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A WALK THROUGH CALDERSTONES PARK
10-YEAR ANNIVERSARY FOR THE ITALIAN FISH CLUB

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The publisher cannot accept responsibility for the views expressed by contributors to this issue of My Planet Liverpool or for the accuracy of claims made by advertisements appearing in this edition.
Chinese Wellbeing Liverpool
Fundraiser 2019

Chinese Wellbeing continued the celebrations of Chinese New Year of the Pig when holding its annual fundraiser at The Angel Restaurant in Hanover Street on Friday 22nd February. The night was, as usual, a roaring success and Colin Ling, CEO of Chinese Wellbeing, said “It was a wonderful and very enjoyable night and I would like to thank all of our supporters and sponsors who made it all possible thanks to their kindness and generosity. The money we have raised through the night’s auctions and raffle prizes will help us to continue our work in providing important dementia services to the local community.”

Chinese Wellbeing Liverpool
Fundraiser 2019

The evening’s celebration opened with the melodious ‘Sing Me Merseyside Choir’, led by the charismatic Billy Hui, treating the guests to a medley of pop songs and finishing in great style with a song performed in Chinese that wished everyone a Happy New Year. This was followed by a traditional Lion dance, brilliantly executed by the ‘Liverpool Chinese Martial Arts School’. The guests then settled to enjoy a sumptuous ten-course banquet of authentic Chinese food. Following this feast, the entertainment kicked in, with the fabulous voice of Steve Macfarlane getting the guests in sing-along mood before the evening finished with a great set from the very talented Michael Anthony, who had everyone dancing to a fantastic selection of songs.

More pictures of the fundraising evening can be found overleaf.

Pictures courtesy of Ray Farley

Chinese Wellbeing
Principal Office: Staten Court • TradeWind Square • East Village • Duke Street • Liverpool L1 5BG
Tel: 0151 709 2643 • email: info@chinesewellbeing.co.uk
www.chinesewellbeing.co.uk
Tell Serve Give

The Archbishop of York, the Rt Revd and Rt Hon Dr John Sentamu, visited the Diocese of Liverpool in early March to support a series of events named as ‘Tell Serve Give’. During his visit, Archbishop Sentamu supported events that took place at a variety of venues across Merseyside. Two of these events featured visits to the Church of Our Lady and Saint Nicholas, the Anglican Parish of Liverpool on our city’s waterfront.

On 6th March, the Rector of Liverpool, The Revd Canon Dr Crispin Pailing, welcomed the Archbishop to the church, where he presided at a lunchtime Sung Eucharist. The service was attended by the Catholic Archbishop of Liverpool, the Bishops of Liverpool and Warrington, and the Chair of the Methodist District.

On the morning of Friday 8 March the church also hosted an invitation only Business Breakfast at which the Archbishop of York spoke on the subject of Leadership. This event took place at the Western Approaches Museum on city centre Rumford Street, the management of which had kindly invited the church to hold the event there due to the amount of space required.

My Planet Liverpool was kindly invited to join the audience, comprising of many of the city’s leading business people, to hear the Archbishop talk about the kind of qualities that made for a healthy and good standard of leadership. The guests were welcomed by Emma Stringfellow, Director Big Heritage and The Revd Canon Dr Crispin Pailing, who introduced the Archbishop of York to the eagerly awaiting audience. The Archbishop gave a talk that was very interesting indeed and which was laced with humour, making for a very entertaining and informative hour, which was received well by everyone in attendance.

The Archbishop is a Fellow of the Royal Society of Arts. His interests include music, cooking, reading, athletics, rugby and football. He is married to Margaret, and they have two grown-up children, Grace and Geoffrey and two grown-up foster children. He was elected as Archbishop of York on the 21st July 2005 and confirmed as the 97th Archbishop of York on 5th October 2005 in St Mary-le-Bow, London. He was inaugurated on 30th November 2005 in York Minster and will retire from his post as Archbishop of York on 7th June 2020.

Footnote: It was Dr Sentamu who ordained the Rector of Liverpool, Revd Canon Doctor Crispin Pailing, who has been Rector since 2014, and he also ordained Revd Crispin’s wife Rowena.
**New Exhibition at dot-art Gallery**

The Female Gaze: Women Depicting Women running until 4th May 2019

Launched on International Women’s Day, Friday 8th March, the new exhibition at dot-art showcases the work of three women artists, Liz Jeary, Mia Cathcart and Rebecca Atherton. Each artist depicts women in their work, capturing and exploring identity and the complex representations of women in art through diverse art forms.

Navigating the historical phenomenon of the male gaze, the three participating artists subvert the portrayal of women in art. According to the National Museum of Women in the Arts, 51% of visual artists are women; however as artists the Guerrilla Girls famously stated in their art work, “Women Have To Be Naked To Get Into The Met”, in the Modern Art section of a Museum like the Metropolitan in New York, less than 5% of the artists exhibited were women, but 85% of the nudes are female. By removing the female body from the picture and concentrating on the face, we are forced to consider a new dialogue and fresh perspective of women as subjects.

Using brush, embroidery and photography, this collection of work positions women as the overlookers in each piece to enable expression, energy and thought to act as the key narrative throughout the exhibition.

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**MIA CATHCART**
Mia paints from her studio space in The Royal Standard, Liverpool. Employing a bold aesthetic in her portraits, Mia’s art purposefully plays between true representation and the abstract. By doing this, each piece experiments with the paradox of familiarity and anonymity, offering the viewer a decision to empathise a recognisable “other” or to invent a character from strong, gestural brush strokes.

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**REBECCA AHERTON**
Rebecca’s acrylic paintings present a magical and theatrical landscape. The women in each piece are often hybrids of human and mythological birds; juxtaposing the more traditional, nurturing role of women in nature with fantastical adaptations which alter our ability to view the subject as female.

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**LIZ JEARY**
Liz reimagines photographs by applying colourful hand-stitch. Her photographic embroidery experiments sometimes sees the lens turning on herself, experimenting with the representations of femininity using stitch to extend the emotional narrative of each portrait.

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**OUTSIDE OF YOUR WORKING HOURS**

**WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?**

Being a Liverpool girl, the River Mersey flows in my veins, and it is therefore only natural that one of my favourite pastimes is sailing. I am a member of Liverpool Yacht Club and in 2007 I raced across the Atlantic in a crew of six in a 60’ boat. I am also an active Rotarian and Past President of the Rotary Club of the City of Liverpool. I love to play the violin and was a member and past Chairperson of the Crosby Symphony Orchestra.

**WHAT DO YOU ENJOY DOING IN YOUR FREE TIME?**

I enjoy travelling up and down the country, meeting clients and attending different courts. I really feel settled and happy with my legal life, and I think that little girls watching law programmes has made it happen.

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**WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?**

I don’t have a favourite book or film, but I love to read anything to do with history especially the Tudor period, which I find particularly fascinating.

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**WHO WOULD YOU SAY HAS HELPED YOU MOST DURING YOUR CAREER?**

I have had some wonderful mentors over the years and I have built up a great network of influential friends and colleagues both in my work and social life. They provide knowledge, experience and friendship, so I am never alone.

---

**FAMILY SOLICITOR**

**WHAT IS YOUR ROLE WITH COGNITIVE LAW?**

I joined Cognitive Law in April 2017 having been immediately struck by its forward-thinking philosophy. The firm engaged consultants rather than employed solicitors and with the position of consultant came all the advantages I had been seeking. I realised that as a consultant I could at long last concentrate on practising law without all the worries of running a legal firm, which we all dealt with daily.

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**WHAT IS YOUR CAREER BACKGROUND?**

I am the Family Law expert consultant in Cognitive Law. My decision to become a consultant solicitor was in part due to my disillusionment with private practice. I had spent years wanting to become a lawyer but instead of practising law, I found myself like so many other solicitors, having to achieve tight financial targets, time-recked every hour, deal with management/employment issues, compliance and accounts, I also found the confinement of 9 to 5 office life quite stifling and as the years rolled by I eventually reached the stage where I realised I wanted more. I wanted to escape the conventional law firm I wanted to have freedom to set my own fees without worrying about targets, to see clients where and when they wanted rather than during office hours, but most of all I wanted to become a lawyer i.e. one who practises law, rather than the legal manager I had unhappily morphed into.

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**WHAT IS YOUR CAREER BACKGROUND?**

I am an ex-legal manager and lawyer, who now works as a consultant solicitor for Cognitive Law. My experience at the National Museum of Women in the Arts, as a Gallery Curator, allowed me to gain a deeper understanding of art and artist. I then decided to take things a step further and enrol on a part time degree in Fine Art.

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**WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?**

I love to go on holiday, in fact I think I would struggle to stay at home for any length of time. I would love to go to a beach in the Caribbean or to the Bahamas. I enjoy having time to myself, and also to travel with my friends and family. I enjoy doing lots of different activities, from sailing to scuba diving.

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**WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?**

I don’t have a favourite book or film, but I love to read anything to do with history especially the Tudor period, which I find particularly fascinating.

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I have a few. One of my favourite books is “The Lord of the Rings” by J.R.R. Tolkien. It is a classic and I have read it several times. As for films, I love “The Matrix” and “The Dark Knight Rises”.

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BWM is one of the leading, independent chartered accountancy firm in Liverpool, with a heritage that can be traced back to 1926. The practice provides a wide range of accountancy and business support services to organisations and individuals throughout the North West of England and beyond. A successful, growing, single office practice BWM is big enough to deal with complexities of their largest clients, yet small enough to care about the needs of all their clients, irrespective of the size of their businesses. BWM’s client base ranges from individuals and families to large companies and charities.

**Making Tax Digital**

**WHAT IS MAKING TAX DIGITAL? DIGITISING TAX COMPLIANCE**

Making Tax Digital (MTD) will revolutionise the way businesses keep track of their tax affairs. It is the long term project to modernise the UK tax system and to bring tax compliance fully into the digital age. The ultimate goal is for all regular transmissions of data between taxpayers and HMRC to be performed digitally, and where possible automatically, through accounting software. Eventually, such business will have to submit separate MTD reports for the taxes it pays to HMRC. MTD for business is being introduced tax by tax, not by business size or type - but eventually each business will have to submit separate MTD reports for the taxes it pays to HMRC.

**MTD FOR VAT**

The first implementation date for the new MTD schedule to be introduced was for VAT returns. From April 1 this year, MTD now require firms that have a turnover of more than £85,000 to file their VAT returns online. However, it would appear that many thousands of businesses across Liverpool City region are woefully unprepared for one of the biggest upheavals in business taxation in decades. Last October, the Government launched a pilot Making Tax Digital (MTD) scheme and invited more than 500,000 businesses to take part, but reports say that just 4% of firms in the UK took up the offer.

Peter Taaffe, managing partner at BWM, says this news raised fears in his profession that the small business sector could well face chaos. There are more than 65,000 registered businesses in Merseyside – more than 11,000 new enterprises were set up last year alone – and MB’s ‘Tax’ says this means tens of thousands of local businesses may be unprepared for the full rollout of MTD.

He said: “At BWM we have invested heavily in new technology and have been preparing our clients for the introduction of MTD, but latest figures are alarming. If the desperately poor take-up of the pilot scheme is an indication of the preparedness of businesses for this change then we could be facing months, or even years, of chaos.”

“...businesses need to keep good accounting records to enhance business efficiency and to make accurate tax returns, whether or not they have to comply with MTD for VAT rules from April 2019. Businesses which become VAT-registered on or after 1 April 2019 will have to enter the MTD regime immediately with their first VAT return. VAT-registered businesses with ‘VATable’ turnover above the registration threshold (currently £85,000 until 31 March 2020) for the last year will need to comply with the MTD for VAT rules. VAT-registered businesses with turnover under the VAT registration threshold will be automatically exempt from MTD.

Peter Taaffe, managing partner at BWM, says: “At BWM we have invested heavily in new technology and have been preparing our clients for the introduction of MTD, but latest figures are alarming. If the desperately poor take-up of the pilot scheme is an indication of the preparedness of businesses for this change then we could be facing months, or even years, of chaos.”

BWM has introduced a MAKING TAX DIGITAL GUIDE (published in January) to help businesses implement the Government initiative. The guide concentrates on MTD for business and sets out the MTD timetable for MTD for VAT and MTD for income tax and also covers COMPLYING WITH YOUR GENERAL TAX OBLIGATIONS – the importance of record keeping in order to help make your tax reporting easier to complete.

**WHO MUST COMPLY WITH MTD FOR VAT**

VAT-registered businesses with ‘VATable’ turnover above the registration threshold (currently £85,000 until 31 March 2020) for the last year will need to comply with the MTD for VAT rules. VAT-registered businesses with turnover under the VAT registration threshold will be automatically exempt from MTD.

**MTD FOR VAT**

From April 1 2019, we can help you prepare by ensuring your software is compatible and, where necessary, help you set up new systems and become proficient at using them.

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**MTD FOR VAT**

Businesses which become VAT-registered on or after 1 April 2019 will have to enter the MTD regime immediately with their first VAT return.

A business can claim exemption from the MTD rules if it is not reasonably practical for all the business owners to keep digital records and use software to submit the VAT return – for example because of disability, age or being based in a remote location. Exemption may also be claimed on religious grounds.

