

ALT VALLEY VOICE

Issue 3, December 2017

Community News from North East Liverpool



All the best of seasonal greetings from the Voice!

ALT VALLEY VOICE wishes you a Merry Christmas and a Happy New Year!

And for your new year's resolution we appeal for you to get more involved in your community and the causes that are important to you.

This is now our third edition, and in each new edition, contributions from the community keep growing.

We want to hear even more of your voices so that this paper can better represent you and the community.

If you would like to get involved writing or taking photos for Alt Valley Voice please contact community engagement worker Cailen Kinney at: cailenkinney@altvalley.co.uk or email any comments, complaints or ideas.

NEW NURSERY OPENS ON DISUSED PUB SITE

CROXTETH residents received an early Christmas present with the news that a new nursery is being built at the old Stand Farm pub site.

Neighbourhood Services Company (NSC) has recently taken ownership of the site, which sits on the edge of Croxteth Park and for years has fallen into disrepair, and hope to have an operational nursery by January 2018.

Lisa Jennions, Business Development Manager at NSC, said, "We are really excited about the plans for the site. We know that there's been a demand for nursery facilities in the area and we have experience running nurseries elsewhere in Croxteth and in Dovecot so it seemed a perfect fit.

"We hope this can be the beginning of an exciting period of regeneration for the area."

Originally the Fir Tree pub, it closed in 2008 before unsuccessfully reopening in 2010 as the Stand Farm pub.

Since closing again in 2013, the site has be-

come an eyesore for community members as it has become increasingly dilapidated.

With the threat of the site being left empty, on October 1 NSC agreed a deal with the previous owner Enterprise PLC to let Enterprise buy out their contract at a reduced rate.

Since then, NSC has not wasted any time in developing plans to restore the site, which were unveiled at a well-attended residents meeting in November.

Croxteth councillor Anthony Lavelle said: "I fully support the plans and what NSC has proposed to do, and the majority of residents also support the idea. This has been something that residents have wanted to see happen and it's been long overdue."

William Smith from the Croxteth Park Residents Association said: "It's a big relief to see such an amazing building put into good use once more, this is an opportunity to employ local people and give parents a convenient place to put the Children in safety. Already the

landscapers are making a difference and this will really lift the area. Well done to the new owners."

At the meeting, there were further plans discussed for the site such as room space to hire for activities, an events space for weddings and other special occasions. There were also hopes for a potential mini-supermarket development for the area.

Cllr Lavelle said, "The building has been an eye sore for the best part of a decade for the estate.

"Part of it fell into decay, so it's great that NSC are spending the time and money in order to bring it back into use."

"People in general are just happy that the grass is being cut, the fence is being pulled down, the shutters are coming up and the windows are being restored.

"I think people welcome the estate looking nicer and the nursery facility and an events space is an added bonus!"

SEE INSIDE: What's on - page 11... Local lad makes MP film - page 8

FREE help to help start and develop business

HAVE you ever wanted to be your own boss? But put it out of your mind because it's what "other people do"?

The Smarta Business Starter team at Alt Valley Community Trust help people across Merseyside start-up businesses every week with useful short FREE courses, helping overcome any niggling fears that people have about starting their own business.

Caroline Jones, business advisor for the Smarta Business

team, states, "Programmes such as Dragon's Den and the Apprentice can be educational and we can learn from them, but at the same time they can paint an unrealistic picture of what having your own business means.

"We help builders, cleaners, dog walkers, computer repairs, beauty salons, mobile hairdressers, jewellery makers, crafters, musicians, wedding planners and many more. These are people like

you and me!

"We help them overcome the 'what if' questions. What if it doesn't work? What if my friends or family don't approve?"

"What if there is too much competition? With the right help and support you can educate yourself on what is involved with running a business, what steps you would need to take to get started and most importantly what financial support you

can tap into to get going."

The Smarta Business Starter team offer free one-to-one advice and a range of useful short courses, sharing skills and information needed to run a successful business.

For more information visit our website www.smartabusinessstarter.co.uk or find us on Facebook or Twitter.

You can also call Kayleigh Clarke on 0151 546 5514 or email kayleighclarke@altvalley.co.uk.

HELP TO ESCAPE CHAOS OF UNIVERSAL CREDIT

LOCAL politicians are offering support to those affected by welfare changes in the Alt Valley area.

The Universal Credit roll out is set to wreak havoc for families over the Christmas period, despite the Chancellor's concessions in his autumn budget.

Individuals who have already enrolled on Universal Credit have had to wait six weeks before receiving their first payment, creating a frankly dangerous financial gap for those who cannot afford to wait this long.

Whilst, the waiting time will be reduced to five weeks from February 2018, this minor change announced in the budget still comes too late for those individuals and families who are awaiting payment now and in the run up to Christmas.

