London Koko. You can hear his debut
single 'My Own War' which is out now and
witness the live show on the intimate first
floor room at Jimmy's. Tickets are ultralimited and we expect a sell out so bust a
move.

CASINO with Ruby J and MT Jones: Fri 6th Oct / Hangar 34



One of Liverpool's finest up and coming sonic meteors, the driving soulful indie pop sounds of CASINO, who've been steadily approaching the runway for take-off with their post- modern Halewood via Detroit motor city grooves. The new single 'By Your Side' is out now and we urge you to open your portal to them, they're truly superb. In support indie-soul songstress Ruby J debuts her full band show and fast rising rocknroller MT Jones opens. Be swift on tickets as it's already close to selling out.

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Big news in The Baltic Triangle as the area's longest standing venue, Blundell Street, is under new management. The multi-award winning FunnyBoyz drag queens, who have been a resident act at the venue for the past few years, are the new owners and have an exciting schedule of entertainment for 2023.



The venue was previously owned by Ann Downes, who ran it very successfully for almost 20 years — developing a fantastic reputation as 'The Supper Club' with a wide variety of live entertainment and quality food and drink. New owners, FunnyBoyz, have been a firm favourite at the venue and across the country since forming in 2020.

The hilarious FunnyBoyz drag nights at Blundell Street were voted 7th best in the UK and the best in Liverpool in a poll from The Bottle Club — based on their Google rating score, Instagram, LGBTQ+ friendly and location. Their nights have been one of the main attractions at Blundell Street, therefore it's very fitting that they are now the new owners of the iconic venue.



Planned for 2023 is the continuation of the popular Benidorm Bingo drag nights every Friday night — the wild and hilarious shows featuring drag cabaret, bingo, games and special guests such as RuPaul drag queens. Tickets start at just £15, with meal options and party packages available.

Saturday afternoons will consist of the amazing drag brunch shows — offering a 2 course brunch for £30pp or bottomless brunch for £45pp. Following that, every Saturday night there's the Saturday Night Cabaret shows — featuring a top live tribute act such as Freddie Mercury, Lionel Richie and ABBA alongside the drag queens, with tickets from £15.



Sundays at Blundell Street will feature soul and motown events with Sunday lunch followed by a DJ and the venue will still be available for private party bookings. Always a big hit for special occasions and hen parties, Blundell Street is one of the city's premier live entertainment venues.



FunnyBoyz Founder, Linda Gold, said: "It's an honour to take over the venue following the fantastic work Ann has done there for many years now. We've been touring the UK and have become one of the best drag concepts in the country, but it feels amazing to now have our own official venue. We'll still be doing other events such as drag bar crawls and boat parties, but it's great to now have a permanent home."



FunnyBoyz have countless 5 star reviews, with many saying they've had the best night out of their lives at the events. With a number of wild and wonderful drag queens performing alongside RuPaul queens and top tribute acts, FunnyBoyz nights are always an absolute hoot!

Dys Alexia, who runs FunnyBoyz alongside Linda Gold, said: "Blundell Street holds a place dear in our hearts as we've had so many amazing nights there. To call it our own and continue the legacy that Ann has left means a lot to us and we promise to bring even more fun and energy to our future shows there."



Since taking over in April 2023, FunnyBoyz have hosted a huge Eurovision event featuring previous entrants Scooch and others such as Jemini and Linda Martin. They also recently gave away 50 free show and meal tickets to celebrate the new takeover and thank existing customers for their support.



Linda summarised: "Blundell Street has developed an incredible reputation over the years and we're determined to carry that forward into 2023 and beyond. It's all about creating that fun, party environment where people can make memories and celebrate special occasions in style — with quality food, drink and live entertainment."



FunnyBoyz have taken over Blundell Street in The Baltic Triangle, Liverpool. The multi-award winning FunnyBoyz drag queens, who have been resident acts at the venue for the past few years, are the new owners and have an exciting schedule of entertainment for 2023.



Blundell Street / 63-65 Blundell Street, Liverpool, L1 0AJ / 07971239421

For what's on at Blundell Street visit blundellstreetliverpool.com/whats-on/

WhatsApp FunnyBoyz on 07971239421 or email supperclub@funnyboyz.co.uk

For more on FunnyBoyz visit funnyboyz.co.uk



Tucked away off the beaten track in Liverpool's Fabric District, you'll find a very special live music venue where a mini revolution is taking place. Round The Corner bridges the gap in the local music scene and offers music artists and creatives somewhere to showcase their work, whilst offering them a fair deal.



Round The Corner was opened by Jake Kellie and Andrew Coventry in November 2021 in response to the adversity that local musicians and creatives have been facing. Things such as the pandemic, the cost of living crisis and Brexit have all affected the industry, with many creatives lacking opportunity or support.

Round The Corner aims to bridge that gap, with a diverse programme of live music, comedy, album launches, music video filming and venue hire. From up and coming grass roots artists and bands to big acts and sell-out shows, Round The Corner nurtures local talent — with all ticket sales going to the promoters and artists.

Since opening, Round The Corner has been a hub of creativity and has hosted top artists such as Edgar Jones, The Stamp, Hot Wax and Modern Marriage. Award winning Estonian punk band Shelton San chose the venue as part of their government funded UK tour, meanwhile the venue has been featured by Kerrang.



Jake said: "With many iconic music venues closing, there seems to be a gap in the local scene. Many artists have the choice of either playing in their local pub or at a huge venue, with a real lack of quality venues where they can ply their trade and develop without being hit with big venue hire costs."



He continued: "We aim to give artists a chance and a fair deal. We work with LIPA and LMA and offer free venue hire to students looking to film or host their projects here. We've been hit by rising costs ourselves but instead of passing that on to artists, we continue to offer a space in which they can showcase their work."

Round The Corner offers live music Thursday, Friday and Saturday night, stand up comedy on Wednesday night, pro comedy nights on the first Friday of every month and poetry nights on the second Thursday of every month. A hidden gem where new stars are born, the venue is a thriving hub of creativity.



Andy said: "We've developed a great reputation these past 18 months, with some amazing local talent coming through and artists coming to play from as afar as Brazil, Mexico, the U.S and Europe. During the pandemic many artists resorted to showcasing their work online and things have been against them ever since, so we feel it's really important to keep live music alive with venues like this."

The building itself stood derelict for 15 years, before Jake and Andy undertook a huge restoration including creating a rooftop garden. Situated on Kempston Street, it is located in 'The Fabric District' just off London Road — where regeneration is taking place and more and more businesses are popping up.

Local musician Matty Burke said: "Music artists and creatives have been hit badly by the pandemic, the cost of living and other things. There isn't as much opportunity these days and it's more difficult than ever to get a break and make a living. That's why venues such as Round The Corner are so important for the industry."



He continued: "It really is a gem and Jake and Andy are great guys. Many friendships have been made through the venue and the quality of artists and bands that play here is immense. If it wasn't for the venue, many wouldn't have an audience or would be playing underpaid gigs."

A 2022 UK Music report concluded that the UK Government needs to support music spaces throughout the UK by reducing VAT, introducing business rates cuts and new duties to protect music. If anything, costs have risen for such venues and spaces like Round The Corner are either closing or passing costs on to the artists. Jake and Andy are standing firm though.



Jake summarised: "Music is the heartbeat of Liverpool. The city is synonymous for its music scene — music is in our blood. It's vital that we give local artists a chance and a fair deal — to have these spaces where creatives can play music, host gigs and album launches, perform poetry and comedy, film and do photoshoots. We're proud to be supporting that, even though costs are rising."

Round The Corner is based on Kempston Street in The Fabric District, Liverpool. It offers live music Thursday, Friday and Saturday night, stand up comedy on Wednesday night, pro comedy nights on the first Friday of every month and poetry nights on the second Thursday of every month.

Round The Corner / 51-53 Kempston Street, Liverpool, L3 8HE

For what's on visit roundthecornerliverpool.co.uk

To enquire about using the space visit roundthecornerliverpool.co.uk/book-an-event

Follow Round The Corner on FACEBOOK!



'The Road to Memphis' – hailed as being the world's largest music-based mental health projects – launched on 2nd June 2023, offering musicians across the globe the opportunity to showcase their musical abilities, whilst also promoting mental health and providing resources and assistance to the creative industries.



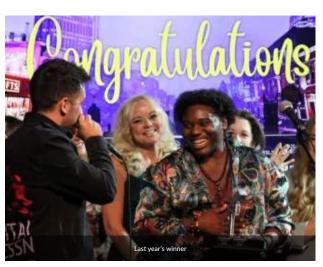
The Unity of Faiths Foundation (TUFF) – headquartered in Liverpool – conceived of the groundbreaking idea of a global, inclusive song contest, that also serves as a vehicle to showcasing global music cities. In collaboration with the City of Memphis, Memphis Tourism, The Stax Museum of American Soul, Arts Memphis, The Cavern Club, American Foundation of Suicide Prevention, Liverpool City Council, British Consulate-General Atlanta and UK Parliament.

'The Road to Memphis' song competition aims to discover original talent by shining a worldwide spotlight on the mental health needs of the music and creative community and beyond. The project launched to tens of thousands of viewers, with speakers

including Liverpool Major Steve Rotheram and Memphis Mayor Jim Strickland, plus more.



The launch of the competition was live streamed direct from Memphis's Stax Museum's historic Studio A, to Liverpool, and to the British Parliament where Lord Syed Kamall addressed the global audience about the importance of this partnership and how music could be a healer to mental health issues. It was the first time a US city has been in direct contact with Parliament for a project of this matter.



Kevin Kane, Memphis Tourism President & CEO, said: "Memphis is a music destination, for music fans, artists, musicians; and they are the lifeblood of our community and tourism industry. Music is our city's global identity. When you think about the role that Memphis played in American culture, we exported our music all over the world."



Music has long been considered a powerful tool of expression, communication, and emotional release. In light of the growing understanding of the link between psychological health and music, the competition provides a platform for performers to showcase their talent, whilst simultaneously highlighting the importance of mental health. Finalists in the competition will be given the opportunity to perform in Memphis, Tennessee later this year.



Dr. Shamender Talwar and Anna Prior, Co-Founders of TUFF, said: "Music has the power to take away the stigma of mental health. This project saves lives, and we will continue to do so, and try to make sure no one slips through the net." Meanwhile, Liverpool Metro Mayor Steve Rotheram said: "It's a brilliant competition and locally we have seen an epidemic of ill mental health. We must make sure people's well-being is catered for. We are going to try to raise as much money as we possibly can for this worthy cause."



The Road To Memphis is the third international song contest and mental health project, following the overwhelming success of the inaugural Liverpool International Song Contest and The Road To Nashville that followed. Music artists can submit a song via The Road To Memphis website and all songs must have both original music and lyrics written by the artist themselves.

The Road To Memphis Song Contest & Mental Health Project

To submit a song and for more info visit www.roadtomemphis.us

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Woodside Ferry Village has become one of the top destinations in the region, recently voted in the Top 7 Food Markets in the UK by Visit Britain. Summer is the ideal time to visit, with panoramic views over to Liverpool, and there have been some exiting changes for Summer 2023! Here's all you need to know....



New Food Vendors

Woodside Ferry Village has a revolving range of food and drink vendors and there are some incredible ones on offer for Summer 2023! Cafe Cream continues to offer quality coffee, ice cream, cakes and more, whilst there's still Pausha bar with 2-4-1 cocktail offers and a wide range of drinks.



New vendor Pho, a successful restaurant in Bebington, now offers mouthwatering Vietnamese cuisine at Woodside. Devina's Mauritian Kitchen brings you the best Mauritian delights with Asian influences, meanwhile Original Dirty Burger offers juicy, messy burgers and comfort food. Graze Upon Us is another exciting new vendor — featuring bagels, sandwiches, cheese, charcuterie boards and artisan delights.



Children's Menu

Woodside Ferry Village is both child friendly and dog friendly and each of the vendors have created their own children's menus with some amazing options! Pausha bar have introduced some really fun children's mocktails with a twist and of course don't forget the incredible ice creams at Cafe Cream!



New Look Roof Terrace

Woodside Ferry Village boasts one of the coolest roof terraces in the region and the views over to Liverpool are simply stunning!



The terrace has had a cool new makeover, ideal for enjoying a drink and some food from the vendors, and DJ Keeley will be playing Ibiza and Funk & Soul rooftop sets every Thursday night and some weekends. Fancy a private party, event or wedding there? Get in touch!

What's On

Every weekend and two Thursday nights a month there's the indoor markets — featuring some incredible products from local bakers, makers and creators. There's afternoon jazz two Sundays a month and on the first Sunday of every month there are huge record fairs from 10am! Follow them on socials to keep up to date with big pop up and seasonal events as they happen!

Laura-Jane Dodd, Visitor Economy Lead, said: "We're delighted with the changes and the fabulous vendors, with another one

soon to be announced. We're also looking forward to our new events programme the future is very bright for Woodside!"



Why We Love Woodside Ferry Village

Woodside Ferry Village is one of the coolest places to visit in the region — with fantastic food and drink, cool events and panoramic views over to Liverpool. The new vendors are seriously special so if you're looking for 'food with a view' this summer you need to head on down!

Woodside Ferry Village / Woodside Ferry Terminal, Birkenhead, CH41 6DU / 0151 318 0944

Check out the Woodside Ferry Village website at woodsideferryvillage.co.uk

Check out Woodside Ferry Village on FACEBOOK!



Wirral's historic Leasowe Castle is one of the most stunning venues in the region and a perfect choice for dining, events, weddings or luxury stays. Set in an idyllic location on the coast, it's rich in heritage and character. There have been some exciting changes recently and here we check them out....



New Head Chef & New Menu

Leasowe Castle has recruited multi-award winning Head Chef Gareth Cole, who has an extremely impressive C.V working at some of the region's top restaurants. He has teamed up with multi-award winning Sous Chef Daniel Chamberlain and Young Chef Of The Year nominee Tamas Kim and the talented new team will be serving quality food 7 days a week.



The exciting new menu includes lunch options such as hot sandwiches, fish and chips and gammon steaks, whereas the restaurant menu includes dishes such as steak, thyme roasted chicken breast and pan roasted seabass. There's also the Sunday lunch menu as well as afternoon teas available for a special treat!

Food & Drinks Offers

Whether you wish to dine in one of their grand dining rooms, in the bar or al fresco, there are some great offers! The Friday 'Steak Knights' are simply amazing — £45 for two people including a bottle of wine — and then there's Happy Hour on Thursdays and Sundays, offering 50% off all beer, house wine and soft drinks.



Leasowe Castle now has its own Castle Lager — with a promotional price of just £2.75 per pint — and also Heverlee Premium Lager at the just £3.50 per pint. Meanwhile, there's a variety of wines, gins and cocktail offers.

Events

Leasowe Castle are putting on more fantastic events! On 13th August there's a magical Frozen Afternoon Tea event and an adults 80s Party Night on 30th September. On 27th October there's a Halloween Murder Mystery Night and a Moth Ball on 4th November.