BWM has introduced a MAKING TAX DIGITAL GUIDE (published in January) to help businesses implement the Government initiative. The guide concentrates on MTD for business and sets out the MTD timetable for MTD for VAT and MTD for income tax and also covers COMPLYING WITH YOUR GENERAL TAX OBLIGATIONS – the importance of record keeping in order to help make your tax reporting easier to complete.

**THE GUIDE WILL INFORM YOU ABOUT THE FOLLOWING:**

- **WHO MUST COMPLY WITH MTD FOR VAT (see below)**
- **HOW MTD WILL AFFECT YOUR VAT RETURNS**
- **SUBMITTING A VAT RETURN UNDER MTD**
- **THE VAT PILOT SCHEME**
- **PREPARING FOR MTD FOR VAT**
- **REGISTERING FOR MTD**
- **DIGITAL RECORD KEEPING REQUIREMENTS**

**THE BWM GUIDE IS FOR GENERAL INFORMATION AND IS NOT INTENDED TO BE ADVICE TO ANY SPECIFIC PERSON. YOU ARE RECOMMENDED TO SEEK COMPANY, PROFESSIONAL ADVICE BEFORE TAKING ANY ACTION ON THE BASIS OF THE PUBLICATION. THE BWM GUIDE REPRESENTS BWM’S UNDERSTANDING OF LAW AND HM REVENUE & CUSTOMS PRACTICE.**

**HOW WE CAN HELP**

All businesses need to keep good accounting records to enhance business efficiency and to make accurate tax returns, whether or not they have to comply with MTD for VAT rules from April 2019. We can review your accounting systems and advise on accounting software that will best serve your business needs. If you need to comply with MTD for VAT from April 2019, we can help you prepare by ensuring your software is compatible and, where necessary, help you set up new systems and become proficient at using them.

We can make the necessary reports on your behalf to HMRC, if you have authorised us to act for you and provide direct access to your accounting data and software. We can help you on IT security and keep you up to date on any changes in tax and accounting compliance that affect your business.
West Kirby-based Bathgate Business Finance is an independent, privately owned ‘business-to-business’ finance provider that prides itself on the strength of its commercial relationships and in finding appropriate business finance solutions for all kinds of organisations throughout the UK. Established in 1991 as Bathgate Leasing, it has since developed into a fully-fledged business finance solutions provider serving the UK’s increasingly important SME (small and medium-sized enterprises) market. The company prefers the traditional values and behaviours associated with high quality personal service and a genuine appreciation of a customer’s needs which, it feels, coupled with up-to-date finance solutions, is the best way to do business.

Managing Director of Bathgate Business Finance, Gordon Andrews, has been unanimously appointed to the board of directors for Professional Liverpool. The appointment came at the AGM of the membership driven organisation, which represents, promotes and supports the Professional and Business Services Sector in the Liverpool City Region. Speaking of his appointment, Gordon said:

“I am delighted to have been invited to join the Professional Liverpool board at such an exciting time for the city region. It is a superb organisation with an extensive and influential network that I have been lucky to be a part of for a number of years now. The organisation is where it is today thanks to the colleagues who put the business on a day-to-day basis and the direction provided by its current and outgoing board members. We can only thank them for their hard work over the years and seek to build on those strong foundations. I hope that my experience and connections will enhance the work that has already been done to bring the Liverpool City Region business community closer together and help Professional Liverpool and its members continue to thrive.”

Gordon’s appointment further enhances the company’s growing reputation in the Liverpool City Region.

Chris McLoughlin

Bathgate has continued its ambitious expansion plans with two new senior appointments. The company has welcomed Chris McLoughlin as Business Relationship Manager for Cheshire, South Manchester and North Staffordshire. Chris joins Bathgate Business Finance from Wesleyan Bank, where he spent more than eight years working with businesses to source funding solutions across a range of sectors and his appointment positions Bathgate Business Finance firmly in the area that it is looking to expand into in 2019.

Specialising in brokering funding solutions for any trading businesses, from short term loans to asset finance, Chris brings with him 12 years’ experience in the industry, having also held positions roles at Barclays and Assurant. Chris said: “I am really excited to bring my local expertise and knowledge of the VAT and Corporation Tax funding market to the deep-rooted Bathgate Business Finance team. The company has an excellent reputation, which comes from providing a superb service to our introducers and clients. I am very much looking forward to extending this reputation further into Cheshire and beyond.”

Managing Director Gordon Andrews said: “Chris’s appointment has been a strategic decision for the company. His expertise and experience, combined with his location, ambition and positive outlook will be pivotal to our growth in Cheshire, South Manchester and North Staffordshire.”

PROFESSIONAL LIVERPOOL BOARD APPOINTMENT FOR GORDON ANDREWS

The company has also welcomed asset finance specialist Tracey Hamilton as its new Business Development Manager. Tracey, who has more than 20 years’ experience within the business banking and asset finance industry, joins Bathgate Business Finance from Close Brothers Asset Finance. In her new role Tracey will be responsible for growing the company’s existing client base and offering a range of flexible funding solutions tailored to meet businesses’ cashflow demands.

Tracey brings to the team experience from working for some of the UK’s largest banks and funders, as well as her knowledge of asset finance within the manufacturing sector. She said: “I am looking forward to using my knowledge and experience to build strong relationships with new and existing clients, as well as working closely with Bathgate’s exceptional team to forge the company’s position as the North West’s go to funder. Bathgate Business Finance is passionately committed to supporting businesses to find the right kind of financing and its network of funders and own book positions perfectly to provide this support. I am excited to be joining the team and helping customers to make the right choices.”

Speaking of her appointment, Managing Director Gordon Andrews added: “Tracey’s understanding and knowledge of the manufacturing sector and the challenges that businesses in industry face will be invaluable, not just to our existing customers but also in facilitating the growth of our own business in that sector. She also has considerable expertise in asset finance, developed over more than two decades, which further strengthens our team’s knowledge base. We are excited to have her on board, as we continue to extend and improve our offer to SMEs across the North West.”

The appointments of Chris and Tracey come following the end of another successful year for the Wirral-based finance specialists, a year that has seen an increase in turnover and the company’s staff and client base grow. Gordon summed up the Bathgate mood of confidence, “We had a fantastic 2018 and we are now looking forward to building on our existing business relationships in 2019, as well as forging new ones and continuing to develop our people and products.”

Continued overleaf...
A North Wales company specialising in adventure leisure and virtual reality attractions is enjoying global expansion thanks to £100k investment arranged by Bathgate Business Finance.

Frontgrid has rapidly accelerated its growth since receiving the funding injection, securing several orders for ParadropVR in Thailand, India and Malaysia and from Denmark to Dubai. ParadropVR is already thrilling guests at indoor theme parks, FECs and destination visitor attractions at high profile locations, with several more launching in 2019 and beyond. With a minimum height requirement of 1.1m and range of content and theme options, ParadropVR guarantees fun for kids, teenagers and adults of all ages. The fully immersive attraction combines cutting edge VR content with self-controlled physical movement, along with skill-based games adding another layer of exhilaration and high replay value.

Unlike other VR attractions, ParadropVR is fully immersive and creates an unrivalled, realistic flying sensation for the user. It combines dynamic physical movement and stunning virtual reality graphics with a skill-based game that is 100% controlled by the visitor to add an extra layer of fun and exhilaration to the experience.

The company, founded by former British Army officer, David Wood and former British Army paratrooper, Matt Wells, was launched in late 2017, securing its first order of four units from Universe Science Park in Denmark. Installations in new indoor adventure centre at the Birmingham NEC, The Bear Grylls Adventure and at iFly in Basingstoke followed in 2018.

Matt, CEO at Frontgrid, said: “There is a huge global shift towards the experience economy and active leisure. People are looking for unique, social and memorable experiences beyond just staring at a screen. However, more than 50% of the world’s population now live in cities and don’t have easy access to the adventurous, adrenaline fuelled experiences that David and I are so passionate about. ParadropVR brings that opportunity directly to those people.

“Given how cutting-edge the technology is, we weren’t even sure if there would be a finance solution, but we were introduced to Bathgate Business Finance by Andrea Knox at Knox Commercial Solicitors. Ian Adams from Bathgate Business Finance and the Bathgate team took to time to understand the business. They analysed the business case, sourced the most appropriate funding method and connected us with a funder that was forward-thinking enough to see the opportunity.”

Speaking of the deal, Ian said: “Securing asset finance against new technology is often considered too risky by investors as the exit strategy can be tricky, so we knew that we needed to think differently for the ParadropVR product. Working with the team at Reward Finance Group, we brokered a loan against security provided by Matt and David that would allow them to make and ship a bespoke unit to trade shows. Having now tried ParadropVR myself, I can certainly see how it will be an easy sell for leisure operators wanting to add something new and exceptional to their offer, it was a truly breathtaking experience.”

Mike Calvert from Reward Finance Group added: “When Ian at Bathgate asked us to help Matt and David to literally get their new venture off the ground, we had no hesitation in backing them. We quickly saw the potential in both the business idea and the passion the founders showed. Supporting a new startup company is always rewarding and the fact that it produces a virtual reality ride makes the venture even more exciting.”

For more information on Bathgate Business Finance contact:
Bathgate Business Finance
The Loft, Brook House • Brook Terrace • West Kirby • Wirral • CH48 4DX
Tel: 0151 625 7323 • www.bathgatebf.co.uk • Follow on

Frontgrid Business Finance secured a £100k loan against security from Manchester-based SME funder, Reward Finance Group. This loan allowed the team at Conwy-based Frontgrid to manufacture a ParadropVR unit, a world-first virtual reality (VR) paragliding experience product, to exhibit at national and international trade shows, allowing prospective buyers the opportunity to try the product. The company’s latest raft of orders was secured after the Frontgrid team took the purpose-built unit to the renowned global attractions industry trade show, IAAPA expo in November 2018.
MY PLANET LIVERPOOL

— ALBANY BARBERS —

Price List (from)

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<td>Beard</td>
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<td>Shave</td>
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Opening Times:
Monday – Friday: 7am – 6pm
Saturday: 9am – 4pm

— ALBANY BARBERS —

the gentlemen’s experience

Unit 2, The Arcade, Covent Garden, Liverpool L2 8US
Tel: 0151 227 2443 (John or Ian)

WE ARE NOW USING
ECRU
HAIR PRODUCTS FROM NEW YORK
ALSO AVAILABLE FOR PURCHASE
£10.00

Lunya Group present
A Taste of Spain Gourmet Night
25th April 2019
at Lunyalita Royal Albert Dock

Lunya Group’s next Gourmet night is only a few weeks away. Owners, Peter and Elaine Kinsella, have been hosting these famous gastronomic nights at their Liverpool restaurant for nine years and are now making a switch to their private dining room at Lunyalita, located at the Britannia Pavilion, Royal Albert Dock.

The evening offers an exquisite, fine dining experience of 6 delicious courses, with quality wines to match each of the exquisite dishes. Each course will be introduced by Peter himself and a guided tasting of each wine will be narrated by Ian Clarke, the night’s visiting wine expert.

The Gourmet experience will draw upon Spain’s fabulous heritage and natural ingredients in preparing each of the superb dishes and will showcase the talents of their superb kitchen team at Lunyalita. Devised by the Lunyalita team, led by Head Chef, Fran Aparicio, the dishes have Fran and the team’s own inventive twist that, thanks to a combination of traditional and inventive recipes and stunning ingredients, will stimulate all of your senses.

Peter said, “Our Gourmet Nights are legendary on the Liverpool dining scene, offering fabulous food and wine in a convivial dining atmosphere in the stunning Albert Dock. The Gourmet nights are always sell-outs, so book quickly!”

— MENU —

Watermelon Salmorejo
Loxarel 999 Cava Rosado, Pinot Noir, Xarel.lo Vermell
Morcilla (black pudding) crumble with brioche & mango
La Fea, D.O. Carinena, Macabeo, Chardonnay
Slow cooked octopus, truffle infused parmentier purée, salmon roe & Romanesco cauliflower
Petit Arnau, Rosado, D.O. Penedés, Merlot, Pinot Noir
Secreto Iberico (the butcher’s secret – cut of pork shoulder from the acorn fed Iberico pigs), potato & courgette millefeuille, glazed apple, Patxaran sauce
Vallemayor Reserva 2011, D.O.C.a Rioja, Graciano, Mazuelo, Tempranillo
Primavera – chocolate plant pot filled with brandy chantilly, chocolate soil & berries
La Bascula Costa Diva Moscatel, 2013

FOR FURTHER INFORMATION AND TO BOOK YOUR PLACE
Please visit: www.lunya.co.uk/a-taste-of-spain-gourmet-night-25th-april-2019

Lunyalita • Britannia Pavilion • Royal Albert Dock • Liverpool L3 4AD • Tel: 0151 317 7199
The Slaughter House

Flagship Venue for The Laughterhouse Comedy Club

Tasty Traditional Pub Grub
plus Live Music, Sport and Comedy

Located on Fenwick Street, just around the corner from Merseyrail’s James Street Station, The Slaughter House sits handily in the centre of Liverpool’s bustling restaurant and business quarter, and is one of Liverpool’s oldest pub venues. If you live in Liverpool or are just visiting our wonderful city and are looking for a great night out, then why not call in to The Slaughter House. There’s no better night out than here!!!

