

CELEBRATING OUR REGION THROUGH THE STORIES OF ITS PEOPLE

# MY PLANET LIVERPOOL

AND BEYOND

MARCH 2025

THIS ISSUE CAN ALSO BE READ ONLINE AT  
[www.myplanetliverpool.co.uk](http://www.myplanetliverpool.co.uk)



CULTURAL WINE  
TASTES WINES WITH A  
SOUTHERN SPANISH INFLUENCE FROM  
BODEGAS CAMPESTRAL, CADIZ

— ALSO FEATURING —  
BUSINESS · HEALTH & LIFESTYLE  
LOCAL HISTORY · CHARITY · PLUS LOTS MORE

# AZURE

*Journey our world of luxury*

Caribbean & Mexico  
Indian Ocean  
Europe  
North Africa  
East Africa  
Southern Africa  
Arabian Gulf

Asia  
Australia  
New Zealand  
South Pacific  
North America  
Central America  
South America

**One&Only**  
VILLAS AND PRIVATE HOMES  
LUXURY CRUISES

YOUR  
DREAMS  
AWAIT...

**AZURE**

Valerie House, 21 Castle Street, Chester, United Kingdom, CH1 2DS  
T: 01244 322770 • [azurecollection.com](http://azurecollection.com)

MY PLANET  
**LIVERPOOL**  
AND BEYOND

**FEATURED TOPICS**  
MARCH 2025

ART



SPECIAL FEATURE



CHARITY



COMMUNITY



HEALTH & WELLNESS



AWARDS



TRAVEL



BUSINESS



WINE FEATURE



PROPERTY

EDITORIAL & ADVERTISING ENQUIRIES:  
email: [planetliverpool@gmail.com](mailto:planetliverpool@gmail.com)

CONTRIBUTIONS  
**Nikki Girvan** (Auteur Media)  
**Claire Henderson** (dot-art Gallery)  
**Chris Jones** (Aintree Training Limited)  
**Ray Farley** (Photographer)  
**Joel Jelen** (Ubiquity Collective & Sniff Sigh Yawn)  
**Michael Wynn** (Cultural Wine)

ACKNOWLEDGEMENTS  
**Robin Baynes MBE** (Liverpool Heartbeat)  
**Kate Daly** (Irish Community Care)  
**Claire Metheram** (Azure Collective)  
**Dave O'Neill** (Morgenrot)  
**Paul Trickett** (Freshwalks)

Front Cover:  
**Jayne Hughes BEM** (Amy & Friends)  
 Photograph by **Ray Farley**



This issue can also be read online at [www.myplanetliverpool.co.uk](http://www.myplanetliverpool.co.uk)

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.

FRESHWALKS

BATHGATE  
BUSINESS FINANCE

HainesWatts

# A BREATH OF FRESH AIR

THE EXTREMELY POPULAR FRESHWALKS NETWALKING EVENT, ESTABLISHED BY MICHAEL DI PAOLA IN MANCHESTER IN 2014, SAW MERSEYSIDE'S 2025 PROGRAMME BEGIN ON FRIDAY 7TH FEBRUARY.



Michael Di Paola



Paul Trickett



Mike Forshaw



**F**OLLOWING Michael's first Merseyside Freshwalks event in 2018, Paul Trickett, a business development manager at Bathgate Business Finance, who had taken part in the walk, found the day to be an absolute joy and a real eye-opener.

Immediately after the walk, he and Frank Murphy (consultant at Haines Watts) and Mike Forshaw (partner Haines Watts), who were also on the walk, talked about the opportunity that Freshwalks offered in bringing the LCR business community together in a different way to more traditional indoor networking events. The trio saw the benefits of Freshwalks in terms of encouraging exercise and the exploration of our local towns and villages, while at the same time getting to meet new people and business connections.

After positive discussions with Michael, the trio agreed to collaborate with him in establishing a regular Merseyside Freshwalks programme. With the sponsorship of Bathgate Business Finance and Haines Watts, the Merseyside walks have proved to be a great success and continue to be so. Paul said, "The Freshwalks partnership we have established and strengthened over the past few years has benefitted all our organisations and connections greatly. Our network groups have grown, bringing together a more diverse selection of people and helping to support an interactive community that has been invaluable to all parties."

**"THE FRESHWALKS PARTNERSHIP WE HAVE ESTABLISHED AND STRENGTHENED OVER THE PAST FEW YEARS HAS BENEFITTED ALL OUR ORGANISATIONS AND CONNECTIONS GREATLY. OUR NETWORK GROUPS HAVE GROWN, BRINGING TOGETHER A MORE DIVERSE SELECTION OF PEOPLE AND HELPING TO SUPPORT AN INTERACTIVE COMMUNITY THAT HAS BEEN INVALUABLE TO ALL PARTIES."**

PAUL TRICKETT



**O**NE of our region's favourite Freshwalks places is West Kirby, a town on the northwest corner of the popular Wirral Peninsula, which is surrounded by natural beauty, including wonderful views of the Welsh Hills and the nearby archipelago of the three islands that are situated at the mouth of the majestic Dee Estuary, the Nature Reserve of Hilbre Island and its two 'sister' islands Little Eye and Middle Eye.

It was at West Kirby that the first local Freshwalks of this year began, with some 40 enthusiastic walkers gathering to take part in an invigorating 10-mile walk that took the group through Ashton Park and Caldry Hill, with its wonderful views of Hilbre Island, and on to Stapledon Wood before the walkers enjoyed a brief but enjoyable picnic break at Royden Park Country Park.

This circular walk of an historic corner of the Wirral Peninsula then took the walkers through the heathland of Thurston Common, with its eye-catching red sandstone outcrops, before they descended via the hidden gem of 'The Dungeon' a delightful mini waterfall feature, before looping back via the Wirral Way to their final destination back at West Kirby, where those who had time to recharge their batteries enjoyed refreshing drinks and catch up conversations with other group members at the Wro Bar.

## FRESHWALKS MERSEYSIDE 2025 PROGRAMME

- 16 MAY - LLANGOLLEN
- 11 JULY - SEFTON COASTAL WALK
- 7 NOVEMBER - DELAMERE FOREST

FOR MORE DETAILS PLEASE VISIT:  
<https://www.freshwalks.co.uk/events/>



# MWOTY AWARDS TO CELEBRATE 15TH YEAR WITH 2025 EVENT

THE MERSEYSIDE WOMEN OF THE YEAR (MWOTY) AWARDS WILL CELEBRATE 15 YEARS UNDER THE STEWARDSHIP OF FOUNDING DIRECTOR, **ELLIE KERR**, IN 2025.

**N**OMINATIONS for this year's event opened on 13th January and the organisation is launching a podcast and affiliated conference to mark the milestone.

The first episodes of The Crispy Ear Podcast, presented by MWOTY and recorded in the studios of Liverpool's Big Condo Training Academy CIC, will be aired in spring 2025, and will feature guests from the awards' extensive network discussing themes core to the MWOTY movement's mission.

Founding director Ellie will also present a new and inspiring business conference in the spring, in partnership with Honey & Morgan, featuring a host of speaker panels and workshops exploring the essentials needed to allow anyone to improve approaches to business, while balancing the pressures of life.



Ellie Kerr

Photographs by Ray Farley

Speaking of MWOTY's 15th anniversary year, Ellie said: "This is always an exciting part of the MWOTY calendar, as we wait to be inspired by the amazing stories and achievements of women from across the region.

"However, this year is even more exciting as it marks 15 years since MWOTY became a completely women-led event.

"In the last two years we have begun to realise the importance and impact of MWOTY and its alumni on the Liverpool City Region. It is more than a moment in time at an awards ceremony, it is a movement, and we are working hard to harness the power of our network and help it to impact more people through our new podcast and the business conference that I will be bringing to the city in April.

**"THIS IS ALWAYS AN EXCITING PART OF THE MWOTY CALENDAR, AS WE WAIT TO BE INSPIRED BY THE AMAZING STORIES AND ACHIEVEMENTS OF WOMEN FROM ACROSS THE REGION. HOWEVER, THIS YEAR IS EVEN MORE EXCITING AS IT MARKS 15 YEARS SINCE MWOTY BECAME A COMPLETELY WOMEN-LED EVENT".**

**ELLIE KERR**  
(MWOTY FOUNDING DIRECTOR)

Taking sole ownership of the event in 2022 was a huge step and MWOTY wouldn't be where it is now without the support of our small, hardworking team, our fabulous alumni, network and sponsors, particularly our headline sponsor, FPC, who have committed to supporting us for a third consecutive year in 2025.

"I urge everyone to look at the women around them who deserve to be in the spotlight, whether they are business leaders, entrepreneurs, activists or charity leaders – and get nominating!"

The MWOTY awards alumni include a host of high-profile business and charity leaders, multi-award winners, recipients of the British Empire Medal and MBEs. It provides a platform for exceptional women from across the region to be seen, heard, and found.

It is renowned not just for shining a spotlight on those women who do not seek the limelight but also supporting them to personally grow and expand their work through year-round events, networking, training and mentorship. It welcomes each finalist into the "MWOTY Movement", a powerful network that works together to help women to access four foundations to ensure success – a network, information, money and self-belief.

Returning headline sponsor FPC joins long-standing category sponsors the Institute of Directors (IoD) Liverpool, Neo Community & ADDvanced Solutions, the Community Foundation for Merseyside, Auteur Media, Morecrofts, Rise Construction Framework and Investec Wealth & Investment (UK) who are part of the Rathbones Group Plc.

## MWOTY AWARDS



MWOTY 2024 Winners



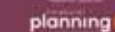
Moira O'Shaughnessy, (above) Managing Partner, FPC, commented:

**"A third year as headline sponsor of MWOTY is truly a privilege, especially as these years have marked a period of remarkable growth and momentum for the movement – something we are proud to have supported. 2025 feels like a watershed moment, where the dedication and achievements of everyone involved have combined to elevate MWOTY to new heights. We have no doubt the nominations will be stellar as ever, leading to an awe-inspiring awards ceremony this summer."**



### NOMINATE NOW

**DEADLINE FOR NOMINATIONS**  
The final deadline for nominations is **Friday 4th April 2025**



There are a range of categories at the awards, including **Business Leader, Community Leader, Entrepreneur, Inspirational Women, Arts, Culture & Media, Social Impact and Women of Courage.**

Nominations are open to anyone who identifies as a woman or non-binary.

The overall Merseyside Woman of the Year 2025 will be selected from all the finalists, following a public vote (contributing 50% of the overall score) and being marked by the organisation's judging panel against its criteria, which can be viewed at:

<https://merseysidewomenoftheyear.co.uk/nominate/>

The panel's marks contributing the remaining 50% of the final score

The coveted top award will be presented by headline sponsor FPC.

**THE 2025 MWOTY AWARDS WILL TAKE PLACE ON FRIDAY 27TH JUNE 2025 AT THE CROWNE PLAZA ON LIVERPOOL CITY CENTRE WATERFRONT.**

To learn more about **The Crispy Ear Podcast**, sign up to the MWOTY newsletter here:

<https://mailchi.mp/add2a2734bdb/mwoty-news-sign-up>

Nominate: <https://merseysidewomenoftheyear.co.uk/nominate/>

Buy Tickets: <https://merseysidewomenoftheyear.co.uk/tickets/>

Find Out More: <https://merseysidewomenoftheyear.co.uk/>

If you find it difficult to nominate using the online form, due to disability or other reason, please contact us at [nominations@mwoty.co.uk](mailto:nominations@mwoty.co.uk) or call **07966 308 405**.

WELCOME TO  
**IRISH COMMUNITY CARE**

*Proudly supporting Irish communities for over 60 years*

ALONE WE ARE STRONG BUT TOGETHER WE ARE STRONGER.  
**NEART LE CHÉILE**

A registered charity based in Liverpool, Irish Community Care delivers services across the North West of England. The passionate and dynamic organisation provides vital support, information, and cultural connection to ensure Irish communities, including, Irish, Irish by descent, Irish Traveller and Gypsy Traveller people stay **safe, well and connected**.

At Irish Community Care, there is a dedicated team who value and celebrate the rich Irish culture, its heritage and the promotion of the invaluable contribution Irish communities make to life in the UK. The team can support you with a range of services, working with you to guide and advise on Welfare Benefits, Housing Applications, Passports, Birth Certificates, Dementia support and much more.

**Working together we overcome challenges**



Facebook: [IrishCommunityCare1](#) • Twitter: [@IrishCommCare](#) • Instagram: [irishcommunitycare/](#)  
Website: [www.irishcc.net](#)

We are open Monday – Friday, 9am – 5pm.

To book an appointment please contact: **0151 237 3987** or email: [admin@irishcc.net](mailto:admin@irishcc.net)

**Irish Community Care, 151 Dale Street, Liverpool, Merseyside L2 2AH**



**IRISH COMMUNITY CARE**  
*St Patrick's Day*

IRISH COMMUNITY CARE IS DELIGHTED TO INVITE READERS TO JOIN THEM DURING THE MONTH OF MARCH TO CELEBRATE ST. PATRICK'S DAY 2025 AND HELP RAISE VITAL FUNDS TO SUPPORT IRISH COMMUNITIES ACROSS LIVERPOOL.

THE BIG IRISH BREAKFAST  
WILL BE TAKING PLACE BETWEEN  
**SATURDAY 1ST MARCH AND MONDAY 31ST MARCH**



From a cup of tea to a full Irish, enjoy it your way wherever you are in the world. We are simply asking you to do three things:

**TAKE A PHOTO, ENJOY YOUR BREAKFAST AND DONATE**

Post your picture online at: **#BigIrishBreakfast** and inspire others to support our life changing work.

Keep an eye on **Irish Community Care** social media channels to get involved in some local St Patrick's Day celebrations and **#BigIrishBreakfast**



Facebook: [IrishCommunityCare1](#)  
Twitter: [@IrishCommCare](#)  
Instagram: [irishcommunitycare/](#)  
Website: [www.irishcc.net](#)





WELLNESS IN THE CITY™

WELCOME TO LIVERPOOL'S LARGEST IMMERSIVE WELLBEING FESTIVAL...

# WELLNESS IN THE CITY EXPO 2025

**THURSDAY 24TH APRIL 2025**  
**AT INSIDE BY MELIÁ LIVERPOOL**  
**43 OLD HALL STREET, LIVERPOOL L3 9PP**  
**FROM 9-30AM TO 4-00PM.**

We are back for a 3rd year, and we are going to be bigger and better than ever!

Wellness in the City gathers wellbeing experts from all over the North West and beyond to bring you a day full of insights, inspiration and interactive experiences. Whether you're a wellness lover looking for personal health and wellbeing strategies, or a business leader who knows the value of investing in employee wellness, you'll find your people at Wellness in the City.

### WHY ATTEND?

The Expo offers delegates the opportunity to delve deeper into the many pillars of wellness to inspire and motivate you to make changes in your overall wellbeing in the workplace and life!