On 25th August there's a big red carpet live movie filming event and there's also a huge New Year's Eve event with fireworks, a light show, a disco and live music. If you're an events organiser, get in touch with them to discuss hosting a special indoor or outdoor event at one of the most beautiful venues in the region!

Weddings

Would you like to be King & Queen for the day? Weddings don't get much more romantic than at a stunning castle on the coast! Leasowe Castle has introduced some new packages and they are offering a 5% discount with La Vida Liverpool, so you can have your perfect day for as little as £5,000!



Leasowe Castle offers luxury wedding packages at an affordable price, tailored to your needs and also offering civil partnerships and cultural weddings. Their team of Wedding Co-Ordinators are vastly experienced, with Sue Wilde being nominated for top awards and Elouise Drummond now joining the team.



Why We Love Leasowe Castle....

Leasowe Castle is one of Wirral's true treasures — with beautiful grounds, a rich history and lots of character. Whether you're looking for somewhere spectacular to stay, a fine dining experience, a fantastic event, somewhere incredible to host one or the most romantic wedding imaginable — Leasowe Castle is a gem of a venue!

Leasowe castle/leasowe road, moreton, wirral, ch46 3rf / 0151 606 9191

Check out everything at www.Leasowecastle.com

For the menu or to book a table visit the website or call 0151 606 9191

To enquire about attending or hosting an event call 0151 606 9191 or email sales@leasowecastle.Com

To enquire about a wedding with a 5% lavida discount visit the website or call 0151 606 9191

Keep up to date with leasowe castle on FACEBOOK



After years of neglect, New Brighton is firmly back on the map as a destination! The Victoria Road area in particular, now affectionately known as 'The Victoria Quarter', is a thriving hotspot — with a buzzy vibe, boss places to eat and drink and cool street art. Here's our guide on how to spend a weekend in the seaside town (with special thanks to Tracey Rennie Photography for the stunning main image)....

Stay At The New Brighton Hotel



Situated in the heart of the Victoria Quarter, there's no better place to stay than The New Brighton Hotel. Not only is it a boss hotel, the downstairs Bar & Lounge is a classy venue — serving a lunch menu and hearty pub food through the week, gorgeous Sunday Roasts and more. They have all the live sport, live music at weekends and if you're staying for a celebration they offer free venue hire!

Start the day right at Social 114

Prepare for your New Brighton adventure by starting off with a top notch brunch at Social 114. From creamy mushrooms and shallots on sourdough to specials such as crayfish tails and mango open sandwich, locals have been raving about Social 114 since it opened in 2022. Serving the best coffee on Victoria Road, it's a super cool hangout that also serves gorgeous fresh pastries and cakes.

Check out the street art & Oakland Gallery



The Victoria Quarter is famous for its super cool street art and the area has come alive with colour thanks to the **Rockpoint Leisure project**. Local and international street artists have created some masterpieces and if you go into **Rockpoint Records** you'll find the street art map so you can do the trail. While you're at it, check out the **Oakland Gallery**.

Explore Seabank Road

Just up the road from The Victoria Quarter, you'll find the charming little area of Seabank Road. From independent retail gems such as **The Vintage Interior Fairy** and **Vintage Weighs** to cool coffee shops such as **Kollective** and **Holy Mackerel** it's been dubbed 'The Antiques Quarter' of New Brighton. There's the highly rated **Rockwood restaurant** and **Magic Spices** if you fancy an Indian.

Nickel City is a MUST!



Whether you hit Seabank Road in the daytime or evening, we insist you visit Nickel City! This cool neighbourhood

hangout offers the best bagels in Wirral, mouth-watering brunch and lunch specials, freshly baked artisan delights and insane sourdough pizzas — with plenty of vegan options! A boss playlist is guaranteed and owner Cory and the guys are super friendly. Recently voted in the Top 10 pizza venues in Wirral, you need to go!

Enjoy a well earned pint at The Bow Legged



After all that exploring you'll have well earned a pint, so why not cool down with a nice cold one at The Bow Legged Beagle back down in the Victoria Quarter? The much loved micro pub has a revolving range of lagers, craft ales, stouts and more — with a quirky drink to suit everyone. From mango cider to chocolate stout, they got you covered! One of New Brighton's finest watering holes for sure!

Have some belter scran at The Good Hood



After some interesting beverages at The Beagle, head to The Good Hood! The Victoria Quarter's latest addition has gone down a storm in New Brighton! With a huge outdoor terrace and a cool New York graffiti style, you can enjoy incredible burgers, fried chicken and messy comfort food — with a separate vegan menu and creative cocktails. A fun destination with quality food and drink and locals love it!

Or the The South Indian: New Brighton's best kept secret



Another mouth-watering gem, we highly recommend you try New Brighton's Best Kept Secret — The South Indian. Serving flavoursome South Indian cuisine from curries to wraps at a great price, The South Indian is seriously special and you can enjoy their colourful creations at Rockpoint Records. Their food will make you move to New Brighton — trust us!

Dig the vibes at Rockpoint Records

After some quality Indian cuisine, stay for a pint and dig the vibes at Roackpoint Records — a firm favourite amongst Victoria Quarter goers, Rockpoint Records was one of the regeneration's first venues. The music themed coffee shop and bar has a raw, brick wall style with cool features and a boss soundtrack. Check out the vinyl shop, get a tattoo, enjoy a cocktail in the secret bar or the secret courtyard and get down to some great live music in the evening.

Check out the pub that went viral!



The James Atherton, a traditional English tavern named after the founding father of New Brighton, shot to fame for its hilarious renaming of 'The Three Bellends' and 'The Two Helmets' in a statement of defiance against the government. The most photographed pub in New Brighton, this Victoria Quarter traditional English tavern has live music, live sport and premium drinks.

Experience New Brighton's quirkiest venue....



Without doubt New Brighton's quirkiest venue, Tallulah's Emporium offers cheese, fine wine, specialist drinks and spritzes, artisan produce and incredible live music. With retro furniture, there's no place like it in Wirral and here you can enjoy some spectacular live jazz, acoustic music, funk or vinyl nights. Tallulah's is loved by locals and it's one of our favourite venues in the region! Such a cool place!

Some other venues to try...

For a lively night out, New Brighton has some real belters! To be fair, you can easily spend your whole night in the Victoria Quarter, hopping from venue to venue, but if you want to try some others you're spoilt for choice! You'll always have a laugh at **The Perch Rock** and **The Harbour**, **Stanley's Cask** is one of the best live music venues in Wirral and **The Phoenix** is a late night sports bar that's open until 3am.

Take on the Mega Breakfast at Becky's Brekky



After a day and night of discovery (and plenty of drinks no doubt), you can't go wrong with Becky's Brekky — a popular choice on Victoria Road for many years now. Offering 'proper food cooked properly', you'll find fantastic value breakfasts, binlids and more and their Sunday roasts to eat in or takeaway are to die for! If you like a challenge take on their Mega Breakfast — that'll sort your hangover!

You'll never be short of breakfast choices in New Brighton!

To be fair, there are so many boss brekky choices in New Brighton! Just down the road from the Victoria Quarter there's The Waiting Room cafe and model shop — extremely highly rated on Trip Advisor and also offering the best afternoon teas. Next to that you have Remember When tea room and Driftwood, then there's others such as The Sea Shanty, The Seaside Cafe and Marino Lounge on the front.

Do something fun!

After a hearty breakfast, do something active to work off that hangover! There's lots to do in New Brighton including crazy golf, bowling, lazer quest, Ultimate Airsoft, Adventureland and the arcades! You could try some water sports such at Wallasey Beach Club or Escape The Fort at Fort Perch Rock, but if you don't fancy anything too strenuous there's The Light Cinema or The Floral Pavilion theatre.

Walk along the prom & explore Vale Park

Take a relaxing walk along the UK's longest promenade and enjoy spectacular views over to Liverpool (another stunning photo from Tracey Rennie here). New Brighton boasts panoramic views over to the city as you walk around the coast but also has gorgeous parks such as Millennium Gorse and Vale Park. Vale Park is a picturesque little park on the coast and is home to the fairy garden, beautiful flowers, a little play area, a bandstand with occasional live music events and Vale House.

The Coffee Roast at Vale House is incredible!

At Vale House within Vale Park, you can check out more art at Mersey Arts Zone and also enjoy some delights at The Coffee Roast! Serving home-made breakfasts (try their breakfast challenge if you dare), lunches, burgers, quality coffee, a huge

range of delicious cakes and the best ice cream in New Brighton, if you have a sweet tooth, you will LOVE **The Coffee Roast** as much as we do!

Have a pint at New Brighton's most historic pub



After an amble through Vale Park, enjoy a pint at New Brighton's most historic pub, The Magazine! With character, original features and lots of little snugs, this award winning 1700s pub offers quality pub food from burgers to fish specials to boss Sunday roasts and a fine selection of beers and cask ales. If it's sunny, enjoy your pint outside in their fantastic beer garden.

There's live music at weekends too!

There are so many boss pubs in New Brighton!

There really are so many boss pubs in New Brighton! Some others to mention are The Pilot Boat, The Telegraph, The Sandridge, The Clarence Hotel, Homebrew Tap and The Ship for pool and live sport. Further on down the coast in Egremont you'll find The Ferry, with stunning views over to Liverpool. If you're getting the train into New Brighton, SUP opposite the train station is a really cool little joint too!

And plenty of top restaurants too...

In addition to some of the incredible restaurants we've already mentioned, and our favourites we've featured, there are a few down at Marine Point such as **Ella**, **Portofino**, the highly rated **Bistro 115** and **The Olive Tree**. You certainly won't be going hungry here that's for sure!

Why we love New Brighton

Here at La Vida Liverpool, our office is based in New Brighton and we absolutely LOVE the vibe of this incredible seaside town! A once thriving destination that fell into decline, it is now a phoenix rising from the ashes — with the Victoria Quarter regeneration project spearheading the independent business revolution that's put the town back on the map. See you here soon!



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To become part of the positive news revolution call 0151 318 6555, WhatsApp 07445686648 or email lavidaliverpool@gmail.com





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la vida liverpool MAGAZINE



A new first of its kind dog social club has opened in Wirral! The huge 6,000 sq. ft. centre has opened on Champions Business Park in Upton and offers doggy day care, dog training, a huge play centre, a ball pond, an outdoors play field, a groom room, a holistic therapy room, a shop and cafe, social events with doggy bingo and doggy quizzes and more.



Dogs Go Social Club offers doggy day care Mon-Fri from 7.15am until 6pm, where dogs can enjoy 3 x 30 minute outdoor play sessions, indoor classes, bubble play, toy play, brain games, scent seeking, group training, a doggy disco, treat time and more. Chill time helps train them to be calm, with classical music, essential oils and aromatherapy. In addition to this, grooming and holistic therapy treatments are coming soon.



At weekends, from 10am until 2pm, the centre hosts member only dog playtimes (social events) where both dogs and owners can come together and enjoy fun games in a controlled, safe environment — a great way to get to know the centre. There's doggie bingo and doggie quizzes, themed events and also a cafe and shop — selling puppaccinos, treats and a wide range of ethically sourced dog goodies and products.



The dog 'super centre' has been opened by Dogs Go, the multi-award winning members only dog park based in Raby that opened in 2017. Dogs Go has an experienced team of highly trained dog specialists and are widely regarded as the safest dog care company due to their very thorough approach — in fact, they have been praised by the authorities for 'setting the standard' for the industry.



Owner Sarah Ashworth said: "Dogs Go in Raby has developed a fantastic reputation as we are very thorough and have a strict membership criteria that dogs must meet. Our doggy camps and social events at the park are fun, interactive and safe — improving dogs' mental health by socialising, stimulation and training. We have been transforming dogs' lives and the owners are amazed at how they develop with us."



Sarah continued: "To now open this huge, first of its kind social club centre is a dream come true. There's nothing like this around that offers so much under one roof. We not only offer doggy day care, where people can leave their dogs in a safe environment having fun and being trained, but also social events, grooming, holistic therapy, a cafe, shop and more."



The 'Dogs Glow' groom room will be open soon — offering everything from cuts and trims to washes and facials. The 'Dogs Flow' holistic therapy room will also be opening soon — offering doggie treatments such as massage, reiki and acupuncture. The centre is not only the biggest in the region, but the first to offer such a wide range of services.

The new Dogs Go Social Club offers free membership and all new dogs are taken through a strict induction process at one of the social events. They are given a behavioural assessment before playing in a smaller area and then being integrated into the main play area with other dogs. They are then given a flower garland, medal and party bag after their first session.

Sarah summarised: "We're really proud of what we do and we have had hundreds of 5 star reviews of the past 6 years. This is because we're extremely thorough and we love dogs with all our heart. We've had almost 12,000 dogs visit us since opening in South Wirral and this new centre will take things to the next level — helping even more dogs enjoy a better way of life."



Dogs Go Social Club has opened on Champions Business Park in Upton, offering doggy day care Mon-Fri 7.15am until 6pm and dogs social events at weekends. The new centre is the first of its kind and biggest in the region — with a cafe and shop and a grooming and holistic therapy room coming soon.

Dogs Go Social Club / Champions Business Park, Upton, Wirral, CH49 0AB / 0333 444 1236

For more info visit www.dogsgo.co.uk

FOR FREE MEMBERSHIP & TO FIND OUT MORE VISIT WWW.DOGSGO.CO.UK OR CALL 0333 444 1236

Check out Dogs Go on FACEBOOK!

Check out Dogs Go on INSTAGRAM!

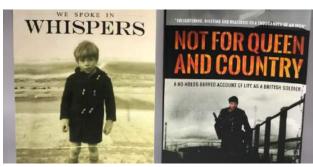


A terminally ill war veteran from Wirral is fighting for his former enemy to be recognised by their country. Edward Denmark, from Moreton, fought in The Falklands War of 1982 and has since befriended Argentinians who have yet to be recognised by their government for their role in the conflict. Edward is campaigning for them to be recognised, with key evidence now submitted to Congress.

During the short yet bloody war between Great Britain and Argentina, Edward Denmark served as a rapier gunner — tasked with the mission of shooting down Argentine aircraft. He went on to serve in Northern Ireland before becoming a published author and peace advocate, whilst now suffering from blood cancer.



One of Edward's books, Not For Queen And Country, led to interest from Argentina and this opened up dialogue between Edward and his former combatants via social media. Through this, Edward became good friends with Julio Herrera Vidal who was guarding the mainland airbases in Argentina during the war.



These conversations with Julio revealed a shocking scandal to Edward — that more than 10,000 Argentinians who were guarding the airbases, mostly conscripts, had still not been recognised as veterans by their government. These men were forced to put their life on the line for their country yet still to this day have not been granted veterans status, healthcare or pensions.



Understanding first hand the vital role the Argentine airbases played in the conflict, and also that British Special Forces at the time were launching attacks on the mainland soldiers, Edward was outraged by the news. He has since been on a mission to help his brothers in arms achieve the recognition they deserve.