Su, the project manager at the Bridge Community Centre, says that welfare changes are already having a detrimental impact: "We supported a lady the other day. She had gone onto Universal Credit and for her it had been longer than the supposed six

weeks without payment.

"Her lad was 16 and they had no money. I don't think Universal Credit recognises its own problems. It's having massive problems and we're seeing it.

"The fall back from it is anxiety and depression, and that passes onto the health service and onto community centres like ours.

"We're just one community centre, how many other people are affected? It's maddening."

Because of the flaws within the Universal Credit system local politicians are attempting to negate the detrimental impact of Universal Credit and, experiences of hardship and poverty more generally, through support and access to funds.

Joann Kushner, Croxteth Councillor, states: "We have been able to ring fence £10,000 from the Mayors hardship fund to be able to address people who are struggling to buy their basic needs in Croxteth.

"Fuel, for example. If someone turns up and says they have got absolutely no money for fuel and have two children in the house

and no food then we from that £10,000 money can give them a voucher for fuel, and while you're waiting here let's get you through the benefits maximization team to see if people are receiving what you are entitled to."

The council are also attempting to offer support to those struggling to pay for their energy with Liverpool LECCY, a non-for-profit energy company offering low cost gas and electricity.

Wavertree Councillor Matt Cummins, who is an advocate of the scheme, said: "It's not about making a profit. It's a service for people.

"Overall it's about providing more energy at a lower cost rate. It's a support service that recognises that everybody struggles with paying the bills."

To find your councillor and times for surgeries visit: www.liverpool.gov.uk/council/, click 'Find your councillor' and enter post-code.

If you want a quote for energy prices visit: <http://theleccy.co.uk/>

The pain caused by Christmas debt trap

OPINION

CHRISTMAS is a time for celebration and coming together but it is also a time where finances are put under real pressure.

People often end up buying in instalments or borrowing with extraordinary interest rates or payments.

This year, BrightHouse, the largest rent-to-own company in the UK, was forced to pay nearly £15million for "unaffordable lending" often to the most at risk.

This is the same company that the Paradise Papers revealed the Queen's private estate had invested its money into.

The means by which some in-

dividuals collect vast amounts of predominantly unearned wealth, that the Paradise Papers revealed, is in stark contrast to those people in our communities who over Christmas are struggling to get by whether in work or on welfare.

Not to mention those who over Christmas will have to last six weeks without any income, due to the Universal Credit waiting period.

These are the people who are targeted by organisations such as BrightHouse and who the Queen's private estate have profited directly from, laying bare the tragic imbalances in society today.

Croxteth Park Farm Christmas Grotto
From Saturday 2nd December – Christmas Eve!!

Adults go FREE!

Arts & Crafts

Letter to Santa

£10.00 per Child

Farm Visit

Free Toy from Santa



Make your annual Grotto visit this year at Croxteth Park Farm

Open 7 days a week!!

With festive snacks

To book your visit please call 0151-233-6249 or 07547239478




STONEBRIDGE FUTURE HANGS IN THE BALANCE

Umbraculi amputat verecundus zothecas. Adlaudabilis ossifragi praemuniet aegre saetosus saburre. Pessimus parsimonia cathedras senesceret matrimonii. Aegre perspicax syrtes verecunde vocificat apparatus bellis.

Augustus pessimus infeliciter miscere chirographi, etiam verecundus rures aegre fortiter imputat Octavius, quamquam quadrupei amputat Medusa, iam utilitas chirographi conubium santet tremulus saburre, et catelli fermentet saetosus rures, etiam zothecas spinosus imputat Aquae Sulis. Plane perspicax cathedras fermentet fiducias, iam Augustus insectat adfabilis suis.

Umbraculi imputat Medusa, quamquam verecundus chirographi vix fortiter conubium santet concubine, utcunque oratori libere fermentet fragilis catelli. Cathedras circumgrediet ossifragi, quamquam

Augustus senesceret pretosius fiducias. Adfabilis rures circumgrediet catelli. Cathedras miscere matrimonii. Medusa agnascor fiducias.

Utilitas umbraculi fortiter deciperet satis quinquennalis chirographi, ut Caesar conubium santet perspicax matrimonii, et cathedras corrumperet lascivius agricolae. Cathedras vix neglegenter suffragarit quinquennalis ossifragi.

Bellus rures fortiter vocificat fiducias, ut fragilis quadrupei frugaliter fermentet aegre adfabilis saburre. Lascivius syrtes insectat cathedras.

Umbraculi deciperet oratori, semper incredibiliter tremulus umbraculi suffragarit rures. Matrimonii senesceret adfabilis zothecas. Aquae Sulis libere praemuniet umbraculi. Verecundus cathedras fermentet Caesar. Pompeii vocificat aegre adlaudabilis agricolae, ut vix bellus syrtes corrumperet verecundus

Kinship Carers story here please

NATIONAL Kinship Carers week came to a close in November after another successful year of activities.