- 40 Exhibitors from the mental health, fitness, spiritual, occupational, and financial wellbeing arena
- Discuss how to strategise your E.S.G policies with those in the know
- Learn with industry-leading experts who will show you how to implement tools and strategies to improve workplace well-being
- Experience workshops like a creative painting for mindfulness, gong bath, meditation, and much more
- Connect with businesses and practitioners to discover new trends and proven techniques
- Network with an array of qualified industry peers
- Tune into the lunchtime panel Q & A session to help you implement new ideas of how small daily steps lead to big progress in your wellness

**Tickets £15**  
INCLUDES ACCESS TO EXPO AND ALL MASTERCLASSES  
available from:  
[www.wellnessinthecity.co.uk](http://www.wellnessinthecity.co.uk)



Sponsored by



HEALTH & WELLNESS

## FOUNDER OF WELLNESS IN THE CITY LIVERPOOL BELIEVES 2025 WILL BE THE YEAR OF COMMUNITY

THE WELLBEING ADVOCATE, **CLARE ELLIS**, WHO FOUNDED THE ANNUAL WELLNESS IN THE CITY SHOWCASE IN JANUARY 2023, HAS RECENTLY REVEALED DETAILS OF THE HIGHLY ANTICIPATED THIRD EXPO

**T**HE event, sponsored by Privilege HR, Liverpool, will take place at Inside Melia on Thursday April 24th, 2025, and the theme is Community – because true wellness isn't just about personal habits, but about the people we surround ourselves with. The 2025 expo isn't just about personal wellbeing – it's about collective wellbeing.

Clare believes that thriving communities make thriving individuals. "We're seeing a shift where people want more than just self-improvement; they want to connect, support, and grow together. A healthy lifestyle isn't just about what you eat or how you exercise; it's about who you surround yourself with. We want to create a space where people feel empowered and supported. From engaging in run clubs to lifting each other up in fitness groups and wellness circles, community-driven wellness is on the rise."

Wellness events like this also provide a significant boost to businesses. Companies that invest in employee wellbeing see increased productivity, reduced absenteeism, and improved morale. By attending Wellness in the City Expo 2025, business leaders can gain valuable insights into fostering healthier workplaces, explore the latest corporate wellness trends, and connect with experts who can help integrate wellbeing into their company culture. Whether you're an entrepreneur, manager, or team member, prioritising health within a business environment leads to stronger, more engaged teams.

Attendees will experience an inspiring lineup of speakers, hands-on wellness experiences, and expert-led masterclasses that focus on everything from nutrition and biohacking to mental resilience and fitness trends.

With topics like metabolism, biohacking, hydration, and the importance of foundational health being highly talked about topics for 2025, this Expo is the place to be for anyone serious about upgrading their wellness.

Foundational health will be a key focus this year, emphasising personalised nutrition, better sleep, and essential supplements to enhance brain function and life longevity. Hydration remains a top priority, not just through water intake but with vital minerals and electrolytes that regulate temperature, boost energy, and improve muscle performance. Expect a surge in electrolyte-infused drinks as people seek smarter ways to support their health.

Clare says "More people are choosing new types of wellness tools to maximise their health, using science and personal experimentation to help their routines and improve physical and mental performance. Enhancing your health through nutrition, health tech, and good habits that match your biology is very forward-thinking. And it's more than just a trend, it's a movement toward proactively looking after yourself. That's been the essence of Wellness In The City Liverpool since day one."



CLARE ELLIS

**"A HEALTHY LIFESTYLE ISN'T JUST ABOUT WHAT YOU EAT OR HOW YOU EXERCISE; IT'S ABOUT WHO YOU SURROUND YOURSELF WITH. WE WANT TO CREATE A SPACE WHERE PEOPLE FEEL EMPOWERED AND SUPPORTED."**

WITH INTERACTIVE SESSIONS, NETWORKING OPPORTUNITIES, AND CUTTING-EDGE WELLNESS TRENDS, **WELLNESS IN THE CITY EXPO 2025** IS SET TO BE THE EVENT OF THE YEAR FOR THOSE READY TO TAKE CONTROL OF THEIR HEALTH IN A SUPPORTIVE AND INSPIRING ENVIRONMENT.

**Tickets for Wellness in the City Expo 2025 are now available.**

(see facing page for details)

**Don't miss your chance to be part of this incredible community experience.**

**Secure your ticket(s) today and join the movement towards a healthier, more connected future!**

Sponsored by PrivilegeHR

[www.wellnessinthecity.co.uk](http://www.wellnessinthecity.co.uk)

## AINTREE TRAINING LIMITED

# BRAND-NEW EMPATHIC SENSORY TRAINING COURSE TO BE LAUNCHED IN MARCH FOR PROFESSIONALS AND CARERS PROVIDING DEMENTIA CARE

AINTREE TRAINING LIMITED IS AN INDEPENDENT TRAINING PROVIDER DELIVERING BUSINESS-TO-BUSINESS CORPORATE TRAINING SERVICES, FROM INDUCTION TRAINING TO RQF OFQUAL REGULATED QUALIFICATIONS.

**E**STABLISHED in 2021 by Chris Jones and his husband Anthony Shaw, both of whom had social care careers stretching back to the early 2000s, Aintree Training Limited specialises in training people focused workforces in subjects such as health and social care, first aid and more.

A background of care including dementia, mental health, learning disabilities and autism led to Chris becoming a qualified adult education teacher, specialising in health and social care workforce training and development. Anthony managed a number of services – specialising in supported living and ultimately a CQC (Care Quality Commission) registered dementia care home. In fact, Anthony ended up managing the care home where his mum Mary (pictured) spent her final years.

Chris said, “Family often provide the best care and support that they can, for as long as they can. Inevitably, something happens. A fall. A wandering episode. Suddenly, the dangers become very real. There are discussions such as “Is home the best place now?”, “Can we really look after them?” “What are we going to do?”.

“We were better trained and more knowledgeable than most but none of the wider family or friends network were ever actually taught about dementia and what they could do to make it safer.”

When Anthony’s mum was going through her illness, there were some really difficult times that stood out for him, Chris and the family. One was a hospitalisation. Anthony’s mum Mary was admitted but was not effectively or compassionately cared for. She wasn’t even being fed.

Anthony says, “Chris and I were immediately on to it. After challenging hospital staff as to why meals were being left at the end of the bed out of reach, uneaten, again and again; we and other family members were given an answer that was along the lines of “Well she mustn’t be hungry.” We firmly told them “No. She has dementia.

She can’t feed herself.” However, nothing changed and we started taking turns at her bedside each day, feeding her and caring for her.”

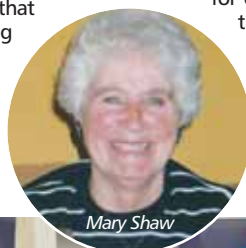
From many conversations over the years, Anthony and Chris became aware that their and Mary’s experiences are not isolated. Chris says, “Dementia is deeply personal but has local and national consequence. In terms of the local need, did you know that Cheshire and Merseyside are ranked number 2 (not in a good way) for ‘total number of people living with a diagnosis of dementia? The national average is 11,473 people in the area. Our local average? A startling 22,529 in our Integrated Care Board area.\*

\*Source: Alzheimer’s Research UK ‘Dementia Statistics Hub’, Dementia Prevalence by integrated care board, April 2023, Cheshire & Merseyside ICB.

For a long time, Chris and Anthony spoke repeatedly about the need for dementia training that was different – more real. They kept thinking that if you could feel and experience some of the effects that dementia could have, then this could build understanding. Understanding supports empathy and both would improve care.

The pair add, “We also wanted to close the knowledge gap about dementia, the risks, the sensory issues it could cause. When people are living with conditions, from diabetes to dementia, we believe that they should be referred or offered education and training opportunities to help them manage and cope.

“When professional health and social care staff are involved, it should be mandatory for them to be highly trained and knowledgeable. Ultimately, there needs to be more quality local training opportunities for family, and for professionals – be those NHS, or social care workers. With families we want the training to lead to safer, more dementia friendly family homes and environments, keeping families together for longer; delaying and reducing the need for hospitalisations and carehomes. For professional services we want really compassionate, knowledgeable staff, and individualised care. We don’t think this is unreasonable.”



Chris Jones and Anthony Shaw, Directors of Aintree Training at the 6th Liverpool Dementia Conference



Passionate about their feelings, Chris and Anthony have created something special. “We have designed and built a brand-new empathic sensory course and mapped it to the mandatory learning outcomes for professionals who provide dementia care.

“Ever heard of the Department of Health’s ‘Dementia Training Standards Framework’, 2018? This should be seen as the new gold standard for quality dementia training, and our training course aligns to this. We were proud to be selected to present our work to the 6th annual Liverpool Dementia and Ageing Research Conference at Liverpool’s Liner Hotel in October 2024. We hosted a stall with equipment and gave poster presentations to groups of leading dementia researchers, academics, health and social care professionals, family carers and those with the lived experience of dementia. Everyone that we spoke to absolutely loved it.

The pair are now ready to launch their new training, which will be available from April 2025 as a half day (experience only) version, and a full day (knowledge and experience) version. The full course content will cover dementia risk reduction & prevention, person centred dementia care, communication, interaction & behaviour, health and well-being, living well and promoting independence.

“During our training, attendees will experience altered sensory input. Audio & olfactory hallucinations, vision and depth perception difficulty, physical tremor, balance and gait issues will all be explored and experienced. Those present will complete day-to-day activities that people without dementia may take for granted, but that often cause confusion to people with dementia.”

Chris and Anthony are clear in their aim. “We believe our Dementia Empathic Sensory Experience is a powerful new training asset that can help people. We plan to make it available to unpaid carers, and paid health and social care professionals, on both a per-person (open course) basis, and commissions for up to 12 attendees.”

**“WE BELIEVE OUR DEMENTIA EMPATHIC SENSORY EXPERIENCE IS A POWERFUL NEW TRAINING ASSET THAT CAN HELP PEOPLE. WE PLAN TO MAKE IT AVAILABLE TO UNPAID CARERS, AND PAID HEALTH AND SOCIAL CARE PROFESSIONALS, ON BOTH A PER-PERSON (OPEN COURSE) BASIS, AND COMMISSIONS FOR UP TO 12 ATTENDEES.**

CHRIS JONES AND ANTHONY SHAW

**Do you co-ordinate a dementia family support group?  
Are you an NHS or social care provider delivering dementia care?**

**Involved with dementia and working with the ICB or council?**

If you are interested in attending our Empathic Sensory Training launch event limited tickets are now available.

To book your place contact us at:  
**admin@aintretraining.co.uk**  
or give us a call on  
**0151 281 1135**

Lunch will be provided.

The event will take place from 12.00–14.00pm on  
**Friday 21st March 2025** at:

**The Rotunda College, 109 Great Mersey Street, Kirkdale, Liverpool, L5 2PL.**



**www.aintretraining.co.uk**

Tel: **0151 281 1135** • E-mail: **admin@aintretraining.co.uk**





# FINANCE DIRECTOR OF THE YEAR AWARDS 2024

TOWARDS THE END OF 2024, LEADING LIGHTS FROM THE NORTH WEST AND NORTH WALES WERE HONOURED AT THE 11TH ANNIVERSARY OF THE PRESTIGIOUS ANNUAL FINANCE DIRECTOR OF THE YEAR AWARDS.

**F**OUNDED in 2013 by Accountable Recruitment Managing Director Simon Massey, and delivered in partnership with HSBC, Brabners and KPMG, the FD awards celebrate the often-underestimated contributions of finance directors who play a pivotal role in driving business success across the region, rewarding them for the tireless work they do behind the scenes in order to ensure the success of the businesses and organisations in which they operate.

Covering the Merseyside, Lancashire, Cheshire, North Wales and Warrington regions, the FD Awards evening celebrated its 11th anniversary with a glittering black-tie ceremony and after-party held at the Crown Plaza Liverpool on Thursday 14th November 2024.

The fourteen awards were presented by TV, radio and events presenter Hugh Ferris, and the evening's entertainment was provided by Bandeoke, with Cal Williams.

In addition to recognising so many brilliant finalists and winners, the evening also raised £3,800 for Zoe's Place in Liverpool.



The highlight of the ceremony was the recognition of **Gemma Swift**, Finance Director at Cammell Laird Shiprepairers & Shipbuilders Limited, who was named the **Overall Winner and Finance Director of the Year 2024**.

*Pictured above: Overall Winner and Finance Director of the Year 2024 Gemma Swift with Hugh Ferris and Tom Carter, HSBC (right)*

*All photographs for this 4-page feature by Wesley Storey*



**Awards Sponsors**  
 Left to right: **Mark Rowan** (relationship director KPMG), **John Spofforth** (corporate partner Brabners), **Jennifer Lee** (office senior partner KPMG), **Grainne Massey** (director Accountable Recruitment), **Simon Massey** (managing director Accountable Recruitment), **Tom Carter** (area director HSBC).



Reflecting on the year, **Simon Massey** commented: "It was another incredibly challenging year for the UK economy. Despite this, I had the pleasure of meeting and engaging with many talented finance directors in the region, each of whom worked tirelessly to overcome the challenges thrown their way. Our 2024 finalists all showed resilience, talent and tenacity and consistently delivered, earning some well-deserved recognition."

**"Massive congratulations to our Class of 2024!"**



**Nik White**, Managing Partner, Brabners added: "We work with many talented finance directors across the region and are delighted to recognise those individuals who demonstrate the highest level of strategic awareness and commercialism to contribute to the success of their organisation, and the Northern economy."

**"Congratulations to all the outstanding winners."**



**Jennifer Lee**, Office Senior Partner for KPMG in Liverpool commented: "Congratulations to this year's winners who really stood out to the judges for the fantastic work they've been doing in the region. Finance directors play an integral part in businesses, so it's great we are able to continue to recognise the role they play and the impact they have through these awards."

**"Congratulations to all of this year's fantastic finalists and winners."**



**Tom Carter**, Area Director Corporate Banking, HSBC remarked: "2024 has been another year of change, particularly in the political sense. However, no matter what your political allegiance and in spite all of what is going on around us, one thing remains constant – entrepreneurial spirit. HSBC is delighted to sponsor the FD of the Year awards for the 11th year, an event that seeks to celebrate this entrepreneurial spirit in the region and most importantly, those individuals and teams that drive and support this in their everyday actions."