Edward said: "These men on mainland Patagonia who were under threat of attack were prepared to die for their country, yet they have not received veteran status, healthcare or pensions. Meanwhile, British soldiers who were based tens of thousands of miles away have. It's a grave injustice and after becoming friends with these men I wanted to help fight for their cause."



In January 2020, he visited Argentina alongside La Vida Liverpool journalist, Justin Hopper. The pair met with Julio Herrera Vidal and vast amounts of media coverage took place — from local newspapers and radio to appearing on the biggest news channels in Argentina such as TN News and FOX News. Edward even appealed to President Fernandez on national television yet it all fell on deaf ears.

The visit was emotional and built many bridges between the former enemies, with some special moments between Edward and the Argentinians, although it was fruitless in terms of justice. Back in the UK, Edward and Justin visited the Argentine Embassy in London to reach out to their Defence Attache — an act that was not received well and once again proved to be fruitless in terms of any form of negotiation.



In 2022, for the 40th anniversary of the conflict, Julio visited the UK to meet with British veterans. This visit strengthened relationships furthermore — resulting in a number of high profile British military

figures step forward to support the unrecognised Argentinians. This included British Special Forces personnel, who have issued statements to confirm they were sent to kill those who were guarding the mainland airbases.

This evidence has recently been handed to Congress in Argentina — with the aim of proving that the lives of the forgotten men were indeed under threat, therefore they should be classed as veterans by their country. Unfortunately, the longer the campaign continues the more Argentinians die unrecognised — many of whom have faced great hardship without help from their government.

Edward summarised: "We've submitted an affidavit. This is an official document from key UK military personnel that confirms that their men guarding the mainland were indeed under threat and attack in the war — therefore they should be recognised as veterans. We don't know if this will be acknowledged — if not, we will contact human rights lawyers. One thing for sure is I will fight for them to my last dying breath."



One thing that has come from the campaign is the newly found friendship between two former enemies. Now standing together in solidarity by an injustice, veterans on both sides have become united — yet another example of how illogical war is. Whilst the fight for recognition continues, it is one small battle won by the human spirit — proving that enemies can indeed become great friends.

For more information visit the Forgotten Men Of The Falklands / Malvinas War FACEBOOK PAGE!

Check out Edward Denmark's books on AMAZON!



An ethical independent mortgage brokerage based in Hoylake has teamed up with local charity Wirral Ark to help the homeless. Rhys Davidson and Kieran Woolley from Root Mortgages are donating £10 from every mortgage deal to the cause and are also doing a big sponsored charity walk to raise funds.



The pair founded Root Mortgages in 2021 and have gained a reputation for having a great ethos, such as offering a no-fee advice service (usually £500) to those working in the emergency services and first time buyers. Since forming they have helped over 250 homebuyers and have over 80 5star reviews, helping many people get great deals on mortgages.



The recent collaboration with Wirral Ark is a profound statement — people who are providing new homes to people not forgetting those who have lost theirs.

They have therefore teamed up with Wirral Ark — a local charity who help bridge the gap, providing accommodation and support for 100-200 people facing homelessness each year.



Root Mortgages Director Rhys Davidson said: "Kieran and I have over 15 years experience working at different brokerages and estate agents and when we created Root together we agreed that we wanted to do things differently. Our aim is to genuinely help people get the best deal and also to give back."

He continued: "We understand that buying a home is such a huge thing for people, it's more than just bricks and mortar — it's their dream. That's why we offer a free advice for the emergency services staff and first time buyers. The latest idea of giving back to the homeless is something we're very passionate about and there's no better charity to do it with than Wirral Ark."

Wirral Ark was founded in 1991 and has 11 accommodation centres — providing a bridge until people can secure themselves their own permanent homes. The charity has 35 staff and helps a wide range of people, from those suffering with addiction to those who have been victims of domestic abuse. They have helped over 5,000 people since forming.



The efforts of Root Mortgages will help raise funds for the charity's forward thinking projects, such as holistic therapy sessions, PTSD courses, photography, art and music workshops and gardening projects. The charity has recently been developing more alternative services like these in order to offer creative and mental health offerings.



Wirral Ark Manging Director Paul Hardman said: "It's really heart-warming that there are business like Root Mortgages out there who genuinely care. In business and competitive industries like that it's easy to just chase the money but these guys have decided to do something really touching here by recognising those who have lost their homes."

He continued: "We've been doing great things here at Wirral Ark for over 30 years now, providing accommodation, food and support. Recently we've been introducing more mental health support as that is often the root cause of the homelessness — in fact around 96% of homeless people have PTSD or trauma. Root Mortgages will help us help more people through these initiatives."

The independent mortgage brokers are aiming to raise over £2,000 for the charity in the next year — equating to donations from hundreds of mortgage deals and a big charity walk in the summer. This recent project, combined with the top quality service that has gained them a fantastic reputation, stands them out above the rest.



Root Mortgages Co-Director Kieran Woolley said: "This is exactly why we founded Root Mortgages — to be ethical, different and help as many people as we can. It's really rewarding getting people great deals and helping them buy their dreams homes, but it's important that we don't forget those who aren't so fortunate. Wirral Ark are amazing and it's great to help with their wonderful mental health initiatives."

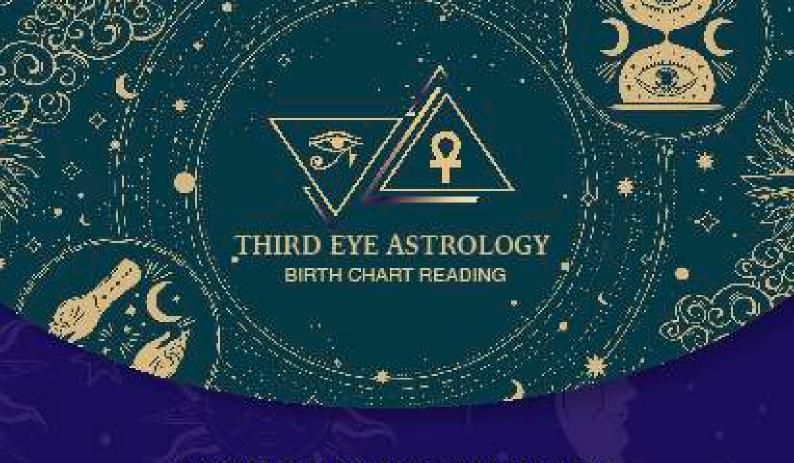
Root Mortgages are donating £10 from every mortgage deal to Wirral Ark, as well as doing a big charity walk. They are an independent brokerage based on Market Street in Hoylake and they offer a free initial consultation to anyone looking to buy a home or re-mortgage, plus a fully free advice service for blue light cardholders and first time buyers.

Root Mortgages / Suite 3, The Shift Works 27 Market Street, Hoylake CH47 2BG / 0151 545 1553

For a free consultation about buying a home call Root Mortgages on 0151 545 1553 or email info@rootmortgages.co.uk

Check out www.rootmortgages.co.uk

For more info on Wirral Ark and to get involved with their projects visit www.wirralark.org.uk



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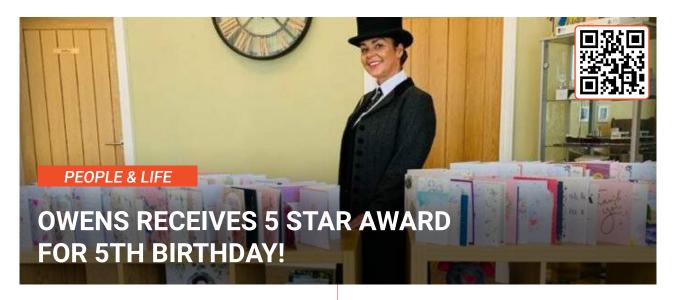
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Wirral funeral directors, Owens, have just been awarded a prestigious 5 Star Award from The Funeral Guide ahead of their 5 year birthday. The family independent has been praised for their outstanding service and attention to detail — with an overwhelming amount of 5 star reviews received.



The recent 5 Star Rated award from The Funeral Guide has been presented after Owens reached 175 5 star reviews on the comparison site — standing them top in Wirral for both popularity and price. This latest award adds to their Certificate Of Excellence from Three Best Rated for the third year running and further recognises their sterling work.



The family has developed a great reputation for going way above and beyond for bereaved families, whilst keeping costs to a minimum. One of the things they offer is a 'memory tree' at their Liscard premises — with a personal bauble dedicated to each and every loved one they look after — and they provide families with Forgetmenot seeds.

They also have a bespoke jewellery service where Alex personally handcrafts ashes into beautiful personalised pieces and they completely self-fund a memorial service every December for all the families who have lost loved ones. The annual service takes place at St. Alban's church in Wallasey and features photographs on the alter and a choir.



One customer, Ann, said: "I really had never heard of Owens so it was a shot in the dark when I contacted them but am I glad I rang them and from that very first phone call it was like a weight lifted off my shoulders. They listened to me, I don't even think I was making any sense, but they were listening to my every word and I am so grateful they did."

She continued: "They are the most caring kind people and nothing was too much trouble for them. Lorraine and her daughter were at the end of the phone whenever I needed to talk to someone, even if I probably was so mixed up they reassured me everything was going to be fine and it was. Thank you Owens for not only looking after my son but the whole family."



Some of Owens' 5 star reviews are truly profound and they have also received a staggering amount of cards from bereaved families who they have helped. Compassion should be at the centre of any funeral directors' ethics but Owens take things to the next level with all their little touches and going above and beyond.



One customer, Phillipa, said: "At a point in one's life where nothing makes sense and you're reeling from the reality of your unbearable loss, you're suddenly enveloped by this 'comfort-shield' that is OWENS. Warmth, compassion, dignity, calm, competent, patient, understanding, thoughtful, professional, effortless care."

She continued: "I will never be able to find enough superlatives to describe them but I know I'll be eternally grateful to them for guiding me gently through the most traumatic and painful experience of my life. Seamless professionals with heart. Thank you OWENS!"



Now about to reach their 5 year milestone, Owens continue to set the standard in funeral care — with their many little touches that mean so much and often going well above and beyond for bereaved people. Through their loving approach, they aim to end the stigma of the traditional 'undertaker' image.

Lorraine said: "It's a great honour for myself, my husband Mike, our daughter Alex and the team to be recognised in such a way for our 5th birthday. More importantly, it fills us with so much pride when we hear the wonderful words from the people we help. Whereas we know our efforts can't bring their loved one back, we do everything we can to help them in their process of grief."



Owens funeral directors is an award winning family run independent that has countless 5 star reviews, a Certificate Of Excellence from Three Best Rated and now a 5 Star Rated award from The Funeral Guide. They offer a bespoke service with lots of little touches, whilst keeping costs to a minimum.

Owens Funeral Directors / 15-17 Liscard Village, CH45 4JG / 0151 372 1000

For a free chat in confidence call Owens on 0151 372 1000 or visit owensfunerals.com

Check out Owens on FACEBOOK!

Check out their 5 star reviews on FUNERAL GUIDE!



Merseyside's oldest memorial and headstone business, Mackie Memorials, is under new ownership. After 135 years, Thomas Smith is now at the helm of the independent family business that has provided in the region of 100,000 headstones since forming in 1887.



Mackie Memorials offers beautiful bespoke memorials and headstones that honour people's loved ones — in various sizes and styles. From new memorials to restoring old ones and additional name inscribing, Mackie Memorials has developed a wonderful reputation over three centuries and has also worked on The Beatles statues, the Anglican Cathedral and Goodison Park.



One of Merseyside's longest standing family businesses, Mackie Memorials was historically based on Rake Lane in Wallasey but the new premises has recently moved to the heart of Liscard. Thomas was keen to keep the business going after previous owner Alan retired following 40 years of service and works with his mother to continue the services.



Thomas explained: "Mackie Memorials is one of the oldest independent family businesses in Merseyside and one that's served an important purpose in honouring loved ones for 135 years now. Mackie Memorials has provided headstones for around 100,000 people, providing a special memory and tangible thing that people can visit."

He continued: "When I heard Alan was retiring I wanted to step in and keep the business going. Family businesses like Mackie Memorials are an integral part of society — institutions that have served people for generations. It is a great honour to keep the family name going and taking it into the fourth generation."

Using a combination of old traditions, skills and modern technology, Mackie Memorials offers first class granite memorials tailored to how the person wants their loved one to be remembered. The family business has developed a fantastic reputation over the years and Thomas understands how important this is to maintain.



He explained: "It's no small task to carry the mantle and maintain a reputation of over 135 years but it's one I take great pride in. Effectively we are an important part of the life and death process and an important part of someone's journey of grief — it's an important role and one I don't take lightly."



In addition to providing lasting memories for countless people over the years, Mackie Memorials designed, built and provided the Holy Trinity Memorial at Goodison Park — as well as the memorial for Giles Gilbert Scott at the Anglican Cathedral.



Thomas summarized: "So many businesses have opened and closed over the years but Mackie Memorials has stood the test of time. When you think of all the events that have happened during its history — world wars, moon landings — it's amazing it has lasted so long and I hope the Mackie founders are pleased that it's still going."



Mackie Memorials is based on Liscard Way in Liscard and offers beautiful bespoke granite memorials and headstones, as well as restoration of headstones and additional name inscribing. Mackie Memorials was founded in 1887 and is a fourth generation independent family business that's now ran by Thomas Smith.

Mackie Memorials / Liscard Way, Liscard, CH44 5TP / 0151 639 5347

To enquire about a memorial or headstone for your loved one call 0151 639 5347

Check out Mackie Memorials' website at www.efmackie.co.uk

Check out Mackie Memorials on FACEBOOK!



Welcome to our problem page with Linda B! Linda B is a leading international life coach from Iceland and is a LET Communication Consultant, Trauma Resiliency Model expert, Former President of the Icelandic Coaching Federation and Board of Icelandic Women's Business Association. We've partnered with her to help our readers with their problems!

We met Linda whilst working with global charity, The Unity Of Faiths Foundation, as she was one of their Ambassadors. Linda is an inspiring woman with a wealth of knowledge about social issues and she is also a published author. Her latest book, Book Of All Seasons, is a book of useful life advice and quotes and has been met with critical acclaim globally.

Hello my Liverpool friends! In this feature I'd like to talk to you about the ever increasing number of narcissists in our communities.



Did you know there are vampires around us today who suck up all the good things we have to offer and then leave us with broken hopes, broken promises, broken hearts and a crippled, traumatized identity. They hide in their homes, workplaces, schools, hospitals and in fact everywhere you can imagine, no matter what class or position they hold.



These vampires like to use mental oppression, humiliation, lies and other things to get what they need from their victims and they cannot be trusted to keep their word or their commitments. They are terribly bored when they are expected to be responsible adults and care little about respecting others' boundary settings.

They are cheaters, swindlers and opportunists who take everything they need from their victim before moving on to the next one. They are masters of deception and they achieve their goals with a charm as well-executed as a well-written script, and this same script is repeated with each of their victims to gain control of them.



