It’s a mini adventure
Children sign up to warden scheme

PLUS
ANTI-RACISM CAMPAIGN
CHRISTMAS ADVICE SPECIAL
FOUR EXCLUSIVE COMPETITIONS
Are you thinking of stepping into business?

Has your business idea got legs?

GRANTS of £500 are up for grabs for new businesses starting up in Knowsley. If you intend on becoming self-employed or starting your own business you could qualify. There’s also loads of advice and assistance available to help you before you start and once you are set up. Ring the number below to find out how you can make a fresh start. Each person who contacts the hotline will also be eligible for this month’s £200 PRIZE DRAW.

FRESH START

Call 0151 477 4000

Fresh Start is a European funded project administered by Knowsley Council with expert advice agencies.
HELLO and welcome to the winter edition of Knowsley News.

I’d like to start by thanking everyone who turned out to the launch of the Knowsley Against Racism campaign at the King George V Sports Centre, Huyton.

The launch event was a huge success and just underlined that the people of the borough are really getting behind the campaign and are determined to stamp out this unacceptable behaviour. There’s a double page feature on the campaign on pages 10-11.

This issue also focuses on the council’s drive to improve the borough’s neighbourhoods. Some residents have already benefitted from this including those in Youatt Avenue, Prescot, as featured in this issue’s Round Your Way section.

I want to ensure that every resident benefits from this campaign and if there’s a problem in your area, I want to hear about it.

You can contact me through the magazine at the address on the bottom left of this page.

I’d also like to hear from you on any council-related issue, including your opinions and suggestions for Knowsley News.

Finally, I’d like to wish everyone a merry Christmas and a happy New Year – enjoy yourself!

Cllr Ron Round
Leader of Knowsley Council
DRUG users who have turned to crime to fund their habit can receive help to change their lives for the better thanks to a new scheme in Knowsley.

The Drugs Intervention Programme - run by Knowsley Council in partnership with Lighthouse Project - aims to help adult addicts kick the habit while benefiting the community by reducing drug-related crime.

The programme first provides medical support to help users get over the physical symptoms of addiction. Support and advice is then offered to enable them to return to training or work and help with housing and benefits.

Clients can be referred to the programme by the police, their parole officer, health workers, family or can choose to self-refer.

To contact Knowsley’s Intervention Programme direct, telephone 0151 480 5398 during office hours.

CHILDREN in Knowsley took part in a ground-breaking Mini Wardens’ Scheme this year

The Mini Wardens’ Scheme is one of the first of its kind in the country. Children are involved in clean-up projects and the scheme encourages them to take pride in the borough at an early age.

Neighbourhood Wardens run the scheme which gets local children involved in a summer programme of activity to highlight the important work the wardens do.

By completing the Mini Wardens’ Scheme, the children are half way to achieving the full Mayor of Knowsley Award which is a programme of practical, cultural and adventurous activities to help young people develop.

The Mini Warden Scheme was set up four years ago by Tower Hill wardens and has now been rolled out borough wide.

Business park boost

DERELICT land at the heart of Knowsley Industrial Estate is to be transformed into a prestigious business park – creating more than 300 jobs – after millions of pounds of public sector funding was approved.

The 28-acre Alchemy site is considered one of the most important business parks in Merseyside.

There will be 10 new workspace units directed towards small and medium sized businesses as well as a new access road from the A580 East Lancashire Road, comprehensive landscaping and extensive security measures.

The site is in the Approach 580 Strategic Investment Area, one of eight such areas across Merseyside, where investment is being concentrated to help economic development.
TV COMIC Jon Culshaw made a big impression at the opening of a new Kirkby sixth-form centre

The Ormskirk-born star of small screen hit shows including Dead Ringers, 2DTV and The Impressionable Jon Culshaw cut the ribbon on the new learning facility at All Saints RC High Sixth Form Centre.

The centre caters for students studying A-levels and other further education courses and boasts modern classrooms, an office and a social area for students, as well as wireless technology allowing the use of laptop computers and video conferencing.