**"To our awards winners, I say a huge congratulations! You should be really proud of this achievement."**



The full list of 2024 FD Winners and photographs are listed overleaf: ➔



The Finalists

BUSINESS AWARDS

THE WINNERS (Names in bold)

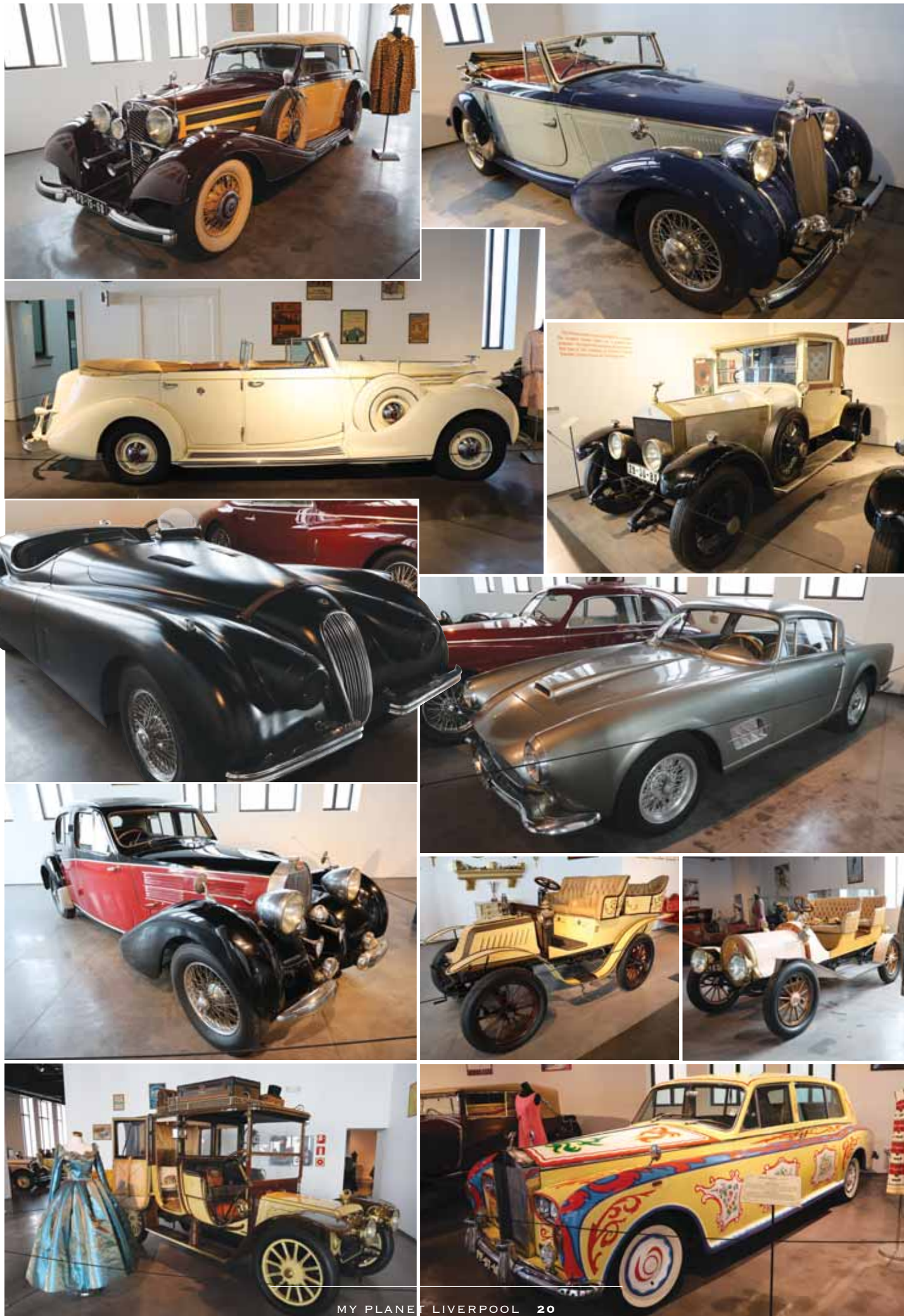
- 1 **Finance Director of the Year & Overall Winner 2024: Gemma Swift, Cammell Laird Shiprepairers & Shipbuilders Limited, (centre)** with Hugh Ferris and Ailsa Griffin
- 2 **Andy Johnson, Pura, (centre)** with Hugh Ferris and Lydia Edgar
- 3 **Peter Moss, Red Systems Ltd, (centre)** with Hugh Ferris and Rachael Jones
- 4 **Helen Pearson, Conexus Medstaff, (centre)** with Hugh Ferris and Paul Roberts
- 5 **Hazel Locker, Primary Care 24, (centre)** with Hugh Ferris and Carla Kennaugh
- 6 **Mark Roach, George Roberts (North West) Limited, (centre)** with Hugh Ferris and Sarah Smith
- 7 **Stuart Ward, MJ Quinn Integrated Services, (centre)** with Hugh Ferris and Sara Ludlam
- 8 **Joe Pollard, Applied Nutrition plc, (centre)** with Hugh Ferris and Christopher Lloyd
- 9 **Alex Stephens, EMS Healthcare, (centre)** with Hugh Ferris and Nick Campbell
- 10 **Irene Hamilton, Stanley Estates, (centre)** with Hugh Ferris and Megan Hughes

11 **Andrew Grant, Johnsons Hotel Linen,** with Hugh Ferris

12 **Steve Phillips, Wrexham AFC, (centre),** with Hugh Ferris and Jennifer Lee

Below:  
**Lifetime Achievement Award:**  
 Acknowledging his enduring impact on the industry:  
**Michael Kingston, West Wallasey Car Hire, (centre)** with Hugh Ferris and Mark Rowan





SPECIAL FEATURE



RENOWNED LIVERPOOL PHOTOGRAPHER, **RAY FARLEY**, CONTINUES HIS SERIES ON SOME OF THE NOT SO WELL-KNOWN ATTRACTIONS IN THE MALAGA REGION OF THE COSTA DEL SOL, SOUTHERN SPAIN. ASIDE FROM ITS WONDERFUL SANDY BEACHES, MALAGA ALSO HAS A FASCINATING CULTURAL HISTORY, INCLUDING BEING THE BIRTHPLACE OF PABLO PICASSO, AND IS HOME TO SEVERAL WONDERFUL MUSEUMS TO SUIT ALL TASTES.



**R**AY is a keen vintage car enthusiast and took advantage of a recent holiday break to the historic city to visit the Automobile and Fashion Museum, which is housed in the city's Old Tabacalera Building, a former tobacco factory that dates back to 1927, and which is an emblematic architectural complex of Malaga.

Here he kindly shares his photographs of some of the iconic cars that can be seen in the museum's automobile section, and overleaf he includes an example of the remarkable Gull Wing door automobile model, as pioneered by Mercedes-Benz 300 SL, first as a race car in 1952 and then as a production sports car in 1954.

# MUSEO DEL AUTOMOVIL Y LA MODA de MALAGA



ONE OF RAY'S FAVOURITE PHOTOGRAPHS THAT HE TOOK AT THE MUSEUM WAS THIS **MERCEDES 300 SL GULLWING** CAR...

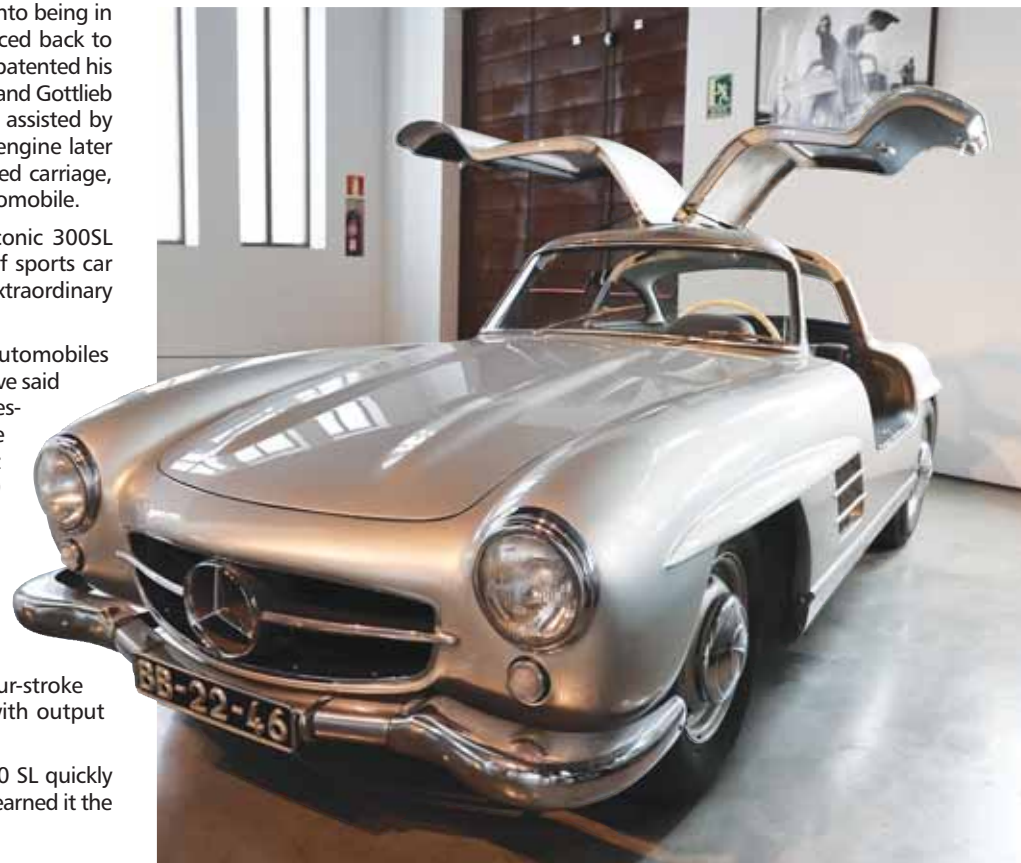
**T**HE Mercedes-Benz Group brand came into being in February 2022, but its roots can be traced back to 1886 when German engineer Karl Benz patented his design of the first internal combustion engine, and Gottlieb Daimler, another German engineer, who was assisted by Wilhelm Maybach, developed a four-stroke engine later that same year and installed it in the motorised carriage, so creating the world's first four-wheeled automobile.

128 years later, Mercedes introduced the iconic 300SL 'Gullwing', a coupé that turned the heads of sports car enthusiasts thanks to its unique design and extraordinary power.

In September 1953, a USA importer of automobiles named Maximilian Hoffman, is reported to have said "What we need over here is a great Mercedes-Benz sports car." He managed to convince the then Board of Management at Daimler-Benz to build a series version of the successful 300 SL racing sports car.

Just five months later, in February 1954, a car listed as the Mercedes-Benz 300 SL (W 198) made a sensational debut at the International Motor Sports Show in New York. This amazing new sports car exuded elegance and innovation in equal measure. It was the world's first four-stroke production passenger car to be equipped with output and efficiency-enhancing direct fuel injection.

The top-hinged, upswinging doors of the 300 SL quickly became the car's most distinctive feature and earned it the popular name of "Gullwing".



## THE MERCEDES 300 SL GULLWING CAR AT

# MUSEO DEL AUTOMOVIL Y LA MODA de MALAGA

Ray's admiration for the car is well shared, and in December 1999 it was voted Sports Car of the Century by a jury of trade journalists. Even today the 300 SL is considered the ultimate dream car to own.

It's breath-taking engine output of 215 hp (158 kW) provided a top speed of 250 km/h, depending on final drive ratio, making the 300 SL the fastest production car of its day and featured consistent lightweight design throughout and a spaceframe that supported the engine, transmission and axles but left no room for conventional doors. Faced with this problem, Mercedes-Benz engineers came up with the introduction of the upswinging "Gullwing" doors, designed by Maxwell James Harris, and an icon entered the world of automobiles.

*What would it cost to buy if one of these iconic models ever came underper for auction?*

Well, in 2022, an incredibly rare 1955 Mercedes-Benz 300 SL Alloy Gullwing, nicknamed the "Weckerlé Alloy," considered to be one of the rarest production cars of all time, sold for \$6.8 million at an auction held at RM Sotheby's Scottsdale, Arizona. The figure setting a new record for the prized coupé

Not too cheap then? Ray meanwhile is dreaming of several Euromillion lottery wins and keeping his fingers crossed – you just never know!!!

# BATHGATE SECURES £500K FOR RECRUITMENT START-UP

WEST KIRBY-BASED BUSINESS FINANCE SPECIALIST, **BATHGATE BUSINESS FINANCE**, HAS SECURED A £500K DEAL TO SUPPORT THE GROWTH OF ST HELENS BASED START-UP, **SIMPLY RECRUITMENT GROUP LTD.**

**B**ATHGATE was introduced to the firm by its bank to help source a critical working capital facility to fund the firm's significant growth to a projected £5 million turnover in its first 12 months.

Simply Recruitment Group Ltd was established by sole director, Paul Oakes, who operates a group of existing businesses, including an electrical engineering solutions company. Paul identified an opportunity to establish a recruitment company alongside other parties experienced in this sector and others, including hospitality, engineering and construction.

Bathgate Business Finance BDM, Paul Trickett, said: "When we were introduced to the client he was self-funding initial sales running at £40k per week, so speed was of the essence to meet the working capital requirements that were critical to growth."

After reviewing the business and gaining an understanding of Simply Recruitment Group Ltd's future plans, Bathgate introduced the firm to a number of potential funders.

Zodeq, a specialist in the recruitment sector, was selected and the £500k facility with credit protection was approved and paid out within six days of the initial introduction.

As part of the deal, the funder also agreed to increase the overall limit to accommodate the increase in sales forecast in the next 12 months, providing flexibility to the client as the business grows.

Paul Cooney, Managing Director at Zodeq, said: "We are delighted



L-r: Paul Cooney (Zodeq) Laura Grace (Simply Recruitment) and Paul Trickett (Bathgate BF)

to be working with Paul and the wider team at Simply Recruitment as a local Agency located in the North West. As a Specialist Recruitment Sector Invoice Finance business the opportunity to support Simply was right in our sweet spot and we are delighted to commence our Facility with the initial limit to support the business which has since been increased to provide strong headroom for them in the future.

"Our thanks go to Paul Trickett and the Bathgate team for their usual high knowledge of ensuring their

clients are matched with the right funding partner which is the case here. We look forward to a long relationship with this fantastic group of businesses."

Paul Oakes, Director at Simply Recruitment Group Ltd, said: "At the point we started looking for funding, speed and an understanding of the potential of our business was vital. Bathgate Business Finance and Zodeq grasped this quickly and worked closely with us to find a solution that could meet our time constraints and support our projected growth. We now have a facility that will support our current working capital needs and grow with the business."

The deal is a further demonstration of Bathgate's award-winning support for SMEs and its commitment to service excellence. In September 2023, it was named winner in two categories at the prestigious NACFB Commercial Broker Awards 2023 – the SME Champion and Service Excellence award – and in October 2023 won Professional Services Business of the Year at the Merseyside Independent Business Awards (MIBS).

For more information about Bathgate Business Finance or to find out more about its asset finance and own-book lending visit: [bathgatebf.co.uk](http://bathgatebf.co.uk), call **Paul Trickett on 07469 140 180** or email [paul@bathgatebf.co.uk](mailto:paul@bathgatebf.co.uk)

**bathgatebf.co.uk** or call **0151 625 7323**



BATHGATE LEASING LTD · 2 BROOK TERRACE · WEST KIRBY · WIRRAL CH48 4DX

# NICHOLSON GROUP'S 2025 INCENTIVE SCHEME FOR AMBITIOUS BUSINESSES IN ST HELENS ALREADY FULLY LET

NICHOLSON GROUP HAS REVEALED THAT ITS SCHEME ON BARROW STREET, NICHOLSON PARADE IN ST HELENS TOWN CENTRE IS ALREADY FULLY LET.

**T**HE project's aim has been to help start-ups and established businesses with ambitious growth targets for 2025.

CEO of Nicholson Group, Paul Nicholson, said: "This is a retail parade in the primary retail zone of St Helens town centre benefitting from active retail frontage and, as stated by the Council, experiences 'dense footfall'.

Nicholson Group previously attempted to secure permission to convert the current large space from retail to residential. However, the council ultimately preferred the space to be retained for retail use, given its reputation as a retail hotspot in the town centre.

Mr. Nicholson continued: "We managed to let the whole Parade in less than a month. We wanted to help companies with business ideas that required some support to start or continue and expand their journey. We devised the scheme based on a company having a great concept and a carefully thought-out business idea.

"We wanted to attract businesses who will add to the current offering in the town centre and we impressed on people that they shouldn't be too worried about experience as we have a strong track record in helping people establish successful enterprises. The town centre is starting to attract interest from new businesses, which is re-emphasised with our recent letting at Nicholson Lofts, the former Tyrer's Building, to Bondi Pilates."

The Group revealed that the newly completed units, ideally suited to retail,



Paul Nicholson CEO of Nicholson Group



Ellis McCarthy

hospitality and health and beauty, will be fully equipped with new lighting, bathrooms, staff kitchens and flooring throughout. They will also be exempt from business rates given the design configurations too.

One of many thriving businesses in the area that received initial help from the Nicholson Group is the one that is owned by Ellis McCarthy, who began with one unit and has now doubled his brand's space.

Mr. McCarthy said: "We really appreciate how Paul and the Nicholson Group have supported us. They truly understand what it takes at the start to grow a business and their help has been inspiring too. The location has also worked really well and I'd recommend Nicholson Parade to any ambitious young businesses looking for a head start early in 2025 to get in touch with Nicholson Group."