Vampires don't care about other people's feelings and lives if they get what they want. They are emotional bullies but, in the beginning, and they often use love bombing as their first bait. At the end of the relationship, however, the victim is left lifeless with a damaged self-image in an unreal existence that they are told is a reality.

Popular torture methods of the vampires are exclusion, ignoring and humiliation (even in public), tantrums, externalization, threats, gaslighting, creating trauma bonds and they sometimes even use sexual repression.

It is difficult for people to get away from those vampires who usually have control over their victim and hold them in the grip of various kinds. If it is a couple relationship it is difficult for the partner to get away because of the pure rape of their emotions and the victim is paralyzed by fatigue and brain fog, unable to really take such a decisive stand.



As their victim you either live in admiration or exaltation and you are either the most special person that has ever walked the ground or the most disgusting thing that has ever been born. Living like this makes every person crazy in the end, and that is probably the purpose of the vampire from the beginning. But what are the narcissistic personality symptoms?

Well to start with they have a great sense of self-importance and they are preoccupied with power, beauty, or success. They feel entitled, and they can only be around people who are important or special or the ones that can do something for them. They are arrogant and lack empathy, and they want to be admired and most of all they want others to be envious of them or to believe they are special.



According to The Gottman Institute, there are four key things present in an abusive relationship — criticizing, contempt, if you are on the defensive and if you start building a stone wall. If any of these things are present we should ask ourselves are we living with a narcissist?

Always remember you that you deserve to be happy. Don't let anyone control who you are, how you feel, what you're thinking, what you're up to or what you're experiencing. If you start seeing red flags early with someone you need to address these early before the vampire has you under their spell. And here's something I always tell people — only stay in a place where you feel at peace.

Lots of love, Linda x



CHECK OUT LINDA'S BOOK OF ALL SEASONS ON AMAZON!

the media is a very powerful tool. it can bring fear, anger, hatred and division or faith, hope, love and unity. choose wisely.



la vida liverpool MAGAZINE



A woman from Moreton, Wirral, has created a 'super strong' grade of CBD oil and it's having profound results. Natasha Doran started experimenting with medicinal CBD after suffering from post natal depression during lockdowns and has now launched 'Hemp Aid' — a range that has soared in popularity due to its strength and efficacy.



Natasha's range of CBD comes in different grades and bottle sizes, but it's the 'super strong' 9000mg that has become a huge hit. Organic, vegan and mixed with hemp seed oil, Natasha has created a unique blend that is powerful, effective, free from chemicals and low cost — available in 10ml, 20ml and 30ml bottles.

The ground-breaking range was founded by Natasha in November 2022, after her long journey through post natal depression and anxiety, and she has been overwhelmed by orders in her first six months of trading. Hemp Aid has become that popular, mostly through word of mouth, that she is already going wholesale in venues such as gyms and beauticians.

Natasha explained: "It all started for me during lockdowns. I had just given birth to my little boy and was suffering from post natal depression. Lockdowns made this so much worse and it led to anxiety and lack of sleep. I didn't just want to take some prescribed pills and wanted to explore natural remedies."

She continued: "My partner suggested CBD, so we began trying different types and grades together — to help my conditions and also his body aches from going to the gym. The more we researched and experimented, the more we realised it's a minefield out there — with lots of products low grade from sellers out to jump on the bandwagon."

Natasha started to contact suppliers across the globe and began experimenting with different grades and ingredients. After over a year of research and independent lab testing, she concocted a 'super strength' 9000mg CBD blend — cold pressed and mixed with hemp oil and natural, organic ingredients.



After seeing incredible results for themselves, Natasha and her partner began sharing the CBD with friends and family — all with a varying degree of health and conditions. The feedback became so immense and word of mouth spread that fast, they decided to create Hemp Aid Ltd in November 2022.

Natasha said: "We knew we were onto something special but the way it's exploded is crazy! We've been overwhelmed with orders and have had people with all sorts of conditions giving amazing feedback—people with pain, anxiety, depression, ADHD, multiple sclerosis, chronic fatigue, fibromyalgia and even cancer."

Ellen, who has arthritis, said: "The oil is working really well. My arthritis was really hurting and stopping me from doing day to day things. Today I felt a lot better and the pain has eased a lot so I got some gardening done. Thank you — I will definitely get some more then this runs out!"



Hemp Aid consists of 12 different strengths of CBD in three different bottle sizes, starting at just £14. The CBD is administered via a pipette under the tongue and it is not possible to 'overdose', nor can it get you 'high'. Hemp Aid offers a free support service for anyone wanting advice on dosage or anything else.

Natasha said: "It's important to mention that we cannot state we have a 'miracle cure' and we cannot give medical advice, but CBD has been proven to help with a range of conditions — from anxiety to pain to addiction. Many charlatans have jumped on the bandwagon and are selling low grades with bold claims — we sell high grade CBD and let our customers do the talking."





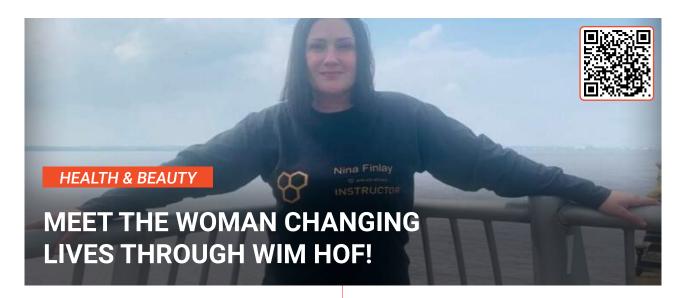
One customer said: "Not even a week on the oil and my Grandad's pain is improving dramatically. He said within 15 minutes of having it, it relieves his pain almost instantly. He's been on over 13 different pain medications and none have taken the pain away like this. Thanks so much, we will defo be getting more."

Hemp Aid is now about to go wholesale, after successful trials in local businesses. Natasha works on a 50/50 basis, so businesses can share 50% of the product sales with Hemp Aid. In a world where chancers are keen to jump on gimmicks and make a quick buck, Natasha is determined to remain ethical, natural and organic.

She summarised: "We've spent lots of time and research trying to source the strongest CBD in its purest form and perfecting the blend with natural, organic ingredients. Our aim is to only supply the best and most effective CBD whilst keeping it very affordable and giving stockists a great deal as partners. The most important thing though is hearing how it's helped people with debilitating conditions."

Hemp Aid CBD was founded by Natasha Doran in November 2022, using pure CBD and organic ingredients and exploding in popularity — with countless case studies and testimonials. Hemp Aid consists of 12 different strengths of CBD in three different bottle sizes, starting at just £14, with a 'super strength' 9000mg grade available direct or to wholesale stockists.

Hemp Aid CBD / To enquire about ordering or becoming a stockist visit hempaid.co.uk, WhatsApp 07707059546 or message via INSTAGRAM!



A Liverpool woman is changing lives through the Wim Hof method. Nina Finlay from South Liverpool is the region's only Wim Hof instructor and after transforming her life through the practise, she has now helped almost 100 people from different walks of life.



Wim Hof, also known as The Iceman, is a Dutch motivational speaker and extreme athlete who has pioneered the technique that fuses breathing, cold water therapy and a mental philosophy. Backed by science, the method has increased in popularity — with many celebrities and endorsing it as a way of life.



From her home studio, Nina offers an initial introduction course for an intimate group of people. She teaches the small group the science before taking them through a deep, guided breathwork session and an

ice bath session. Such is its impact, Nina has received countless 5 star reviews and powerful testimonials.

Nina said: "Since becoming Liverpool's only Wim Hof Instructor, I've helped such a wide range of people from different walks of life — from 86-year-old women to people with conditions such as PTSD, addictions and trauma. The Wim Hof method takes us back to our primal state and can have profound effects both physically and mentally."



Nina's journey started in 2019, after finding herself stressed, lost and 'unable to breathe'. With a high pressure job, a lack of direction and a poor lifestyle, she was close to breaking point until a friend told her about the method and invited her to a big weeklong retreat in Spain hosted by Wim Hof himself.



Nina explained: "I was in a bad place and often found myself overwhelmed and unable to breathe. Discovering Wim Hof changed my life and the practise brought me to floods of tears, releasing lots of trauma. It's like it reset me and changed my whole outlook and quality of life."

She continued: "It gave me the tools to implement it into my daily life and I've been so much happier and calmer. I rarely get stressed and every aspect of my life has improved. Wim Hof has changed my life and that's why I decided to become a practitioner — to help as many people as possible through it."

After studying for 18 months and becoming a practitioner, Nina has helped a wide range of people and people have travelled from far and wide to take part in her intimate group courses. The feedback has been incredible, with many people saying it has transformed their life in the same way it transformed Nina's.



Paul said: "I didn't know what to expect from the workshop and was a little anxious at first but it was like coming to a mate's house — really warm, relaxing, non clinical and with a great group of people. The experience was profound and had me in tears — I just let go and released so much. Nina is amazing and I'd recommend it to anyone."

Nicky said: "I've been suffering from anxiety and other issues, so the fact that Nina is so knowledgeable and it's a warm, safe space really helped. The breathwork and cold water therapy works really deep and it definitely changes you in some way. Now that I've done the ice bath I feel so empowered like I can do anything! I'd definitely recommend!"

As the only Wim Hof Instructor in Liverpool and one of the small group of Instructors in the UK, Nina is on a mission to help as many people as possible. Her courses have resulted in some huge transformations and integrating the method into their daily lives. Others love it that much, they continue to work with Nina on a 1-2-1 basis.

Nina also offers Wim Hof to corporates and businesses, as the method has been proven to have a positive impact on performance. Wim Hof's breathing exercises help keep people sharp and alert, therefore improving productivity and decision making. It changes the physiological makeup of your body and helps oxygen get to parts of the brain that are not usually reached.



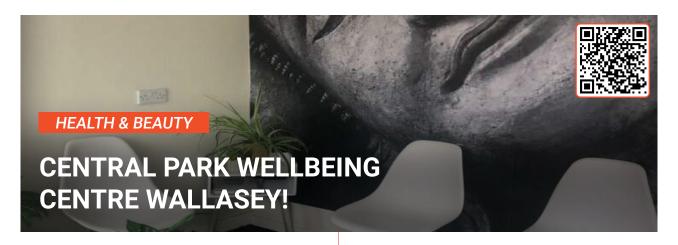
Nina summarized: "The Wim Hof method can be life-changing and once people understand the techniques and how to use them, they never look back. Physically, mentally, emotionally and spiritually, it's a game changer and it feels so good to pass on the magic to others. If anyone wants to find out more before coming on a course, I'm more than happy to chat."

Nina Finlay is Liverpool's only Wim Hof Instructor and is based on Aigburth Road, South Liverpool. She offers an introductory course that consists of science based education, a deep, guided breathwork session and an ice bath session. Nina is registered on the official Wim Hof website and has many 5 star reviews and testimonials.

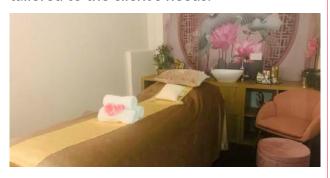
Nina Finlay Wim Hof Instructor / Aigburth Road, South Liverpool / 07467951936

To book a course with Nina, visit www.wimhofmethod.com/instructors/anna-finlay-2

Or call her on 07467951936!



Central Park Wellbeing Centre in Liscard, Wallasey, is an oasis of tranquillity and calm. A team of therapists, with hundreds of years of experience between them in the social and mental health fields, have come together under one roof to provide emotional and holistic therapies individually tailored to the client's needs.



Central Park Wellbeing Centre offers life and well-being coaching, meditation, breathwork, Emotional Freedom Technique, hypnotherapy, counselling, reiki, angelic healing, quantum touch healing, sound therapy, cupping, tarot and oracle readings, massage, reflexology, aromatherapy, beauty therapies and aesthetics. The centre works on a free telephone consultation basis to discover what would work best for an individual.



Central Park Wellbeing Centre offers a 360 degree approach to emotional and mental health needs and each therapy is individually tailored as one size doesn't fit all. Whether the client requires mental health or emotional support or simply some self-care and time out, Central Park Wellbeing Centre has a treatment for everyone.



Each room at Central Park Wellbeing Centre has been carefully curated and beautifully designed to provide a safe and secure space for a variety of therapies and treatments. Rooms are available for therapists to hire upon request — whether that be for private 1-2-1 sessions or workshops and group therapies.



In addition to the wide range of therapies available, the centre offers an abundance of self-care and beauty treatments. At Central Park Wellbeing Centre you'll find most methods of massage from full body to Indian Head, Hopi ear candles, facials, waxing and more. The venue also hosts workshops and classes such as circles, meditation, Emotional Freedom Technique and Law Of Attraction.



Central Park Wellbeing Centre will be showcasing its rooms, spaces and therapies in August 2023 at an Open Evening at the centre. For further information or to be added to the guestlist, people can contact Central Park Wellbeing Centre on 07752236163.



Central Park Wellbeing Centre is located at 204 Liscard Road and offers a wide range of therapies and treatments. The centre works on a free telephone consultation basis in order to establish what therapy or treatment is best for you.

Central Park Wellbeing Centre / 204 Liscard Road, Wallasey, CH44 5TN

FOR A FREE TELEPHONE CONSULTATION WHATSAPP OR CALL 07752236163

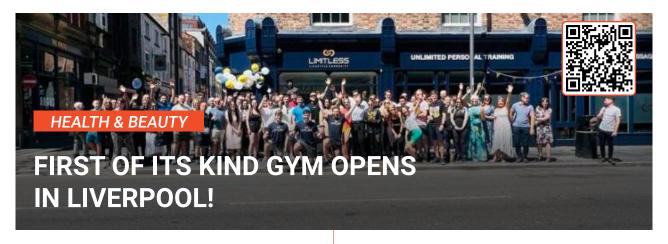
Check out Central Park Wellbeing Centre on FACEBOOK!



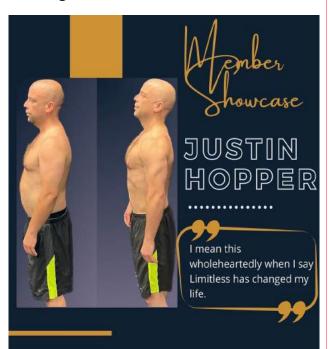
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A first of its kind gym has opened in Liverpool city centre. Limitless Lifestyle Community offers members unlimited personal training 7 days a week, as well as a 24/7 support group, a sustainable nutrition plan, classes, massage treatments, a wellness cafe, social events, a run club, challenges, retreats and more.



Limitless Lifestyle Community was founded by Personal Trainers Alex Sloan and Levi Osborne in May 2022, with the aim of changing people's lives sustainably, and 12 months of success has now led to the first Limitless gym opening on Dale Street.

The revolutionary personal training concept created by the pair has had many 5 star reviews from members, with some profound success stories along the way. Such is its popularity, Limitless Lifestyle Community now has its own first of its kind gym and wellness hub in Liverpool city centre.