It has already proved to be an inspirational learning environment for the current sixth-form students who achieved the best-ever GCSE results in the school’s history.

All Saints head, Brendan McLoughlin, said: “We’ve always believed this new facility would make an enormous difference to the attitude and motivation of our students.”

APPEAL FOR HELP TO BEAT THE CHEATS

KNOWSLEY’S Counter-Fraud Unit is encouraging residents to blow the whistle on benefit cheats.

The unit is working hard to meet the Government target of reducing fraud and error, by 25%, by 2006. To do this it is reliant on hotline referrals made to its confidential freephone number.

On average three calls a week are received identifying suspected fraudsters.

The most useful hotline referrals include descriptions of the individual, the cars they drive, where they park, when they go to work, and where they work.

If you would like to report benefit fraud ring freephone - 0800 073 0532.

WINTER WARMTH

TWO schemes are available to help Knowsley residents heat their homes this winter.

Warm Front provides grants to make homes warmer, healthier and more energy efficient. Up to £2,700 is available for people on certain benefits and who own their own home or rent from a private landlord.

The grant provides energy efficiency advice, two energy-efficient light bulbs and a package of insulation and heating improvements which are tailored to each property, including options of loft insulation, draught proofing and gas, electric or central heating, among others. It could also fund repairs to existing systems or conversion to a solid fuel open fire to a glass fronted fire.

And, as reported in our last issue, the Knowsley Heatstreets scheme is targeted at owner occupiers and those who rent from a private landlord but who are not on benefits.

This scheme can fund loft and cavity wall insulation but not heating systems. Over the first two years of the Heatstreets scheme, a total of 5,347 Knowsley homes have been surveyed and 7,496 measures carried out.

For more information about both schemes call Freephone: 0800 512 012.
Knowsley Council carried out a major survey of problem areas in the borough as part of its commitment to work at neighbourhood level and respond to local concerns.

In a crackdown on grot spots and areas attracting anti-social behaviour the council’s Neighbourhood Management Team have worked with the Neighbourhood Wardens to produce action programmes for every ward in the borough.

New dedicated teams from the council’s Environmental and Operational Services Department have started to carry out the work which includes removing graffiti, general clean ups and increasing safety in alleys and pathways.

Youatt Avenue

The survey of problem areas highlighted issues in Youatt Avenue, Prescot.

Residents reported gangs of youths regularly meeting at the end of a pathway in the road.

Problems included drinking, drugs and graffiti, which were causing disruption to residents. The end of this path also had a barrier and a low fence which provided a quick getaway to Silcock’s field.

The council, residents, police and Knowsley Housing Trust worked together to plan the best way to combat the problem.

Barriers at the end of the pathway were removed, hedges cut and a six-foot metal fence was put in at the bottom of the path.

A concrete post and panel fencing was also put up alongside the property adjoining the field.

Since the improvements, residents say problems have reduced considerably.

Wardens in the area have also noticed a big difference with no complaints from the area since the work was carried out.

Alleygating

Part of the work in Knowsley involves a pilot alleygating scheme.

The gates control access to the rear of terrace-style housing and help to lock out thieves, deter anti-social behaviour, stop litter and fly-tipping and reduce fear of crime.

Only residents have keys to the gates and other schemes across the country – including in neighbouring authorities Liverpool, Sefton and St Helens – have proved a huge success.

Knowsley’s Neighbourhood Management Team has completed initial assessments of the pilot schemes across the borough, including a number in Prescot, which has more of the traditional ‘back to back’ properties than other parts of Knowsley.

After the pilot is complete and assessed for effectiveness, the council will consider rolling the scheme out across the borough.

FACTFILE

A SURVEY of Knowsley identified 800 jobs across the borough which will improve residents’ quality of life.

Work will include:

- Environmental clean ups
- Putting up fencing and fitting trip rails to protect open space
- Putting up 'A' Frames to keep scrambler bikes off land
- Alleygating schemes

Work has already started across Knowsley and the council will continue to listen to residents’ groups to improve the borough.