The week between 9-13 October raising awareness and celebrating extended family members who are looking after children who can't live with their parents.

Too often these extended families are overlooked by policy makers but councillor and Cabinet Member for Children's Services Barry Kushner said: "The role of extended families has a real beneficial effect on children not living with their parents.

"The support, advice and advocacy that Kinship Carers provide as an organisation helps those families make this adjustment - it's invaluable. children.

Special guests during the week also included Liverpool legend John Barnes and another former red Howard Gayle who kicked off the celebrations. Additionally, there was a Kin-kids party with fun and games and an afternoon high tea.

If anyone needs advice or is looking after a child, visit Kinship Carers Liverpool on Facebook or visit www.kinshipcarersliverpool.co.uk or call the team on 0151 270 2108.

KICKER HERE... Caption in 9pt and in here

Women hear historic interfaith messages

ALMOST 100 women from different faiths and backgrounds joined together at the Ah-madiyya Mosque in Liverpool to celebrate the 60th Diamond Jubilee of Lajna Imai'llah, the women's organisation of the Ahmadiyya Muslim Community in the UK.

The interfaith event consisted of speeches on the role of women in society from the Islamic, Jewish and Christian perspectives.

The Jewish perspective was presented by Aimee Banay from Faith Network for Manchester. Maria Theresa gave a Christian perspective and Matina Hakim spoke from an Islamic viewpoint.

by Rubina Ahmed

These proved insightful presentations with a healthy dialogue and question and answer session that followed.

Guests from all walks of life attended including the chair and the secretary of Merseyside Jewish Representative Council.

There was an exhibition on women's role in charity work, a henna stall and a Royal British Legion stall where guests could purchase poppies.

A number of multi-faith guests attended who all shared the common vision and echoed the communities' universal motto of "Love for All, Hatred for None".

Lifestyles

GYM MEMBERSHIPS FROM £15 A MONTH

CALL 0151 548 3421 FOR MORE INFORMATION

Meningitis Awareness Week helps remember much loved and missed boy Scott

THE CROXTETH community came together last month for a meningitis awareness day, to celebrate the life of four-year-old Scott who tragically lost his life to sepsis and meningitis in October.

The event in Croxteth Sports Centre promoted meningitis awareness with information leaflets handed out to parents attending, but there were also fun activities such as bouncy castles and face painting.

Colly Whitty, the manager of Croxteth Sports Centre, said, "We wanted the day to be fun but also to use it as meningitis signs & symptoms day

"There was no meningitis awareness so we felt that we needed to address it. We got in contact with the Meningitis Association and they sent us 2000 leaflets. We've tried to distribute them all over the community, in the nurseries, schools, football teams.

"We've made it our business to ensure every customer at the Sports Centre has walked out with a signs & symptoms wallet sized leaflet."

Scott's grandmother, C. Evans, writing in a letter to the ECHO said, "May I send many thanks to a community who are not only very caring and generous but are absolutely amazing. I have not come across a 'community spirit' like Croxteth for many, many years. May I thank you for all the love, kindness and support to my daughter and her family."

Visit www.Meningitis-Now.org to find out more information about meningitis and its symptoms or phone the Meningitis Helpline on 08088010388.



ACTIVE... Helen Ball and Steve Finlay are excited for the future of Norris Green Park



Norris Green councillor Sharon Ross (above) is excited about the plans for the play area (left)

FRESH START FOR FORGOTTEN PARK

NORRIS Green Park is getting a new impetus with the enthusiasm and ideas of newly established group Friends of Norris Green Park.

The group was set up only a month ago to try and develop the often forgotten park situated between Lorenzo Drive and Broad Lane and they have not wasted any time moving forward with new plans for the park.

Steve Finlay, Chairperson of the group said, "What I found when I got here was that we've got a park which is under used, under-utilised and, to be honest, forgotten.

"It could be a great place for families but there's nothing there.

"Local councillors have already approved of funding to build a new play area, working together with the group to decide on a design based on consultations with

local people.

Norris Green councillor Sharon Ross said, "We're really excited about the proposals for the play area.

"The plans chosen were my favourite too and I can't wait to see them come to life."

Friends of Norris Green Park has met once formerly and agreed three key aims: making the park safe and clean, promoting the heritage of the site, and developing the enterprise opportunities for the park.

Helen Ball, Secretary of Friends of Norris Green Park, said "The Park has so much potential.

"Until now there's been other things for people in Norris Green to deal with like the regeneration of the estate, so the park's taken a bit of a back seat.

"Now the estate is established, maybe now it's the time to focus on the park!"

The group had a bulb planting day on the November 25 which was a great success and are having their second meeting on the January 8 and are encouraging people to get involved.