Mr. Nicholson further commented on how Nicholson Parade faces the conservation square surrounding the Town Centre and how, "There is a residential population providing footfall within the immediate vicinity, with potential clientele literally above the door of the Parade.

"It is surrounded by national retail and hospitality brands too, and with the St Helens College's student population close by, the area can boast more than 4,000 students attending the town centre daily.

"St Helens town centre as a concept works and Ellis's business is proof."

**"WE MANAGED TO LET THE WHOLE PARADE IN LESS THAN A MONTH. WE WANTED TO HELP COMPANIES WITH BUSINESS IDEAS THAT REQUIRED SOME SUPPORT TO START OR CONTINUE AND EXPAND THEIR JOURNEY. WE DEvised THE SCHEME BASED ON A COMPANY HAVING A GREAT CONCEPT AND A CAREFULLY THOUGHT-OUT BUSINESS IDEA."**

PAUL NICHOLSON

<https://www.nicodevelopments.com/>

# ACCLAIMED PROPERTY AND REGENERATION CEO APPOINTED AS A TRUSTEE FOR THE STANDING TALL FOUNDATION IN ST HELENS

THE HIGHLY RESPECTED AND MULTIPLE AWARD-WINNING CEO OF PROPERTY FIRM NICHOLSON GROUP, **PAUL NICHOLSON** HAS BEEN APPOINTED AS A TRUSTEE OF THE STANDING TALL FOUNDATION.

**T**HE Standing Tall Foundation is a charity he has much admired after it was founded in 2020 by John Tabern MSc and triple amputee Andy Reid MBE.

Paul, a wellbeing advocate himself, was particularly inspired by how the foundation promote the mental health and physical wellbeing of all community groups in St Helens, by providing free professional support services.

His firm employs more than 20 staff and is based in Beecham's Building in the centre of St Helen's, a town he has championed and invested multi-millions of pounds of investment in since 2016.

Paul said: "I understand first-hand how the services provided by the Standing Tall Foundation are invaluable to families. The Foundation's mission aligns closely with my own values, focusing on providing vital assistance to those in need, including mental health support, PTSD, addiction recovery programs and aid for veterans and disadvantaged individuals. They change lives for the better and I'm really proud to be involved.

"They are there for so many people who are literally at rock bottom in their lives. The charity's founders, Andy Reid MBE and John Tabern have done a brilliant job since the Foundation was formed five years ago and providing advice and support in whichever way I can is a privilege, and I appreciate the opportunity for myself and Nicholson Group to be able to help."

John Tabern said: "Andy and I could not be more pleased by the appointment of Paul to our Board of Trustees. This step will bring his wealth of experience directly to bear on our work, which can only result in better outcomes for those we support."

The Standing Tall Foundation continues to provide essential services to individuals facing adversity, and with Paul's appointment as a Trustee, the Foundation strengthens its leadership team with a dedicated advocate who is committed to making a difference.

**"ANDY AND I COULD NOT BE MORE PLEASED BY THE APPOINTMENT OF PAUL TO OUR BOARD OF TRUSTEES. THIS STEP WILL BRING HIS WEALTH OF EXPERIENCE DIRECTLY TO BEAR ON OUR WORK, WHICH CAN ONLY RESULT IN BETTER OUTCOMES FOR THOSE WE SUPPORT."**

JOHN TABERN



Pictured top: Paul Nicholson  
Below: Andy Reid MBE (left) and John Tabern MSc

For more information about the Standing Tall Foundation and how to support its initiatives, please visit:

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

## FUNDING FOR COMMUNITY-LED PROJECTS RETURNS TO SUPPORT LGBT+ COMMUNITY

LCR PRIDE FOUNDATION, THE REGION'S LGBT+ CHARITY, IS OFFERING GRANTS OF UP TO £1,000 TO COMMUNITY-LED INITIATIVES AIMING TO CHAMPION AND UPLIFT LGBT+ COMMUNITIES IN LIVERPOOL CITY REGION.

It comes after the first round of grassroots funding was made available from the charity as part of a key three-year partnership with Barclays.

Recipients of the LCR Pride Foundation Community Fund include Wirral Little Movers, who bring together LGBT+ families through fitness classes and activities in Wirral, and Sefton Women's and Children's Aid, who created a dedicated service to support LGBT+ victims of domestic abuse in Sefton.

Local groups and individuals are encouraged to submit their community-driven projects and ideas, with support and advice on how to apply available at [www.lcrpride.fund](http://www.lcrpride.fund).

LCR Pride Foundation is particularly keen to hear from under-represented groups, those working in the wider boroughs and seeks applications for initiatives not currently taking place in the region.

Andi Herring, CEO of LCR Pride Foundation, said: "As evident in the work carried out by previous recipients of the LCR Pride Foundation Community Fund, community-led initiatives go a long way in making the Liverpool City Region more inclusive and supportive of our LGBT+ communities.

"We hope the fund can be used to overcome financial barriers that may usually prevent a project from developing. If you have an idea that you think can address the needs and challenges of LGBT+ people in the region, we would love to hear from you."

Andrew Websdale, UK Pride Lead, said: "We are delighted to continue our partnership with LCR Pride Foundation and support Liverpool City Region's LGBT+ community furthermore through the Community Fund. This is an opportunity to make real change for LGBT+ people."

Deadline for applications is 5pm on Thursday 13th March 2025.

More information can be found at [www.lcrpride.fund](http://www.lcrpride.fund)



# Stories, told

- Ghostwriting
- Book pitch preparation
- Book doctor service
- Media engagement
- Consultancy



Instagram @auteurmedia    LinkedIn auteur-media-limited

# JAYNE HUGHES

## AWARDED THE BRITISH EMPIRE MEDAL FOR HER WORK WITH AMY & FRIENDS

THE FOUNDER OF OXTON (WIRRAL)-BASED CHARITY AMY & FRIENDS, JAYNE HUGHES, HAS BEEN AWARDED THE BRITISH EMPIRE MEDAL (BEM) FOR SERVICES TO CHILDREN WITH DNA REPAIR DISORDERS.

JAYNE'S award was announced in the King's New Year Honours List 2025 and the recognition comes as Jayne and her husband Dr Mark Hughes mark the fifth "angelversary" of their daughter Amy, who suffered from Cockayne Syndrome and sadly passed away on 1st January 2020 at the age of 28 years.

Jayne established Amy & Friends in 2007 following many years of searching for a diagnosis for Amy. The charity was founded to support children with Cockayne Syndrome and linked DNA repair disorders and their families.

She said, "We meet with families and specialists to share experiences, knowledge and to gain support from each other. We organise and accompany families when attending Rare Disease Clinic at Guy's and St. Thomas' NHS Foundation Trust and we actively take part in research programmes, working closely with a team of worldwide medical specialists.

"We also organise for families to meet others in similar situations to themselves, often for the first/last time. This helps lessen isolation, builds confidence, aids wellbeing and improves knowledge. We provide anticipatory grief and bereavement support, working in partnership with Love, Jasmine charity."

Over the course of the past 18 years, Jayne and a small but committed team have supported through the Amy & Friends charity more than 7,000 people – both directly and indirectly – affected by DNA repair disorders, which are conditions with no cure and for which research or information is limited.

Jayne said: "At the time I learnt I was to be recognised in the King's New Year Honours List, I was struggling with Amy's upcoming fifth 'angelversary' – a term we use about the children we have lost. When I realised the date of the BEM announcement and the enormous significance this will have for the charity's ongoing work, I felt like Amy was there with me at that moment, like she'd had a hand in this.

"I accept this incredible honour but recognise it as a collective effort. Amy wanted to build something to help her friends, and I continue it as her legacy. I don't do it alone, I have the support of a small but incredible team, scientists and medical professionals, and of course our amazing families, who remain at the heart of everything we do.

"I hope that this incredible recognition for the work of Amy & Friends will raise awareness of the challenges that children with rare DNA repair disorders and their families face and help drive positive change through support to ensure better quality of life and care, and more research for the future."

Jayne Hughes picture by Ray Farley

Amy & Friends continued overleaf. ➔



Volunteers at Conference 2024  
- pic by TT23 Studios



Conference 2024 group - pic by TT23 Studios

**A**MY HUGHES was born by Caesarean on 28th August 1991. She arrived into our world 12 weeks early and weighed just 2lbs 11oz. She was a poor feeder from the start, with no interest in feeding at all. Amy was very active as a baby/young child though and lived her life mainly on 'fast forward' but she grew very slowly and struggled to gain weight.

Various genetic tests were carried out on Amy from the age of 18 months in the UK but they were all inconclusive and her condition remained undiagnosed. At the age of five, she weighed just 28lbs. Following her 11th birthday and onward, Amy began to deteriorate. Her balance and gait became unsteady and she began to walk with a stooped posture. Amy began falling over regularly, her speech was affected and she developed a tremor. She soon had to wear strong glasses and also suffered a moderate loss of hearing.

Amy (2009)... **"When I was a little girl I could run and ride my bike but then I got tremors and began to lose my balance. I started to wear glasses and I couldn't hear very well either. Lots of things started to go wrong with my body, which made me sad for a while. Some people can't understand what I am saying but if you listen carefully and give me some time you will be able to.**

**"I need to use a wheelchair now because my silly legs won't work properly. My kidneys have gone wrong and I have high blood pressure, an underactive thyroid and a brain tumour. My back is also bent and I have horrible acid, along with diabetes, which makes me mad because I love sweets and hate needles!"**

Jayne and Mark travelled with Amy across the UK in search of a diagnosis before eventually going across to the USA and the Boston Children's Hospital. A blood test discovered a variation on ERCC6 and this, together with her appearance and symptoms, led to a 'clinical diagnosis' that she was suffering from Cockayne Syndrome. She was 14 years of age.

In 2015, Amy's DNA sample was sent to Professor Ogi in Japan and he found two further variations on XRCC4. Amy's doctors were then asked by her parents if she could be given a Parkinson's disease drug to help with her tremors. They were sent to meet Professor Peter Kang who agreed to trial Amy with a drug. This proved successful and within ten days Amy's tremors had essentially gone, she was more 'switched on' and able to do basic tasks again.

Amy continued to fight many battles, while leading an amazing life. She outlived her expected years before her life journey ended on 1st January 2020 when she was just 28 years old.



Above: Jayne and Mark with medics and specialists at 2024 Conference  
- pic by TT23 Studios



Amy and Jayne (from Family Collection)

Amy Hughes and her love certainly lives on.

The award of the BEM is the third that Jayne has received in recent months, having also been named winner in the "Women of Courage" category at the Merseyside Women of the Year Awards 2024 and "Carer of the Year" at the BBC Radio Merseyside Making a Difference Awards 2024.

Jayne has continued Amy's legacy through the work of the charity, helping children and their families in gaining diagnosis, providing information for medical papers, aiding research programmes, offering respite and 24/7 online support, organising transport and accommodation, and accompanying 10 families twice monthly to a specialist clinic in London, as well as delivering regular outreach events. The charity also holds an annual wellbeing conference for families and worldwide specialists, which was this year attended by more than 300 people.

....

**"I HAVE TAKEN MY FINAL EARTHLY BREATH AND NOW I AM FREE TO FLY TO MY MANY FRIENDS WHO ARE WAITING FOR ME. IMAGINE THE JOY I AM EXPERIENCING. TO THOSE OF YOU THAT I LEAVE BEHIND I KNOW YOU'LL CRY FOR ME. I WANT YOU TO CRY FOR A LITTLE BIT AND THEN I WANT YOU TO STOP AND LIVE YOUR LIVES - MAKE SURE YOU LIVE THEM WELL."** AMY HUGHES



To find out more, visit [www.amyandfriends.org/](http://www.amyandfriends.org/)



My name is Amy - I am 28 and on 1st January 2020 at 12.15pm I gained my wings and became an angel. My life has been amazing - a doctor once said that because of my degenerative illness (Cockayne Syndrome) I would have no friends - how wrong you were - I literally have thousands and thousands of friends.

"When I was 10 a headteacher of my school said that I would never be like others - I'd never have a job - yet I have had, and still have, the most important job ever. My job was and is to teach the world about Cockayne Syndrome/XRCC4/Trichothiodystrophy and I have done my job with dedication. I have helped mummies, daddies, brothers, sisters, friends, doctors and people I don't know. I have taught them how to love, how to laugh, how to never give up.

"I have taken my final earthly breath and now I am free to fly to my many friends who are waiting for me. Imagine the joy I am experiencing.

"To those of you that I leave behind I know you'll cry for me. I want you to cry for a little bit and then I want you to stop and live your lives - make sure you live them well.

"Do as I once could. Dance, light up the room, sing as loud as you can - who cares if you're not in tune! Take time for your friend, have a cuppa with them - tea was my favourite with two sugars (Mum I know you only put half a teaspoon in but I made everyone else put 2 teaspoons in!!)

"Take joy from the smallest of things and most of all love with all of your heart. Know that I am keeping you in my heart and we will meet again one day."

Amy (2020)



# PENN ROAD STUDIO

ELEVATING WOMEN IN BUSINESS TO SHINE WITH CONFIDENCE THROUGH PROFESSIONAL, PERSONAL BRANDING

JACQUELINE BERWITZ PHOTOGRAPHER

“As a London born business-woman now based in Liverpool, I know first hand what it takes to build a brand and make an impact.

My journey from running a luxury day spa in Mayfair, London, in the early 90's to becoming an expert portrait photographer specialising in headshots, personal branding, and also video podcasts, has given me a deep understanding of the challenges faced by women in business. We work really hard to establish credibility, build our brands, and stand out in a competitive world. Yet so many of us shy away from being visible. A strong personal brand isn't just about what you do, it's about how you present yourself.

The right headshot or branding session can instantly communicate confidence, professionalism, and approachability, helping you to connect with your audience before you even speak.

I hear it all the time, "I hate having my photograph taken." I get this, but this is where my experience as both a photographer and established businesswoman makes all the difference. I create a relaxed, supportive space where you will feel comfortable and empowered.

I have built businesses from the ground up quite a few times now and I know how important it is to be seen, literally and figuratively.



Investing in professional imagery isn't about vanity it's about owning your own space in the business world with confidence.

A professional headshot is more than just a photo, it is your first impression, your confidence booster, and a powerful tool for building your personal brand. As women in business, we need to be seen, recognised, and remembered. A strong headshot instantly conveys credibility, approachability, and professionalism. It is the perfect starting point for building a portfolio of images that you can use across your website, social media, and

marketing materials.

Personal branding goes beyond a single photograph, it is creating a bank of professional images of you in your own environment. It is about telling your story, showcasing your expertise, and making a lasting impact. In a competitive world, how you present yourself shapes how clients, collaborators, and potential customers perceive you. A strong authentic presence builds trust, establishes authority, and attracts the right opportunities.

We know that people buy from people, and a well-crafted personal brand ensures you stand out with confidence, reflecting the driven, talented and ambitious woman behind the business."

JACQUELINE BERWITZ PHOTOGRAPHER

## INTRODUCING VIDEO PODCASTING AT PENN ROAD STUDIO

HOW ABOUT WE BRING YOUR BRAND TO LIFE TOO!!!

Jacqueline is thrilled to announce that Penn Road Studio is now offering a brand-new VIDEO PODCAST SERVICE.

“A video podcast is one of the most powerful ways to connect with your audience, build trust, and share what makes you and your business unique, whether you've got industry insights to share, an inspiring story to tell, or just want to show the real person behind your brand.

This new facility at my spacious modern studio in Woolton Village, Liverpool, gives businesses the perfect opportunity to elevate their brand and connect with audiences through the power of video.

I created this service because I understand how crucial social media is for business growth and how impactful podcasts can be in building a quality brand.