A NEW programme to clean up the environment and improve community safety across Knowsley is underway

By Vicki Gianelli

PUTTING PEOPLE FIRST
Councillor Graham Morgan, Deputy Leader of Knowsley Council and Cabinet Member for Regeneration and Neighbourhoods, made clear the commitment to this work.

He said: "We know from listening to residents across Knowsley that they want us to focus on local issues that can really affect their quality of life. "This programme is just one part of a big effort to manage neighbourhoods, regenerate our communities and respond to local needs."

"When this work is done we really need residents across the borough to work with us to make the improvements stick – it’s about us all taking pride in neighbourhoods together”.

Councillor Margaret Flaherty, Cabinet Member for Community Safety and Social Inclusion also has high hopes for the scheme. She said: "By tackling environmental problems in the borough we can not only improve areas but deter crime and anti-social behaviour. Youatt Avenue is just one example of how we have combated problems relating to anti-social behaviour in the borough."

"Together, with vital help from the wardens and in partnership with Knowsley Housing Trust and the police, we aim to reduce crime across the borough, protecting residents and working with communities to make Knowsley a safer, cleaner place to live.”

Councillor Ian Smith is leader of the Liberal Democrats in Knowsley and represents Prescot West. He is also the leader of Prescot Town Council.

He said: “I welcome and fully support the council’s commitment to neighbourhood and community regeneration. Personal security is a top priority within the local community and a programme of alleygating and highway closure has already started and has been effective in some areas of Prescot, including Youatt Avenue."

"Dealing with these important issues will help make the neighbourhood much safer – in Prescot and the rest of Knowsley.”

WHAT PEOPLE SAY
Kop job OK for Jay

A FOOTBALL fan has landed a dream job – apprentice groundsman at a Premiership club. The only trouble is it’s at Liverpool – and he’s an Everton fan!

But that doesn’t worry 17-year-old Jay Barrow, who will be working as an apprentice groundsman at Anfield.

He joked: “I’ll have to keep my mouth shut and I’ll probably get my leg pulled quite a bit but I don’t mind. It’s a great job. Most of my mates are Everton supporters too but they’re sound about it because it’s such a good job.”

Jay is the 100th client of the Road2Work scheme which aims to help anyone over the age of 16 in the North Huyton New Deal For Communities area look for work whether they’re already in a job or unemployed.

Road2Work client advisor Claire Embleton said: “Jay’s been with us for about a year. He’d done an NVQ Level 2 in horticulture and we were able to sort out some more training for him.

“We arranged for him to go on a spraying course and he was the youngest to pass that. He also did a ride-on mower course and he passed that too.

Someone helping run that course was so impressed by Jay they invited him to do some casual work on the pitches at Liverpool’s training academy in Kirkby and that’s led to a three-year apprenticeship with the club.”

Barrow on a roll: Jay Barrow

ALL ABOARD FOR HEALTH

KNOWSLEY residents jumped on board the food bus to take a new route to healthier eating and healthy lifestyles.

The bus, as featured on the BBC’s Breakfast Television, drove into the borough for three days for a Focus on Food Tour which encourages healthy eating.

Justin Baddeley, Knowsley Council’s Food and Health Advisor said: “We had an exciting, creative and informative time. Children were able to make healthy food and are now able to share their experience with the rest of their family and recreate the meals they were taught at home.”

Food for thought: Justin Baddeley, Knowsley Council’s Food and Health Advisor celebrating with Cllr Brian O’Hare, Knowsley’s Cabinet Member for Corporate and Customer Services, and others at the food bus event.

Restoring war memories

A WORLD WAR TWO air raid shelter in the grounds of a Huyton school is set to be restored to its former glory thanks to a lottery grant of £10,000. Sue Price, parent governor at the school, Sylvester Primary on St John’s Road, said: “Most of our children have never seen an air raid shelter and it seemed a shame there was one in the school grounds that couldn’t be used because of the condition it was in – particularly because the children all learn about World War Two as part of the national curriculum in Year 6.”