Alex said: "Limitless Lifestyle Community is about much more than just personal training — it's a full, 360 degree approach and a community of people who are all here to support each other. It's been an amazing first year and to open our own gym already is incredible!"



The new gym features top of the range facilities and a whole host of services to members. With the Limitless model of unlimited personal training 7 days a week, members can save hundreds of pounds per month compared to personal training elsewhere — whilst benefiting from many other services.



Levi said: "I've searched far and wide and can't find any gym in the world that offers what we do. We offer such a wide range of things to our members but what's so special is the community we've created — we have run club, hikes, socials, retreats and a great group of people who are all here for each other."



The ground-breaking new Limitless gym opened on Saturday 3rd June 2023, with an official Open Day from 12pm. The Open Day featured live music, talks, prosecco, refreshments, introductory offers and a huge charity raffle with top prizes in aid of a cancer charity Mesothelioma UK and Queens Court Hospice. The gym will continue to support charities going forward.



For those who couldn't attend the Open Day, Limitless offers a free consultation — including a chat, advice and a full body scan on their state of the art machine. The body scan provides detailed information about a person's physical condition, providing information regarding an individual's biological age, lean muscle mass and body fat % so they can understand their body, set specific goals and track progress.



Alex summarised: "Opening a gym like this just one year after creating Limitless Lifestyle Community is a dream come true. Thank you so much to our members and supporters who have helped us get to this point — we're looking forward to this next chapter and improving the lives of many more people."



Limitless Lifestyle Community has opened a first of its kind gym on Dale Street in Liverpool. Limitless offers members unlimited personal training 7 days a week for a set monthly fee, as well as a 24/7 support group, a sustainable nutrition plan, classes, massage treatments, a wellness cafe, social events, a run club, challenges, retreats and more.

Limitless Lifestyle Community / 89 Dale Street, Liverpool, L2 2JD

FOR A FREE CONSULTATION AND BODY SCAN VISIT THE WEBSITE OR MESSAGE 07803507095

Check out the Limitless
Lifestyle Community website at
limitlesslifestylecommunity.com/limitless

Check out Limitless Lifestyle Community on FACEBOOK!

Check out Limitless Lifestyle Community on INSTAGRAM!



A UK based medical tourism company has become a 'game changer' in the industry. Luviacure UK offers rhinoplasty, plastic surgery, breast augmentation, hair transplants, dentistry and more — with work carried out in Turkey by top surgeons at a fraction of the price in the UK, whilst having a Head Office in London for face to face consultations and aftercare.



Medical tourism has exploded in Turkey, with many Brits travelling there for a wide range of cosmetic work, but one of the main concerns is aftercare once back in the UK. Bridging that gap is Luviacure UK, offering patients the highest quality treatment at a much lower cost in Turkey, whilst having a full aftercare service and lifetime guarantee in the UK.

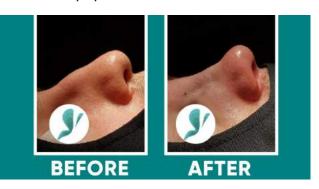


Luviacure UK was founded in 2020 and has since helped hundreds of people, with countless 5 star reviews and incredible

results. Luviacure UK source the very best doctors and dentists in Turkey and offers clients the chance to view their full portfolio and CV online before choosing which one they want to carry out the work.

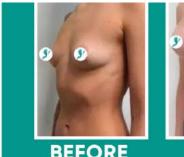


Luviacure UK offers flexible finance via PayPal, another stand-out service that sets them apart, and they provide transfers, accommodation at 5 star hotels and a personal English speaking assistant along with the medical procedure. The company has been awarded the International Health Tourism Certificate from the Turkish Ministry of Health and rhinoplasty has been their most popular service.



Rhinoplasty, commonly know as nose job, is offered by Luviacure UK using some of Turkey's most qualified and experienced surgeons, with state-of-the-art equipment. Whereas rhinoplasty starts at around £6,000 in the UK, using Luviacure UK's top

surgeons in Turkey starts at around £2,500 - including transfers, 5 star all inclusive accommodation, a personal assistant, UK aftercare and a lifetime guarantee.



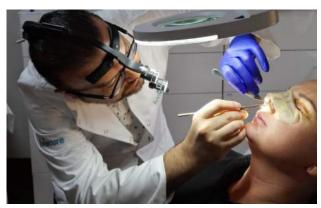


BEFORE

AFTER

Breast augmentation is another very popular service - starting at around £8,000 in the UK and around £2.500 with Luviacure UK using top surgeons and including a 5 star luxury experience in Turkey. Once again, a lifetime guarantee and full UK aftercare service comes as standard.

One client said: "The experience was insanely smooth! I was in touch with the team about getting a rhinoplasty for cosmetic and breathing reasons and honestly. They are answering all of your questions so quickly and their surgeons are real experts. I absolutely recommend going to them to get a rhinoplasty. It's been 2 months from then and now I can breathe much better; with luviacure you are in the right hands!"



In addition to the peace of mind of working with a UK based company with direct contact and aftercare in the UK, patients have been filled with confidence by being able to select their surgeon. Luviacure UK are open and transparent from the start and patients can see the full medical career history of the top surgeons before choosing one.



Another customer said: "I had the experience I was expecting — everything went smoothly, the hotel was comfortable, the clinic was clean and the staff were interested. I was extremely nervous just before the surgery but the surgeon explained everything in advance, made me feel comfortable and I was given lots of information before and after the procedure - would recommend it to anyone in the same situation."



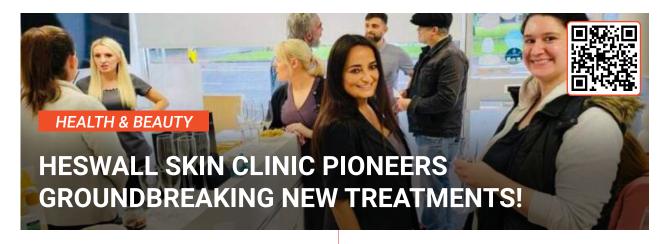
Luviacure UK are aiming to bridge the gap in the medical tourism industry and dispel the concerns UK patients have about going abroad for cosmetic or medical treatments. With a lifetime guarantee, UK aftercare, a 'select a surgeon' facility and flexible payment plans, they represent a gamechanging shift in the industry.

Luviacure UK / 107-111 Fleet Street London, EC4A 2AB / 0208 187 6211

FOR A FREE CONSULTATION & QUOTE VISIT WWW.LUVIACURE.CO.UK

Check out Luviacure UK on FACEBOOK!

Check out Luviacure UK on INSTAGRAM!



Heswall's multi-award winning celebrity laser clinic, Revitalaser, has launched two ground-breaking new procedures that are revolutionising the beauty industry. As the exclusive pioneers of the **Derma RF device** for flawless skin and the cutting-edge **Body Ballancer** technology for stomach problems and cellulite, Revitalaser is setting new standards in cosmetic treatments.



Unleash the Power of Radiant Skin with Derma RF

Revitalaser's state-of-the-art **Derma RF device** is a true marvel of technology. This top-of-the-line machine is specifically designed to address a multitude of skin concerns, including wrinkles, cellulite, acne, scars, stretch marks, sagging skin, and signs of aging.

The secret lies in its revolutionary R|F (radiofrequency) energy, which penetrates deep into the underlying layers of the skin. As the energy gently heats the tissue, it tightens and constricts the skin, while stimulating the production of collagen and elastin. The results are truly remarkable, with faster and more dramatic improvements than ever before.



Introducing R|F Micro-Needling for Unparalleled Skin Rejuvenation

Revitalaser takes micro-needling to the next level with the groundbreaking R|F micro-needling procedure. By combining the benefits of traditional micro-needling with radiofrequency energy, this treatment harnesses the body's natural healing processes and encourages the production of collagen fibers.

Witness the incredible transformation as the skin becomes firmer, smoother and more youthful. Revitalaser is the only clinic in Wirral offering this highly effective treatment and for a limited time they have a special introductory offer of just £150 per treatment.

Banish Toxins and Unveil a Slimmer You with Body Ballancer



Revitalaser's **Body Ballancer** technology is a renowned favourite of celebrities such as Zac Efron and Jennifer Aniston. Featured in reputable publications such as The Daily Telegraph and Hello magazine, this unique treatment stimulates the lymphatic system through a specially designed body garment whilst the client experiences a massagelike treatment and excess fluids are gently eliminated from the body.

Body Ballancer has proven to be exceptionally effective for those struggling with gut or stomach problems, expectant mothers and individuals seeking relief from cellulite. Revitalaser is the first clinic in Wirral to offer this ground-breaking treatment and have an introductory offer of just £85 per treatment — significantly lower than the prices charged by other clinics.

Revitalaser: The Epitome of Excellence in Beauty and Laser Treatments



Revitalaser has been pioneering new beauty and laser treatments since 2011. Their impeccable reputation has attracted esteemed clients including Cheshire Housewives stars, celebrities such as Gail Porter and footballers' wives. Featured by Sky Living, this clinic has won multiple awards including being Runner-Up at the huge national Safety In Beauty Awards, whilst there have been countless 5-star reviews over the years.

Join the Revitalaser Family Today



Clinic Owner Andrea Mappouridis shares her passion for staying at the forefront of the industry's latest technologies and advancements. Revitalaser, the longeststanding laser clinic in Wirral, boasts an extraordinary team of highly qualified technicians who are dedicated to exceeding client expectations.

The clinic also has a 250 product range of vegan, cruelty-free skincare and makeup offering a naturally-derived range that's free from parabens, synthetic fragrances and toxic chemicals — ask them how you can claim your borrow bag of products to try before you buy.

Despite their association with celebrities and their prime location in Heswall, Revitalaser remains committed to making their services accessible to all by offering competitive prices. Don't miss out on this exceptional opportunity to transform your beauty regime and embrace a radiant future.



Heswall's multi-award winning celebrity laser clinic, Revitalaser, has launched two ground-breaking new procedures that are revolutionising the beauty industry. As the exclusive pioneers of the **Derma RF device** for flawless skin and the cutting-edge **Body Ballancer** technology for stomach problems and cellulite, Revitalaser is setting new standards in cosmetic treatments.

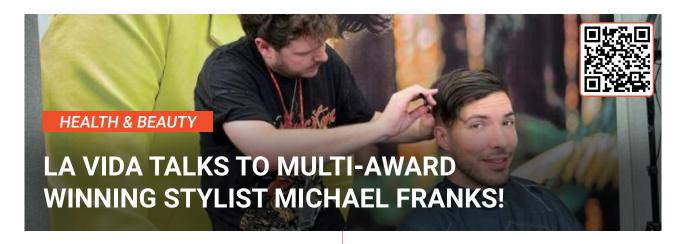
Derma RF & Body Ballancer treatments / Revitalaser, 182A Telegraph Road, Heswall, CH60 OAJ / 0151 342 2409

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In this exclusive interview, we talk to Liverpool's multi-award winning stylist and salon owner, Michael Franks. Having just styled hair for the music artists at Download Festival, Michael has worked for the likes of NBC News, the Irish President and top sports stars — developing a reputation as one of the best in the industry.

Michael and his partner Darryl, a lifelong Liverpool fan, opened Michael Franks salon on The Strand in Liverpool in 2017 and have consistently been one of the highest rated salons in the region. Michael Franks salon has gone on to win many awards such as Best Salon In Merseyside, the Diversity & Inclusion award at the LGBTQ+ Business Awards and others.



LVL: So, firstly how are you and how is life at the salon?

MICHAEL: I am really good thank you, life at the salon is great, nice and busy. We recently had Eurovision right in front of us on the waterfront which has been amazing to see and experience the atmosphere.

LVL: Taking it back to the start, how did you get into hairdressing?

MICHAEL: I started working Saturdays

in a salon back in Essex where I grew up. At 16 straight from school I moved to London and started working and training with TONI&GUY. Hairdressing was always something I wanted to do but always had people trying to put me off doing it so thought I'd give it a go for a year and see what happens! Once I got to see what it was all about I was even more set on it!

LVL: How did you work your way up and progress?

MICHAEL: I started off as a Salon Assistant, working alongside the hairdressers, attending college and training — during the evenings I completed my NVQ qualifications. I worked my way through the salon stylist levels and became a technical (colourist) director and then gained the L'Oreal colour specialist qualification. I then trained to do cutting and styling and I was one of the first to do that in the company as up to then you were only allowed to specialise in one or the other.



LVL: What made you choose Liverpool as the city to open your own salon in?

MICHAEL: It's an amazing city with incredible people and we instantly fell in love with the city from the first time we

visited. The diversity, culture and style of the city was exactly what we wanted to be part of — plus Darryl is a huge Liverpool and Paul McCartney fan!

LVL: How would you compare salon life in Liverpool to down south?

MICHAEL: Liverpool has its own rhythm, I don't think there is anywhere else like it. It's full of amazing, creative, fun and friendly people that are the most welcoming and for me this shines through in everything including salon life.



LVL: Michael Franks has become one of the highest rated salons around — what's the secret to your success?

MICHAEL: Listening, trying our best and having an incredible team that works well together.

LVL: You've won an award for diversity and inclusion — why is that? What do you do that's so special?

MICHAEL: The award we won for diversity and inclusion is something we are very proud of. When creating the salon we wanted to create a space where both the client and stylist felt happy and comfortable to be themselves.

To do this we decided from the start we would have a gender neutral service menu. Hair has no gender, both women and men wear their hair short and long so we price by what we are doing not the gender of the person we are working on.

Having a private area was also important for us. For some it can be religious beliefs, some the over stimulation of the salon environment is uncomfortable and for some they just prefer to have a one on one service.

LVL: What makes a good stylist?

MICHAEL: In my opinion it's all about attitude. You need to love hairdressing, care about what you are doing and be prepared to evolve and learn.

LVL: What's it like having celebs and famous people as clients?

MICHAEL: To be honest just like having any other person as a client. I've been able to meet and work with some amazing people from singers and athletes to presidents. Each have been great and it's so interesting hearing about their lives and what they are doing. I'm just doing my same job just in some exciting locations!



LVL: And finally, what advice do you have for anyone wanting to get into the industry?

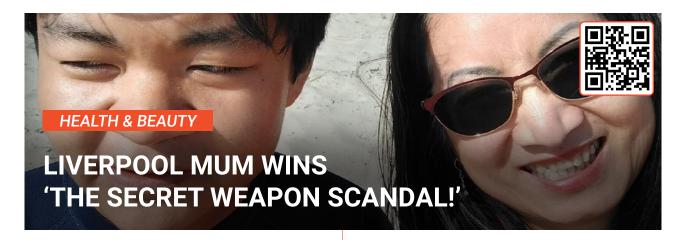
MICHAEL: Do your research, find the salon and brand you believe in and can see yourself aligning with. Take every opportunity you can to watch and assist, it's the best way to learn.