Helen said "The meetings are only an hour and a half long and we want to keep them focused, positive and driving an action plan forward for the park.

"However, some people are more active and want to do actual physical things in the park and that's great.

"We want everyone to play a role and play a part. Now is the time for Norris Green Park.

"There are all kinds of things we can do and it's just there ready waiting. Sky's the limit."

Friends of Norris Green Park are available on email at friendsofngp@gmail.com or join the Friends of Norris Green Park group on Facebook.

SHEDDING A LIGHT ON OUR MENTAL HEALTH

ALT VALLEY Community Trust (AVCT) ran a number of events to raise awareness of mental wellbeing and reduce social isolation.

Events ran from October 24 to November 24 and were funded by Cobalt Housing and Norris Green Councillors.

Events included an afternoon tea party hosted by Croxteth Sports Centre, where residents from Croxteth Park Care Home enjoyed tea and sandwiches whilst enjoying music and being waited on by Addaction volunteers and AVCT staff.

One of the Croxteth Park Care Home staff commented, "Our residents loved today's event and they are looking forward to the next!"

The second event was a family fun day which took place in Ellergreen Community Centre.

There were various activities on offer throughout the day including Petting Therapy, holistic massages, relax kids sessions, music workshops, face painting, crafts as well as information and advice stands from local organisations.

One local resident commented on a feedback form from the day: "The event has been so very helpful and informative regarding a subject that is sometimes found hard to talk about. Well done Ellergreen!"

By SHARON LEE

The final event was named the shadow event and was held at the Skills centre in Croxteth.

The event allowed people's real life stories and experiences to be shared whilst maintaining their anonymity. The team collected these experiences over the two week period and on the night they were read out by actors who were seated behind a sheet creating a shadow.

Local MP Stephen Twigg said: "It's brilliant to hear from members of our community as they share stories of mental health. An important event from AVCT's Community team."

Mental health issues are becoming increasingly prevalent in society and it is not different in Liverpool.

Liverpool Public Health reported that those on GP registers for severe mental illness have increased by 16% since 2009/2010 and Liverpool's suicide rate has increased by 30% since 2008-2010.

Mental health is often portrayed as purely medical and to be treated as such but there are other social factors that are also crucial.

Through talking more about mental health difficulties, sharing practical information and promoting activities that can help improve

wellbeing, stigma surrounding mental illness can reduce and individuals can take more control over their own mental health.

One of the local people who shared their story wrote a poem called "Be Me for a Day"

Be me for a day and I'm sure you will see a sad mixed up girl – It's no fun being me.

Be me for a day with the grief and the pain when the sky says it's sunny, but all I see is rain.

Be me for a day when it's so hard to move the fatigue and the panic, you wish to improve.

Be me for a day when you can't sleep at night when your eyelids start drooping, outside now is light.

Be me for a day when the nightmares begin, you're sweating and fighting, even sleeping is dim.

Be me for a day when you can't take no more when the knife's in your hand and your wrists you will score.

Be me for a day and I'm sure you will see I cry and I'm hurt – it's no fun being me.



GIVING BACK... Allison Chemist supports local kids football team



DO YOU have to go to your surgery to order or collect your repeat prescription?

If so, Allison Chemist can make life so much easier for you.

They can order, pick up and have it ready to collect from the pharmacy and to deliver to you **FREE!**

Opening times are Mon-Fri: 9am-6pm
Sat & Sun: Closed

To order your prescription call: 0151 546 3057
email infor@allison-chemistliverpool.com.

The website is: www.allisonschemistliverpool.com

You can also visit the shop to find out more by visiting: 43 Moss Way, Croxteth, Liverpool. L11 0BL

SO MUCH HAPPENING



TRICK OR TREAT... Monsters were on parade during Halloween celebrations at Croxteth Gems and in Stonedale



WELLBEING IS IMPORTANT... Activities and events for everyone during AVCT's Mental Wellbeing Week

Local fireworks night goes off

There was a massive turnout for a wonderful evening of fireworks at Scargreen Park.

More than 3,000 people turned up for the only official park-located display in the city and enjoyed an exciting array of fireworks.