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

Live Music
The Slaughter House is renowned for its great nights of live music, and features performances from a variety of local singers and bands at the weekends.

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

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

The Slaughter House
13-15 Fenwick Street, Liverpool L2 7LS
Tel: 0151 236 0704
Laughterhouse enquiries: Tel: 0151 227 5946

Pictures courtesy Matthew Carroll
Liverpool’s Dave ‘the Pap’ Evans, is a well known local photographer and he regularly shares with My Planet Liverpool some of his great pics of celebrities and local people that visit or live in our wonderful city.

1) Hollyoaks stars Jennifer Metcalfe (left) and Lynsette Anthony having fun at The Underground Gin Society on Castle Street during the Full Monty after-show party, which was attended by several members of the Hollyoaks cast.

2) Also at the Full Monty party was Hollyoaks actor Gary Lucy, who will be returning to the programme in July, and he and his friends called into San Carlo restaurant on Castle Street earlier on the day.

3) Actress Jenna Coleman in her role as a young Queen Victoria for the ITV series Victoria, scenes for which were filmed in Falkner Square and The Palm House in Sefton Park.

4) Seven-time Embassy World Snooker Champion Stephen Hendry in San Carlo with the restaurant’s head chef Michael Tarantino.

5) Also spotted at San Carlo was Liverpool comedian Jimmy Tarbuck who was in Liverpool visiting some friends.

6) Ashley Roberts, former Pussycat Dolls singer; and ‘Strictly’ favourite, in Liverpool with the Strictly Come Dancing The Live Tour show.

7) Liverpool musician Frank Maudsley, one of the three founders of the legendary 1980s new wave and synth-pop group Flock of Seagulls, spotted in city centre Restaurant Bar & Grill.

8) Liverpool’s professional boxer, Natasha Jonas, the first female boxer to compete for GB Boxing (2009) and to qualify to represent her country at an Olympic Games (2012) was relaxing at the Hilton hotel on the city’s waterfront.

9) Liverpool musician Frank Maudsley, one of the three founders of the legendary 1980s new wave and synth-pop group Flock of Seagulls, spotted in city centre Restaurant Bar & Grill.

WHERE DID YOU COME TO LIVERPOOL AND WHY DID YOU CHOOSE TO COME TO OUR CITY?
I came to Liverpool in January 2009 after some months living in the Midlands. I did not really plan to come here but to be honest but I was offered a job in a restaurant and so I moved here. It was an opportunity for me and the chance for me to say to myself “Let’s go for it and try something different elsewhere.”

IN WHICH AREA OF LIVERPOOL DO YOU LIVE NOW?
I live by Everton Park, near to the historic Everton lock-up.

WHAT IS YOUR ROLE AT GINO D’ACAMPO?
I am the restaurant Manager, which I really enjoy. The Liverpool people are so very friendly and I love to be able to meet with the customers and chat to them about how they are doing and how they are enjoying their meal etc. Everyone knows me as Peter and we have many regulars that I always look forward to seeing and welcoming to Gino D’Acampo.

OUTSIDE OF YOUR WORKING HOURS
WHAT IS YOUR FAVOURITE PASTIME?
Being with my family! At the moment my 2½ years old daughter ensures that I have no time or energy for anything else. It is great for me to be spending time with her and my wife.

WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?
I have always been fascinated with Scandinavian countries so I wouldn’t mind being able to spend some time visiting them. Russia and Japan would be nice to visit as well.

WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?
I enjoy reading the Harry Potter stories and Goodfellas is my favourite film, because everything in this movie was simple but perfectly real.

WHAT IS YOUR MAIN AMBITIONS WITH GINO D’ACAMPO GOING FORWARD?
Quite simply to help to keep the high standards we set here and to make people remember us as being a high quality restaurant. I would also like to keep improving myself in order to progress further in my career.

Gino D’Acampo Restaurant Liverpool www.ginodacamporestaurants.com
Liverpool is famous for many things; the community, the sport, the music and entertainment, the culture, not to mention the fun-loving Liverpudlians. So said Gino D’Acampo on opening his Liverpool venue in July 2017, adding, “I’ve had many a fantastic night out here, the type that took me straight back to my wilder days back in Naples, so that’s why I wanted to bring that super cool Neapolitan vibe here, in my biggest and best My Restaurant yet! As well as my classic Italian dishes, there are plenty of treats to enjoy here, day or night, such as a prosecco bar, summer terrace, games room, private dining room, bullion room, photo booth and much, much more! We can’t wait to give you a warm Italian welcome with an aperitivo or two! Salute!”

Gino D’Acampo Liverpool brings a real taste of Italy to our city – with delicious Italian food, prosecco bars, game rooms and amazing private dining spaces. Top quality, well-sourced and seasonal ingredients are used to showcase Gino’s favourite recipes, serving real Italian food as it should be, Gino said, “I’m excited to have created a fantastico menu for My Restaurants; it is jam packed with lots of favourites from my books and TV programmes. My Liverpool restaurant is cool and chic and brings a flavour of Italian style to the heart of this thriving city. It’s fun, it’s relaxed. It’s a little bit cheeky and it’s designed to bring a ray of bright sun to your party, your meeting or your special occasion.” There is also an amazing mezzanine and this is the place to be if you would like to dine in private but within the main restaurant. Whichever you choose, the drinks will flow and the menu will be full of Gino’s passion for Italian food.

The restaurant is not just about quality dining though. There is a wonderful bar to the side of the restaurant at which to enjoy pre and after meal drinks or to just meet with your friends or work colleagues – but one of the major hidden surprises here is the My Bullion Room (see opposite), which is located downstairs from the restaurant and was previously home to a bank vault.

**GINO D’ACAMPO MY BULLION ROOM**

- **Available for business or social use**
- **Private Bar**
- **Private seated dining for up to 35 guests**
- **Host a drinks and canapé style event**
- **Optional seating plans: boardroom and theatre style**
- **Option for private DJ and Music**
- **Adjoining private games room with pool and foosball tables**
- **AV equipment for all your meeting needs**
- **Full IT facilities**

**Opening hours:** Monday - Saturday 12 noon – 11.00pm
Sunday 12 noon – 10.30pm
Tel: 0151 236 4444

To find out more about Gino D’Acampo and My Bullion Room or to discuss your event please contact: Lidia Serra: Tel: 07388 993 654 / 0151 236 4444 or Email: Lidia.Serra@individualrestaurants.com
I hope that the first quarter of 2019 has been a successful one for you all. I know these are uncertain times, but opportunities will still arise going forward.

Life at Professional Liverpool is, as ever, very busy. In November, Metro Mayor Steve Rotheram kindly accepted our invitation to a breakfast event at the Hilton Hotel where over 100 members and guests attended. He was interviewed by PL Board member, Mark Davies (a milder hybrid of Paxman and Humphrys) and asked about his plans and aspirations for the Liverpool City Region. Steve had recently announced the “One Front Door” for inward investment, and this together with the Strategic Investment Fund of half a billion pounds is tremendous news for the region.

Our Annual General Meeting went smoothly and afterwards at lunch, held in the splendid setting of the Town Hall and attended by over 200 members and guests, we listened to Tony Reeves, the newly appointed Chief Executive of Liverpool City Council, outlining very succinctly, his view of the manner in which the public and private sectors of the city need to collaborate in order to continue its regeneration. We have had a number of follow-up meetings with Tony and his colleagues and look forward to playing our part in his plans for regeneration – and skills and employment in particular.

I decided that as Steve Rotheram and Andy Burnham seem to be working well together for the benefit of the North West, that it was about time Professional Liverpool and pro Manchester to see if she shared my view. I was delighted that she responded positively straight away, as a result of which I have been over to a couple of pro Manchester events and Sam has attended a couple of ours. We are planning some joint events later in the year to cement this relationship. I recently took part in a round table discussion organised by the Business Desk at the Manchester offices of law firm CMS and am pleased to note that they will shortly be opening an office in Liverpool, having seen the potential of our great city. This means that around half a dozen national law firms have come into Liverpool over the last six months and what I find particularly pleasing is that the exiting firms are not complaining; rather they see this competition as an endorsement of the vibrancy and strength of the professional business community of the region and a great advertisement for it. Meanwhile, life at Professional Liverpool remains busy, with our regular events attracting many members and guests. The Cannes Do lunch, (610 places sold in the blink of an eye with a waiting list of 300 – can someone please build a bigger venue?) proved once again to be a great afternoon of fun and entertainment (see pages 33-35). We also have our trip to Chester Races in May and our Annual golf day plus our quiz, all three of which sold out pretty quickly.

I am pretty eclectic in my musical tastes. I will listen to anything from Pink Floyd to 10CC, Sibelius to Allegri, Lionel Ritchie to Paul McCartney and I also love great film music.

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I am a Solicitor and a consultant in the real estate team at DLA Piper UK LLP where I trained and was a partner for 35 years. Since qualifying in 1980, I have advised a range of major investors, public sector organisations and major corporate space occupiers on investing in, developing, marketing and exploiting their property assets both within the City Region and throughout the UK. From 1998 to 2004, I was DLA Piper’s Head of UK Real Estate and from 2004 to 2013 I was managing partner of our Liverpool office. I was a director and deputy chair of The Mersey Partnership from 2010 to 2012, since when I have been a member of the Liverpool City Region LEP Advisory Council. I was Treasurer of Liverpool Law Society from 2014 to 2017, during which time we successfully turned round the Society’s finances.

There are a number of films that I have really enjoyed watching but Gladiator would be top of the list – a great portrayal of good (and bad) leadership. I greatly enjoy reading John Grisham (The Innocent Man, a true crime story is outstanding) and Robert Harris (I have read all his books but The Cicero Trilogy and Munich are particular favourites).

I enjoy travelling, quality food, theatre and playing tennis (badly).

Sean Styles on BBC Radio Merseyside has a lightning wit and I try to listen to part of his show at least once a week. In Liverpool you can find humour everywhere; not a day goes by without me seeing or hearing something which makes me smile.

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What is your career background?

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With Philip Rooney’s appointment as Chair, Andrew Lovelady’s decision to hand over the reins after many years of exceptional service as Treasurer and Lisa Greenhalgh also deciding to step down, Professional Liverpool has three new Board Members in place this year. Everyone connected to PL, especially the Team, would like to thank Andrew for his valued help and support over the years, and PL is equally delighted that he has accepted a position to become one of the organisation’s Ambassadors.

Phil Adams, Langtons Chartered Accountants, has taken on the role of Treasurer, while Gordon Andrews, Managing Director Bathgate Business Finance, and Emma Stoddart, Partner at Grant Thornton UK LLP, were also elected to the Board.

1) John Hall  
   Chief Executive Officer
2) Philip Rooney  
   Chairman
3) Phil Adams  
   Treasurer
4) Ben Miller
5) David Varey
6) Emma Stoddart
7) Gordon Andrews
8) Jan Peters
9) Mark Davies
10) Matt Noon
11) Simon Walker
12) Tony Reed

MEET THE TEAM

The Team behind the Board has also seen some recent changes. Emma Rittenberg has moved to pastures new, with everyone at PL, and the many friends she has made during her tenure, wishing her every success in her new career. The Team’s Senior Relationship Manager Alex Clark is now supported by Keri Stanistreet, Marketing & Communications Assistant, and two new additions to the office, Marketing & Communications Assistant, Rory Caine, and Marketing Assistant, Kelsey Connors. Rory hails from North Wales and has a background in creative writing and art & design. He also works freelance selling graphic and fine art pieces in his own time, and loves Italian food. Kelsey is from Chicago, Illinois, with a background in content and design. She is a published novelist and artist and in her free time enjoys finding new restaurants to dine in and also loves playing roller derby. We wish the pair every future success in their roles with Professional Liverpool.

Thanks to PROFESSIONAL LIVERPOOL’S ANNUAL CELEBRATION

Professional Liverpool would like to thank the local business community for their generous donations. The festivities raised a magnificent total of £13,874.81 for the ‘An Hour For Others’ charity. The Professional Liverpool team would also like to thank Nickleback and USP for their hard work in producing the sponsors’ film, the staff at the Titanic Hotel and all of the day’s generous sponsors.

Professional Liverpool Limited
Suite 111d  •  Cotton Exchange  •  Bixteth Street  •  Liverpool L3 9LQ
Tel: 0151 236 6084  Email: info@professionaliverpool.com
www.professionaliverpool.com

Photographs courtesy Mark Carr

Pictures from Cannes Do overleaf
Ryan James Lee has been in love with everything design and fashion since his first day at school. He has always had a keen eye when it comes to how clothes should look and fit a person, but the magic happens when he puts his own spin on what works well when accessorising both men and women. Ryan left school in 2007 and followed his dream by studying fashion design at Liverpool John Moores University (LJMU). Ryan has travelled the world and it’s through his global adventures that he has been able to capture ideas from different cultures which you can see have played a key role in his unique designs.

Ryan graduated from LJMU in 2015 with a BA Honours and this then spurred him on to follow the next part of his dreams and be his own boss. Ryan may be young, but he was not naive when it came to how tough it was going to be to start his own business. Following his graduation, Ryan took up an internship in London. He attended an intensive startup & mentoring programme with the Princes Trust and despite the fear of the unknown, he took the leap of faith and set about starting his own business.