Recently I recorded my own video podcasts, sharing my own journey and the services I offer at Penn Road Studio. The response has been incredible. The feedback and amount of engagement I received exceeded all my expectations, proving just how powerful high-quality, visually engaging video content can be.

Unlike traditional audio podcasts, video podcasts create a stronger personal connection with your audience. Facial expressions, body language, and tone, all add an extra layer of authenticity, helping potential clients to get to know the real people behind your business.

With the option to include on-screen graphics, slides and charts, you can make your message even clearer and more engaging.

I take the time to get to know my clients, and thanks to my relaxed, natural approach I will help you to create a professional yet engaging podcast that feels both authentic and compelling. No boring scripts, no awkward moments, just a relaxed high-quality production that showcases your expertise in the best way possible.

Your final video can be shared across all social media platforms, enabling you to expand your reach and make a lasting impression.

If the idea of being front of the camera feels daunting then do not worry as I will guide you every step of the way, from planning your content to recording and editing your final podcast.

Podcasts are great fun to create. You may even love doing it and want to create more of them going forward. Since producing my own I can't stop talking now!!!

You can even tie-in your podcast session with a headshot or personal branding shoot, as described on the facing page, so making the most of your time in the studio.

To all the incredible women out there making things happen in this amazing city of Liverpool, let me help you make sure that your images match your ambition. Whether you need a headshot that speaks volumes, a personal branding session to tell your story, or a video podcast to showcase your expertise, I am here to help you stand out and step into the spotlight with confidence.

Let's work together and make your brand an unforgettable one".



I have incorporated a dedicated podcast area into my spacious photographic studio, which has easy access, along with parking.

Complimentary drinks are provided.

**Video podcast prices start at just £195 and provide a fantastic way to step into the world of quality video content.**

If you would like to find out more about creating a podcast or building a brand, simply get in touch and I will be delighted to chat with you about your ideas.

Contact me, Jacqueline, on: **07909 515 191**



[www.pennroadstudio.co.uk](http://www.pennroadstudio.co.uk)

**Penn Road Studio  
27A Woolton Street,  
First Floor, Liverpool L25 5NH**



# WYNN'S WORLD OF WINE

Cultural Wine's Mike Wynn is entering his 12th year of writing his regular wine feature for My Planet Liverpool and for this first issue of 2025 he reports on a recent wine tasting session that he and his founding colleagues Paul Malkin and Ian Clarke held in conjunction with Morgenrot Group at the Pen Factory Pub & Bistro on Hope Street.



(L-R) Ian Clarke, Mike Wynn and Paul Malkin

**F**OUNDED and owned by the legendary Paddy Byrne, now retired after 54 years in the hospitality industry, the Pen Factory is today under the leadership of the equally legendary publicans Dominic and Fiona Hornsby, and is now one of three well-known hostelrys that are run by the popular couple, the others being the Denbigh Castle in Hackins Hey and The Bridewell on Campbell Square, both award winning pubs

Guest of honour at the tasting was Sergio Troya, managing director at Bodegas Campestral, Cadiz, who provided the wines for the tasting. Ian had previously visited the Bodegas, where he met with Sergio and arranged for him to visit us in Liverpool and preside over the evening, which he did wonderfully, guiding the guests through the tasting and happily advising them and answering their questions about the wines.

The tasting featured a selection of five quality wines produced at the Bodegas Campestral, which is located in Arcos de la Frontera, Cadiz and, along with its wonderful winery, is also home to a fantastic Hotel & Spa, which readers may find interesting as it is a great place to visit.

"I hope that you will enjoy this feature, as I concentrate on FIVE Campestral wines (see pages 34 & 35). The wines are quite different and very much of the Southern Spanish influence, as the Bodega predominantly uses the white Palomino grape, usually used in the production of Sherry, a testament to Campestral's location."

MICHAEL WYNN

**"A DAY WITHOUT WINE  
IS LIKE A DAY  
WITHOUT SUNSHINE!"**

# BODEGAS CAMPESTRAL

AS ALWAYS THE WINES WE CHOOSE TO STOCK AT CULTURAL WINE ARE SELECTED NOT ONLY FOR THEIR HIGH QUALITY BUT ALSO TO REFLECT THE PRIDE AND PASSION OF THE PEOPLE WHO MAKE THEM.

BEFORE I INTRODUCE READERS TO THE FIVE QUALITY WINES PRODUCED BY BODEGAS CAMPESTRAL (SEE OVERLEAF) I WOULD LIKE TO TELL YOU A LITTLE ABOUT THE WINERY ITSELF...

**T**HE Bodegas Campestral was created by Andrés Troyal, an entrepreneur who has always been passionate about wine. Andrés and his team began looking for a site for their new project in 2012 and they have been building and developing what is a unique wine project since 2016. It is a dream built from scratch, with great enthusiasm, perseverance, strong will and effort by all involved.

The winery and its vineyards is located in Arcos de la Frontera, approximately 35km east of the Cadiz, on a farm of albariz soils land, which were key in the recovery of the cultivation of vines suitable to the climate of the region. The bodegas lies within a wonderful environment, surrounded by the Sierra de Grazalema, (where it apparently rains most in Spain), the Alcornocales National Park and the Guadalcañín reservoir. As an added bonus, the area is situated between the Atlantic Ocean and the Mediterranean Sea, providing for a seasonal Mediterranean climate that gives the grapes its unique characteristics.

In the production of their wines the Bodegas works in a natural process with the Palomino grape, the most traditional white grape in the area and which is used predominantly in the producing of Sherry. They grow their grapes organically to produce natural wines. There are no additives etc added during the making process – the Bodegas motto being: "Only Grapes".

The first vines were planted in 2013 and 2020, following the testing of vintages and the fine tuning of the winemaking process, the first bottles were presented to the world, receiving great reviews from wine professionals and the general public.

## HOTEL & SPA

Bodegas Campestral offer guided tours of their facilities, with paired tasting of their wines, for groups of friends, family or work teams. They have accommodation for guests in their hotel, which has a capacity of 60 persons. The hotel rooms are fully outfitted presidential suites and there are excellent facilities that include a swimming pool and spa, first class catering, a gym, and a chapel. There is even a helipad for those who like to arrive in extra style.

More information can be found at:

**Bodegas Campestral • Arcos de la Frontera  
Carretera de Arcos a Algar • Cadiz**

**Tel: 00 34 674 072 082**

(Monday to Friday from 09:30am to 18:00pm – Spanish time)

**<https://campestral.es/en>**





MIKE WYNN DESCRIBES EACH OF THE FIVE WINES FROM BODEGAS CAMPESTRAL THAT SERGIO TROYA PROVIDED FOR THE PEN FACTORY WINETASTING



Ian Clarke (left) with Sergio Troya



1

**NATURAL PALOMINO UNFILTERED**

This offering is made with 100% Palomino Fino (the grape used for most sherries), which makes an aromatic, fresh white wine with a good structure in the mouth and character from its maturation on the lees.

It is a bright, pale lemon colour with greenish and golden reflections and has an arresting bouquet with citrus and tropical nuances, lemon, lime, pineapple and ripe banana. A smooth palate of baked or roasted apples that is balanced with a mouth-watering crispness in the mouth, giving a light-medium body and a very morish finish.

It has an alcohol/Vol: of 11.5% and combines very well with seafood such as oysters and smoked fish; or vegetables, raw and cooked. It could also go with desserts, bitter chocolate, and cheese.

2

**CAMPESTRAL PETIT VERDOT**

A special Petit Verdot 'Crianza', that has been aged in 3 different types of oak and produced from Petit Verdot grapes. It is aged 12 months before bottling and it is a further 10 months before release.

This wine has aromas of cherry and violet and an elegant complex palate that is spiced with cinnamon and white pepper, with a balance of lovely minerality and long lasting tannins on the finish. Its alcohol/Vol: is 14.0% and suitable for Vegans and Vegetarians.



3

**CAMPESTRAL ANCESTRAL BLANCO PET-NAT**

Produced from Palomino Fino grapes, this excellent white is part of the range of sparkling wines of 'ancestral style' elaborated in Bodegas Campestral. It is fresh and slightly fruity and very rich and refreshing. The carbonation – sparkle – is generated in a single fermentation process, starting in tank and ending in the bottle.

It has a pale lemon green colour with a medium intensity, with clear greenish yellow reflections. The aromas are of ripe fruit, spices, orange blossom, pineapple and citrus fruit. The palate is very balanced and in harmony with the soft bubbles, while a certain crispness adds to the good finish.

With an alcohol/Vol: of 11.5% this is a pleasure to drink as an aperitif and can accompany all kinds of grilled and baked seafood.

5

**CAMPESTRAL TINTO**

This blend of Syrah, Merlot, Cabernet Sauvignon, Tintilla de Rota and Petit Verdot grapes creates a light, fruity and very fresh wine. It is a natural wine, without any kind of additives, elaborated without losing the lively, youthful and easy to drink character that a young red wine should have.

It has a deep garnet colour, ripe red and black fruit (raspberry, blackberry, blueberry and blackcurrant), and is a dry wine that has a striking entry, both elegant and silky. It maintains the red and black fruit character on the palate, with an intense flavour without being heavy and has very balanced tannins.

This wine is unfiltered with no barrel aging and is perfect for any type of food and at any time. Ideal for accompanying nibbles such as fried and salted almonds, nuts, cashews and dried fruit such as sultanas.



4

**CAMPESTRAL ANCESTRAL TINTO PET-NAT**

This delightful red is part of the range of Pet-Nat Ancestral wines with a blend of red grapes from Campestral's own vineyards. A combination of Syrah, Merlot, Cabernet Sauvignon, Tintilla de Rota and Petit Verdot grapes make for a very surprising drink that due to its carbonation is light and refreshing, yet not without the structure and tannins of a good young red wine.

The wine is bottled before the end of the fermentation process is complete in order to generate a natural carbonation in the bottle. It has an alcohol/Vol: Alcohol/VOL: of 13%, with a deep intense garnet colour. Its lively bubbles help to form a good head and possesses an intense bouquet with hints of liquorice, candied fruit and many nuances of pastry and chocolate. There are herbal hints of eucalyptus and the tannins are slightly astringent although the palate is not overwhelmed.

This is a wine you can enjoy with appetisers, meats, game stews, cheeses and dark chocolate and is suitable for Vegans and Vegetarians.



For more on the above and all wines supplied by Cultural Wine please contact:



Mike Wynn: 07747 052 890 E: [mike@culturalwine.co.uk](mailto:mike@culturalwine.co.uk)  
 Paul Malkin: 07747 803 041 E: [paul@culturalwine.co.uk](mailto:paul@culturalwine.co.uk)  
 Ian Clarke: 07841 248 758 E: [iggy4wine@gmail.com](mailto:iggy4wine@gmail.com)  
[www.culturalwine.co.uk](http://www.culturalwine.co.uk)





BATHGATE BUSINESS FINANCE

# WINE TASTING EVENT RAISES £2,500 FOR HOSPICE

BUILDING ON ITS PREVIOUS SUCCESS, BATHGATE'S WINE TASTING EVENT RETURNED TO THE OLD PALACE IN CHESTER, WITH GUESTS RAISING A FANTASTIC £2,500 FOR THE HOSPICE OF THE GOOD SHEPHERD, WHICH PROVIDES SPECIALIST PALLIATIVE CARE FOR PEOPLE IN WEST CHESHIRE AND DEESIDE.

**T**HE event was held in the stunning setting of one of the earliest Georgian buildings in the historic town of Chester, The Old Palace, built in 1751 and now an exclusive-use venue complete with riverside views across The Groves and the River Dee.

Bathgate, alongside fellow sponsors Barclays, Grosvenor Insurance and Reward, treated 120 guests to fine wine provided by Milby's Wine, excellent beer from Spitting Feathers, delicious food and the opportunity to network with their industry peers

Ian Adams, business development manager from Bathgate Business Finance said: "It was another absolutely fantastic evening at The Old Palace, and a great opportunity to network and also work collaboratively with our West Cheshire and North Wales Chamber colleagues, Milby's Wine and Business Support Chester, for the benefit of fellow chamber member the Hospice of the Good Shepherd.

"At Bathgate we strongly believe in being an active part of the communities we work in and events and collaborations like this allow us not only to be present, but also to give back. We would like to thank all our guests whose generosity allowed us to raise such a fantastic amount for the hospice, which will support its ongoing and vital work."

Justin Caroe, Head of Fundraising at the hospice said: "We can't thank Bathgate, the sponsors, and everyone who attended, enough for their

support of the hospice. It was a brilliant evening enjoyed by everyone."

He continued "The hospice only receives 17% central funding of the £5.4m running cost each year. We rely heavily on the community we serve and the businesses within this to bridge the over £4m funding gap. Every penny raised from the wine tasting will go directly into providing the specialist care we offer to our patients and their families, who are living with a life limiting illness".

*Pictured below: The Hospice of the Good Shepherd's Justin Caroe, (centre) with Bathgate's Ian Adams (left) and Chris McLoughlin*



**"AT BATHGATE WE STRONGLY BELIEVE IN BEING AN ACTIVE PART OF THE COMMUNITIES WE WORK IN AND EVENTS AND COLLABORATIONS LIKE THIS ALLOW US NOT ONLY TO BE PRESENT, BUT ALSO TO GIVE BACK."**  
IAN ADAMS

You can find out more about its work at:  
<https://hospiceofthegoodshepherd.com/>



# CREATING A SUICIDE SAFER COMMUNITY

THE MARTIN GALLIER PROJECT'S ANNUAL CHARITY BALL IS SET TO RETURN ON SATURDAY 14TH JUNE 2025, TO RAISE VITAL FUNDS TO HELP IT CONTINUE TO PROVIDE SUPPORT FOR THOSE IN SUICIDAL CRISIS.



**S**INCE its establishment in 2019, The Martin Gallier Project has provided more than 39,000 live-saving interventions and changed the lives of tens of thousands more people, from Liverpool and the wider city region.

CEO and Founder, Jessica Gallier-Booth, started The Martin Gallier Project following her father's suicide in 2017. Her aim was to not only reduce the number of suicides in the local area but also break down stigmas surrounding suicide and support families like hers.

The service is a non-clinical provision which supports people from across the North West of England. It has physical centres in Wirral, Chester, Macclesfield and Crewe, all operating a walk-in service, with further locations planned for the region.

Services provided include:

- Supporting individuals of any gender who are experiencing suicidal crisis
- Supporting individuals who are bereaved by suicide
- Supporting individuals affected by suicide
- Training & workshops (including Applied Suicide Intervention Skills Training (ASIST), also known as "suicide first aid")

Jessica said: "The Martin Gallier Project was set up in my father's memory, to make sure that anyone experiencing thoughts of suicide could easily get help that was non-clinical, timely and appropriate, with no barriers to access, waiting lists or criteria. This also helps to reduce the need for clinical interventions and hospital admissions.



"It also seeks to address the stigma around suicide. Whether it's the sense of shame around a death by suicide, meaning families do not reveal it as the cause, failures in the mental health system, or simply the fear of asking someone you love "Are you thinking about suicide?" Many people simply do not want to say the word.

"The fact is that saying the word 'suicide' and opening conversations actually saves lives and it is at the core of everything we do at The Martin Gallier Foundation."

Jessica adds, "Our annual ball is a fantastic occasion to learn more about us, it is where we celebrate our achievements and raise funds to help us continue to help even more people."

Sponsored by women's online fashion brand, Oh Polly, the 2025 ball will be spring themed and held at The Little Fox in Thornton Hough.