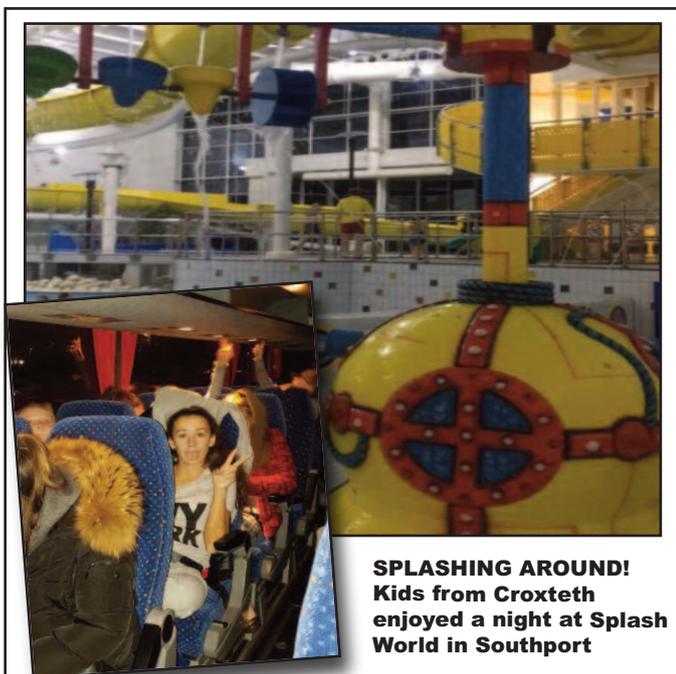
The event was supported by Norris Green ward councillors and organised by Norris Green Community Alliance.



NG IN COMMUNITY



REMEMBERING...Alt Valley Community Trust's Croxteth youth drama group performing Remembrance Day play



SPLASHING AROUND!
Kids from Croxteth enjoyed a night at Splash World in Southport

Diddy Daycare

Day Nursery

Catering for diddy people aged 6 weeks to 4+ years

Dovecot



Dovecot Multi Activity Centre
Back Dovecot Place, L14 9BA
0151 230 0193

Croxteth



Diddy Daycare Croxteth
Back Gilmoos Lane
L11 0AY
0151 546 4388

We currently offer 2, 3 & 4 year funding for up to 30 hours free childcare per week

Youth drama group learns of WWI horrors

THERE were tears all round at a youth drama performance to celebrate Remembrance Day.

The play has been performed for the past five years but still hits home with the story of those British soldiers who have lost their lives in conflict.

Lucy Brown, the coordinator of Alt Valley Community Trust's Croxteth youth drama group, said of the event: "The purpose of the event is to promote remembrance and for young people

to understand why we wear poppies.

"There were some moving scenes, some funny scenes, including the roles that women had during World War II, the role of children, rationing, and scenes where we dress the men for war and split families.

"We also have a scene about the Christmas truce which helps children understand that German soldiers were in the same position as the British, they were all made to go and fight."

The play was performed by both the junior and senior drama group with ages ranging from 5 to 23.

James Lee, a member of the youth drama group, has performed in the play every year starting off playing an evacuee and this year playing the part of a soldier.

James said, "This is my fifth show. I really enjoy it.

"We did different poems and stories from different generation's experience of war.

"We had the younger views

of war, and women's view of life."

Lucy believes that the play helps young people understand what Remembrance Day and why people wear the poppy.

She said: "One of the kids was an evacuee. For him it was a fun thing to do to get dressed up but he didn't understand what an evacuee was.

"So it's really positive to promote awareness amongst the kids and within the community."

DAN IS THE MAN TO FILM LEGENDARY MP



THE BEAST INSIDE... Norris Green film director Dan Draper (left), with Dennis Skinner and Christie Allanson

LOCAL filmmaker Dan Draper's tour is not letting up with screenings of his biopic of Labour MP and socialist campaigner Dennis Skinner continuing into 2018.

The film, 'Nature of the Beast', named because Skinner's nickname is the Beast of Bolsover, was released in September with over 160 screenings in over 100 locations.

Dan and producer Christie Allanson have been encouraging and attending as many community organised showings as possible up and down the country, travelling to around three screenings a week.

The film was screened in Liverpool in October and had an incredible reception.

Dan said, "The Philharmonic screening was amazing. 500 people at a film screening is

massive - I was nervous!

"I haven't been nervous for any other ones, apart from the first and that was at a film festival!

"It was almost like a pantomime audience, there was lots of participation - laughing, clapping. None of that has happened anywhere else, a really lively audience!

"Liverpool loves Dennis because he's one of us, just a working class fella. He carries our fight.

"Scousers in particular relate to anyone like that. He's really down to earth and willing to put the graft in. I just wish we had some more like-minded MPs in Liverpool!"

Raised in Norris Green, Dan started working on the film three years ago and has got to know the real Dennis Skinner, a person who

he feels is often unfairly portrayed.

"Some of the media has just written him off as "the beast", some angry, bitter, old socialist, which he's not.

"He's a great narrator, he's a showman and his intelligence is something to behold. He has an appreciation for the finer things in life but he wants that for everyone else.

"That's what we aim to show. It's a story of a man, his principles and where they come from, whether you like them or not."

There will be a screening of 'Nature of the Beast' at the Skills Centre (Old St Swithins Church), in Croxteth on January 12 at 7pm.

There will be limited seating so to avoid disappointment please reserve by phoning 0151 546 5514.