#WOMANWITHANEDGE

RYANJAMESLEE.CO.UK

@RYANJLEEUK
WHERE WERE YOU BORN AND WHICH SCHOOLS DID YOU ATTEND?
I was born in Aigburth and grew up mainly in Allerton. I attended Sudley Infants & Primary School before moving on to St. Margaret’s C. of E. High School, where I progressed to completing my A-levels. Some of my favourite memories are from the lower and upper sixth years and I still have the friends I made then.

IN WHICH AREA DO YOU LIVE NOW?
I live in a cool little one-bed property that I bought a few years ago. It has high ceilings and period architecture, which is right up my street! Decorating it has been great fun. We’ve gone for a deep blue signature wall with accents of pop yellow.

WHAT IS YOUR CAREER BACKGROUND AND WHEN DID YOU LAUNCH DESIGN INTEGRITY?
After graduating with BA Honours in Design and Visual Communications, I landed a job as a Graphic Designer with a small Boutique Agency. It was there that I cut my teeth and learnt the shared art of spinning plates and fighting fires. When the agency moved to London I decided to go freelance and quickly landed Shop Direct as a client. I was drafted into a small team of three designers, with the agenda to transition their corporate identity into its new digital brand. Since then I have worked on UI projects for clients such as John West Tuna, and have also designed creative campaigns for Very.co.uk, Hike, Adidas and Dyson, along with several other leading brands.

I eventually had to ‘scratch the itch’ and in 2017 I started my own design studio – Design Integrity. I am madly passionate about human centric ideas that pull on the heart strings of businesses and consumers. When an idea brings together function and feeling you can’t beat it. Design Integrity quite simply gives me the opportunity to grow these ideas with clients in a more relational way.

WHAT CAN YOU OFFER CLIENTS?
We offer truth and integrity in everything we create and design. Your brand is not just your logo, a few colours and a website. It is your values, your team, your storytelling and your vision. We are also a bit obsessed with beautiful production quality. We deeply value crafting our work with excellence.

OUTSIDE OF YOUR WORKING HOURS WHAT IS YOUR FAVOURITE PASTIME?
If it is not having breakfast with friends on a Saturday, it would have to be playing Squash with my wife. I know it’s a bit of a cliché but it really does keep me fit. After a heavy session of squash I enjoy a coffee in the sun. If I had the time I would love to play tennis with my wife.

WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?
I got married in Kenya last year and our honeymoon was in Zanzibar – both wonderfully beautiful places but I would choose Hawaii. Ocean views, luxury hotels and gallons of suncream are all I need.

WHO OR WHAT MAKES YOU LAUGH?
I think James Acaster is hilarious.

IF YOU BOOKED A TABLE FOR 6 FOR A DINNER PARTY, WHICH 5 GUESTS (PAST OR PRESENT) WOULD YOU LIKE TO HAVE SITTING WITH YOU?
Jurgen Klopp, for the laughs and football insights, Martin Luther King Jr for inspiration, Paul McCartney for the story, Ian Anderson for his creative genius and Elon Musk for his all-round genius.

WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?
The book would have to be Zag by Marty Neumeier – a must read for any businesses. We are also a bit obsessed with beautiful production quality. We deeply value crafting our work with excellence.

IF YOU WON THE LOTTERY WHAT WOULD YOU DO?
Probably something quite boring, like buying a load of housing and getting a top Financial Advisor. I would enjoy a few mega holidays as well though!

WHAT ARE YOUR MAIN AMBITIONS FOR DESIGN INTEGRITY GOING FORWARD?
I would like to see the studio grow from a team of 3 to a team of 10. I would love the studio to become known for its unique approach to branding and its ability to create meaningful connections with its clients.

HOW CAN YOU BE CONTACTED AT DESIGN INTEGRITY?
Email: studio@designintegrity.co.uk OR Stephen@designintegrity.co.uk
Web: www.designintegrity.co.uk

About Design Integrity

Design Integrity is a Brand-led Creative Studio. We Ambitiously Craft Your Uniqueness. We are known for our unique approach to branding and our ability to create meaningful connections with our clients. We offer truth and integrity in everything we create and design. We care massively about long-term vision executed with steadfast continuity. Our passion is that you as an organisation are heard, seen and understood. We’ll challenge you to be yourself and no-one else.

Our integrity is that we’ll always connect your values to your customers. It’s why we call ourselves ‘brand-led’. Let’s not just tell the world how good you are, let’s create gut feelings and make memories.

Crafting your uniqueness in Brand, Digital, Film & Print.
Named in honour and memory of a cherished loved one, and fundraising for CRY charity and the Whitechapel Centre, the Ollie Fest is a celebration of all things wonderful! This eclectic event takes place in one of Liverpool’s most iconic venues, The Palm House. Ollie Fest 2019 promises to be a day and night to remember, with a host of live music acts and contemporary performing arts; from bluegrass, reggae and soul, to samba, fire performers and hula hoop troops.

Some of Liverpool’s finest food stalls will be serving up summer favourites, along with craft ales on tap, festival face painting and much more.

Fancy dress, flamboyance, and anything featuring sequins will be encouraged!

So leave your wellies at home and don your dancing shoes for this brand new exclusive festival, which will be like no other and set under the palms.

TICKETS ARE AVAILABLE NOW FROM: olliefest.eventbrite.co.uk

Ollie Fest 2019 • SUNDAY 2nd JUNE • PALM HOUSE, SEFTON PARK

When Rosaria Crolla and Chef Maurizio Pellegrini conceived the concept of a fish restaurant for Liverpool ten years ago, many of their customers at sister venue The Italian Club (just a broad roll’s throw away down Bold Street), along with other experienced restaurateurs in the city said it would never work.

Ten years on, and the detractors have long since had to eat a large slice of humble pie, well humble fish pie a cu tally. On the week that commenced 4th March 2019, Rosaria and her business and life partner Maurizio were celebrating a decade of success for The Italian Club Fish, which is located on the top of Bold Street at the junction of Berry Street.

“We are both feeling extra proud of what we have achieved, especially given the fact that our idea was written off before we even opened the restaurant. We generated a strong and loyal following after just a few months into the business, with a wide-ranging customer base – all of who have visited us regularly from near and afar.”

Rosaria Crolla

Continued overleaf...
‘Fish Club’, as it has become known to fans, is essentially a ‘Fish Caffé’ - a marriage between Scottish and Italian styles, heavily influenced by Rosaria’s Crolla family heritage in both Scotland and her father’s native Puglia, located in the Province of Frosinone, in the Lazio Region of Italy. Picrisco lies 250 metres above sea level, high in the Apennines overlooking the Camino Valley on the Puglian coast of Italy, a mecca for fish and seafood.

Rosaria attributes the success of Fish Club to several factors, the most important being the immense talent of Maurizio. “Maurizio is an extremely talented chef with experience in Michelin-starred kitchens and he brings a refinement to our Fish menu, while still making it accessible, catering to all palates. We are so very lucky to have him,” said Rosaria.

“We have been fortunate too in the sense that our team have grown up with the business. This mirrors how the company, which also operates The Italian Club Bakery, has evolved...we are very much a family and once you join us you are encouraged to become part of that family. It creates a strong team bond which in turn creates a high level of consistency in customer service.”

“As a Fish Caffé, many of our ingredients are subject to availability. We will always endeavor to bring you a like-for-like product! All of our dishes are prepared from fresh, so it may take a little longer, but will be worth the wait. The basis of our cooking is extra virgin oil, freshly prepared vegetables and fish stocks that render our dishes light and healthy.

“We have had wonderful coverage in the media for our food, both locally and by the likes of The Times’ Giles Coren, Olive Magazine, and by leading BBC & The Guardian food writer Tony Naylor amongst others. That has been seriously humbling for us. Equally, we have appeared with Marco Pierre White on Channel 5’s Kitchen Wars, which was as daunting as it was fun. We have also won Mersyside Regional Tourism’s Restaurant of the Year, all of which has helped us to sustain and enhance our offer and unique points of difference”.

Here is to the next ten years of quality dining at The Italian Club Fish

The Italian Club Fish • 128 Bold Street, Liverpool, L1 4JA
Telephone: 0151 707 2110
Email: theitalianclub@ymail.com
Website: www.theitalianclubfish.co.uk

“Overall, of course it’s been hard work but very enjoyable too and it is extremely satisfying to look back and reflect on what has been a revolutionary period for Liverpool’s eating out, winning and dining scene. We are so proud to be the only dedicated fish restaurant in the whole of the city!” Rosaria Crolla
Liverpool GP Dr. Arun Ghosh enjoys resident role in latest BBC series being aired this Spring

Liverpool based Dr Arun Ghosh is the principal partner and founder of MyHealth Medical services, a Private General Practice service with fully private clinics in Liverpool, Wirral, Chester and Manchester. Dr. Ghosh is no stranger to being in the public eye following his appearances as resident doctor on the Jeremy Kyle show. He says, “I am Liverpool born and bred and feel a great loyalty to the community I was raised in, so have always practiced medicine in and around Merseyside. I completed my degree at Liverpool University which, in my opinion, is an institution at the cutting-edge of medical training, and I have practising family medicine and offering my private GP services in a community setting. Following a patient’s journey right from birth to death allows me to build real family relationships and care for patient through all their health needs in life.”

In spite of perhaps being best known for his participation on the Jeremy Kyle shows, which he says he thoroughly enjoys, Dr. Ghosh is also keen to be part of new shows that would help him in his day to day business – the Ghosh Medical Group. He said, “I have been doing regular daytime television teaching for seven years now and I have long wished to be part of TV programmes that can also help me in my daily medical practice.”

So when the opportunity came up to appear in daily BBC episodes of For the Love of Food and Health: Truth or Scare, with some of the filming taking place in his private GP practice on Rodney Street, Liverpool City Centre. He had already taken part in the very first series of Health: Truth or Scare and was subsequently invited back for the second series and being allowed to investigate the truth about some well known TV ‘Wives Tales’ as cures for a variety of remedies. I have to say that some of the results even surprised me!”

Dr. Ghosh worked alongside legendary TV broadcaster and presenter Angela Rippon and Kevin Duala, both of whom he described as “great at unravelling some very alarming stories about our health.” He added: “The series enables the general public to see which of the alarming headlines can safely be ignored and which ones we need to take more action on. It focuses on, for example, whether there is any truth in claims that stress can be good for us, how to safely achieve necessary levels of Vitamin D, the safety of statins, whether it’s possible to be fat or fit and whether ‘man flu’ really exists!”

Commenting on feedback from both of the shows, he said: “Both have gone down really well with viewers and have already become regular features in the BBC’s schedule. It’s been really good for the practice, given the daily coverage that we received throughout March and which will continue throughout April on the BBC.”

Dr. Ghosh was contacted again last Autumn by BBC producers to appear firstly on Food: Truth or Scare, with Gloria Hunniford and Chris Bavin, and latterly Health: Truth or Scare, with some of the filming taking place in his private GP practice on Rodney Street, Liverpool City Centre. He had already taken part in the very first series of Health: Truth or Scare and was subsequently invited back for the second series. He said of the series, “The Health: Truth or Scare programmes are a wonderful expose, going behind the headlines in search of the facts. Having taking part in the first series, it was a real privilege to be made the resident GP for the second series and being allowed to investigate the truth about some well known TV ‘Wives Tales’ as cures for a variety of remedies. I have to say that some of the results even surprised me!”

Despite the movement for body positivity and anti-body shaming, more than half of mums are not proud of their post-baby bodies, according to research commissioned by mothercare. The findings coincide with its latest campaign, Body Proud Mums, which champions the post-birth body and represents a part of motherhood that is rarely seen in the media. At the heart of the mothercare campaign is the belief that all mums are beautiful. After all, their bodies have just performed a miracle.

In his role as the official health ambassador for the campaign Dr Ghosh told us that, “The research also revealed that over 80% of UK mums have admitted comparing their post-baby bodies to unrealistic ideals, with a quarter of mums feeling the most pressure from the media and almost half feeling the need to stack up to the look cultivated by many celebrities.”

And worryingly, 90% of women in the 18-25 age group expect their bodies to compete with celebrities and what they see in the media. As a result, more than half (51%) of mums on social media are using apps/filters on photos of themselves to hide things about their appearance that they don’t like. “Over 61% of mums feel that Black, Asian and Minority Ethnic mums are still under-represented too,” added Dr. Ghosh.

There is an obvious responsibility with those in media, whether they are celebrities or brands, to challenge these unrealistic expectations, as 84% of respondents feel the media should celebrate more realistic, honest imagery of ‘real’ post-birth bodies (e.g. stretch marks, scars, etc.). With Body Proud Mums, mothercare aims to combat unrealistic ideals by portraying real mums and their post-birth bodies, by showcasing the images of 10 mums in their latest campaign across the capital in London.”

The campaign imagery was shot by photographer Sophie Mayanne, who in 2017 pledged to never digitally manipulate skin in her work. Sophie added: “The images depict the raw and incredibly emotional experience of childbirth. The aim is for mums of all shapes and sizes to be able to identify with these photos in one way or another, and to feel more confident with their imperfections.”