Michael Franks / 33 Strand Street, Liverpool, L1 8LT / 0151 345 6148

To book a treatment visit michaelfrankshair.co.uk or call 0151 345 6148!

Check out Michael Franks on FACEBOOK!

Check out Michael Franks on INSTAGRAM!



A Liverpool mum has won the first legal case of its kind determined by trial in a UK court. Georgina Tang, 60, Founder of Yours Naturally Naturally Yours organic skincare brand, won a ground-breaking case against Kate McIver Skin Limited — succeeding in the claim of 'Reverse Passing Off' after four long years of legal battle.



The outcome was handed down on 20th April 2023 by Judge Hacon in the Intellectual Property Enterprise Court in Manchester. The decision came as a great relief for Ms Tang, who almost had a nervous breakdown over the ongoing legal fight — worried sick about losing her business and home, having spent over £200,000 on legal costs.

Georgina is a well known pioneer of results-driven skincare and haircare products within the beauty industry. She has created many 'miracle' formulas that have had profound results on people through her multi-award winning brand. One of these products was her 'Elixir' antiaging serum that was used by the late Kate McIver when she was having chemotherapy in 2017.

Georgina started creating products for her son, Alessio, when he underwent chemotherapy in 2013. She created "skinkind" hair care to encourage hair growth with great success, as he now has a full head of hair. In addition, she created a shea butter balm which successfully cured his severe psoriasis, so much so that he was discharged from the Dermatology clinic.

Her initial hobby turned into a full time business to fund his 24/7 care and eventually a legacy for him when she is no longer around. Alessio has severe complex medical and educational needs such as Autism, Attention Deficit Disorder, Learning Difficulties, Sensory processing and communication difficulties to name just a few.



Georgina created Elixir aka 'Miracle In A Bottle' in 2015 after having great success with other "skin-kind" products and wanting to create an antiaging formula for her own skin. Due to its profound results in repairing and rejuvenating skin, as well as turning the aging clock back, she supplied to beauticians and retailers across the globe including Kate McIver — who became a 'white label' supplier.

White label arrangement began in 2018, with Ms. McIver using Georgina's product name "Elixir" and later changing it to Secret Weapon. Completely unbeknown to Ms Tang, Ms McIver started to misrepresent that she created Elixir aka Secret Weapon whilst she had chemotherapy — even stating that she made it in her own back room with her very own hands.

Kate McIver Skin terminated their working arrangement with immediate effect towards the end of 2018 — launching Secret Weapon Limited Edition the very next day. Kate McIver's 'Secret Weapon' shot to fame and was championed by influencers and celebrities.

The key marketing angle was that Ms McIver created Elixir aka Secret Weapon after searching for something to help with her skin when she had chemotherapy. As a result, the story was covered by the likes of The Liverpool Echo in the home town of Ms Tang, The Daily Mail, Gaby Roslin on BBC Radio London and Leader Live Newspaper to name a few.



In one newspaper, Ms McIver said: "I have the most incredible husband and him and Lucia have been so supportive from day one, delivering boxes and helping to stick labels on the product — it's been a real family affair."

Georgina explained: "It was extremely hurtful to read my local newspapers publicising Ms McIver who lived in Chester and was utterly devastated to read the untrue story that they were sticking labels on MY products. I know this isn't true because my staff and I did that by hand as our products are handmade!"

Judge Hacon wrote: "While her story of being driven to create a serum to cure her bad skin was presumably attractive from a marketing point of view, it was not true. Ms McIver's statement on 6 June 2018 that she had put her life and soul into researching and creating the 'Kate McIver' serum, can only have been taken as meaning that she had created Elixir serum she was selling. No alternative was suggested."

He continued: "Ms McIver expressed representation was that she was the creator of the Elixir serum. By inevitable implications, she also made the further representation that she was the creator of the Elixir serum sold by anyone else, including Ms Tang. Both the express and the implied representation were false."

Georgina explained: "I originally started making products to help my son when he had chemotherapy. For her to make out like my products were hers and claim that she had created Elixir aka Secret weapon whilst she had chemotherapy was so wrong."

On Malicious falsehood, Judge Hacon wrote: "On the evidence available I have no doubt that Ms McIver knew that her statement was false. Malice is established."

On copyright infringement, Judge Hacon found that use of YNNY wording after the 30 Nov 2018 would be a breach of copyright. Kate McIver Skin has since deleted the offending posts.



Georgina sells her extensive range of "skin-kind" products via her website and white label clients. She said it was like a nightmare, extremely stressful, time consuming and financially draining — but is very pleased that she won the case rightly and justly. The case has since been dubbed 'The Secret Weapon Scandal'.

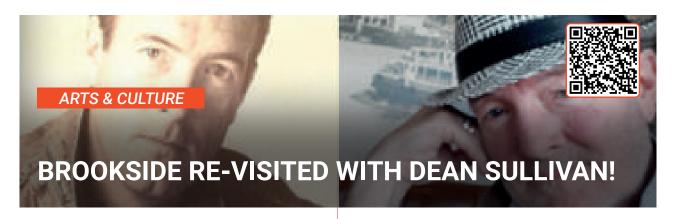
Yours Naturally Naturally Yours by Georgina Tang

For the YNNY online shop or to enquire about becoming a stockist visit ynny.co.uk

together we can make the world a better place. collaboration is key.



la vida liverpool MAGAZINE



In February 2023, just before the legendary Scouse soap opera Brookside was reintroduced after 20 years, La Vida Liverpool scooped an exclusive interview with Dean Sullivan. Beating the national press and national television to the story, we had the pleasure of interviewing Dean on our La Vida Liverpool Live radio show on New Brighton Radio.

The legendary local actor, famed for his role as Jimmy Corkhill in the ground-breaking Liverpool series, opened up about his career and took us behind the scenes of the iconic soap opera that ran from 1982 to 2023. Here's what he had to say....



LVL: Firstly, how are you? I understand you've had a big cancer battle recently. How are you now?

DEAN: Thank you for asking. I'm very well. I was diagnosed with prostate cancer four years ago. You never think you're going to get it. I opted for radiotherapy and hormone therapy and it was caught. Once it was a success I did some publicity and I now put the message out to say if you're a man over 50 go and get checked! It's best to be safe than sorry. If something doesn't feel right get a blood test!

LVL: You've been a resident here in New Brighton for some years now. What do you think about all the regeneration here?

DEAN: I remember when I was a child we'd come over from Liverpool on the ferry and visit the pier and the open air baths. Those were the Halcyon days. When I bought my house here almost 30 years ago the area had fell into decline and there wasn't much going on at all really.

But now, we've got a cinema, a theatre and beautiful restaurants. Then when you move inland and see what's going on in Victoria Road — that is just amazing! It's like the Lark Lane of Wirral with lots of lovely restaurant, bars and places to hang out. It's fantastic for the area, for Wirral and for Liverpool.



LVL: So, big news as Brookside is being re-run for the first time, 20 years after it finished! How do you feel about it?

DEAN: I've always been asked why they finished it, when is it coming back and why don't they repeat it. There have been many campaigns over the years to bring it back. I've always supported those campaigns as the fanbase is so big. Now it's back people can watch it from the first episode on STV Player. It'll be going out to a new generation too and that's really interesting.

LVL: Taking things back to the start, how did you land the role of Jimmy Corkhill, who became one of the most iconic characters in British soap history?

DEAN: I was a teacher and it was never my intention to be a professional actor. I enjoyed acting in my spare time and was in a production of The Importance Of Being Earnest at The Epstein Theatre. After one of the nights I was approached by someone who offered me an 'Equity Card' — something you needed to become an actor those days. I got offered auditions and suddenly I went from Deputy Head to professional actor.

After a few minor roles, I was spotted by Rob Spendlove who played Roger Haversham in Brookside and he encouraged me to apply. I auditioned for the role Terry's girlfriend's brother for two episodes but didn't get the part. I then applied for the role of Billy Corkhill's brother and got it. Many years later, I was at the BAFTAs and one of the Casting Directors told me they rejected me the first time as they were saving me for Jimmy Corkhill!



LVL: Did you envisage your character becoming so big and that you'd win so many awards?

DEAN: Jimmy Corkhill was only meant to feature for a few episodes. He was serving a storyline because his brother Billy was in court. For the first few years he dipped in and out but after 5 years they made him a main character and I did 18 years in the end.

He was made a main character in 1990 and you never think of the future, you just do the job. The exciting thing about soap acting is you never know what the writer is going to come up with next for the character. There were some hard hitting subjects such as drugs and mental health and I had to do lots of research — it really tested me as an actor.

LVL: As an actor, is it a self-fulfilling prophesy when your character blows up so big? Do you become typecast and can your character become bigger than you?

DEAN: Yes, you do get typecast. People still come up to me 20 years later and want a photo with Jimmy Corkhill. But I can't complain — Jimmy Corkhill has been very good to me and I'm very grateful. It never gets annoying but a couple of my friends get a bit tired of it haha! It's great to be remembered. Jimmy was a loveable rogue and people identified with him in some ways as he always bounced back.

LVL: What are your favourite moments from Brookside?

DEAN: There have been so many, there were over 2,000 episodes with Jimmy. He was always involved in something. Myself and Mickey Starke who played Sinbad used to have a lot of fun and there were many times we were ordered off the set as we were laughing so much!



LVL: Do you keep in touch with the other actors since Brookside finished and what have you been doing since?

DEAN: We had a big re-union at The Hilton Hotel that was amazing. I do keep in touch with a few such as Sue Johnston — she's a good friend of mine. Also, Louis Emerick and Michael Starke. We were a tight knit cast.

I've mostly been doing panto, always playing the bad guy for some reason haha! I've had my own radio show on City Talk that was great fun. I have also been a Director of an open air theatre company, pioneering that in Liverpool.

TO LISTEN TO THE FULL RADIO INTERVIEW SCAN THE QR CODE!



Ged Thompson is a one-man literary force, a world-renowned performance poet, storyteller, author, and a true bard of the oral tradition. His titles including 'Middle Earth Magic' & 'Diaries of A Man Who Believes in Angels' have touched the hearts and minds of readers around the globe, daring them to hope, to love, and to be kind – wherever and whenever they can.



RAINDROPS & OCEANS

I think it's probably one of the most 'Dad and Lad' things you can do, taking your little boy to work. I had to go do a small job today so haggled with my youngest son Buddy. "Shall we go earn some money this morning and then go spend that money at the trampoline place?". He accepted my offer. He loves the work van, and its high up driving position. As we were rolling along the motorway, and he was staring out of the window, I was thinking of the few times my Dad took me to work with him. I could never get enough one-on-one time with my Dad, he was always the favourite. He was (and still is) kind and gentle, I was lucky like that. He used to let me sit in the luggage compartment at the front of his Hackney cab sometimes on a Saturday. It smelt of engine oil and cigarettes, at that time, people could smoke in the back of taxis. I didn't like that smell, but then I loved the smell because of where I was when I was smelling it. The gear stick used to shudder when it was in neutral, I'd watch the shaft of the stick vibrate and then see the vibration dampened as it touched his calve. I had to keep my head down (with it probably being illegal for me to be in the luggage compartment and all) therefore I couldn't see much out of the window. I think there was a fire extinguisher next to me. The floor was made up of rubber mats with tiny

square patterns on, but he'd put some old cushions and his big work coat on the floor for me to sit on. I felt like a stowaway, a boy getting to visit the world of men. Like a lilliputian sneaking into a Brobdingnagian world, one with strange cultures that I did not yet understand. I wanted to be tall, tall, tall, as tall as a wall. I wanted to know the world of adults, to see this magical land that my father ventured into so often. I wanted to see the world of men, I wanted to be with my hero on his adventures, and one day be like him.

When Buddy and I got to where we were going, the lady who lived at the house introduced Buddy to her grandchildren and gave him some little packs of haribos for being a good co-worker, and for being polite. He sat in the Living room talking to two little girls. I remembered how one of the best moments of my life was in my dad's taxi. I was supposed to keep guiet when he had fare in (because I was secret stowage) but with me being me, I'd blown my cover and joined in a conversation my Dad was having with a lady who was in the back of the cab. She was laughing because this little voice had come out of nowhere as they were talking, and my Dad apologetically explained that he had to mind me that day. Looking back now she probably thought

it was adorable. I would of anyway, young children carry a certain charm unbeknownst to themselves don't they, they can light up the world and bring unforced smiles to the most bereft of souls. When she was leaving the cab, I saw her hand come through the little hole that the money comes through. I never saw her face; although I think she may have looked down and saw the top of my little head before I looked up. Her hand was wrinkled and had gold rings on it, not like the shiny gold you see today, they looked duller, almost like brass. She said she had a tip for me and handed my dad fifty pence to pass to me. I couldn't believe the kindness of this mystery benefactor, I felt I'd just met the hand of the Queen of philanthropy. I remember that, at that time, the standard amount of money gifted for sweets was ten pence at the very most! I was feeling absolutely loaded by six-yearold in the eighties standards. Shit, I probably thought that I may just go out and adopt a little orphan or something now I'd made my fortune, to give a little back to the poor kids who still had nothing. I thought I was Daddy Warbucks rich. I still remember that fifty pence. I guess I won it by being cute and polite, as little kids do, and wholly deserve to do.

On the way back from our job today, driving on the motorway, I watched the rain, and thought how an infinity of infinitesimal drops of rain fall to create oceans, and I guess it's like that with fathers and sons also. I thought how I used to be a raindrop and now I'm the ocean, Buds will be an ocean too one day, and then I'll leave this world behind and go to be a cloud. Leaving room so he can take his own raindrops to work one day hopefully, and maybe he'll remember the woman in St Helens who past him haribos, in the same way I remember that fifty pence, and how kind my Dad was on our adventures. It's the way of this world perhaps, we're all just raindrops and oceans maybe.

Ged Thompson



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POETS' CORNER

The Liverpool region isn't short of wordsmiths and in this section we bring you a poem from one of our region's greatest wordsmiths. From the poignant and profound to the silly and surreal, here you'll find poetry at its finest...

The City At Night

As afternoon shopping draws to a close and families fly back to their nests
The animals arrive to storm the city and murder soon manifests.
The nine to five ants have finished their shifts and it's time for
Friday night lights, As dusk descends on the concrete jungle in this
Egosystem there are sure to be fights.

The hustle and bustle begins at the bars, it's feeding time at the zoo, Boisterous baboons beat on their chests as gallant gazelles so graciously woo. Wild cats go out on the prowl, powerful lions parade their pride, The leader of the pack commands his presence whilst the cheetahs have something to hide.

And in the streets hyenas howl, dogs urinate on the walls, The weaker one at the back of the pack slowly staggers then stumbles and falls. Rats scurry down the back alleys, opportunists delve through the trash, Rushing rhinos in the roads charge through cars to withdraw some more cash.

Gorillas guard the doors as they queue up two by two, Whilst cheeky monkeys already inside are causing chaos in the loo. Inside the club there are tribal noises and pounding of the drums, Macho males make mating calls whilst the females flaunt their bums.