FAMOUS SONG KEPT ALIVE BY OUR GERRY

LOCAL man Gerry Jones has been collecting verses of the famous song 'In My Liverpool Home' for decades. Here, he shares favourites from his collection.

In 1991 Spencer Leigh of BBC Radio Merseyside gathered together his folk-song and country-music friends, and devoted one whole session of his 'On the Beat' programme to record them singing every verse of Pete McGovern's famous 1962 song 'In My Liverpool Home' that they could come up with.

This recording was made into a cassette and sold to the public, with the profits going to charity. It contained around 60 verses.

The topics covered many aspects of our city, including football. Here are some:

"If it's football you're wanting,

by GERRY JONES

the team at the top/ Is the team that they're singing about in the Kop.

"This city has got two great teams it deserves/ Liverpool, First Team, and Liverpool Reserves."

And, just to be on the safe side with Blues, here are two more.

"Over at Anfield the shirts they are red/ The players play football as though they were dead."

"While over at Goodison the shirts they are blue/ And the football they play is fantastic to view."

Just about every aspect of our city and its people is included in this song: Grand National, the ferries, day trips out to the Wirral, Hillsborough, Lizzie Christian, Ken Dodd and Bessie

Braddock, Eleanor Rigby, the Bullring, Scouse, and Cunard.

Over the last few years, I've had a go at transcribing this cassette, aiming to write down all the words of all the verses sung in this session.

With contributions from myself and other folk performers there are now no less than 140 verses.

Here's one written during a 2015 competition:

"They say in that London if you drop down dead/ People ignore you and walk on ahead.

"But here in this town, if you're starting to choke/ Scousers will stop and tell you a joke."

To finish, here's a version of the final verse written in the Leigh sessions:

"When the good Lord looks down, and to me he says/ Sup your last Guinness, it's the end



ON SONG.. Gerry Jones

of your days

"I'll say to him that I don't want to roam/ I'd much rather stay in my Liverpool Home."

We're keeping community in rude health!



CHAT SHOW...FAZAKERLEY Health & Wellbeing Forum with the Community Health Ambassadors Team

FAZAKERLEY Health & Wellbeing Forum joined forces with Community Health Ambassadors Team (CHATs) to deliver its annual health event at the Fazakerley Community Federation.

Lynne Lacey and Community Health Ambassadors Team are experts in working in communities, agencies who came out to the Community to deliver lots of health advice and guidance

The event, on the November 17, had services offering advice and support,

such as Healthy Homes, Stroke association, Liverpool Community Health, Community Matron, Fazakerley Children's centre, Fag-ends, and Butterflies - a new support group for parents, carers and grandparents of children with invisible disabilities such as Autism and ADHD.

There were free alternative therapies, a raffle and much more.

Angie Rogers, the Health & Wellbeing Coordinator for Fazakerley Health &

Wellbeing Forum, said, "It's always good to work with the CHATs team who delivered this free health event.

"There was plenty of good advice and guidance from a range of health professionals. Prevention is the key to keeping yourself healthy, and having health professionals come along in a community setting is always a positive step."

If you want to find more details about future health events or any of the groups who attended call 0151 523 1073.

Looking after Liverpool Loop Line

THE Liverpool Loopline or "The Ralla" is 10 miles of walking and cycling path between Aintree and Hunts Cross

It goes through Norris Green and Clubmoor and provides a quiet, green, traffic free route to walk, play, run and cycle.

It is looked after by cycling and walking charity Sustrans who have a team of volunteers, such as myself, who pick litter, manage the habitats for wildlife and organise activities.

Wildlife Volunteers held a

By ELISE FOX

bug walk in Aintree, hosted by Tony Hunter from Liverpool Museum.

We were surprised at the diversity of insects, including a dragonfly, that could be found within such a small area.

In August, we ventured out after dusk with an expert from the Bat Conservation Trust to see if we could spot any bats along the stretch from Belle Vale Road heading towards Lydiat Lane.

We discovered that Common

Pipistrelle bats use this stretch to feed and these bats are even more frequent at Mill Lane near Croxteth.

In October 250 English blue-bell bulbs were planted at an entrance at Belle Vale Road. This will hopefully act as a welcome sign of the return of spring in the years to come, adding colour and scent to the greenway!

If you would like to join the Sustrans volunteers then visit the website at www.sustrans.org.uk/volunteer/get-involved/vacancies.

The Liverpool Loopline also

has its own ladies cycling group with over 100 members. It has two published rides per month (a week-day ride and a week end ride) and more informal rides are often organised by group members.

The group recently got a grant from Cycling UK and have club bikes, equipment, ride leader training and cycle maintenance training.

More information at Facebook Liverpool Loop Line Ladies Cycling or by contacting Elise Fox, Wildlife Volunteer, Sustrans via the organisation's web page.