As mothercare’s research found that almost 40% of mums have been lastingly impacted by the changes that took place in their bodies, the global retailer is also working with national charity NCT and PANDAS, to offer advice and support to people suffering with ante and post-natal illness.

Proud to be health ambassador, Dr. Ghosh maintains that campaigns like these are vital from brands in an overwhelming world of false images and unrealistic expectations. “The time after birth should be wonderful, but it can be hard on a woman’s body and mental health...adding false expectation of what one should look like isn’t helpful and may even add to a sense of failure. What mothercare is doing here is a fantastic way to show the world that real life women have real life bodies and accepting this is empowering. We now need more brands to now follow suit.”

Dr Ghosh concluded: “I love how empowering this campaign from mothercare is. It’s great to celebrate normal bodies and combat the false stereotypes a lot of women feel they need to look like straight after giving birth. These women all show the amazing joy it is to be a mother and have the love marks to show for it. Rather than being something we should hide, they each have an individual map of life on their bodies which is totally unique to them. We should celebrate them and any woman seeing these pictures who is the same should feel better about themselves too – what you did to give birth is a medical miracle!”
Boxing Dinner raises funds for Zoë’s Place Baby Hospice

Over three hundred guests attended the Zoë’s Place Baby Hospice twelfth Annual Charity Boxing Dinner which took place at the Titanic Hotel on Friday 15 March. This year’s event was sponsored by NoName by Capricorn Kitchens, who have been an active supporter of the Charity for the last eight years. Guests were treated to a sumptuous 3-course meal and 10 bouts of amateur boxing, coordinated by Wirral Community Police Boxing Club. The evening was hosted by Zoë’s Place Patron Willie Miller and included a prize draw and auction.

The twenty boxers went head-to-head over 10 rounds, each putting on a magnificent display of skill and athleticism. Everyone at Zoë’s Place Baby Hospice appreciates the amazing support that Wirral Community Police Boxing club provide us and we are extremely grateful to the team and all the boxers involved. Every person that has taken part and raised money has made a huge difference, which will be used to support the families of babies with life-limiting or life-threatening illnesses.

The event raised over £11,000, which is a fantastic achievement and one that will provide an essential lifeline to families at a time when they are faced with the most heart-breaking battle of their lives.

If you would like to find out more information about Zoë’s Place and how you can help so many families around Liverpool and beyond, visit their website: www.zoes-place.org.uk/liverpool

Photographs by Joe Ehlen
This popular bar serves up a varied selection of tempting signature cocktails, including a 'Cocktail of the Week', and 'Gin of the Week', and offers a friendly welcoming atmosphere, making it a great place to sit back, relax and enjoy a cocktail or two or a glass of quality wine. On a visit here, you can expect great food and exquisite drinks, no matter what time of day you visit the bar.

From a sumptuous breakfast through to tasty late night bites, Rox has something for everyone. From Monday until Saturday right up to 5pm, guests can also enjoy a ‘Bottomless Brunch’ that includes any breakfast item and 90 minutes of unlimited fizz for just £25 per person.

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

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

Established in Liverpool in 1974, Abensons Solicitors are a modern professional law firm with over 40 lawyers, paralegals and support staff.

We provide a professional quality legal service to all our clients striving to achieve the best possible solution for you and your business in an open honest understanding and most cost effective manner.
SEEKING NOMINATIONS FOR
MERSEYSIDE WOMEN OF THE YEAR AWARDS 2019
TO BE HELD ON
FRIDAY 28 JUNE 2019
SPONSORED BY
MICHAEL W HALSALL, solicitors

Founded in 2003, The Merseyside Women of the Year (MWOTY) annual awards is now facilitated and organised by Jean Gadsby and the inaugural Woman of the Year, Ellen Kerr. The event celebrates the achievements of women from across the county, acknowledging and rewarding the unsung heroines that are changing and giving extra meaning to the lives of people from Merseyside and beyond.

The event also aims to leave a legacy of amazing role models to inspire and support the future generations of women in Merseyside. Each year, the event also helps to raise money for chosen various local charities and the Merseyside Women of the Year Awards Legacy Fund. In 2019, monies raised at the event will be donated to the Community Foundation For Merseyside's Women’s Fund. Past beneficiaries have included Cash for Kids, Variety-the Children’s Charity and Liverpool John Moores University, while last year’s winner Sue Connerty, who also received The Community Foundation for Merseyside Inspirational Woman Award, was able to see her success benefit her charity, the Walking With Giants Foundation, which helps parents with children affected by a rare condition collectively known as Microcephalic Primordial Dwarfism (MPD).

Michael W Halsall Solicitors has been the headline sponsor of the Merseyside Women of the Year awards for the last five years, with the firm returning to support the event once again in 2019. Simon Halsall is currently touring with Gary Barlow and Tim Firth’s critically-acclaimed musical comedy Calendar Girls: The Musical.

The Merseyside Women of the Year annual independent awards ceremony, which celebrates the achievements of women from across Merseyside, is now seeking nominations for each of the award categories, which have previously included Arts & Culture, Business Leader, Community Change, Entrepreneur, Inspirational, Social Impact, Women’s Group, Women Making a Difference, Women of Courage, Young Female Apprentice and Best Supporting Male.

*Nominations can be made up until 5.00pm on Tuesday 7th May 2019 and judging day will take place on Wednesday 15th May 2019. You can nominate online, via email or in writing by post to complete the 2019 Nomination Form please visit: www.merseysidewomenoftheyear.co.uk nominate

*If you would like to nominate someone please ensure that the person you are nominating is aware and agrees to you making the nomination.

The glittering 2019 awards event will take place on Friday 28 June at the Crowne Plaza situated on Liverpool’s historic waterfront and the prestigious accolade of Merseyside Woman of the Year 2019 will be selected from the finalists of each category via a public vote, which will open on Monday 20 May 2019.

The LLN hold five lunches per year and every other month they also hold an early evening event that is called the 6 O’Clock Club, which are held from 6.00pm – 8.00pm at Fazenda Rodizio Bar and Grill in Exchange Flags, (rear of Town Hall, Liverpool city centre) The 6 O’Clock Club events provide another relaxed networking opportunity for members, alongside the opportunity to catch up with each other and carry on conversations that perhaps they didn’t have time to finish at previous lunches. It also provides an alternative for those who find it difficult to get to the daytime lunches, so this is a chance to get in on LLN’s quality networking action after work.

To find out more information about the Merseyside Women of the Year Awards and to book your place at the 2019 event please visit: www.merseysidewomenoftheyear.co.uk

To complete the 2019 Nomination Form please visit: www.merseysidewomenoftheyear.co.uk/
WHERE WERE YOU BORN AND WHICH SCHOOLS DID YOU ATTEND?
I was born in Birkenhead and attended Great Meols Primary School and then went on to West Kirby Grammar School.

IN WHICH AREA DO YOU LIVE NOW?
I live in Hoylake on the Wirral.

WHAT IS YOUR CAREER BACKGROUND AND WHEN DID YOU JOIN WOODSFORD TRADEBRIDGE?
I have worked in sales for 18 years. My career in financial services sales started at HSBC before moving into Corporate Foreign Exchange. I then built up and managed an ‘introducer’ network for the regulated sales arm of a charity before moving into the alternative finance industry, joining Woodsford Tradebridge in May 2018.

WHAT IS YOUR ROLE AT WOODSFORD TRADEBRIDGE?
I am a Business Development Director, predominantly focusing on the North of England.

OUTSIDE OF YOUR WORKING HOURS WHAT IS YOUR FAVOURITE PASTIME?
I love horses and very much enjoy going horse riding regularly. My husband and I also get great enjoyment from spending time with our beautiful Chocolate Labrador, Coco. I like watching football too and am a huge Liverpool fan.

WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?
I have always wanted to go horse riding in the Blue Ridge Mountains of Virginia during the Autumn months – I’ll get round to it one day!

WHO OR WHAT MAKES YOU LAUGH?
I really enjoy comedians who have the ability to make fun out of everyday situations. I love Michael McIntyre and Peter Kay. I also have a close group of friends, not so easy to all get together these days but when we do I never fail to cry with laughter at some of the tales we relate to each other.

IF YOU BOOKED A TABLE FOR 6 FOR A DINNER PARTY, WHICH 5 GUESTS (PAST OR PRESENT) WOULD YOU LIKE TO HAVE SITTING WITH YOU?
In no particular order: Steven Gerrard, Charlize Theron, Winston Churchill, Michelle Obama and Shergar – he would be a messy eater no doubt but I would love to know what really happened to him.

WHAT’S YOUR FAVOURITE GUILTY PLEASURE?
Without a doubt that would be a nice bottle of Rosé wine and a very large pizza.

WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?
This is a tough one, as there are a few from both subjects that I could choose. If really pushed then I would say my favourite film is an old classic – Coming to America, which a great romantic comedy starring Eddie Murphy and John Landis. My favourite book (leaving childhood favourites behind!) would be something by Tasmina Perry, writer of many great books, including the wonderful Daddy’s Girl.

IF YOU WON THE LOTTERY WHAT WOULD YOU DO?
I would donate a lot to charity, spend a load on the family and buy a nice big house that would have stables attached and some land in order to horse rescue horses. Oh! – and maybe a hospitality box at Anfield!

BACK TO WORK!
WHAT ARE YOUR MAIN AMBITIONS WITH WOODSFORD TRADEBRIDGE GOING FORWARD?
To continue building a client base of SME’s and Corporates and to make Woodsford Tradebridge the first choice for Supply Chain Finance, Trade Finance and Pharmacy Finance. To become the first port of call for those in the business network who are looking to help their clients to increase their working capital and cashflow, along with providing support to increase future growth. Here at Woodsford Tradebridge we do all we can to help make great companies even better!

HOW CAN YOU BE CONTACTED AT WOODSFORD TRADEBRIDGE?
Email: jenny@woodsfordtradebridge.com
Tel: 07823 348 326

Back to work!
A day without wine is like a day without sunshine.

Mike Wynn is a partner in Liverpool based wine company Cultural Wine, a specialist wine company that he helped to establish along with colleagues Paul Malkin and Ian Clarke. In this issue, Mike writes about the possibilities of what a ‘No Deal’ Brexit would mean for the prices of imported wines into the UK and describes three quality wines from South America that offer readers great value for money.

At Cultural Wine we source our wines from all over the world and this obviously includes mainland Europe. I am sure that you, like me, are pretty sick of the whole Brexit issue, but let us look at what we as a country contribute to European wine producing regions. As at 2016/17 the value put on importing wines from the following countries was:

- France £935m
- Italy £678m
- Spain £232m
- Germany £125m
- Portugal £61m

Currently there is no tariff on wine imported from the EU, Chile and South Africa, but if we have to settle for a No Deal Brexit, a real possibility at the time of writing this, then wine from the EU would go up in price by at least 29p per bottle. While the rise in quality of English wines is very timely, wine produced here is still relatively expensive due to the small production of it compared to other countries. We therefore need to look more seriously at wines from outside the EU.

At Cultural we see this as a great opportunity and we would like to remind you of some of our favourite wines from outside Europe, in this issue I have chosen South America, that have featured in previous editions of My Planet Liverpool.

ARGENTINA - TAPIZ MALBEC

Malbec has become very popular in its own right thanks to the Argentineans who took a grape that was predominately used in blending by the French and produced the brilliant wine that we enjoy today. The Finca Patagonica vineyard was built in 1999 when the Californian company Kendall Jackson expanded into Argentina. The winery was then bought in 2003 by the Argentine family of Ortiz, who already had vineyards in the region. They went on to produce a wine that has come to epitomise the wonderful wines that come from Argentina. In order to maintain their high quality standards, the Ortiz family employ a consultant wine maker named Jaen Claude Berroult, who also is an adviser to Chateau Petrus in Bordeaux.

Tapiz Malbec is a delicious Argentine red wine with that typical powerful Malbec fruit. This is a superb award winning wine which spends eight months in oak, giving a powerful nose with aromas of red berries, black fruits and raspberries with a subtle smokiness, and an explosion of rich berry fruits that linger on the palate and provide a depth of taste that is truly memorable. It is big and punchy on entry, quite smooth with the acidity and oak in balance and is ideal for everyday drinking at a very competitive price. Malbec is very much in fashion currently and there are many cheap ones floating about in the supermarkets but this one from Tapiz is in a completely different league and is probably the best example of a Malbec that we have tasted.

It is a wine that is recommended to drink particularly with steak, which is a natural partner to Tapiz Malbec, with its robust yet elegant flavours and it will also complement other full flavoured meat dishes including casseroles.

Chile

CHONO SAUVIGNON BLANC AND CHONO CARMENERE

Valle Central is one of the main wine producing areas and I would like to feature two excellent wines produced by the Sudit family. The inspiration behind the Chono label was the indigenous Chono tribe, who were described by Darwin as ‘one of the bravest native tribes’, they were well known for having a passion for life and for nature. Chono wines were pioneered by Sudit’s famous wine maker Alvaro Espinoza, who was awarded the International Wine “Wine Personality of the Year” in 2007 and over time he has developed a wine philosophy that showed Chile had exceptional potential which required specific grape planting to match the soil – in other words, acknowledging the importance of the Terroirs.