The group now have until 31 December to complete the project – excavating and replacing the shelter’s floor, adding electricity and collecting artefacts to exhibit inside.

The school is interested to hear from anybody who could help them with the renovation, by offering help with the work or simply by sharing their memories of World War Two – particularly if they were pupils at Sylvester at the time.

If you can spare a few hours to help, please contact Sue on 07812925241.
Sylvia Gore

WHEN it comes to achievements in football, Sylvia Gore’s CV takes some beating. The first woman to score for England, she has devoted 55 years to the game and is still going strong, juggling a variety of roles in the sport including women’s football development officer for Knowsley Council.

By Gareth Roberts

Sylvia, 60, grew up in South Avenue, Prescot, and first started kicking a ball at the age of four. Although she was well-supported in her hometown, she admits it was difficult to find opportunities in the sport.

She said: “I wasn’t allowed to play for the boy’s team at school and really, when I first started playing, women’s football was not well thought of. I always got the ‘women can’t play football’ You still get that now, although not so much.”

The former Our Ladies Junior School and St Edmund Arrowsmith pupil ended up looking to the other end of the M62 for her big chance.

Sylvia successfully tried out for women’s side Manchester Corinthians at the age of 12 and hasn’t looked back.

Making history
She was selected for the first women’s England football squad and was in the starting eleven in their debut match in Greenock on November 19, 1972.

In atrocious conditions, Sylvia secured her place in the history books. She said: “I still remember the game. There was only one other game played in Scotland that day – a men’s game – because the conditions were so bad.

“I picked up the ball in my own area and ran 40 yards. I thought I would slip over but I stayed on my feet and side-footed the ball past the keeper.”

Sylvia packed in playing at 35 to concentrate on coaching, managing the Welsh women’s side, working as secretary of Liverpool FC Ladies and clocking up 21 years in her voluntary role at Knowsley.

Sylvia has also helped to set up a string of leagues and competitions, worked at centres of excellence for women’s football and is now involved with the Liverpool County FA, the Women’s Premier League and the Football Association.

Her amazing dedication has not gone unnoticed.

Recognition
She has been honoured by the borough, the FA, AXA, UEFA and even the Queen, picking up an MBE for services to football in 2000.

But with the Women’s European Championships attracting crowds in excess of 29,000, Sylvia has no thoughts of retirement as the game blossoms.

She added: “I’ve given a lot to Knowsley and the borough has supported me very well in return over the years. Now I just want to keep going and try to inspire kids to keep on learning – I still am.”

GO GIRLS
Sylvia has set up a girl’s football development centre at the King George V Complex in Huyton. Sessions run every Thursday, 4-5pm with players ranging from year four upwards. Contact Sylvia on 0151 443 5713 or 07801 388315.

Sylvia has 55 years of experience in football. She was selected for the first women’s England football squad in 1972 and is still going strong, juggling a variety of roles in the sport including women’s football development officer for Knowsley Council.

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KNOWSLEY residents are being encouraged to speak out as a new campaign is launched to tackle racism in the borough

By Vicki Gianelli

The Knowsley Against Racism campaign aims to challenge all forms of racial hatred and contribute to making Knowsley a place where people can live together safely, with respect and friendship.

The council and its partners have launched the campaign as part of a long-term strategy to stamp out racism in Knowsley.

Racism can show itself in obvious ways such as graffiti, intimidation, or physical violence or through other actions. The council is asking residents to be vigilant, report any incidents of abuse and help police when they have information on race-related crimes.

The council will act upon any reports immediately in order to challenge racist behaviour across the borough.

Knowsley Council leader Cllr Ron Round said: “The campaign will raise awareness of the cultural, religious and racial diversity of the community of Knowsley. We are sending out clear messages that racism is not acceptable in Knowsley and will not be tolerated.

Report it

“An anti-racism hotline will be set up to deal with any reports and we will protect local people, support witnesses and work together with the community to create a borough free of racism discrimination and prejudice.”