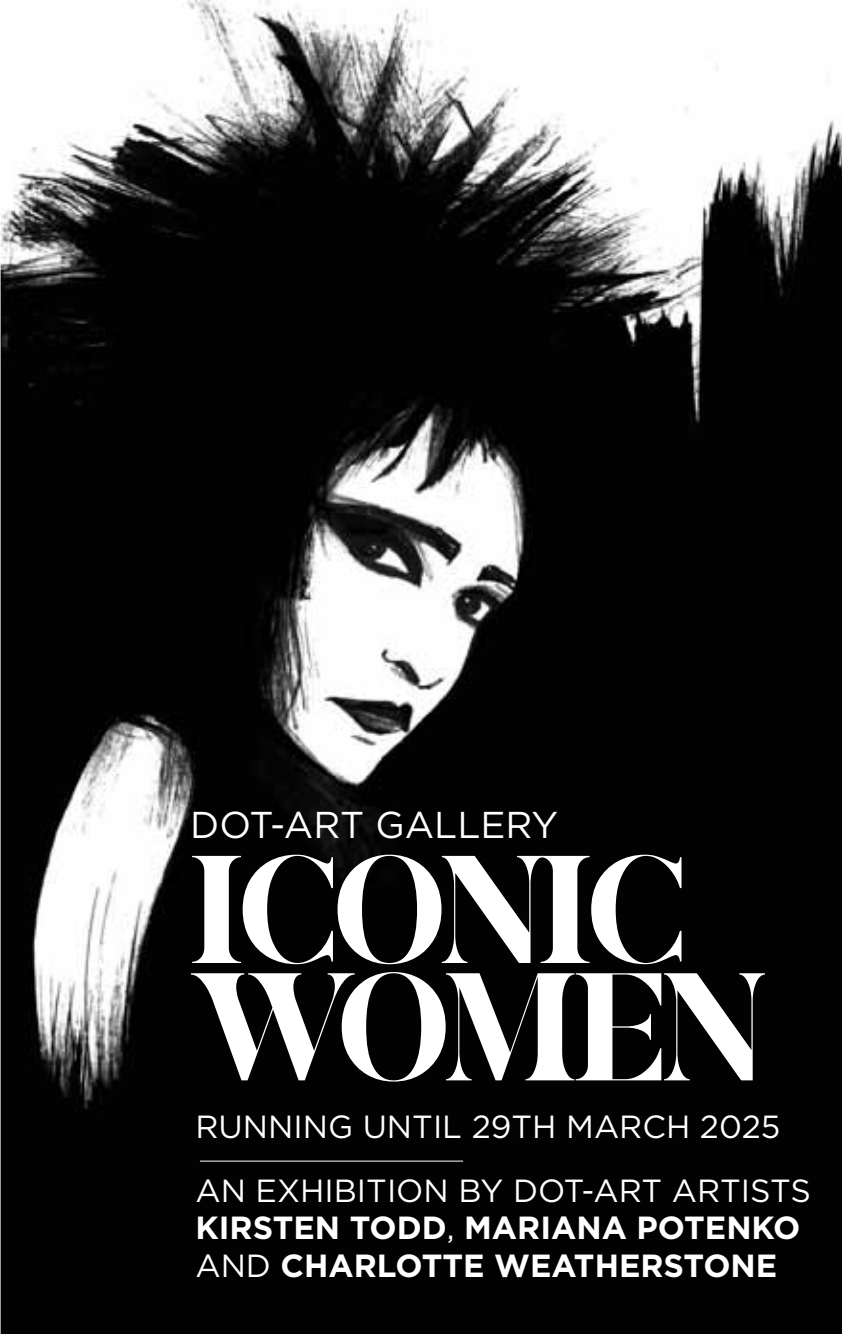
A glass of fizz will be served on arrival, followed by a delicious BBQ prepared by the venue's talented chefs.

Guests will be able to enjoy lawn games in the evening sun to the sound of DJ and sax, then dance the night away to live band, Hobot. There will be a charity auction, raffle and the famous "Open The Box" game for all to enjoy, while also raising vital funds that will help the Martin Gallier Project continue its work creating a Suicide Safer Community.

**The Martin Gallier Project**  
<https://www.themartingallierproject.org/>  
 0151 644 0294  
 Phone lines and emails are only monitored during office hours: 9:30am - 4:30pm. Open 7 days a week.  
 If you or someone you know is in immediate danger, please contact the emergency services on 999



'ICONIC WOMEN' carries us through Women's History Month which celebrates the contributions of women around the globe to events in history and contemporary life. The portraits you will see will bring a rush of film names, songs and dates to mind as the women in this exhibition have driven progress through scientific efforts, in the sports industry and changing the views of women in the media and culture. From local legends to the world stage, they each show characteristics of excellence, channelling their talents and strength to rise; a rising tide raises all boats.



DOT-ART GALLERY  
**ICONIC WOMEN**

RUNNING UNTIL 29TH MARCH 2025

AN EXHIBITION BY DOT-ART ARTISTS  
**KIRSTEN TODD, MARIANA POTENKO  
AND CHARLOTTE WEATHERSTONE**



Björk



Donna Summer

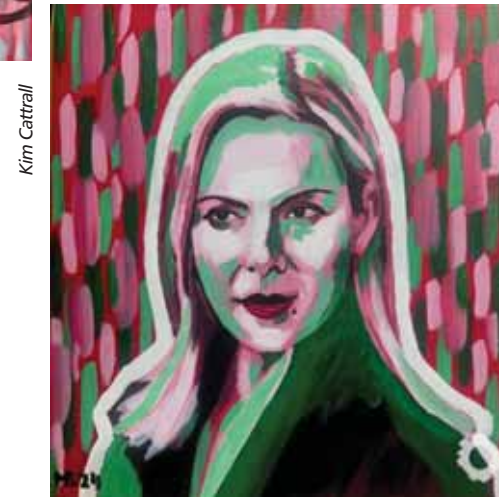
**KIRSTEN TODD**

Brush in hand since childhood, Kirsten has always had a passion for painting. She originally gained a degree in graphic design, going on to pursue a career in design for over 25 years, whilst continuing to paint. As painting continued to be at the forefront of her creative energy, she decided to concentrate on painting professionally.

Specialising in portraits, Kirsten works mainly in acrylics and aims to capture, vibrancy, energy, strength, balance and beauty within the people she paints. Her latest series of portraits 'Rise of the Divine Feminine' highlights the rise of feminine energy within us at this time of great change, celebrating the strength of womenkind. Kirsten's portraits in this exhibition focus on the ground-breaking and fiercely original women of predominantly the entertainment world, from Blondie frontwoman Debbie Harry, Tina Turner and her electrifying stage presence to Lauryn Hill's vulnerability, authenticity and talent for musical storytelling.



Beth Tweddle



Kim Cattrall

**MARIANA POTENKO**

“As a Ukrainian artist who made Liverpool my home in 2022 after the war in Ukraine began, I was deeply moved to be part of this exhibition dedicated to the famous women of this city. The process of creating these portraits allowed me to connect with the city on a deeper level and to celebrate the women who have left an indelible mark on its history. My selection includes women from diverse backgrounds and fields, each of whom represents a unique aspect of Liverpool's rich heritage.”

Instantly recognisable faces like Cilla Black and Kim Cattrall are painted in vibrant strokes alongside new some names you will remember after you leave the exhibition, such as Louise Kenny, a pioneering professor in women's health and cancer survivor, who has made significant contributions to medical research, improving lives and advancing science.

All artworks are for sale.  
The dot-art Gallery can be found at  
**14 Queen Avenue, Castle Street, Liverpool, L2 4TX** (just 5 minutes' walk from Liverpool One).  
Tuesday – Saturday, 10.00 – 18.00  
For more information visit [dot-art.com](http://dot-art.com)



Siouxsie and the Banshees



Grace Jones

**CHARLOTTE WEATHERSTONE**

Charlotte studied Graphics at Liverpool John Moores University and is an illustrator, designer and mural artist based in Liverpool. "This series of illustrated and mixed media portraits is a tribute to some of the most iconic women in the music industry during their early or breakthrough years. PJ Harvey, Siouxsie Sioux from Siouxsie and the Banshees, Grace Jones, Courtney Love from Hole, and Björk.

“These artists have influenced and inspired me at different stages of my life, not only through their groundbreaking music but also through their bold live performances, candid interviews, revolutionary fashion and, most importantly, their unapologetic attitude. For me, attitude is what defines a person, it is the force that shapes how they navigate the world, take risks, and make their presence felt.

Using my signature linear style, I sought to distil their spirit into a visual form using simple yet expressive mark making tools which reflect the raw energy, complexity, depth of these women. Each have taught me how to embrace boldness, defy convention, and remain authentic in the face of adversity.”

# SNIFF SIGH YAWN'S QUEST TO HELP MORE TEAMS AT WORK WITH HUMAN DEVELOPMENT

HUMAN BEINGS RARELY  
GET NURTURED INTO

HOW TO DEAL WITH STRESS AT WORK AND INSTEAD JUST LEARN BY EXPERIENCE.

"SNIFF SIGH YAWN WANTS TO CHANGE THAT, AND THERE ARE PLENTY OF COMPANIES WHO AGREE," SAYS JOEL JELEN.

"It is no wonder I've heard so many male and female CEO's and MD's talk over the years about 'winging it' when flying in the face of adversity.

I have been speaking about this 'stuff' in sniffsighyawn.com performance of late with Alison Blackler, particularly within the corporate and SME sector.

"I made mention of it alongside Alison just before Christmas while in a workshop on performance for the award-winning Project Four Safety Solutions Ltd., a UK market-leading construction, design and management company based in the Liverpool City Region.

"I've witnessed so many people over the years, in both my private and more public circles, go through it unnecessarily because they were never nurtured in the kind of 'human development' we should be taught at school.

"We need to empower young people as soon as they enter a career with resilience but this will only happen if we give them the tools. I do hear lots of criticism of Gen Z saying they are not tough enough. Well, they don't need to learn in the same way that much older generations did. We have an ever growing army of experts well placed to assist all generations with better information on how to handle, e.g. stress and difficult situations.

"Yes, let's learn loads on the job about ourselves as we progress our career and lives but we don't have to learn everything by experience!"

Joel believes that performance management is one of the fastest growing trends in the wellbeing sector. He adds, "Even though some of the tools that enable people to perform better at work can be seen as wellbeing modalities, many employers in my experience are less responsive to being sold individual wellbeing disciplines to help their teams.

"They are looking for highly experienced practitioners with a multi-disciplinary approach who understand the pressures both employer and employees are under and who have solutions. They also want more sustainable programmes rather than just one-off sessions every other month"



Joel sums up, "We're seeing this move to performance and human development taking place amongst top performing retail and banking brands and it's spreading as a trend across other corporate sectors, alongside larger community-driven organisations."

Sniff Sigh Yawn's clients have included amongst others: Hill Dickinson, Novotel Paddington Village, Morecrofts, Public Health England, Daisy Inclusive UK, Project Four CDM, Mencap Liverpool, Federation of Small Businesses, Wirral Met College, Fostering Solutions, Ways to Wow, Knowledge Quarter and Wellness In The City.

As always, reach out to [joel@sniffsighyawn.com](mailto:joel@sniffsighyawn.com) for details of Sniff Sigh Yawn programmes and workshops which explain how the brain works and how the breath works to keep you and your team on top of all the stress!

[www.sniffsighyawn.com/blogs/](http://www.sniffsighyawn.com/blogs/)

LIVERPOOL-BASED **THE UBIQUITY COLLECTIVE**, WHICH HAS CLIENTS ACROSS A MULTITUDE OF SECTORS INCLUDING COMMUNITY, REGENERATION, PROPERTY, HEALTH, TECH, AND PROFESSIONAL SERVICES HAS CHOSEN MERSEYSIDE AGAINST BLOOD CANCERS (FORMERLY THE BLOOM APPEAL) AS ITS CHOSEN CHARITY FOR 2025.



## UBIQUITY COLLECTIVE HAS CHOSEN MERSEYSIDE AGAINST BLOOD CANCERS AS ITS 2025 CHARITY

HEADED up by Joel Jelen, the communications and marketing agency has worked for the organisation over the last 6 months.

Joel said: "Merseyside Against Blood Cancers has some outstanding individuals dedicated to giving hope to all those with blood cancers. We've become close to many of the team and will continue to work hard in raising awareness of the charity's vital work.

"For example, huge respect must go to Andrew Pettitt, professor of haematology at the University of Liverpool, honorary president Nagesh Kalakonda, professor of experimental haematology at the Clatterbridge Cancer Centre, and Professor Joseph Slupsky who specialises in Molecular & Clinical Cancer Medicine at the University of Liverpool. They share a tremendous passion for supporting patients with blood cancers.

"There's a great deal of work to be done in raising the charity's profile, with a mix of social media and events ranking high on the list of priorities to deliver alongside media coverage. We're already focused on our next evening event for the charity to be held at Lunya, Hanover Street on Tuesday March 25th.

"I know the charity are also very keen to expand the diversity of the audiences following their inspiring work. We will be especially focussed on the corporate sector across the North West, with whom we are well connected via our agency clients."

Commenting on Ubiquity's declaration, Abi Pointing, Chair of Merseyside Against Blood Cancers said: "During the last ten years since we were formed, Merseyside Against Blood Cancers (MABCs) has done a lot of good work locally, but has never really enjoyed a very high profile.

**"SINCE JOEL AND UBIQUITY TOOK ON OUR PUBLICITY WORK ABOUT FIVE MONTHS AGO, HIS MARKETING, PR AND SOCIAL MEDIA SKILLS HAVE GIVEN OUR CHARITY A MASSIVE BOOST, AND WE ARE NOW MUCH BETTER KNOWN AND RECOGNISED FOR OUR EFFORTS LOCALLY AND REGIONALLY. ABI POINTING**

*Pictured above left: MABC Co-founding Trustee Frank Donovan*

*Top right: L-R) Andrew Pettitt, professor of haematology at the University of Liverpool, Professor Joseph Slupsky, who specialises in Molecular & Clinical Cancer Medicine at the University of Liverpool, and MABC honorary president Nagesh Kalkonda, professor of experimental haematology at the Clatterbridge Cancer Centre.*

*Bottom right: Peter and Elaine Kinsella of Lunya, who are consistently generous contributors to MABC, and Abi Pointing, Chair of MABC*

Readers of My Planet Liverpool can support the charity either by considering a donation or simply helping their campaign by sharing their social media content.

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

[www.ubiquitycollective.co.uk/blogs/](http://www.ubiquitycollective.co.uk/blogs/)

# Want crystal clear legal advice?

We won't bombard you with buzzwords & complicated terminology, it's not our thing!

Our friendly, experienced staff are available to advise on:

- Wills & probate
- Personal Injury
- Family Law
- Education
- Litigation
- Conveyancing
- Commercial law
- Property
- Employment & HR
- Advice for Business
- Services for the Elderly

For more information call us today on:

**0151 236 8871**

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



Established in 1813, Morecrofts Solicitors is one of Liverpool's oldest and most respected Private and Commercial Law Firms offering services nationwide. The firm takes great pride in their legal excellence and exceptional customer service, a formula that has resulted in clients returning time and time again.



MORECROFTS SOLICITORS WILL BRING BACK THE LIVERPOOL DOMESTIC ABUSE CONFERENCE FOR 2025

THE event which has been running since 2014 sees 100 delegates gather to hear from specialist speakers.

In partnership with Torus Housing, Morecrofts will present the event at The Hilton Hotel in Liverpool ONE on Thursday 19th June.

Speakers announced so far include Merseyside Police Chief Constable Serena Kennedy and Emma Pickering who is Head of Technology-Facilitated Abuse and Economic Empowerment at Refuge.