Created by Alvaro Espinoza in 2004, Chono wines are carefully selected, single vineyard varietals from some unique terroirs in Chile, with the aim of producing wines which focus on quality over quantity.

CHONO SAUVIGNON BLANC

This aromatic Sauvignon Blanc has a light lemon colour with hints of lime green and an extremely expressive nose, with aromas of citrus fruits and flowers, including grapefruit, asparagus and green pepper. The palate is fresh and crisp with gooseberry, lime and a long, refreshing finish. Chono Sauvignon Blanc is ideal to be poured with fresh shellfish, sushi, steam cooked or grilled fish.

CHONO CARMENERE

This is Chile’s signature varietal from the Maipo Valley. It has great elegance and character, possessing an intense ruby colour with aromas of juicy black fruits and spicy notes on the nose. The palate is full bodied and well structured with flavours of plums, blackberries and white pepper. After twelve months in French and American oak barrels the flavours are soft, rounded with pleasant tannins, giving this wine gorgeous sweet spice flavours of vanilla and cinnamon.

These soft tannins, along with a nice balanced acidity, lead to a long and pleasant finish and this wine is the perfect accompaniment to steak or roasted red meats.

All three of these wines are of course available from Cultural Wine and please quote My Planet Liverpool when ordering to receive a 5% discount on your purchase.

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

Mike Wynn: 07747 052 890
E: mike@culturalwine.co.uk
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Ian Clarke: 07841 248 758
E: ian@culturalwine.co.uk

MY PLANET LIVERPOOL • 55

MPL FOOD & DRINK
A report has been published by the Law Society following in-depth research into the need for gender equality in the legal profession.

As a male partner in a law firm, I was invited to attend a round table discussion (one of many which contributed to the report) to talk about how we as men can champion female leadership. It's been an interesting journey for me, as I felt ill-equipped to discuss 'female leadership' as a man. I should have had those reservations, as it is important that everyone contributes to this debate. It is the only way to bring about meaningful and sustained change. The report following our input makes for interesting reading.

Unconscious bias in the profession plays a key part in the findings.

Components of this include women ‘not fitting into the traditional image of a business leader’. Many women also reported that assumptions made about them because of their gender have damaged their careers. It was disheartening to read in the research that in 2019 female solicitors were presumed to be the ‘tea girl’ or note taker by virtue of being the only woman in the room.

Equal pay also plays a role in the overall problem, with 60% of respondents to a survey carried out as part of the research reporting that, based on the knowledge and experience, they were aware of a gender pay gap within their organisation.

How to make your workplace LGBT friendly

by Kelly Faulkner, Trainee Solicitor

Although workplaces are becoming increasingly diverse, many LGBT people in the UK still choose not to disclose their sexuality at work for fear of homophobia, exclusion or in case they are discriminated from promotion opportunities. LGBT rights charity, Stonewall, revealed in a survey last year that a surprising 34% of LGBT people hide their private lives from colleagues and clients at work for fear of discrimination. This is a worrying statistic for employers seeking to make the most of a diverse workforce by improving services and increasing productivity. Because we know that ultimately people perform better when they can be themselves. According to Stonewall, LGBT inclusive employers play a “crucial role in changing society by using their power and influence to proudly support LGBT people in their organisations.”

If you are a business looking to ensure all people are treated fairly and equally in your workplace regardless of their sexual orientation or gender identity, here are some tips to help you ‘come out’ as an LGBT-inclusive employer:

1. ENSURE THAT YOUR POLICIES ARE FULLY INCLUSIVE

Organisations can improve the environment for LGBT employees by creating policies that are squarely motivated by a desire to create a more inclusive workplace. For example, including LGBT specific welfare policies, such as parentage leave and pensions for example should be reviewed and explicitly mention LGBT people where relevant.

2. EDUCATE STAFF ABOUT LgbT EQUALITY

All staff, including senior management, should undergo diversity training, with a specific section on issues that may affect LGBT colleagues. Because being overtly ‘out’ from an inclusive ‘bunker’ rather than targeted intolerance, it is important to train staff on issues such as inappropriate language to ensure a more tolerant and comfortable working environment for everyone. This gives out a clear message that discrimination against LGBT people is not acceptable and improves people’s understanding of the discrimination that LGBT people may face.

3. ENGAGE STAFF MEMBERS WHO DON’T IDENTIFY AS LGBT

Getting to know your staff will help ensure you are able to cater effectively to any needs they may have. This also means listening to how people describe their own identity, gender, partners and relationships and reflecting their choice of language. To do this it is advisable to avoid making assumptions about a person’s sexual orientation or gender identity and instead use gender-neutral terms such as ‘partner’.

4. TAKE TIME TO UNDERSTAND YOUR STAFF

Getting to know your staff will help ensure you are able to cater effectively to any needs they may have. This also means listening to how people describe their own identity, gender, partners and relationships and reflecting their choice of language. To do this it is advisable to avoid making assumptions about a person’s sexual orientation or gender identity and instead use gender-neutral terms such as ‘partner’.

5. CONFIDENTIALITY IS KEY

It is crucial to ensure confidentiality to all staff unless they have clearly chosen to be ‘out’ themselves. Be aware that confidentiality for LGBT people can be a matter of personal safety rather than solely about privacy. There are also legal considerations under the GDPR for employers since sexual orientation and gender identity are classed as ‘special category data’. Such information therefore requires additional protection; it should be considered strictly confidential and treated as such.
There have been several television shows lately with stalking at the centre point of storylines, meaning the issue has become more of a talking point in society.

Stalking is accepted in UK law as being a course of conduct that may amount to a range of offences including that of harassment. Stalking and indeed Harassment can cause the victim and those close to them a great deal of emotional and psychological distress.

Here is what constitutes stalking and harassment in the UK:

**Harassment**

is a term used to cover offences contained within the Protection from Harassment Act 1997. It is generally accepted as a course of conduct that causes the victim alarm or distress. Although harassment is not specifically defined within the Act, it can include repeated attempts to impose communications, be that in person or via social media platforms, upon a victim or others connected with the victim in a manner that would be expected to cause distress or fear in any reasonable person.

**Stalking**

is generally accepted as being a course of conduct which may amount to harassment or indeed, can be an offence within itself. Whilst there is also no strict legal definition for stalking the Protection from Harassment Act 1997 further sets out a number of acts and omissions which may be associated with stalking. For example, a person spying on, watching or forcing contact with the victim in person or indeed via social media.

Two examples of stalking or harassment may include:

- An ex-partner persistently making attempts to contact you on social media, causing you to feel threatened and/or scared.
- An acquaintance who follows, watches and/or tracks you, be that in person or online, causing you to feel threatened or harassed. A number of examples can be found online, but it should be noted that there is not an exhaustive list contained within the legislation and cases will be considered on their individual details.

What to do if you feel you are being harassed?

In the first instance, someone who feels they are being harassed should ensure they tell someone that they trust and explain that they feel threatened or scared due to this behaviour. Please see the bottom of this article for details of the National Stalking Helpline.

The first port of call is to report the matter to the police. The police have a range of powers to reduce the risk attached to the offences, including the obvious powers of arrest, which can then lead to custodial sentences and/or the imposition of a Restraining Order. Such an Order should be drafted with a view to protecting the victim by imposing one or more conditions on the perpetrator (the suspected stalker or person harassing the victim). It then becomes a criminal offence for the perpetrator to do anything which they are prohibited from doing under the Order.

In many situations, the police may be unable to take any further action at the time of reporting, as such there are a number of alternative options to protect the victim; If the perpetrator is associated to the victim the most preferable option may be to apply to the Family Court for a Non-Molestation Order. This type of injunction can prevent the perpetrator from contacting the victim or coming within a specified distance.

There is no court fee for such an application and Legal Aid is available if the victim is financially eligible. You are associated to the perpetrator if one of the following apply:

- You are or were married/civil partners in an intimate relationship of significant duration
- Are relatives
- Have a child together or have parental responsibility for the same child
- Are or were living together

Alternatively if the perpetrator and the victim are not associated (e: don’t meet any of the above points) the victim may still apply for a civil injunction prohibiting their abuser from contacting/approaching them. This will usually attract a court fee of £308.

In both of these types of Order, it is a criminal offence if the perpetrator breaches it and he/she can be reported to the police. Alternatively, the matter can be taken back to the respective Court and an enforcement can be sought.

*The National Stalking Helpline: 0808 802 0300*
WHERE WERE YOU BORN AND WHICH SCHOOLS DID YOU ATTEND?
I was born in Glasgow and I attended Holy Cross primary school and Holyrood Secondary school.

IN WHICH AREA DO YOU LIVE NOW?
I live in Moreton, Wirral and although I have travelled all over the world, this is the best place I have ever lived!

WHAT IS YOUR CAREER BACKGROUND AND WHEN DID YOU JOIN PULLMAN LIVERPOOL HOTEL?
When I was just 19 I started off working for a tour operator and then progressed into sales & marketing and travelled the world. In my tenure I have been on property as Sales Manager, DOSM and off property in a cluster role as a Government Account Manager in Scotland. I have opened and launched two hotels previously, one of which was a luxury island and private yacht charter experience that attracted a large celebrity following and the other was an island that boasted 83 private villas. Both of which were situated in the Maldives, where I lived for eight years.

WHAT IS YOUR ROLE AT THE HOTEL?
My day to day in the hotel is a bit of a mixture. My responsibility is to sell the hotel, predominantly meeting space and accommodation. I manage and promote our Wheelers of St James Restaurant, which is a Marco Pierre White restaurant and located within the Pullman.

OUTSIDE OF YOUR WORKING HOURS WHAT IS YOUR FAVOURITE PASTIME?
I love to spend time with my family - and most importantly love to have some quality time with my daughter and husband.

WHAT WOULD BE YOUR DREAM HOLIDAY DESTINATION?
Having lived in the Maldives for eight years, it is hard to get much better than that and since becoming a Mum my holiday preferences have changed somewhat. However a destination that I have not been to and would like to go is New Zealand.

WHO OR WHAT MAKES YOU LAUGH
My daughter makes me laugh. She is only three and some of the comments she comes out with are absolutely hilarious.

IF YOU BOOKED A TABLE FOR 6 FOR A DINNER PARTY, WHICH 5 GUESTS (PAST OR PRESENT) WOULD YOU LIKE TO HAVE SITTING WITH YOU?
Michelle Obama, Naga Munchetty, Michael Rosenberg (Passenger), Michael McIntyre and David Attenborough.

WHAT IS YOUR FAVOURITE BOOK AND FILM OF ALL TIME?
The film would have to be One Few Over The Cuckoo’s Nest and my favourite book is The Secret by Rhonda Byrne, who was named by Times Magazine as one of the world’s 100 most influential women in 2007.

IF YOU WON THE LOTTERY WHAT WOULD YOU DO?
I would definitely go on a worldwide adventure.

WHAT ARE YOUR MAIN AMBITIONS WITH PULLMAN LIVERPOOL GOING FORWARD?
I would like to see a continuing steady growth over the next three years, with the hotel attracting a diverse range of clients, along with corporate transient travellers.
ARTSWIFT was recently visited by members of the Border Force Agency who spoke to staff on the subject that is causing concern throughout the world of shipping. They pointed out that the crime of ‘identity hi-jacking’ is very popular with criminal organisations, due to it offering them the opportunity to make illicit importations into the UK appear credible while maintaining a high degree of anonymity.

Every day, significant volumes of freight enter and leave UK ports and airports. The job of Border Force is to use its intelligence capability and expertise to select and examine those consignments that represent the biggest threat to our borders and to ensure that those threats are mitigated. At the same time the free flow of trade, which is essential to the UK economy, must not be interrupted.

By making companies aware of the dangers involved in identity hi-jacking it is hoped that measures will be put in place to help to minimise the risk of the company becoming a victim of this criminal activity.

The term ‘identity hi-jacking’ is used to describe a type of crime in which the business details of a legitimate company are fraudulently used to facilitate the importation and movement of illicit goods. Such details include the company name, address and VAT number. In many cases this type of crime is carried out without the knowledge of the hi-jacked company. This type of crime is not specific to any particular commodity or region or size of the business. It is a crime that can quite easily be applied to expedite the importation of a variety of illegal substances, including Class A drugs or counterfeit cigarettes. Below is a list of indicators noted by the Border Force Agency that have featured in recent ‘identity hi-jack’ cases.

- You are contacted by a new customer
- A mobile phone number is given as the point of contact
- The use of 0845 and 0870 telephone numbers
- The use of Hotmail and Googlename addresses
- Receiving from the importer poor quality documentation, usually containing basic spelling errors
- Documents faxed to you from public places such as hotels and newsagents
- The use of agents deferment accounts
- A request for goods to be delivered to the agent’s own storage facility
- A request for agent’s account details to enable cash to be paid via electronic transfer

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

In the course of your daily work, staff may indenitify something that they think is unusual and they should report this to their immediate superior or management. This unusual activity could lead you to suspect that a consignment of goods is being, or has been, used as a way of smuggling illicit goods. If such an instance should occur then it is important that you prepare relevant documents and collect as much information as possible from your existing file, for example;

- The company name and address being used
- The container number(s)
- A description of the cargo
- Vessel and voyage details
- Delivery details
- Customer contact details

Once you have gathered the above information, do not be concerned if you do not have all of the suggested details, please report your suspicions directly to your Border Force Intelligence Officer or, if you have in place, the locally agreed reporting pathways.