A Multi Agency Racial Harassment Forum has also been established in Knowsley to address the problem in the borough. This will give residents, council staff, local businesses and police the opportunity to get together and discuss how best to tackle racism in Knowsley. Find out how you can get involved by calling 0151 443 3073.

Residents should inform Crime Stoppers of anybody who may be targeting individuals or families in a racist manner on 0800 555 111. Or call the Mersey Racial Harassment Prevention Unit 0800 138 1688.

IT’S CAMPAIGN KICK OFF

LIVERPOOL FC legend Alan Kennedy and Swansea City hotshot Lee Trundle helped to kick off the Knowsley Against Racism campaign.

The European Cup winner and the Huyton-born striker were at the King George V Sports Centre for the launch event.

The main attractions included a 28-team football tournament, sumo wrestling and live music and dance performances from a variety of acts including the North Huyton Community Choir, students from Halewood Arts College and the Chinese Unicorn Dance Group.

There was also an opportunity to sample different foods from around the world.

SUPPORT: Knowsley Council Leader Cllr Ron Round shows his support for the campaign by adding his name to a banner.

POSTER POWER: The message is made clear by this poster at the event.
KNOWSLEY Council has a dedicated Corporate Equality and Diversity Officer who ensures the authority’s services are accessible to all residents.

Paul Peng, who has been in the post since November 2004, is responsible for a cross-departmental approach to meet equality standards for local government and has established four workers’ groups - a Black and Minority Workers’ Group, a Lesbian, Gay, Bisexual and Transgender Workers’ Group, a Disability Workers’ Group and a Women’s Worker Group.

Before joining Knowsley, Paul was Deputy Director of Oldham Race Equality Partnership where he managed a project to bring together different communities and improve neighbourhoods.

He has also worked as a consultant on Liverpool City Council Vision and as a facilitator for St Helens Council’s Race Equality Action plan.

A Master of Arts, Paul’s specialist field of work is ‘positive action’ practice, which helps to redress under-representation in the workplace or in service delivery.

You can contact Paul on 443 3073 or email paul.peng@knowsley.gov.uk

Kirkby plays host to Hindus

KIRKBY Sports Centre welcomed several hundred Hindus to celebrate the five-day Bengali Hindu Festival, Durga Puja.

The annual event has been taking place since 1980, with the centre playing host each year.

The festival is a celebration of the Hindu Goddesses and is the equivalent of the Christian Christmas Festival with presents and cards being exchanged, particularly on the fifth day.

The last day of the celebration is called Dashera which, in some parts of India, means the killing of the demon Ravana or the celebration of the Lord Ramas’s victory over Ravana. In Southern India and Sri Lanka they celebrate the event for nine days and call it the Festival of Navratri.
How to avoid starting the New Year skint

CHRISTMAS credit could mean a nightmare for some come January. Alan Shone, Knowsley Council’s Consumer Advice Team Leader, offers some tips on avoiding the debt trap.

It’s estimated each of us spends £870 every Christmas on presents, cards, decorations and food. Buying presents and preparing for parties is exciting but you need to keep the long-term effects on your bank balance in mind.

“During the festive season creditors are falling over themselves to offer you the chance to borrow money. But bear in mind that everything bought on credit in December must be paid back from at least February onwards.

“Advice on obtaining credit is available at Knowsley’s Consumer Advice Centre in the Municipal Buildings on Cherryfield Drive, Kirkby. They can provide a Budget Planner leaflet so you can see exactly how much you have to spend at Christmas. For more information ring 443 4711.”

You have NO rights if you simply change your mind about something you have bought, made a mistake, or were told about the fault before you bought it. But the shop may exchange or give you a refund, as a gesture of goodwill.

Buying presents
“When paying for gifts I recommend you tell the salesperson you are buying a present for someone and check if it can be returned if unsuitable. Also, note the name of the sales assistant and keep the receipt to prove when you bought the present and the price you paid.

No refunds?
“A shop cannot legally refuse a consumer’s right to a refund, so if it shows a ‘no refunds’ sign – don’t be fooled! This does not affect your rights as a consumer to take back faulty or mis-described goods and claim a refund. In fact, the shop may well have committed a criminal offence and should be reported to Trading Standards.”