Dashing does in distress walk with hooves in hand, The smell of sex is in the air and on their bodies so exotically tanned. Pheromones and hormones hypnotise the dominant males, Baying for blood and in a trance they roam with pointed tails.

So if you go down to the city tonight you're sure of a big surprise. If you go down to the city tonight you'd better go in disguise. If you go drinking in the city you might just get a fright.

Oh what a wild place! The crazy City At Night.

JUSTIN HOPPER - lavidaliverpool.co.uk

To submit a poem email lavidaliverpool@gmail.com



Where do I begin with Zoe? Funny, kind, gorgeous to look at but with a love life that had stalled after her last relationship ended. There was nothing I didn't like about her.

Her career was going well, she's a very talented tattoo artist, tall, slim and good looking with a fantastic sense of humour and a wicked laugh. But she was single and felt ready to move on with another relationship. At the time of her reading there were no obvious candidates showing immediately in her cards.

Zoe came to see me in the summer of 2022 and her cards showed slow progression on the romance front until the winter period. A little disheartened but unable to argue with the other information in her reading, Zoe left with the promise of updates if/when they happened.

Apparently I'd said he should be here before the close of 2023 and he would be here for New Year but this man is ambitious and funny, very charismatic and engaging -- it's his sense of humour that shines.

Christmas came and went with Zoe now convinced nobody was coming forward anytime soon. Then the day before New Year's Eve a man came in to Zoe's work for a tattoo. They hit it off straight away and during the course of the inking he cheekily convinced her to surrender her number for a date for the following day.

With the other tattooists earwigging in, aware of Zoe's Tarot reading and the impending 'date' for the following evening, Zoe asked him what he did for a living. "I'm a professional comedian" he replied, a rather successful stand up comedian who in my opinion as I read for Zoe again this spring is going places.

They went on that date New Year's Eve and they are still a couple now. Sometimes you just have to let things unfold at their own pace and let them happen as they should.

Until next time, much love Anna x



Tarot by Anna Tel: 07516646552



once we start focusing on the positive things and working together to fix the problems, we can then bring about change.



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With the cost of living and the cost of goods at a premium, there are many reasons why furniture restoration and upcycling is a bright idea — restoring old furniture saves money, can be a great hobby or business and is good for the environment. One local woman is on a mission to spread the word....



Lindsay Hudson is the owner of The Vintage Interior Fairy — a furniture restoration, antiques and coffee shop on Seabank Road in New Brighton. After getting the upcycling bug some years ago, she now hosts workshops to help others learn the art of furniture restoration — as well as offering full restoration services and selling 'saved' furniture and antiques from her shop.



Lindsay is one of the only local stockists of 'Frenchic' — the specialist furniture paint that can turn unwanted scrap into amazing works of art. The Vintage Interior Fairy

offers fun workshops where people can bring an old piece of furniture and learn how to restore it (cost just £65, Frenchic paint and materials supplied).

Lindsay's workshops have become more and more popular, with many people turning to upcycling both as a hobby and as a primary or secondary business. She also offers a full restoration service, where she can restore an entire kitchen or a house exterior, for example, and save people thousands of pounds in the process.



Lindsay explained: "My grandfather was an upholsterer and my father was into antiques so even as a child I was fascinated by how furniture and how it can be saved. I moved to London in my 20s and after restoring a Victorian bamboo shelf I found in a skip, I was officially hooked!"

She continued: "I've lost count of how many pieces of furniture I've saved over the years but it's so satisfying! The whole process is a form of mindfulness and great for mental health — it's so good on so many levels! It's a fab hobby but you can both save money and make money by doing it, whilst also saving furniture from landfill. It really is a no-brainer!"

Lindsay's furniture restoration masterclasses run on Sundays at Vale House in Vale Park, New Brighton, and the feedback has been amazing — with some saying it has changed their lives. Some have found a new hobby and passion, some have found it great for their mental health, whilst some have forged a new business from it.



Amanda said: "Spent a lovely couple of hours learning crackle and decoupage with like minded people. Very relaxed, informative and oddly therapeutic! Lindsay was so knowledgeable and lovely, will definitely be signing up to more classes in the near future. Highly recommended!"

Carla said: "Went on a furniture painting course with Lyndsay. Absolute fantastic day. Lyndsay is so knowledgeable and her love for upscaling is inspirational. Before the course I never would of had the nerve to try painting anything. Now you can't get a paint brush out my hand. Thanks so much Lyndsay!"



Things such as Covid and lockdowns, the cost of living and furniture prices have seen more and more people take up furniture restoration as a hobby or business. For those who want to leave it to the expert, Lindsay's business of restoring other people's furniture has also got more and more popular.

Mieke said: "We asked for our furniture to be sprayed a light grey colour to make it look more modern for our little boy's bedroom! Lindsay was so helpful helping us choose the right colour – Frenchic Swanky Pants. Incredibly happy and has transformed our furniture! THANK YOU!"

The Vintage Interior Fairy has countless 5 star reviews from people who have been on the masterclasses, used Lindsay for the restoration services, bought furniture or simply popped in for a coffee. A gem on Seabank Road, The Vintage Interior Fairy is an Aladdin's cave of all things vintage and chic.



Lindsay summarised: "Most people don't know I'm here and certainly lots of people don't consider furniture restoration. More and more people are getting into it though and it really is a no-brainer — you can save thousands of pounds and make thousands of pounds, whilst it's great for mental health and the environment."

The Vintage Interior Fairy is located at 124 Seabank Road, New Brighton, and is open Monday, Tuesday, Thursday, Friday and Saturday. The shop offers coffee, antique furniture for sale, a restoration service and furniture restoration workshops on Sundays.

The Vintage Interior Fairy / 124 Seabank Road, New Brighton, CH45 1HG

To book a workshop (just £65) or enquire about the restoration service call Lindsay on 07939 536 638!

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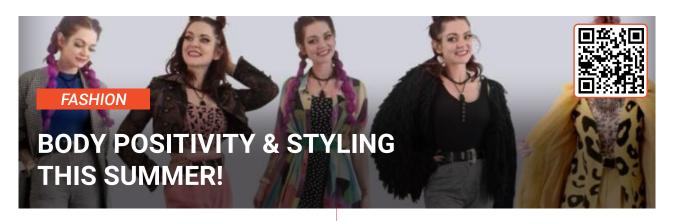


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la vida iverpool MAGAZINE



Hey! I'm Claire Welch-Beasley — owner of Wardrobe Warriors and a Style Coach (TM) who helps women find their style and become fearlessly authentic! You may have seen my story covered by the likes of The Wirral Globe, The Liverpool Echo, Cheshire Live, Pick Me Up Magazine and in newspapers throughout the UK.



I have borderline personality disorder and ADHD. I was bullied for being and dressing 'different' as a teenager and got in abusive relationships — leading to me hitting rock bottom and attempting suicide on a few occasions. It's fair to say things got pretty bad.

Fortunately, I managed to turn things around and am now trained in Reiki, NLP and Crystal Therapy, as well as being a Style Coach (TM). I help women re-discover themselves, reclaim their power and own their true, authentic style and here I bring you my latest feature for the Fashion section of La Vida Liverpool about body positivity and styling this summer....

Summer is finally here, it's sunny, hot and one of my favourite seasons to style! But when the sunshine comes out, so does the summer clothing and baring your skin. This can bring a lot of body confidence issues to the surface and can leave you feeling uncomfortable and unconfident in what you wear.

You've probably heard yourself say things like: 'I'm too fat to wear that' or 'Those would never look good on me' or' I'm not confident to wear that', 'My thighs are too chunky' or "I hate my large arms' or 'I hate the way I look'.



Notice how most of this negative self-talk is based purely on appearance and are all just thoughts than run through your mind. Yes that's right, they are just thoughts, negative thoughts that do not serve you. They are not facts. The good news is, thoughts can be changed. You are so much more than your appearance.

As we go through life, we are constantly changing and evolving. And so are our bodies! The body shape that you had when you were young, that changed through puberty. That body shape you had when you were a teenager, that grew and changed. Again in your 20's and your 30's. Some go through pregnancy – that changes your body shape Some of us go to the gym, or stop the gym – that changes your body shape. Stress and illness can change your shape. Medication can change your shape.

MY POINT IS, your body shape is constantly changing. Constantly evolving. And this is an important time, where you need to start loving yourself, as you evolve and grow. Go with the changes and embrace the latest version of yourself! Body POSITIVITY

doesn't come from trying to achieve the perfect body. It comes from embracing THE ONE YOU HAVE. Right now.

Here are my favourite items for styling this summer:

1. A flowing, loose dress or co-ord in breathable fabrics such as cotton, linen or chiffon. This green two piece is one of my favourites. It feels amazing in the breeze! The Tiara is not optional.



2. A pair of wide leg trousers with a cropped top and sunnies – These yellow trousers do well in keeping me cool and the hot sun off my skin – If you burn easily, a top tip would be to wear a lightweight shirt over your cropped top, to keep your arms covered from the heat!



3. Ditch the black/dark colours – it attracts the heat! Embrace summer pastels or vivid colours this season – It'll make you feel happier too!



And finally, don't forget to wear sunscreen!

P.S LET ME TELL YOU A SECRET...The things that have always made you feel different, actually make you unique and it's your uniqueness that makes you shine brightly, like the awesome human being you are!

Love, Light & Magic Claire W-B xoxox

Wardrobe Warriors / Woodside Business Park, Birkenhead

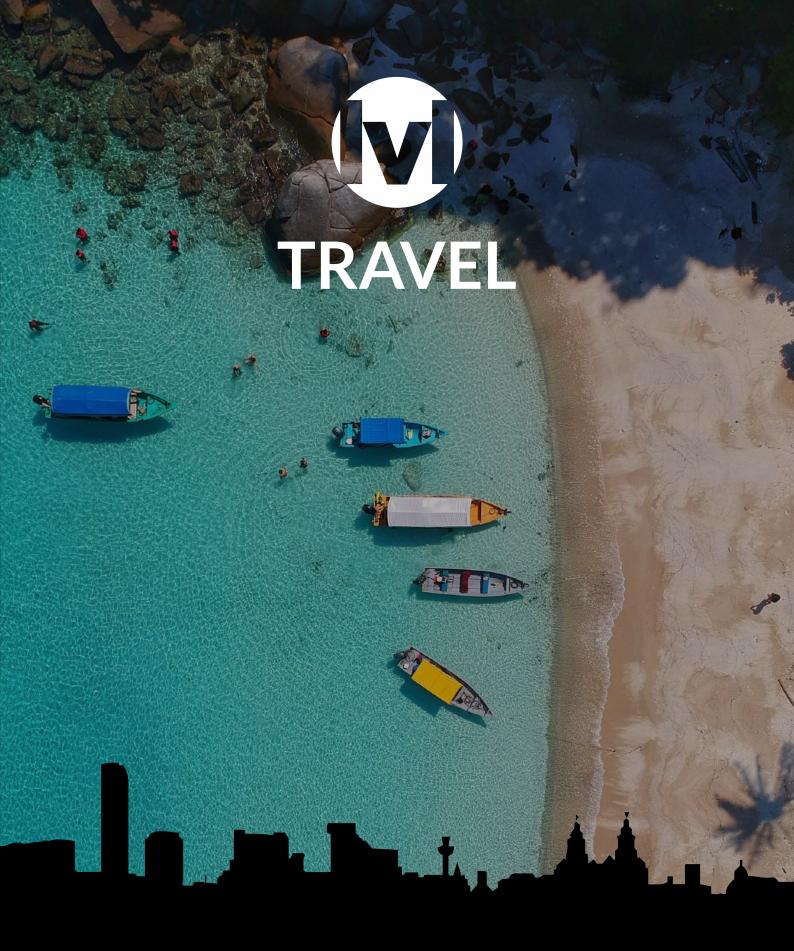
Check out the Wardrobe Warriors website at www.wardrobewarriors.co.uk

For a free consultation session with Claire visit wardrobewarriors.co.uk or email claire@wardrobewarriors.co.uk

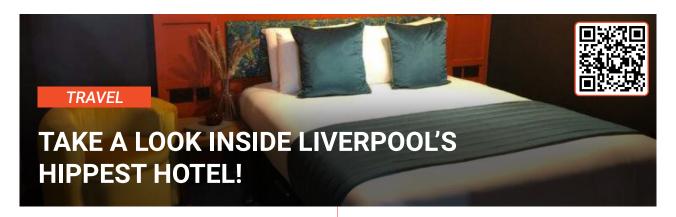
Check out the Wardrobe Warriors group on FACEBOOK!

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be a good human being and give it your all every single day, one day at a time, you'll get there my friend.



a vida liverpool MAGAZINE



In this feature we check out Liverpool's hippest hotel — The Baltic Hotel! The only hotel in The Baltic Triangle, it's where punk art meets urban chic— with a retro music theme, 52 stylish rooms, 2 quirky events spaces, regular events, a pub serving top notch Sunday roasts and a cool lounge area offering boss brekkies and brunches.

The Events Spaces

If you're looking for a super cool event space in Liverpool, The Baltic Hotel has two quirky venues within it — The Parlour and The Attic. Immersed in the industrial backdrop of an old gun factory and built over three levels, the spaces are designed to work with guests to create perfect, bespoke events — from weddings to private parties to events and festivals.



The Parlour is an industrial-chic gallery venue set over two levels with a capacity of 200 across the Mezzanine and Ground Floor — bringing a stylish retro vibe to your event. Meanwhile, The Attic is a 150 capacity space that offers a rustic, red brick setting with wooden beams that that perfectly encapsulates Industrial Liverpool. Whichever space you choose, you'll have your own personal party planner!



The Rooms

All 52 rooms at The Baltic Hotel have a retro music theme — all individually styled with sumptuous decor and quirky features such as Marshall speaker fridges full of goodies, vinyl players and Mugler toiletries. You can book a super cool room for as little as £50 in the week and the hotel is perfectly situated for all that Liverpool's party district has to offer.



The Duck & Swagger



A traditional pub with a retro jukebox, The Duck & Swagger is the hotel's vintage pub — showing all the sport and hosting regular live events such as live music, DJs, open mics, quiz nights and monthly comedy shows. A proper pub, The Duck & Swagger is something The Baltic Triangle has been craving and a perfect starting point for your Baltic night out!

Food Glorious Food!



As well as having top notch Sunday roasts, The Baltic Hotel serves the best brekkies, brunches, lunches and more in The Baltic Triangle! From Full English and Eggs Benedict to belter burgers and steak — they got you covered in their chilled out dining area and of course, The Duck & Swagger!

Why we love The Baltic Hotel....

With so many hotels adopting the standard clinical feel, The Baltic Hotel brings a super cool retro vibe to The Baltic Triangle — oozing with character and personality. Without doubt the place to stay in Liverpool, it brings something different to the area — especially if you're looking to host a very special event!

The Baltic Hotel / 16-18 Jamaica Street, The Baltic Triangle, Liverpool, L1 0AF / 0151 218 7230

To enquire about hosting a boss event visit thebaltichotelliverpool.com or call 0151 218 7230!