Do not at any stage draw attention to yourself by requesting additional information from the customer, especially details that would not normally be asked for when carrying out your normal procedures.

Do not attempt to delay clearance of the goods or otherwise interfere in the normal release of the container(s) unless specifically asked to do so by a Border Force Officer.

There will be occasions when you are unable to pass on your suspicions or information until after the container(s) have been released from the port but do not let this deter you from reporting the details to Border Force, as smugglers will often repeat a successful operation.

You can pass on information to Border Force via the following methods;

- Telephone: 01394 303118 or Email: FelixstoweJBU@homeoffice.gov.uk

Richie said of the Border Force Agency visit, “I was impressed by the pro-active nature of the UK Border Force in this area. The team have connections to all the other agencies involved in fraudulent, criminal and counter-terrorism activities and share their intelligence to protect the public at large. At Dartswift we have made all the staff aware of what they should be looking for as per the guidelines given to us by Border Force and we will continue to be vigilant in all the procedures we follow in our daily work performance.”
Sanctuary Tap, so called in deference to the Sanctuary Stone, the medieval landmark that is situated on the pavement directly outside the bar’s entrance is very popular with customers of all ages, serving up a tasty treat of Real ales, a great selection of cocktails, delicious Homemade pies and live music two nights a week.

A good choice of favourable pints of real ale, or a heady cocktail if so minded, are served up daily. The real ales are from the award winning Saddlers and Hawkshead breweries and are a great addition to the imaginative menu of pies and much else. Each served with a delicious and generous portion of mash and gravy.

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

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Independent legal practice Brabners, which has offices in Liverpool, Manchester and Preston, has won in the Maritime Professional Services category at the 2019 Mersey Maritime Industry Awards (MMIAS), recognising the firm’s expertise in advising business and services in the sector.

Now in their fifth year, the MMIAS are the UK’s premier northern maritime awards, celebrating influential companies, individuals and projects within the industry. Organised by Mersey Maritime, the representative body for the industry in the Liverpool City Region, the awards are open to organisations, businesses and individuals who operate in the industry, across the Northern Powerhouse and the Isle of Man. This year’s ceremony, which took place on 14th March at the Titanic Hotel, hosted by presenter Louise Minchin, was the biggest yet, with more than 400 industry professionals in attendance. Entries were judged by a panel of exports and leaders from across the UK maritime industry, as well as a new voting platform introduced this year, which saw more than 1,000 votes cast by the wider maritime sector.

Mark Rathbone, Head of Corporate, Brabners Liverpool, said: “The award highlights the difference we are making to our clients and to our community through our involvement in the regeneration and development of the Liverpool City Region.

Having a long-standing relationship with the industry, we are honoured to be recognised for the flagship projects we have supported our clients with, including Brookes Bell, Camel Laird, Mersey Maritime, Peel Ports Group and Royal Albert Dock.”

Mark added, “Our thanks also go out to Mersey Maritime, which is gaining recognition, both nationally and across Europe, as a stand-out example of how a cluster can help to drive the region’s economy. It is a privilege to be working in such a dynamic sector and to be shaping the regenerative growth of the Liverpool City Region, the North West, and beyond.”

www.brabners.com

Attraction of the Year honour for The Beatles Story

The Beatles Story, Liverpool, were delighted to be announced the winners of the ‘Attraction of the Year’ at the UKinbound Awards for Excellence 2018 at the Annual Convention Gala Dinner in Glasgow in February.

The popular attraction, situated at the Royal Albert Dock, beat some very strong competition from other top UK attractions at the awards ceremony, which took place at the Glasgow City Chambers and were presented by Glaswegian comedian and TV presenter Des Clarke in front nearly 300 guests. A panel of independent judges compiled the shortlist following a round of self-nominations from members companies, and the final winners were voted for by the UKinbound membership.

UKinbound is the only trade association that represents the interests of the UK’s inbound tourism sector and is recognised as a leading economic and employment driver in the UK. Speaking of the win, Diane Glover, Marketing Manager at The Beatles Story said: “To be shortlisted against such a competitive list of top UK attractions, mainly from the London region, was itself a great achievement. The reception to the win was incredible and it was even more special that it was voted by the members, many of whom are our key travel trade partners. It was a very special night and credit goes to all our team, who work extremely hard ensuring visitors from all around the world receive a warm Liverpool welcome.”

The Beatles Story welcomed a record number of visitors during the 2017/18 season with over 300,000 people from more than 80 international countries. The award is now added to a growing list of accolades for this top Liverpool attraction, including twice winning ‘The People’s Choice’ at the Liverpool Tourism Awards in 2017 and 2018, voted for by the public and the Editorial Award for ‘Development of Incoming Group Visitors to the UK’ in the 2018 Group Travel Awards, voted for by group travel organisers who were impressed with the attraction’s growing visitor numbers and language options. www.thebeatlesstory.com

Nectere success for RED OFFICE

Bootle based Red Office Supplies Merseyside is celebrating the company’s success at the recent annual Nectere conference, held at the Mecure Hotel in Birmingham. The firm, which was established by Michael Byrne in 2014, took home the New Business of the Year award and the Partner of the Year award on a great night for the Crosby born businessman.

Speaking about what winning these awards meant to the company, Michael said, “This is a really proud moment for me and the Red Office team. This shows that what we are doing is being recognised and we would like to thank all our fabulous customers for helping to make winning these awards possible and also a big thanks to Adrian Reed, Mike O’Kelly and Paul Mugrove for their valued ongoing support. We now would like to go on and achieve our aim of dealing with more and more local businesses. We are all extremely passionate about delivering the highest level of customer experience to all customers, whilst offering a highly competitive pricing structure. We have a wonderfully experienced team here at Red Office, with the same values, and without doubt we all believe that the customer always comes first. If you are a local company with lots of office staff, don’t hesitate to get in touch. We would love to hear from you, as we guarantee to save you lots of money plus make life easier for you on those awkward business dilemmas!”

www.redofficemersyside.co.uk

Salthouse Bacaro’s young chef Andrew Williams is celebrating after winning the 2019 Riso Gallo Young Risotto Chef of the Year competition. This prestigious competition features chefs aged from 18-26 years old who are at all different stages in their culinary career. Andrew joined nine other talented young chefs from across the country to take part in the finals, cooking off their Risotto dish entries at the competition’s venue, Westminster Kingway College, on 22nd January.

Twenty-year old Andrew started his culinary career as a kitchen porter just a few years ago and is part-way through his second year at Liverpool University studying Biological Sciences. At the age of 16 he won alongside his colleagues at Bacaro, creating a mixed menu of fine small Italian plates. His winning dish, ‘Primavera Risotto’, of caramelised onion broth, taleggio cheese, asparagus, goose liver, Valrhona chocolate, toasted pine nuts and finished with white asa truffle and chilli oil was absolutely delicious and universally admired by the judges, with lead judge Paul Gayler making special mention at the competition of the excellent flavour and balance, and the skill he showed while producing his dish without any sort of competition and emphasised his knowledge and understanding of the ingredients. Part of Andrew’s prize was an all-expenses paid three day work experience working alongside the team at Angelo Hartnett’s Murano in London and his dish will feature on the menu at Gordon Ramsey’s Union Street Cafe for a week (March).

Salthouse Bacaro’s head chef Mike Byrne said: “We are immensely proud of Andrew and the hard work he has put into this dish. He has been on self-study competition from some of the top restaurants in the UK and received excellent feedback from the judges. This award is testament to the training and the dishes we are producing at Bacaro and will put us on the culinary map”. Patthy Smith, co-owner at Bacaro, who spent 25 years in the kitchen himself, said: “I am delighted that our expertise in training and our quality of fresh produce from our chefs team has been recognised by some of the top people in the industry. We are already looking forward to featuring Andrew’s winning dish on the menu here at Bacaro for our guests to enjoy.”

www.salthousebacaro.co.uk

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This new addition to the array of restaurants and bars located on Castle Street, one of our city centre’s first-class culinary areas, offers a wonderful Caribbean/Latin American style selection of food and drinks, accompanied by a variety of great musical live acoustic bands, all of which combine to provide a chilled out experience for its customers.

Black Barrel is headed by General Manager, Danielle Hamm from Wirral, who many customers will no doubt recognise from her time at Neighbourhood and Gusto. Danielle brings her vast experience to the bar and she said, “This part of the city has become a real destination area for locals and visitors alike, because it offers so many exciting food and drink options; there is a real buzz about the area and we are delighted to have joined the party. This is a small, intimate bar that sits around 40 people, who will all have the opportunity to chill out with a variety of brilliant rums, including maverick brands such as the iconic Dead Man’s Fingers, long drinks and cocktails, as well as some delicious food, fantastic music and acoustic live bands.”

Danielle summed up the magic of the bar, saying, “Black Barrel brings something different to Castle Street, with its cool and laid-back vibe. As consumers wake up to the fact that rum has so much to offer, they are beginning to experiment with it in a way they have never done before. It is a drink that has its own wonderful history, is affordable, accessible and versatile, with so many regional styles to explore - so it’s an exciting time for a bar like this. Black Barrel, which takes its name from the method of ageing rums and other dark spirits in a charred barrel to intensify their taste and add richness, was inspired by our vision to give visitors to our city a taste and education of the world of rum, a world our great Liverpool sea-faring heritage helped introduce to our shores.”

Open 7 days a week, food and drink lovers are invited to bask in Black Barrel’s laid back vibe. So, if you want to get your night out of off to a good start with one of the bar’s sharing cocktails or fancy treating yourself to a few drinks and a bite to eat after work, then this is the ideal venue for you. Make sure you pop in soon – you will be assured of a warm and friendly welcome.

Black Barrel’s Head Chef, Bryony Stratton from Holywell, North Wales, and Mexican chef, Luis Michel, have created a menu of 12 small plates, influenced by the incredible dishes served up in Latin American and Caribbean countries. You will be able to enjoy very tasty pink tacos, homemade tortilla chips and creamy guacamole. There is also smoked mackerel in the traditional form of Ceviche, which has delicate but very recognisable flavours, and there are also vegan options, such as the delightful Vegan ‘fish’ tacos.

With the drinking of Rum being tipped by many industry experts to be the ‘Next Big Thing’, one city centre bar has been quick to see the potential. Following its opening on 15th March, the Black Barrel Rum Bar is proving to be a resounding success.
THE THREE GRACES ROSE GIN

RAISE A TOAST TO OUR WONDERFUL CITY, A CITY THAT THE THREE GRACES LIVERPOOL LTD, PRODUCERS OF THE THREE GRACES ROSE GIN, THE SPIRIT OF LIVERPOOL, IS PROUD TO CALL HOME

Launched in May 2018, The Three Graces Rose Gin has enjoyed great success and is widely available at a variety of outlets throughout Merseyside. Alan Hutchinson, his son Drew, along with their friend Sam Mercer are the three men behind The Three Graces Liverpool Ltd, the creators of this popular spirit, which those of you with a taste for quality gin are able to enjoy or purchase in the likes of Delifonseca, at their Brunswick Way (Brunswick Dock) and Stanley Street, Liverpool city centre, venues, Matou, the delightful Pan-Asian restaurant on Liverpool’s waterfront, the wonderfully intimate Caveau restaurant, and the Elephant Pub & Bakehouse, both situated in Wavertree Village, Liverpool Cathedral (Anglican) Shop and many city centre pubs – and of course this quality gin can be bought online or in person by contacting The Three Graces Liverpool Ltd at their Wavertree office – see contact details at foot of opposite page.

In launching their brand, Alan, Drew and Sam were united in wanting to create a company image that evoked the centuries old seafaring heritage and traditions of our city, while also paying homage to the history and uniqueness of the three famous waterfront buildings that we are so lucky to have and enjoy here in Liverpool.

Alan said, “The uniqueness of our Liverpool waterfront buildings known as the Three Graces inspired us to create our defining company image and the theme of The Three Graces and so we agreed to name our company The Three Graces Liverpool Ltd. Our artistic and exclusively designed labels showcasing images of the three mythological sirens, The Three Graces, rising from the sea, define our core range of spirits worldwide.”

With Alan, Drew and Sam being gin drinkers themselves, they knew what they like in a gin and also understand that fellow gin connoisseurs desire a quality gin product at an affordable price. A lot of thought went into the creating of Three Graces Rose Gin. Alan described how the flavour was created to the trio’s specific requirements. “Our gin is comprised of eleven botanicals, including juniper berries, coriander, angelica, orange peel, lemon peel and the essence of roses. This gives the drink a unique rose flavour and colour to the gin, which is perfect to drink on its own, over ice or with your favourite tonic, mixer or cocktail flavours.”

Sam summed up the trio’s thoughts, “We wanted to create a spirit that is unique to us, to our city and its heritage, and indeed, to our country. A gin providing a statement that says “This is who we are and this is what we do. The Three Graces Rose Gin, the Spirit of Liverpool” and a Rose Gin to remember! Judging by what people have told us over the past year then we are more than well on our way to achieving our aim.”