You can get free help and advice from Trading Standards, Kirkby Municipal Buildings, Cherryfield Drive, Kirkby L32 1TX.
Tel: 0151 443 4711 or email: tradingstandards@knowsley.gov.uk

SHOP ‘TIL YOU DROP: But overspending at Christmas can come back to haunt you in the New Year.

TOP LOAN TIPS FOR A DEBT-FREE CHRISTMAS

£ Shop around for credit to find the best deals and read forms thoroughly before you sign.
£ Check exactly how much you’ll pay back. Study the interest rates and charges very closely. Is it good value?
£ Compare the Annual Percentage Rate (APR). Usually the lower the APR the less you pay in interest but beware sometimes that a low APR will only apply for a short period.
£ Look at the length of the loan, not just the monthly payment. The longer the loan period, the more interest you’ll pay back.
£ Beware – if you use your home as security for a loan and you don’t keep up repayments, your home could be repossessed.
£ And watch out - if you act as a guarantor for someone else’s loan, you will have to repay the debt if they don’t.

Shoppers’ rights
“You are covered by law when out shopping. All goods you buy must:
• Meet the standard that ‘a reasonable person would regard as satisfactory’
• Be fit for purpose and do what they say they will
• Be as described. So if you buy a shirt that is described as having long sleeves it shouldn’t have short sleeves.

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Watch your waste

Everyone produces large volumes of rubbish around Christmas. But don’t forget to be green this year and follow these simple tips from recycling officer Tina Moorhouse

• Use your green and blue recycling bin to recycle. Blue for green waste and cardboard, and green for paper, glass bottles and jars, and food/drink cans. You can also recycle your Christmas tree in the blue bin.
• Try to minimise the amount of packaging around food that you buy and look for presents with minimal packaging.
• Reuse carrier bags, wrapping paper, gift bags and cut up old greeting cards to use as gift tags.
• Remember to switch off lights when leaving a room, don’t leave TVs and stereos on standby, and try to avoid leaving Christmas lights on unnecessarily.
• Give green gifts e.g. composters, bird feeders, energy or water saving devices, theatre and sports tickets, environmental books, bicycles or other durable gifts.
• Pass unwanted gifts like toys, shoes, clothes to charity organisations or send them to recycling banks (Look in Yellow Pages or Thompson Local, under charities).

CHRISTMAS CARD RECYCLING

Christmas cards can be recycled at the following sites between 6 January and 3 February 2006.

HUYTON
One Stop Shop, Huyton Town Centre

KIRKBY
One Stop Shop, Cherryfield Drive

HALEWOOD
One Stop Shop, Leathers Lane

STOCKBRIDGE VILLAGE
Village Housing Association, The Croft Shopping Centre

PRESCOT
One Stop Shop, [Old Prescot Civic Centre Site]

DON’T BE WITHOUT A CAR FOR CHRISTMAS

Public transport can be slow during the festive season. So protect your car by following some simple rules from Mark Harrison, Head of Crime and Disorder Reduction for Knowsley Council.

• Lock all doors and windows when you leave your car
• Never leaving ANYTHING on display
• Consider fitting alarms, immobilisers or a steering wheel lock if you haven’t already
• Remove your car stereo, if you can
• Keep your keys safe - NEVER leave your vehicle unattended when the keys are in the ignition. This is especially a problem in the winter months when people are trying to defrost windows.
• Take your keys to bed with you to avoid hook and cane burglaries.

Bin Collections: Christmas and New Year 2005-2006

Norm Collection Day  Revised Collection Day
Mon 26 December  Wed 28 December
Tues 27 December  Wed 3 January *
Wed 28 December  Wed 4 January *
Mon 2 January  Mon 9 January *

* DOUBLE COLLECTIONS
All other collection days are as normal.