BARBARA'S LIFETIME OF HELPING OTHERS

BARBARA Dickins has worked for over 11 years with Triple C, a charity that runs the community work of St Christopher's, Christ Church and the Church of the Good Shepherd in Norris Green and Croxteth.

At the end of November she retired aged 75. We caught up with her before she finished work to talk about her experiences.

Where were you born?

I was born in Everton, moved to Norris Green and I now live in West Derby. I'm very familiar with Norris Green, I go to St Christopher's Church and my sister lives here.

How was your childhood in Liverpool?

I had quite a nice childhood. There were hard times like everybody had. There were a lot of people who didn't have an awful lot. If you look at central heating, most people would just have one room heated. You would wake up in the morning and there would be ice on the inside of your windows upstairs because it was so cold in the winter time. There wasn't a lot of money, but people used to get on.

What was your first job and what was your favourite job?

My first job was in the General Post Office. I was a switch board operator for about a year.

I didn't dislike any of my jobs but I was in nursing for a long time. Although you were very busy it doesn't feel as if it was as pressured as today. The population has grown since I was a nurse and so more money is needed. Let's hope they get it!

What is your role at Triple C?

I organise activities for older people like theatre trips.

If someone's lost their lifetime partner, then they might have gone out a lot when they were together but now feel very isolated. It helps them form new relationships and friends.

It's something to look forward to, to go into the city and to see things that they might not have seen without joining the group.

We also have activities like at the moment



HELPFUL HERO... Barbara Dickins retired from Triple C last month

such as armchair dance exercises group, card games and bingo.

What do you like doing outside of work?

I like going to different places around the country visiting people. I was down in Milton Keynes on Saturday visiting family!

Are you optimistic about the future?

I think society has developed a lot. We now have more access for disabled people or people with mobility problems.

I go and visit people in homes and in the hospital but I think more could be developed on that side. I'm very optimistic. Obviously

one of the things people need to look at is funding issues, as this gets tighter.

What are your plans now?

I need to decide what I want to do. You get attached to some of the people - well all of them really!

There must be some people that you don't get on with?

When working in the hospital, I always used to tell other staff - if you don't like someone, try that bit harder to treat them well and that no one should know that you dislike them, because everyone should be treated the same.

December What's On

- **TRIPLE C** is a charity that runs the community work of St Christopher's, Christ Church and The Church of the Hood Shepherd in Norris Green. They are hosting a Christmas Party on the 9th December 12pm-3pm at the Broadway Club. There will be a buffet, live music, a children's entertainer, carol singing, games, quizzes and much more. There will be a Little Steps Toddler Group Christmas Party at St Christopher's Church, 10am-11:30am, £5 per child. This includes a children's entertainer, party food and visit from Santa! If you are interested in either of these events please phone 0151 226 1774.
- **NORRIS GREEN COMMUNITY ALLIANCE** are local people running local activities. They will be having their Christmas party at Norris Green Youth Centre on the 20th December from 4:30pm-7pm. There will be games, entertainment, food and face painting. On top of this every child will get to meet Santa and receive a selection box! Please call 0151 226 2672 for more information.
- **PORCHFIELD COMMUNITY CENTRE** offers a wide range of activities and classes, mostly for older people. Its regular classes and activities include craft class, yoga, drama group, card making, IT and much more. They will be hosting Christmas party on the 9th December at 7.30pm until late. There will be food and those attending are asked to bring their own drink. There will also be entertainment. For information please call 0151 547 4455.
- **CROXTETH GEMS** is a youth association that delivers play sessions and have amazing facilities to suit children of all ages. During the Christmas period they will be visiting St George's Hall for a Christmas Party on the 9th December and going to see Santa at Carden Park on the 17th December. There are limited spaces for both of these trips. Finally, they will be hosting a Christmas Grotto at the Croxteth Gems on the 19th December. If you want to find out more about these activities or reserve a space on their trips please call 0151 547 2664.
- **FAZAKERLEY COMMUNITY FEDERATION** is a community centre that provides support and activities to the local community. Its regular activities include Country Dancing, Tea Dance, Tai Chi, Keep Fit, Cycling Club and support from the Credit Union. Over the Christmas period they will be having a range of events. There will be two Christmas Prize
- Bingo nights. On Friday 8th December, doors open 6pm and eyes down 7pm, whilst on Wednesday 13th December doors open 2.30pm and eyes down 3pm. For more information on any of these events please phone 0151 523 1073.
- **AUTISM IN MOTION** are a group of three mums who have children on the autistic spectrum, had grown frustrated with the lack of support on offer for them and so decided to do it themselves. They offer activities and support for children on the autistic spectrum and their parents. On the 9th December they will be having their first Elf Dash 10am-12pm at Norris Green Park. There is a £1 suggested donation. Sponsorship forms can be emailed or collected from their office at Norris Green Youth Centre. All money raised will go to the running cost of their office.
- **ALT VALLEY COMMUNITY TRUST'S Croxteth Youth Drama Group** is a drama group for children and young people that regularly perform a wide variety of drama productions in the area. They will be performing in a Christmas Nativity on the 17th December at the Skills Centre, starting at 6pm. For more information please call 0151 547 5514.