The men did not stop at creating the gin only. Alan adds, “Our exclusively made The Three Graces Rose Gin short stem glasses are not previously seen in the UK. In launching their brand, Alan, Drew and Sam were united in wanting to create a company image that evoked the centuries old seafaring heritage and traditions of our city, while also paying homage to the history and uniqueness of the three famous waterfront buildings that we are so lucky to have and enjoy here in Liverpool.

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The three men did not stop at creating the gin only. Alan adds, “Our exclusively made The Three Graces Rose Gin short stem glasses are not previously seen in the UK. They are made uniquely for our Gin and can only be supplied and bought from us. The trio all agree as they enthuse; “The lasting rose essence and flavour in our Three Graces Rose Gin lingers over the tongue and activates the taste buds to give you a flavour and taste to be enjoyed, savoured and remembered.”

COMING SOON...
THE THREE GRACES GOLD RUM
The Spirit of Liverpool

Rum is being widely tipped by Wine and Spirits experts to be the next ‘Big Thing’ in the drink industry and so the three men behind The Three Graces Liverpool Ltd, producers of The Three Graces Rose Gin, have chosen the right time to launch The Three Graces Gold Rum this May, twelve months on from the launch of their very popular gin offering.

When Sam Mercer and father and son Alan and Drew Hutchinson, directors of The Three Graces Liverpool Ltd, successfully launched their new gin in May 2018, they planned to make The Three Graces, The Spirit of Liverpool, into a well-known and iconic brand name. They believed, and know, that providing a consistent quality, premium product with quality service would be well received and would be the core to success.

That hope for success has certainly materialised during the first twelve months of The Three Graces Rose Gin’s life and fully justified the trio’s belief. This has led to the three men deciding to continue building their brand and to enhance it by introducing The Three Graces Gold Rum, The Spirit of Liverpool, seeing it as a natural progression and addition to The Three Graces Liverpool Ltd range of premium spirits.

The Three Graces Gold Rum, The Spirit of Liverpool, is a combination of three Caribbean premium rums, blended to provide a gold colour rum with a smooth, rich smoky flavour, together with a hint of sweetness from the addition of Jamaican Rum, especially chosen for its sweetness, all to provide a soft, lingering aftertaste on the palate. The Three Graces Gold Rum will be supplied in the well-recognised shape of the 70cl, The Three Graces bottles and labelling. With an ABV of 45%, it can be enjoyed on its own, over ice or with your favourite mixer, all to suit your own personal taste. After fifteen months of blending, tastings and sampling, The Three Graces Gold Rum will be available to the open market this coming May and will be a welcome an exciting addition to the range of rums currently available in our city.
MY PLANET LIVERPOOL

THE VERNON ARMS

JIMMY, BARBARA AND ALL THE TEAM WELCOME YOU TO THE PUB WITH A DIFFERENCE...

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

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

To the rear of the pub is the delightful Latham Lounge. This tends to be a peaceful environment during the week, somewhere to have a quiet read of a newspaper (also supplied) while relaxing with your pint and sampling a traditional pub lunch. This area can also be hired for a private event and when you do so the small cost of the hire is donated to a local charity.

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

The Vernon Arms, 69 Dale Street, Liverpool, L2 2HU
Tel: 0151 236 6132 • www.vernonarms.net

CATERED PRIVATE FUNCTIONS
IN OUR LATHAM LOUNGE
When hired all donations go to Marie Curie Cancer Care
LIVE ENTERTAINMENT
FRIDAY & SATURDAY

FOOD MENU

LUNCH RUSH SPECIAL DEAL • Any 2 Main Dishes for only £9.00
Monday – Friday 12.00pm – 3.00pm

MAIN DISHES: £5.95 each

6 CASK ALE PUMPS
New Ales added every day
Rev James • Rum Porter
White Rat

1 GUEST CIDER PUMP
Regularly serving Black Dragon

EXCLUSIVES ON DRAUGHT
including:
Duvel • Chimay • Leffe

BELGIAN BOTTLED BEERS & CIDERS
Duvel • Chimay • Leffe

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EXCLUSIVES ON DRAUGHT
including:
Duvel • Chimay • Leffe

BELGIAN BOTTLED BEERS & CIDERS
Duvel • Chimay • Leffe

Chocolate Milkshake
£3.00

DESSERTS - £3.00
Served with Ice Cream
Hot Chocolate Fudge Cake
or
Sticky Apple Caramel Cake

SIDE ORDERS
Soup & Roll – £2.50
Garlic Bread – £2.50
Garlic Bread & Cheese – £3.00
Chunky Chips & Dip – £2.50
Garlic Mayo, Sweet Chilli, Mayo

JACKET POTATOES - £3.95
Large jacket potato with your choice of topping
Tuna, Beans (V), Cheese (V)

BAGUETTES, TOAST & SANDWICHES - £3.50
Crusty baguette or fresh white or brown bread/toast.
Bacon, Sausage, Ham, Tuna, Cheese (V), Beans (V)

CHICKEN TIKKA MASALA
Served with chips & long grain rice

CHILLI CON CARNE
Served with chips & long grain rice or jacket potato

CLASSIC STYLE LASAGNE
Served with your choice of filling

STEAK PIE
Served with chips, peas & gravy

VEGETABLE LASAGNE
Served with chips & salad

SIDE ORDERS
Soup & Roll – £2.50
Garlic Bread – £2.50
Garlic Bread & Cheese – £3.00
Chunky Chips & Dip – £2.50
Garlic Mayo, Sweet Chilli, Mayo

JACKET POTATOES - £3.95
Large jacket potato with your choice of topping
Tuna, Beans (V), Cheese (V)

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Chunky Chips & Dip – £2.50
Garlic Mayo, Sweet Chilli, Mayo

DESSERTS - £3.00
Served with Ice Cream
Hot Chocolate Fudge Cake
or
Sticky Apple Caramel Cake

HOT BEVERAGES
Coffee
or Hot Chocolate - £1.80
Tea - £1.50

Please ask a member of staff with regards to Food Allergies

72 • MY PLANET LIVERPOOL

MY PLANET LIVERPOOL • 73
Local marketing consultant and writer, Stephanie Heneghan, continues her series on Liverpool’s wonderful parks with a look at Calderstones Park in South Liverpool. With a recent threat to the park from a housing developer resulting in a well publicised battle in the High Court, Stephanie tells of the park’s history and how it has earned such a special place in people’s hearts.

The name of the Calderstones area was taken from a local landmark consisting of six sandstone boulders (megaliths) decorated in carvings – and named as the Calder Stones. It was discovered that the stones were the remains of a Dolmen – a type of Neolithic burial chamber – and are thought to be around 4,000 years old – older than Stonehenge! The burial chamber once stood on the edge of the Harthill Estate, which later became part of Calderstones Park and they are a wonderful example of the fascinating history of a park that has been one of the city’s most loved green spaces since it first opened to the public in 1905.

Located over a sprawling 94 acres, the site of the park was once part of the Manor of Allerton, centred on Allerton Hall and was augmented by the Harthill estate. For many years Calderstones Park and Harthill Park were separate entities before merging to become Calderstones Park. In the early 1700s the Percival family were Lords of the Manor and they granted leases on the farms in the area to a yeoman named Samuel Mercez, who in 1738 purchased the land, which included a property called the ‘Old House’. On the death of his father, Jonathan Mercer inherited the estate and in 1753 his brother Joseph purchased the holding from him. When he died, he passed on the Calderstones section of the land to his son, also Joseph, and in turn he left it to his son, yet another Joseph, in 1804.

In 1817, the latter Joseph sold the house and about 10-acres of land to a Liverpool merchant named Thomas Martin who in 1825 enlarged the estate by buying several fields in the Allerton Road area. Then, in 1828, a local lead shot manufacturer named Joseph Need Walker bought 23 acres of the land, including the Old House, from Thomas and he also purchased an additional several acres of land from the neighbouring John McCulloch. Walker knocked down the Old House in 1829 and replaced it with the present day Mansion House and accompanying buildings. He then bought more land in the New Tree Area in 1845/1846 and also persuaded landowner Ambrose Lace to let him have part of a three acres field named locally as The Alderley, and the present day 90-plus acre estate that forms Calderstones Park was completed by the purchase of a small corner section of field from the Hibbert family.

Continued overleaf
Joseph Need Walker died in 1865, and in 1873 the estate was sold for £52,000 to prominent shipowner Charles MacIver. Charles and his brother David were local shipping magnates who in partnership with Samuel Cunard established the Cunard Line, a name synonymous with the rich maritime history that Liverpool is famed for. The legacy of Charles still remains within the park, as when he and his family lived there he imported numerous North American pine trees and several other foreign species, many of which still grow in the park today.

In 1902 MacIver’s widow sold Calderstone House and the estate to Liverpool Corporation for the sum of £43,000. The park was formally opened to the public on 20th February 1905, attracting over 20,000 visitors a month. Over the following decades a number of major improvements were made to the park. The staff included 16 gardeners and they remodelled the walled kitchen garden into the Old English Garden we see today. By 1912 a fountain had been created at the centre of the garden and apples and pears adorned the garden walls, with peaches also growing in the glasshouse. There was a Rose Garden and the Mansion House held a cafe and a wonderful display of pictures and stuffed birds, while a boating lake was put in place in 1933 and two years later several trees were planted in the new ‘avenue’ Jubilee Drive in order to commemorate the Silver Jubilees of King George V and Queen Mary. During World War II an Open Air Theatre was constructed but had to close in 1971 due to financial restraints and in 1969 the wonderful Japanese Garden was created by Harry Buckley and his apprentices. This was based on the Temple Gardens of Kyoto and various traditional Japanese Tea Gardens.

However, one of the most striking features in the park is not man-made – although it does now benefit from human assistance. The Allerton Oak is reputed to be over 1,000 years old and has a rich history. It was known as the Law Oak because, due to the absence of a local court in yesteryear, the ‘Hundred Court’ was said to have been held underneath the cover of the tree’s branches. In 1941 leaves from the Oak were pressed and placed into greetings cards to be sent to members of the park staff serving in the armed forces during the war, so following the tradition of men going off to war taking a leaf from the Oak as a good luck charm. The trunk of the tree has a huge crack which is said to be a result of an explosion in 1864 on board the ship Lottie Skigh, moored on the River Mersey. The force from the blast was so violent it was felt right across Liverpool and Birkenhead and it is believed to have split open the Allerton Oak. Today the tree is upheld with metal poles and a fence around it and is maintained by Jon Warren, the gardener for Calderstones Park, who took a cutting from the tree in 2007 and planted Allerton Oak ‘the Younger’ in order to keep the legacy going for many more years to come.

As well as being an extremely popular park for families, Calderstones Park was also host to the Liverpool International Tennis Tournament for 11 years from 2002 to 2013, welcoming some of the biggest names in tennis to the park.

Among others with a clear objective today, and ensuring that the park becomes a community cultural hub which will allow the public to learn about the many tales that contribute to the Park’s rich history, is ‘The Reader Organisation’, who are the current residents of the repurposed barn and stable block. In the 1970s the building largely closed its doors to the public and became council offices, remaining in this status until January 2013 when the Reader Organisation won preferred bidder status with the aim of restoring the house and safeguarding it for the future. Signing up for a 125-year lease across the site, the Reader is keen to both ensure the legacy of the area and provide a solid foundation for the future. Through a number of social enterprises it aims to encourage a love of books through the shared act of reading aloud.

In 2019 the ongoing refurbishments to the Mansion House will be completed and its doors opened to the International Centre for Shared Reading. The group is also actively involved in the ongoing preservation of the six Calder Stones, which are currently undergoing specialised conservation work before being relocated inside a newly created heritage centre to the rear of the Mansion House. When Calderstones Park first opened, the stones stood at the entrance to the park but in the 1980’s they were moved to the Harthill Greenhouse in an attempt to preserve them against the elements. The new location, which is hoped to be ready this year, will allow many more visitors to view them and learn about their, and the park’s, fascinating history.

And that housing developer threat? In January of this year, after a four-year long battle that resulted in a high court appearance and a petition with over 50,000 signatories lending their support to the fight, the ruling decision found in favour of the protesters with the developer’s planned build thankfully quashed and the council supported plans are now officially dead. The voice public passion for the conservation of Calderstones Park is a reflection of the importance placed on the area by the local community, as well as a stark reminder of the ongoing need for the preservation of our green space in order to safeguard it for future generations.

Photographs by Arthur Gold E: goldsnapper@gmail.com
MY PLANET LIVERPOOL

The Three Graces Rose Gin
A NEW ‘SPIRIT OF LIVERPOOL’

The Three Graces Rose Gin is created by comprising eleven botanicals, including; juniper berries, coriander, angelica, orange peel, lemon peel and the essence of roses. This combination gives the drink a unique rose flavour and colour to the gin, which is perfect to drink on its own, over ice or with your favourite tonic mixer or cocktail flavours.

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The Three Graces Rose Gin is a beverage that we can happily fill our glasses with – before raising a toast to our wonderful city, a city that Three Graces Ltd is proud to call home.

To purchase your bottle of The Three Graces Rose Gin please contact:
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