Recycling Collections: Christmas and New Year 2005-2006

Norm Collection Day  Revised Collection Day
Mon 26 December  Wed 28 December
Tues 27 December  Thurs 29 December
Wed 28 December  Fri 30 December
Mon 2 January  Sat 31 December
Mon 9 January  Sat 7 January
All other collection days are as normal.
Borough in brief

Job café
HÄLEWOOD residents can drop in for advice on finding employment at a job café at The Arncliffe Centre, Arncliffe Road. No appointment is necessary and tea and coffee is available at the café, which is open every Tuesday, 10am-12noon. Representatives from Knowsley’s Construction Partnership attend and can advise on training and job opportunities in the construction industry.

Other organisations including Jobcentre Plus, Halewood JET, Shaw Trust and Connexions are also present.

For more information on the Construction Partnership ring 0151 477 4040.

Top for planning
KNOWSLEY has been rated the best authority in Merseyside for planning applications processed 90% of all its applications. Knowsley rated the best authority in Merseyside for planning in August.

PARTNERSHIP ring 0151 477 4040.

For more information, please contact Communications, Knowsley Metropolitan Borough Council, Archway Road, Huyton, L36 9YU.

Another way you can email your letter to: knowsleynews@knowsley.gov.uk, fax to 0151 443 3507 or drop your letter off at any of the council’s one stop shops.

To have your letter published, it is necessary to have it in by 4pm on the Wednesday.

Mrs Lynda Bell of Skipton Road, Huyton wins £25 of High Street Vouchers. Her feedback form was the first to be drawn out of the hat.

News

THUMBS UP FOR KNOWSLEY NEWS – NOW HELP US MAKE IT BETTER

In the latest reader feedback on Knowsley News 97% rated the magazine ‘good’ or ‘excellent’. But we want to make it even better.

Many residents raised concerns about not receiving the magazine, so we have acted on this.

Knowsley Council is now using its neighbourhood warden team to deliver almost 70,000 copies of the magazine door-to-door across the borough.

The magazine is also available at the council’s one stop shops, libraries and leisure centres.

Readers also said they would like to see Knowsley News available in supermarkets, health centres and doctors’ surgeries. These options will be investigated in the coming months.

Many of you also said you’d like to see a letters page, a quiz and trading standards advice.

We have responded by including trading standards advice in this edition’s Ask the Expert section.

We also welcome your letters and will include a selection if we receive a sufficient number.

Letters can be your comments and suggestions for the magazine or any council-related issue.

You can write to Knowsley News at: Communications, Knowsley Metropolitan Borough Council, Archway Road, Huyton, L36 9YU.

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CRACKDOWN ON DOG OWNERS

DOG owners are being told to bag it and bin it or face a fine.

Knowsley Council’s cabinet members have backed a move to crack down on this threat to public health through education and initiatives including increasing the number of bins to deal with the problem.

Councillors also agreed to increase the fixed penalty notice for owners caught allowing their dog to foul and not clearing up from £50 to £75.

There are approximately 15,000 dogs in the borough and that potentially could produce nearly 2,500 tons of dog mess a year.

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DON’T RISK BLINDNESS

DIABETES sufferers should have their eyes checked at least once a year and Knowsley residents with the condition can get their eyes screened for free.

Diabetes is the leading cause of blindness in people of working age in the UK.

Without eye screening the condition cannot be identified and you could risk blindness.

Dr. Diana Forrest, Knowsley’s Director of Public Health said: “When you consider the risk is potential blindness, a simple, painless screening is well worth it.” Simply call one of the following optometrists and book your free appointment today:

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<td>42 St Chad’s Parade, Kirkby L32 8RH</td>
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**YOUR HEALTH**

SCHOOLCHILDREN in Knowsley are setting a bright, white example by keeping their teeth clean and their gums healthy.

Knowsley’s Health and Wellbeing Partnership recently learnt that Knowsley children’s dental health is amongst the worst in the country.

As a result, Knowsley Primary Care Trust (PCT) and Knowsley Council made dental health a top priority and a number of measures have been introduced in schools to combat tooth decay, protect gums and educate children on dental care.