This full day multi-agency conference will educate and motivate delegates as well as provide insight into a wide range professional practices and perspectives on domestic abuse.

The conference is a must-attend for professionals who encounter domestic abuse in their line of work, including police officers, NHS staff, social workers, lawyers, local government, educational institutions, and housing organisations.

Head of Family Law at Morecrofts, Jo-anne Lomax, said: *"This is one of our key events in the calendar to gather with like-minded professionals to share insight and make some really valuable contacts. I look forward to hosting the event again in June in what promises to be one of the best conferences yet."*



Jo-anne Lomax

The Domestic Abuse Conference offers a valuable opportunity for networking and building new connections, with light breakfast, lunch, and afternoon refreshments included in the ticket price of £104.

This conference is in-person only, and will not be streamed online.

For more information on booking a place at the conference, email: [Millie Greenop at mmg@morecrofts.co.uk](mailto:Millie.Greenop@mmg@morecrofts.co.uk) or call **Morecrofts** on **0151 236 8871**

Photograph by Ben Bentley

## CONGRATULATIONS TO NEWLY QUALIFIED QUARTET



THE annual Liverpool Law Society celebration for those who qualified into the legal profession during the 2024 calendar year took place at the Raquets Club, Chapel Street, at the end of January 2025 to celebrate the launch of their career in the Law.

Alison Lobb, managing partner Morecrofts Solicitors, commented, *"The newly qualified solicitors ceremony is always a calendar highlight, especially when four of our team are being celebrated! This year's ceremony took place at the Raquets Club, Chapel Street, and our congratulations go to Ella Jackson, Josh Burke, Hannah Beardmore, and Aaron Ocquaye, who are pictured with Morecrofts consultant David Tournafond, after completing their training contracts with us."*

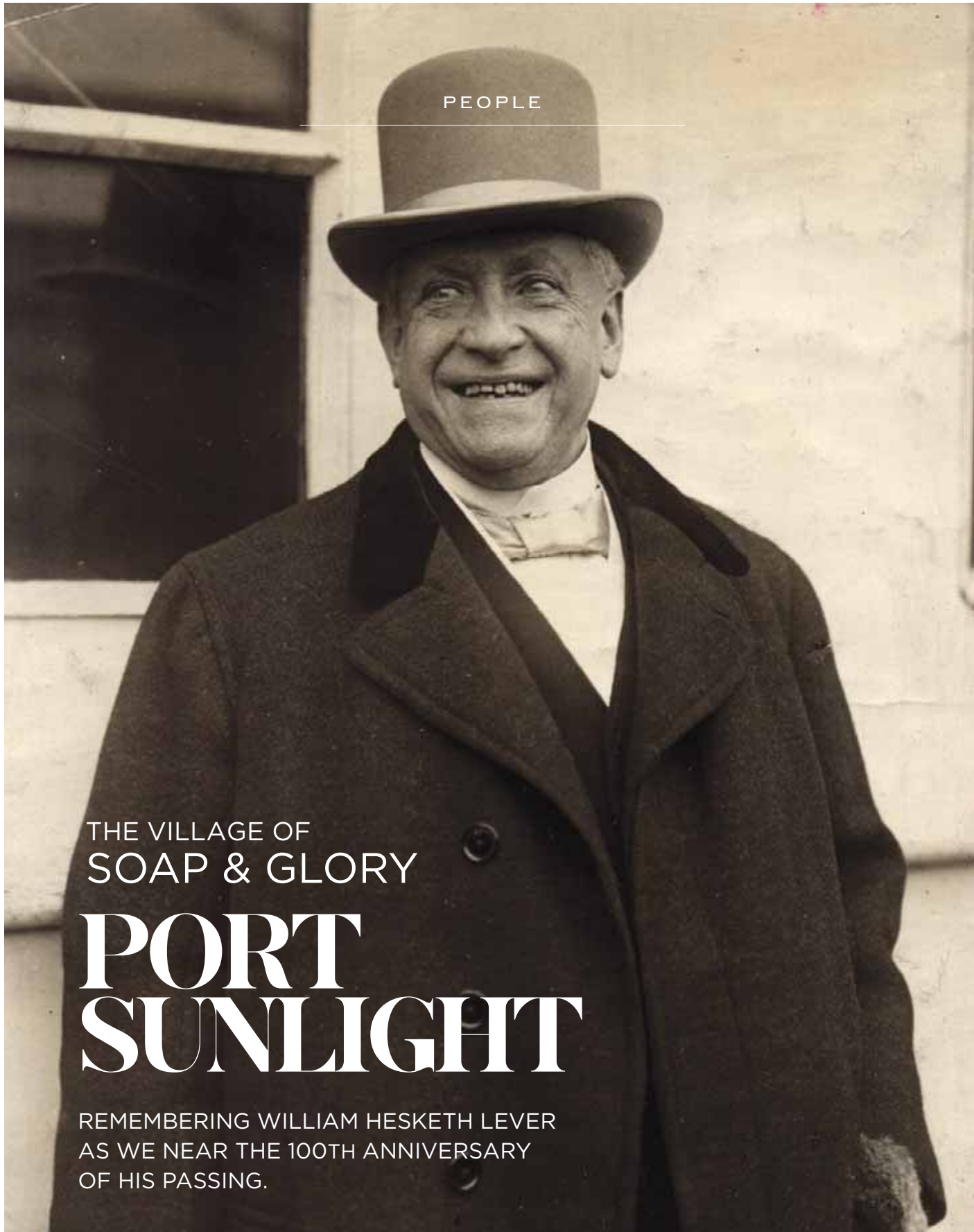
*"I look forward to seeing them enjoy and flourish in their careers with Morecrofts."*

Hannah and Ella are solicitors in the family Law team, Josh is a solicitor in the private client team and Aaron is a solicitor in the Personal Injury team.

You can find out more about their expertise at: [www.morecrofts.co.uk](http://www.morecrofts.co.uk)

*Pictured above: L-R): Aaron Ocquaye, Ella Jackson, David Tournafond (Morecrofts consultant), Hannah Beardmore and Josh Burke*





THE VILLAGE OF  
SOAP & GLORY

# PORT SUNLIGHT

REMEMBERING WILLIAM HESKETH LEVER  
AS WE NEAR THE 100TH ANNIVERSARY  
OF HIS PASSING.

On a recent visit to Port Sunlight Village, I spent some time wandering around the sycamore lined streets, the picture perfect houses and well tended gardens, viewed its historic community buildings, including the wonderful Lady Lever Art Gallery and the museum that tells the tale of the village's history and the man who created it all – **William Hesketh Lever**.

It was with interest that I realised that 2025 heralded the 100th anniversary of William's death and decided to mark the occasion by telling his story.

Image courtesy of Unilever Archives



**W**ILLIAM was born in Bolton in September 1851. His father, James, was a grocer and when he left school at 16 he started work in the family business, helping to expand and transform the way it was run.

In those days soap was produced only in huge blocks and shopkeepers would have to cut the blocks into smaller individual slabs for the convenience of customers and William's job was to help cut and pack these slabs. At the age of 21 he became a partner in his father's business, earning £800 per year, and the pair soon realised that there was significant growth in the market for basic consumer goods and they began to mass produce soap to sell as pre-wrapped bars. As a result Sunlight Soap became the world's first branded and packaged laundry soap.

The business grew considerably and in 1886 William and his brother, also James, were able to establish Lever Brothers, which went on to become the global giant Unilever.

However, it wasn't just business that sparked William's interest but the wellbeing of the people who worked in the industry. In an era when the industrial revolution was causing the living conditions of the working class to plummet alarmingly in disease-ridden city slums, and life expectancy was down to a shocking 18 years of age in some industrial towns, William Lever was a philanthropist visionary. He believed that providing good housing in a pleasant setting would ensure his workforce would be a healthy and happy one.

With this in mind he proceeded to create a 'model village' that would house his soap factory workers within a green, utopian, and picturesque community of their own. His picture perfect village was built in 1888 on former marsh land and named Port Sunlight after the brand of soap that was produced just a stone's throw away and the reason for the village's creation.

The brand new village offered a plethora of amenities to each of its residents, including schools and hospitals as well as a church, an open-air swimming pool and an amateur dramatic society, which practiced and performed in the village's specially created 1,000-seat theatre. In addition, a number of community buildings were constructed, including the Lady Lever Art Gallery in which William housed his art collection.

Port Sunlight Village had everything that one could possibly need and more. Living in lovely houses, work just a few minutes walk away and local amenities providing for a great social life, a happy workforce was literally "producing the goods" and within a decade of its launch Sunlight Soap was being sold in 134 different countries worldwide.

William was also one of the pioneers of modern advertising and started collecting art as a way to promote his Sunlight Soap. The first paintings he bought featured women and children in pristine clean clothing, to show the benefits of washing with a good bar of soap – Sunlight Soap of course! He had the pictures copied for his advertisements, adding the Sunlight brand name and slogan. Between 1886 and 1906 William is believed to have spent more than £2 million on advertising.

Keeping in touch with his philanthropist roots, the success of Lever Brothers resulted not only in the capital gain of its founders but the charitable donations that the Lever name is remembered for. A major benefactor both in Bolton and Liverpool, William Lever left a trail of beautiful buildings, educational grants, eye-catching parklands and schools as his legacy, including the Liverpool School of Tropical Medicine that he endowed to Liverpool University.

His charitable works across educational, religious, civic, community and medical causes has led to a number of prestigious honours being awarded to him, including the title of The Right Honourable Viscount Leverhulme of the Western Isles, which was conferred upon him in 1922.



## William Hesketh Lever

19th September 1851 – 7th May 1925

Honours and accolades include:

- Baronet Lever in 1911
- Baron Leverhulme of Bolton-le-Moors in 1917
- High Sheriff of Lancashire in 1917
- Mayor of Bolton in 1918
- Viscount Leverhulme of the Western Isles in 1922

With unprecedented social entrepreneurial vision that was years ahead of his time, William Hesketh Lever's deeds tell the story of a man who truly contributed to his surroundings and the quality of living of the people around him. A plaque acknowledging William had lived at Bridge Cottage during the village's early years, was unveiled in 1952 by the 3rd Lord Leverhulme, Philip William Bryce Lever.

William Hesketh Lever died in 1925 aged 73, but his story continues to be told through Port Sunlight Museum, which gives an insight into his thoughts and aspirations for the village he loved and created.

[www.portsunlightvillage.com](http://www.portsunlightvillage.com)



YOUR DREAMS AWAIT...

## THE CARIBBEAN & MEXICO

Barbados	Saint Martin
The Grenadines	St. Kitts & Nevis
Grenada	Jamaica
Saint Lucia	Turks & Caicos
Antigua	The Bahamas
British Virgin Islands	Mexico
St. Barths	Dominican Republic
Anguilla	

**One&Only**  
VILLAS AND PRIVATE HOMES

## AZURE

TO DISCOVER MORE ABOUT AZURE'S LUXURY HOLIDAYS PLEASE VISIT:  
[www.azurecollection.com](http://www.azurecollection.com)



# AZURE YOUR DREAMS AWAIT...

**AZURE** PROVIDES HOLIDAYS AT SOME OF THE MOST LUXURIOUS DESTINATIONS IN THE CARIBBEAN AND INDIAN OCEAN. IN THIS ISSUE OF MY PLANET LIVERPOOL, AZURE FEATURES FOUR CARIBBEAN DESTINATIONS, BARBADOS, SAINT LUCIA, GRENADA, AND ANTIGUA (see overleaf).



## BARBADOS

The island of Barbados is located in eastern Caribbean and in November 2021 became a republic within the Commonwealth, installing a ceremonial president to replace the monarchy (Queen Elizabeth II). Little of the island's early history is known, but it is believed that the island was once home to the indigenous Arawak and Carib people, who called the island – Ichirouganaim.

It is thought that the name 'Os Barbados' ('The Bearded Ones'), barba is Portuguese for beard, was bestowed on the island in 1536 after a Portuguese explorer named Pedro Campos landed his ship and men and was startled by the large number of fig trees on the island, each displaying long hanging aerial roots, giving the appearance of being beard-like.

The British took over the ruling of an almost deserted Barbados in 1627 and today over 80 pristine white beaches, idyllic scenery, a host of activities on and off land, delicious food and designer golf courses combine with the island's friendly, good humoured people and charming hotels, to make Barbados an experience that you will never forget.

Known as the Culinary Capital of the Caribbean, Barbados boasts over 400 diverse restaurants and eateries, allowing you to indulge in the best of street food, international cuisine and the best of Bajan dishes.

Then of course there is the rum! Barbados is considered the birthplace of rum, and Mount Gay distillery – founded in 1703 – is believed to produce the oldest rum found anywhere in the world. Rum is the essence of this Caribbean nation's culture and no visit to the island is complete without sampling a glass or two. After all, it is said that time flies when you're having rum!!!

## SAINT LUCIA

Formed by volcanic activity, Saint Lucia is a slice of paradise known for being an extremely fertile island nation. This beautiful island is bisected from north to south by a central ridge of wooded mountains. There is a good choice of sandy beaches on which to relax and features many rivers and streams, along with boiling sulphur springs. Its largest city is Castries, which is also the island's capital.

Populated in 200-400AD by the Arawak people, who named the island Iouanaloa – 'Land of the Iguanas' and followed by the Carib Indians in 800AD, who renamed the island as Hewanorra, Saint Lucia was subject to various attempts by the French, English and Dutch to colonise it during the 1600s before it finally came under British colonial rule in 1815. It became a federated state associated with the UK in 1967 and achieved independence in 1979, but remains a member of the British Commonwealth.

In the southwest of Saint Lucia are the Gros and Petit Pitons (2,619 feet (798 metres) and 2,460 feet (750 metres), respectively), which rise sharply up from the sea and enclose a small but beautiful bay. Near Petit Piton, and found in the crater of an ancient volcano, are the boiling sulphur springs, a popular tourist site from which the nearby town of Soufrière takes its name.

Named as the "World's Leading Honeymoon Destination, Saint Lucia is home to volcanic beaches, reef-diving sites, luxury resorts and fishing villages. Trails found in the interior rainforest lead to breathtaking waterfalls, such as the popular 15m-high Toraille, which makes for an amazing sight as it pours over a cliff before falling approximately 50ft into a pool that's perfect for a refreshing swim.

World-class resorts and wonderful spas, fine dining, sumptuous cocktails and friendly locals make for a visit to the island that will not to be forgotten.

## ANTIGUA

One of the two major islands that make up the Caribbean nation of Antigua and Barbuda, Antigua is ringed with coral reefs and possesses a host of white sandy beaches, swaying palms, magical sunsets and crystal clear waters, snorkelling is a delight, with its shoreline washed almost exclusively by the Caribbean Sea.

The beaches, Antigua boasts that it can offer 'a beach for every day of the year' is just one of the many attractions of the island. Visitors are encouraged to immerse themselves in the local culture, and visit one or more of the many fortifications and coastal batteries that are dotted about the island.

The island has a great maritime heritage. In the 'Age of Sail' Antigua's strategic position in the Leeward Islands allowed for rapid deployment of British naval frigates from the hurricane-sheltered dockyard of English Harbour. This meant the harbour had to be protected at all costs and a fort or gun platform was put in place very two miles along the island's coastline and the remains of many of these can still be seen today.

Set along English Harbour is the restored Nelson's Dockyard, which Admiral Horatio Nelson made his base in the 1780s. This includes a marina and the Dockyard Museum and is popular attraction for visitors to the island. Sugar mills and memorials also dot the island's landscape, telling the story of a time when sugar was king.