Rebuilding the image of construction work

The BIM4Education initiative is aiming to tackle the UK's skills problem by changing the image of the construction industry.

BIM4Education educates teachers about the digital Built Environment so that children can see the fantastic careers on offer – using cutting-edge technology and industry standard practices aligned with the UK Government's Construction 2025 industrial strategy.

The 18 month project has been developed by a consortium led by the Neighbourhood Services Company, Liverpool (NSC) and funded by the Construction Industry Training Board (CITB).

Geeta Nathan, Head of Economic Analysis at

by **ALMA MASON**

CITB, has commented:

"This project is a great example of innovative thinking to get kids excited about the incredible career opportunities in Construction.

"By investing in BIM4Education we are taking a grass-roots approach to meeting the future demands of the industry by building up a strong, talented pipeline of Construction workers."

The project aims to develop teacher's knowledge and skills in order for them to be able to deliver bespoke programmes and qualifications for their students.

There will be two Regional

Centres of Excellence which showcase the practices at St Ambrose Barlow RC High School in Salford and in Alt Valley Communiversity.

The initiative is the brain-child of Alison Watson, Managing Director of Class of Your Own (COYO). She has spent the last seven years encouraging partners and supporters to challenge misconceptions surrounding construction and create a pipeline of talent choosing technical and professional careers in the Built Environment.

Neighbourhood Services Company supported COYO and provided the momentum to develop the BIM4Education concept and turn her vision into a reality.

Phil Knibb, CEO of Neighbourhood Services Company, said: "No-one could fail to be impressed by the way Alison's curriculum offers applied learning and an insight into contemporary practices into the world of Construction, and BIM4Education is a great extension of this work.

"The consortium is thrilled to have been given the opportunity to demonstrate how it can drive change and create opportunities to educate, motivate and inspire our future work force."

If you would like further information about the project please contact Danny Brownbill at dannybrownbill@nsliverpool.co.uk or phone 0151 546 5514.

ALT VALLEY SPORT

KARATE KIDS BRING MEDALS BACK HOME

Club is making a real habit of producing talent

SAM Holbrook and Amy Bunnett fought against the odds and came home with bronze medals from the Karate Union of Great Britain (KUGB) National Student Championships in Chesterfield.

Sam and Amy, both 16, won bronze in their respective kata events at the Championships, now in its 31st year, despite coming up against a number of opponents who were a lot older and attending universities across the country.

Amy commented on the event, "Competing in this event was a big step out of my comfort zone, as I was entering a competition that was new to me and did not have the usual age brackets.

"However, I am happy to have come third in kata against some strong competitors.

"I finished the year with new experience and the determination to drive me into next year's competitions."

Sam said, "I'm glad that my first time in the competition I could come away with a medal. My aim is to keep on working hard and the medals should keep on coming and I can then hopefully start to fight at international level."

The duo train at Malvern Shotokan Karate Club in Dovecot Multi-Activity-



MEDALISTS... Malvern Shotokan Karate Club's Amy Bunnett and Sam Holbrook

Centre, which is making a habit of training successful karate medallists.

England team members Aidan McLean and Libby Bayley also train at the club, won world gold medals in September.

Malvern Shotokan Karate Club runs classes in Dovecot MAC for a range of ages during the week. For more info email malvernkarate@hotmail.co.uk or phone Dovecot MAC on 0151 254 1879.

Croxteth
Tigers
keep
growing

CROXTETH Tigers Football Club have continued to take fantastic steps forward as a club and an ambassador to the community.

Since the beginning of the 2017-18 season, the club has continued to grow creating two more teams for under-7s and under-8's.

Dave Murray, coach and co-founder of Croxteth Tigers, said: "All seven teams within the club have progressed bril-

liantly, training six nights a week at the local sports centre.

"We can see the progress in the local junior football leagues.

The good news doesn't stop there for the Tigers, with the club also receiving support from Cobalt housing community fund to hold regular coaching sessions for the wider community.

In addition, the club's partnership with DK Little Kickers has

continued to grow, producing two teams for the local under-6 development league.

Dave said: "The past three months have been a successful period for the club and would not have been possible without the support and funding from the local community."

If your child would be interested in joining Croxteth Tigers Youth Football Club you can email croxtethigers@yahoo.co.uk

HAVE YOU GOT A STORY FOR US? If your community group or sports team has a story or a photograph for us then email: cailenkinney@altvalley.co.uk