Check out their retro rooms on the website!

For what's on visit thebaltichotelliverpool.com/whats-on/

Check out the food visit thebaltichotelliverpool.com/dining-at-the-baltic-hotel/



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Thank you for choosing positive news



Hello and welcome to the Travel section of La Vida Liverpool magazine, where we capture your imagination and invigorate your senses by taking you away to some of the most beautiful places this world has to offer! In this feature we explore two of Canada's gems — the city of Vancouver and the mountain town of Whistler.



A thriving, multi-cultural metropolis, Vancouver is a beautiful coastal city surrounded by nature. Few cities can boast a rainforest within a park, gorgeous beaches, snow-topped mountains and such diversity. Meanwhile, just two hours' drive away, the picturesque mountain town of Whistler is a playground of winter sports — nestled in the great Canadian wilderness.

When I arrived on the Wednesday evening, my first impression was how clean the city is. I had decided to stay at the Best Western Plus Sands, situated on English Bay at the bottom of Davie Street, by the beach and on the edge of Stanley Park. Given how expensive Vancouver is, the hotel offered fantastic value for money, an ideal location and a balcony room with great views out to sea. As I soon discovered, the hotel is also perfectly situated for lots of great places to eat and drink.



Naturally, the first thing I did after dropping my suitcase off was head straight out for a drink! The Bayside Lounge, a couple of doors down from the hotel, is a really cool hotspot and it wasn't long before I got talking to people and met new friends there — an early taste of Vancouver's wonderful hospitality. After just a few hours, I already felt as though I'd come 'home'.



On my first day in Vancouver it rained, as it turned out to do so 95% of the time I was there. One person I met there told me it gets pretty rainy and gloomy throughout winter until around May — when it's as if someone turns a switch on and a beautiful long warm summer unfolds. Despite the rain, and what turned out to be almost constant rain during my stay, I set about exploring the city.



My first day consisted of a rain-soaked amble through Stanley Park, a 405-hectare public park that's almost its own island — surrounded by the waters of Burrard Inlet and English Bay and containing lakes, trees and wildlife. One thing I came to realise is that, although cannabis is a way of life in Vancouver, smoking cigarettes is much frowned upon — and not allowed in public parks — as a passing jogger sternly highlighted.



I soon discovered that Vancouverites are fiercely passionate about their city — testament to this is how clean the place is kept. Following my walk through the immaculately clean Stanley Park, I enjoyed a salmon burger and a pint at Lift — one of the stylish venues situated at the marina. As I watched the seaplanes fly in with a stunning mountain backdrop behind them, the barman spoke to me avidly about skiing and snowboarding.



Indeed, the Canadians are obsessed with skiing, snowboarding and ice hockey (sorry, hockey) and this became more and more apparent during my visit. After walking for hours, I finally arrived at my intended destination of Vancouver Lookout Tower right on the edge of Gastown — where I enjoyed incredible views of the city and all its various districts.



After a few cocktails in the revolving restaurant there, I randomly decided to head to Robson Arena to go and see an ice hockey match (sorry, hockey game). This is the beauty of travelling solo — being able to do impromptu things on a whim. My knowledge of hockey was limited to The Mighty Ducks and Wayne Gretsky but I soon got up to speed, as I met new friends at the game who explained everything to me.



Vancouver Canucks were playing rivals Calgary Flames and what an experience it was! Hockey games are real carnival affairs, with live music, DJs, competitions and prizes for fans in between play and of course, lots of aggression on the ice! I couldn't help wondering what 'soccer' would be like back home with opposing fans sat beside each other with beers and big competitions for fans to win prizes during breaks in play.

It turned out I was a lucky charm for Canucks fans, as they defeated Calgary 3-0. I befriended Calgary fans Ryan and Katelynn and also another couple so following the game we hitched one of their limousine taxis and went on an epic journey around the city.

The following day, I enjoyed a big bike ride around the sea walls of Stanley Park (the rental bikes are really decent) and checked out the Totem Poles during the cycle. One thing I noticed is how organised their parks are — with walking and cycling lanes, they are far less chaotic than ours, and again far cleaner!



Following my bicycle adventure I met up with my friend Marie-Claire who, like so many Brits I met out there, decided to live out there due to the amazing lifestyle (albeit a super expensive place to live). We enjoyed a walk along English Bay and a boat trip to Granville Island — home to the famous public market, where we enjoyed the finest Thai food imaginable. When it comes to food and drink, in Vancouver you are truly spoilt for choice.



I mentioned how cannabis is not only legal but a way of life in Vancouver so in true 'when in Vancouver' style, I suggested we pay one of the 'coffee shops' a visit. New Amsterdam Cafe is one of their legendary establishments and let me warn you now — Vancouver cannabis is the strongest imaginable! After going completely white and laughing hysterically and things that were surely only funny to us, we took a long stoned walk back to English Bay and devoured desserts at the super cool Cactus Club Cafe.



The following morning I decided to visit Vancouver Art Gallery and was amazed at the fascinating exhibitions on display — one of them being cool modern art from Robert Davidson (bizarrely I ended up meeting his nephew Walter at a pool hall, read on for this).



The exhibition that touched me the most was that of Alanis Obomsawin — a Native campaigner, singer and filmmaker of almost 90 years of age who has been tirelessly fighting for the rights of her people for decades. Her Native music was beautiful and powerful, whilst the stories of how she and her people have been mistreated and sent to 'residential schools' as children was both harrowing and tragic. A very humbling education indeed.



Following the art gallery I was looking for somewhere nice to eat, preferably to try some of Vancouver's famous seafood, and divinely stumbled across an attractive building that turned out to be one of the city's most legendary institutions. Joe Fortes is a cool 80s style seafood restaurant with an incredible reputation so I went all out — sampling oysters, seasonal halibut and fine wine (when in Vancouver, hey).



Being an avid pool player, the next day I decided to seek out a local pool hall and had the absolute pleasure of discovering Sneaky Pete's — an East Hastings pool bar owned by UK pro Steve Folan. It was there that I met local tournament organiser Justin Li, Sneaky Pete's GM Gareth Jones and the wonderful local pool community. One thing I love about pool is how it's universal and brings people from different backgrounds together and it certainly did just that on this trip.



I spent many hours at this super cool hangout, making fantastic new friends in the process, and of course playing a couple of money games (once again, 'when in Vancouver'). I decided to return to Sneaky Pete's the following Sunday for the tournament and after a thoroughly good time there I checked out Vancouver's thriving comedy scene — something else the city is famous for.



My choice that evening was Holy Chow comedy club and what a hilarious night of entertainment it was, as organiser Sahib Singh Rana and a host of local talent had the audience in fits of laughter throughout the show!



The next day I checked out of Best Western Plus Sands and only JUST made the Sky Lynx bus to Whistler by the skin of my teeth.

If you're taking the Sky Lynx bus from Vancouver to Whistler, I recommend sitting on the left hand side — where you'll witness breathtaking views of mountains and lakes throughout the journey north. After two hours of captivating beauty I arrived in Whistler and checked into the Adara Hotel, where I was welcomed by the friendly young receptionist, Rhys, who kindly upgraded me to a large mountain view suite.



Without hesitation I headed out to a local venue, Black's Pub, that boasts striking views of the mountains and slopes. My first impressions of Whistler? A magical fairytale-like mountain town, a picturesque playground full of wonder and delight! As I always do, I got chatting to locals, and was told that in Whistler all you do is either work, ski, snowboard or party — seeing as I wasn't working in a venue, skiing or snowboarding, the next few days looked ominous.



I met some more fantastic new friends during my few days in Whistler. During my stay it was the Skiing and Snowboarding Festival so the town was full of winter sports enthusiasts — of which there were so many and mostly Canadians and Aussies.



Whistler is one of the best destinations in the world for skiing and snowboarding, hence the Winter Olympics being held there in 2010, and it seemed to perplex people when I told them I wasn't there for either. I guess it's like somebody visiting Glastonbury during the festival yet not having an interest in music (well, it's not that I don't like skiing or snowboarding — I just didn't fancy the idea of writing this from a Canadian hospital bed).



Although I didn't take part in the activities on the slopes, I did enjoy a massage at one of the spas there and took the gondola to the top of Whistler Mountain and across to Blackomb Mountain. I visited some cracking restaurants — notably Nagomi Sushi, where I met my friend Kayla's cousin Alison and also Laura, two fellow Brits who worked there and, like many, also fell in love with this part of the world and emigrated.



On one of the days during my visit, I enjoyed a beautiful walk to Creekside — where I had wings and pints with Alison, Laura and the girls. It was so great to meet them and they told me many tales from the slopes including stories of several concussions and injuries — thank God I opted out of skiing and snowboarding, as I would have definitely done myself a mischief given the amount I drank during my time there.



Whistler was truly awe-inspiring and on my final day there I did the Train Wreck hike — venturing out into the woods to discover the abandoned trains that had derailed nearby years ago, only to be now covered in graffiti. The answer to the question you'll all be asking — no, I didn't see any bears unfortunately.



Back in Vancouver on the Friday evening, I decided to visit the Vancouver Lookout Tower's revolving restaurant again — this time to take in the city at night. It was there that I met a fantastic South African guy named Kobus Van Wyke, who had been living in Vancouver with his family for many years.



On the Saturday night I enjoyed food and drinks at Park Pub, the awesome venue in between the hotel and the Bayside Lounge, and this is where I met my 'buddy' (see, I'm already speaking Canadian) Johnny Wettlaufer.



Johnny and I decided to visit Sneaky Pete's pool bar the next day for the pool tournament. The standard of play was on point, as were the people, and one of the entrants was BCA Hall Of Famer Stan Tourangeau.



One of the great guys competing was Walter Davidson, who it transpired was the nephew of Robert Davidson, whose art exhibition I went to see the previous week.

It was a pleasure to become acquainted with Sneaky Pete's owner Steve Folan, a top pro player himself, and he kindly agreed to take me on a big hike up Grouse Mountain the next day. Yet another Brit who fell in love with Western Canada and moved there, Steve explained the 'Grouse Grind' to me — an epic two hour hike up Vancouver's huge snow-topped mountain.

After the pool tournament, Johnny and I visited the Princeton dive pub. Entering The Princeton was like entering the kind of Wild West bars you see in movies — with a pool table, live music, interesting characters, random decor and a slightly edgy atmosphere.

Before heading back to the UK, I had one more epic adventure to complete. Sneaky Pete's owner Steve Folan picked me up from my hotel for a Monday morning adventure up Grouse Mountain — the commanding landmark to the north that looks down on the city with intimidating grandeur. Summoning our inner Sir Ranulph Fiennes, we finally reached the summit of Grouse Mountain and basked in our sense of accomplishment over a couple of pints.



The hike up Grouse Mountain was indeed a fitting end to my time in British Columbia — completing that mission was akin to fulfilling my dream of visiting this part of the world. I always find that visiting somewhere completely different gives you a fresh, helicopter view perspective of your life back home and standing at the top of the mountain looking down on Vancouver hit those exact same notes for me.

Steve's generosity in doing this really was the epitome of my time in Vancouver and Whistler — the warm hospitality and friendships I experienced will stay with me for life.

THANK YOU Vancouver and Whistler for all that you provided and THANK YOU to all the amazing people I met along the way. We are all part of the rich tapestries of each others' journeys and by cultivating these wonderful relationships with each other along the way, we are contributing towards making the world a better place.

In summary, I'd like to encourage anyone reading this to do whatever it takes to fulfil your dreams. That thing you want to do, that place you want to visit — DO IT, whatever it takes. Whether you have to save for years, sacrifice or take out a loan, do what your soul cries out for — you won't regret it!

Until the next time guys! Peace and love x

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In a backstreet Birkenhead industrial unit a mini revolution is taking place. Located at Price Street Business Centre, Team Kilbride's Muay Thai Kickboxing club is improving the mental and physical wellbeing of children — with some going on to become national and world champions.



Team Kilbride is an inclusive martial arts gym that teaches children discipline, respect and ethics — getting them off the streets and into the gym, whilst getting them fighting fit at the same time. From children with additional needs to children with behavioural problems, Team Kilbride has transformed the lives of countless children.

Team Kilbride was formed in 2007 by highly decorated boxer, kick boxer and Thai kick boxer, Karl Kilbride. The club offers both adults and children from 5 years old of all sizes, gender and abilities a range of classes including Muay Thai, Thai Boxing, circuits and personal 1-2-1 training sessions. The results have been profound, leading to some heartfelt feedback and producing over 50 champions.

In the last year alone, 9-year-old Thai became a European and World Champion, with Jerome and Jake winning World Titles and Alex and Ryan winning British Titles. Yet, despite the overwhelming success, Team Kilbride Founder, Karl Kilbride, emphasises the fact that child development is the most important thing.



Karl said: "The child mental health crisis is very real and many children are suffering mentally, whilst also not getting enough exercise. The aim of Team Kilbride is to instil hard work, discipline, respect and good morals into kids whilst keeping them fit and healthy. We also have a policy of inclusion where children with disabilities and additional needs participate in the same classes as the other kids."



The approach of inclusion has had powerful results, as the method has seen more able children learn how to be compassionate and assist those with disabilities and additional needs. In turn, the children with additional needs have become empowered and more confident.

One parent said: "My boy who is 6 years old has frontal lobe brain damage. I mentioned this to Karl and he said it was no problem and to bring him down for a free week trial. What can I say? He treats him equal, helps and instructs diligently. The other kids all love it in the class and are very team spirited and there for each other."

This child is just one of the countless success stories that have come out of Team Kilbride over the past 17 years. From children with additional needs who have achieved the impossible to children who have become world champions against all odds, Team Kilbride has been transforming the lives of children and giving them the tools to become the best they can be.



Karl summarized: "I had a really tough childhood and have had a difficult life with some particularly tragic deaths. This has resulted in my mental health suffering quite badly. However, through self-development and sport I've been able to fight my demons and turn things around. I want to pass these lessons on to kids and show them that despite hardships you can achieve anything."

He continued: "If you think you're beaten, you are. If you'd like to win, but think you can't, you won't. If you doubt once, you've lost. If you think you're out-classed, you will be. You've got to think high and rise, you've got be sure of yourself before you can win a prize. Life's battles don't always go to the stronger or faster man, but sooner or later the man who wins is the one who thinks he can!"



Team Kilbride is located at Price Street Business Centre in Birkenhead and offers both adults and children from 5 years old of all sizes, gender and abilities a range of classes including Muay Thai, Thai Boxing, circuits and personal 1-2-1 training sessions. The club offers a free week trial and members receive a free t-shirt upon signing up.

Team Kilbride / Unit 22, Price Street Business Centre, Price Street, Birkenhead, Wirral, CH41 4JQ

FOR A FREE WEEK TRIAL CONTACT KARL ON 07704955325!

Check out the Team Kilbride website at www.teamkilbride.mymawebsite.com

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