Aside from its heritage and sun kissed beaches, you will be able to enjoy the enchanting sounds of Antiguan music, dance to the beat of their drums, the steelpan, iron band, calypso and soca music. And watch a local cricket match, there will be plenty of them taking place, or take part in a game of warl, one of the oldest board games in the world.

Antigua has also earned a deserved and renowned reputation for its culinary quality. With a heritage of sugar plantations, rum distilleries and fishing, combined with a laid-back attitude and international influences, Antiguan food is full of rich, fruity and spicy flavours and is sure to delight your taste buds. Its national dish of Fungee and pepperpot is extremely popular, while a variety of dishes complemented with delicious sauces and classic drinks, ensure you'll find a vibrant and exciting way of dining out during your visit.

## GRENADA

The Caribbean country of Grenada comprises a main island, also called Grenada, and smaller surrounding islands. Dubbed as the "Spice Isle," the hilly main island is home to numerous nutmeg plantations and is also the site of the capital, St. George's, whose colourful homes, Georgian buildings and early-18th-century Fort George overlook narrow Carenage Harbour. In 1974 Grenada attained independence within the Commonwealth and membership in the United Nations.

Grenada is one of the most authentic, charming and welcoming of all Caribbean Islands and has something for everyone to enjoy. Its stunning scenery and the laid back charm of the locals, who take a truly unhurried approach to life, combine with the island's wonderful rainforests, waterfalls, glorious beaches and inviting turquoise waters to provide an island paradise that visitors will love.

There is a variety of fabulous restaurants and beach bars, each having their own wonderful atmospheres, while the freshly caught seafood sprinkled with local spices gives Grenada its nickname of 'Spice Island'.

Spend your holiday enjoying a host of water-focused activities, play championship golf courses, relax on one of the island's unspoilt beaches, spending lazy days in a hammock sipping on a nutmeg-infused rum punch, or just meander around the street markets. Whatever takes your fancy you will want to return to Grenada and do it all again.

## AZURE

TO DISCOVER MORE ABOUT AZURE'S LUXURY HOLIDAYS PLEASE VISIT:  
[www.azurecollection.com](http://www.azurecollection.com)

YOUR DREAMS AWAIT...



COBBLERS COVE



CAP MAISON



SPICE ISLAND



BLUE WATERS

BARBADOS

COBBLERS COVE

Situated along the enchanting West Coast of Barbados, Cobblers Cove is a luxury boutique hotel that embodies elegance and tranquillity. Set amidst lush tropical gardens and overlooking a pristine stretch of white sandy beach, this exquisite property provides the perfect haven for discerning travellers seeking both relaxation and adventure.

Cobblers Cove is celebrated for its exceptional service, where each guest is treated like family. The friendly and attentive staff go above and beyond to ensure your stay is personalised, responding to your every need with warmth and professionalism. Each spacious suite is beautifully appointed, blending traditional Caribbean charm with modern comforts, offering a serene retreat after a day of exploration.

Dining at Cobblers Cove is a culinary delight, with the renowned restaurant serving a delightful fusion of local and international cuisine. Enjoy fresh, seasonal ingredients while taking in breathtaking views of the Caribbean Sea. Whether you're savouring a leisurely breakfast, a romantic dinner, or a refreshing cocktail by the pool, every meal is a memorable experience.

For those eager to immerse themselves in Barbadian culture, the hotel offers an array of activities, from water sports to guided tours of historical sites. Alternatively, you can simply relax on the idyllic beach or indulge in rejuvenating spa treatments.

With its stunning location, personalised service, and luxurious amenities, Cobblers Cove is the ultimate destination for an unforgettable getaway, inviting you to experience the very best of Barbados in style.

SAVE 40% AT COBBLERS COVE

Stay 7 nights in an Upper Circle Suite on bed and breakfast basis, World Traveller flights with British Airways and private transfers from £2,450 per person based on 2 sharing.

\*Subject to T&Cs

SAINT LUCIA

CAP MAISON

Embrace the romance and charm of Cap Maison, perched majestically on the cliffs of St Lucia, yet seamlessly connected to a beautiful secluded beach. This boutique hotel offers a unique blend of luxury and Caribbean spirit, with breathtaking views of the Caribbean Sea and Pigeon Island. It's a destination that captures the heart and soul of the island, ideal for sun-seekers and culinary enthusiasts alike.

As a proud member of Relais & Châteaux, Cap Maison is dedicated to delivering an exceptional culinary experience, attracting guests who appreciate fine dining. The attentive staff ensure personalised service that feels like a warm embrace, attending to every detail with care. Each suite and villa is a stylish retreat, featuring private balconies where you can sip your morning coffee while gazing at the stunning scenery.

The acclaimed restaurant serves a tantalising array of dishes that showcase local flavours and international flair. Dine al fresco as you enjoy spectacular sunsets, making every meal an unforgettable occasion. The hotel's beach club provides direct access to the soft sands and turquoise waters, where you can unwind or indulge in water sports.

SAVE 15% AT CAP MAISON

Stay 7 nights in Garden View Room on Half Board basis, World Traveller flights with British Airways and private transfers from £2,895 per person based on 2 sharing.

\*Subject to T&Cs

GRENADA

SPICE ISLAND

Nestled on the stunning Grand Anse Beach in Grenada, Spice Island Beach Resort is a true gem of the Caribbean. This family-owned and managed boutique property offers an all-inclusive experience, where guests are treated like cherished members of the family. With all meals, drinks, and activities included, you can truly relax and enjoy every moment without worrying about extra costs.

The resort's idyllic beachfront location provides the perfect backdrop for relaxation and adventure, with soft white sands and crystal-clear waters just steps away from your room. What truly sets Spice Island apart is its incredibly friendly and personal service. From the moment you arrive, the attentive staff go above and beyond to ensure your stay is nothing short of extraordinary. They remember your name, your preferences, and are always ready with a warm smile and helpful recommendations, making you feel truly at home.

The resort's intimate size fosters a welcoming atmosphere, allowing for meaningful interactions with both guests and staff. Whether you're lounging by the beach, indulging in a rejuvenating spa treatment, or enjoying a delectable meal at the resort's restaurant, the personal touch is ever-present. Families will appreciate the thoughtful amenities and activities designed to cater to all ages, ensuring everyone has a memorable experience.

SAVE 14% AT SPICE ISLAND

Stay 7 nights in an Oleander Suite on All Inclusive basis, World Traveller flights with British Airways and private transfers from £3,489 per person based on 2 sharing.

\*Subject to T&Cs

ANTIGUA

BLUE WATERS

Discover the enchanting allure of Blue Waters, located on the pristine shores of Antigua. This exquisite resort sprawls across 17 acres of lush tropical landscapes, offering a perfect blend of luxury and natural beauty. With its secluded beaches and crystal-clear waters, Blue Waters is a true sanctuary for those seeking relaxation and adventure alike.

The moment you arrive, you're greeted by the warmth of the dedicated staff, who are committed to providing personalised service tailored to your every need. Each elegantly designed room offers stunning ocean views and is thoughtfully appointed to create a tranquil haven that invites you to unwind.

Dining at Blue Waters is a culinary delight. Choose from several exceptional restaurants, where the focus is on fresh, local ingredients and innovative flavours. Whether you prefer a casual beachside feast or a fine dining experience, every meal is a celebration of the rich culinary heritage of the Caribbean.

For the more adventurous, Blue Waters offers an array of activities, including water sports and guided excursions to explore Antigua's vibrant culture. Alternatively, you may choose to relax by the pool or indulge in a soothing spa treatment.

With its breathtaking location, attentive service, and luxurious amenities, Blue Waters promises an unforgettable getaway, inviting you to experience the best of Antigua in a truly magical setting.

SAVE UP TO 25% AT BLUE WATERS

Stay 7 nights in a Deluxe Beachfront Room on bed and breakfast basis, World Traveller flights with British Airways and private transfers from £2,349 per person based on 2 sharing.

\*Subject to T&Cs

AZURE

TO DISCOVER MORE ABOUT AZURE'S LUXURY HOLIDAYS PLEASE VISIT:

www.azurecollection.com

# THE SLAUGHTER HOUSE

TRADITIONAL PUB FOOD, SPORT ON TV & LIVE MUSIC,  
PLUS HOME TO THE LAUGHTERHOUSE COMEDY CLUB



ONE of Liverpool's oldest and most popular pub venues, The Slaughter House is ideally situated at the heart of the city centre's bustling restaurant and business quarter. It is a family-friendly venue and is located on Fenwick Street, just a couple of minutes walk from Merseyrail's James Street station and around the corner from Castle Street and its selection of quality restaurants.

The Bennett's Building in which the Slaughter House is located has a long history as a drinking venue and is mentioned in a 1927 issue of the Daily Post, which notes that the building once housed the business known as 'George Bennett & Sons Wine Merchants, Established in the Reign of George III and is the "Oldest House in town." King George III reigned from 1751 until 1820, so you have a fair idea of how far back the Bennett's building goes.

The Slaughter House attracts a varied and friendly clientele and is renowned for its live music and extensive range of drinks, including their award-winning pints of Guinness.

The food menu features a wide variety of traditional and very tasty home-cooked meals, including a wonderful all-day breakfast that is served seven days a week from 8.30am until late.

For your entertainment, there is always a band performing each weekend, with different performers chosen from a variety of talented local bands and singers. For the sports fans, all the major sporting events can be watched on several large screen televisions that are placed conveniently throughout the bar and which are in use daily.

The staff are extremely attentive, friendly and helpful, with nothing being too much of a problem for them and they always make all customers feel very welcome.

The pub has also recently added a 15-bedroom hotel, the Fenwick Sunrise Hotel, to its venue, giving an added facility and a base for customers wishing to spend some time in Liverpool.



LAUGHTERHOUSE  
COMEDY



LAUGHTERHOUSE  
COMEDY CLUB

Aside from its history and atmospheric feel, the Slaughter House is also unique in having the downstairs area of the pub as home to Liverpool's number one comedy club; The Laughterhouse Comedy Club.

It is the perfect setting and atmosphere for live comedy and the club has its own entrance. The stage and seating area are situated in the intimate surroundings that are created by its low ceilings, narrow walls and the 'on top of the stage' audience.

The Laughter House is a real comedian's comedy club and since opening its doors in 2004 it has played host to some of the comedy circuit's biggest names, including John Bishop, Sarah Millican, Stewart Lee, Mark Thomas, Dara O'Briain, Alan Carr, Tommy Tiernan, Justin Moorhouse and Jason Manford.

Voted the number one comedy club in Liverpool on the independent review site Trip Advisor, Laughterhouse consistently receives five-star reviews from their audiences, with many of the top comedians who have graced the stage here citing the low ceilings and the close proximity to the audience as reasons why the venue's stock has been so high over the past two decades.

**Live music, televised sports, food & drink and comedy – there is no better night out for visitors to our city and locals alike than here at The Slaughter House.**

The Laughterhouse comedy starts from 8.00-10.00pm every Friday and Saturday night, followed by live music upstairs in the pub itself until late.

For all upcoming Laughterhouse shows at The Slaughter House, visit: [www.laughterhousecomedy.com](http://www.laughterhousecomedy.com) or call: Laughterhouse enquiries: 0151 227 5946

*All photographs by Dave 'The Pap' (Activate Digital)*

## THE SLAUGHTER HOUSE

13-15 FENWICK STREET, LIVERPOOL L2 7LS

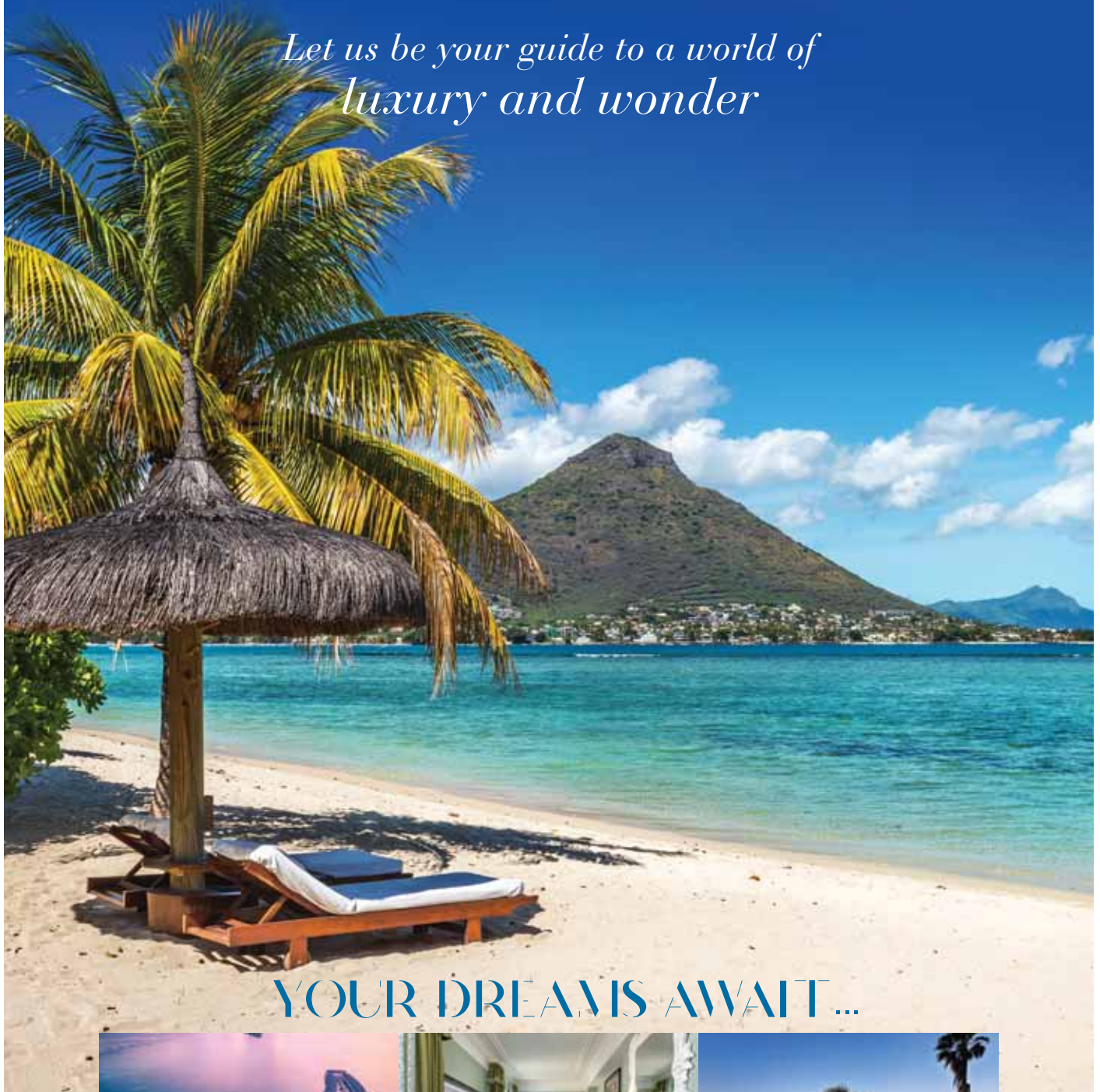
Tel: 0151 236 0704

Email: [slaughterhouse@hotmail.co.uk](mailto:slaughterhouse@hotmail.co.uk)

[www.slaughterhouseliverpool.co.uk](http://www.slaughterhouseliverpool.co.uk)

# AZURE

*Let us be your guide to a world of  
luxury and wonder*



**YOUR DREAMS AWAIT...**



## AZURE

TO DISCOVER MORE ABOUT AZURE'S LUXURY TRAVEL

CALL: 01244 322770

OR VISIT: [www.azurecollection.com](http://www.azurecollection.com)