**Big changes**

There is a lot more to smile about in Knowsley schools as new, improved and healthier menus have been introduced. Healthy tuck shops have replaced chocolate and fizzy drink machines, and healthy eating projects are helping to educate pupils on diet, visiting the dentist, and correct ways to brush teeth.

Community pharmacists have also offered information and advice to parents on a range of topics including teething, sugar-free medicine and healthy eating.

Workers from local Sure Start programmes, which aim to give children the best start in life, have given out drinking cups, toothpaste and brushes to parents for their children.

**Starting young**

The ongoing ‘Tempting Tots’ programme, offered to all nursery and primary schools in the borough, offers taster sessions to encourage young people to try fruit and vegetables. The programme, which aims to improve the eating habits and dental health of young children, involves short interactive activities. The sessions are helping to educate parents as well as children on healthy eating.

**Freebies**

And Colgate has donated 6,400 oral care kits of toothbrushes and toothpaste packs to Knowsley children aged between five and seven. Knowsley Primary Care Trust Senior Dental Health Promotion Co-ordinator Annette Mercer is confident for the future: “Whilst dental health in Knowsley is below the national average, there is cause for great optimism that dental health will improve.”

“Community pharmacists have also offered information and advice on a range of topics including teething, sugar-free medicine and healthy eating.”

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**FOUR TIPS TO IMPROVE YOUR DENTAL HEALTH**

- Limit sugary foods and drinks to mealtimes. This includes diet and sports drinks containing sugars which are harmful to the teeth and can cause dental decay.
- Brush teeth at least twice a day with family fluoride toothpaste - children’s teeth should be brushed as soon as they appear in the mouth.
- Visit your dentist at least once a year. Remember a check-up is easier than treatment.
- Don’t smoke - this can lead to an increased risk of gum disease and oral cancers.
KNOWSLEY Council and its partners are reviewing community area forums. The proposed new arrangements will see a focus on issues in each local area, leading to action plans to deal with priorities. They will also allow communities an opportunity to consider important issues in greater depth.

There will be three linked components: Area Public Forums, Area Partnership Forums and Neighbourhood Pride Teams.

Area Public Forums will be held in each area of the borough and will discuss important issues for people living in that neighbourhood and allow them to have an influence on decision-making.

Area Partnership Forums will consist of many key organisations active in Knowsley. They will look at the priorities in each area, develop local action plans, improve the standard of local services and monitor progress.

Neighbourhood Pride Teams will be made up of officers dealing with day-to-day neighbourhood management issues, initially mainly anti-social behaviour and environmental concerns. They will work on the ground, liaising with councillors, residents and residents’ groups and ensure that issues important to residents are dealt with. They will also be accountable for the standard of services delivered.

These new arrangements will operate in North Huyton, South Huyton, North Kirkby, South Kirkby, Halewood and Prescott/Whiston/Knowsley Village/Cronton.
The origins of Kirkby can be traced to 870 AD, when a simple chapel is believed to have existed in the area. Kirkby is also mentioned in the Domesday Survey of 1086, as ‘Cherchebi’.

Over the centuries, the ownership of land around the Kirkby settlement passed through the hands of many families. The Molyneux family purchased the manor lands in the 16th century. They were staunch Catholics who retained their religious beliefs despite the pressures of the English Reformation.

But conversion to the Church of England came with the marriage of Charles William Molyneux in 1768 and, three years later, he was made Earl of Sefton. The Manor of Kirkby continued to be held by successive Earls of Sefton until 1947, when the land was sold to the Liverpool Corporation.

Transport

Until the mid-19th Century communication to and from the rural townships of Kirkby and Simonswood was poor. But the arrival of the Liverpool, Bolton and Bury Railway in 1848 brought new travel opportunities to the people of the area.

The building of the East Lancashire Road in 1935 made Kirkby more accessible and the threat of war led to a Government decision to build a munitions factory in the area. The Royal Ordnance Factory was completed in 1941 and became a major employer, with a workforce increasing to 20,000 by 1942.

The Corn Mill

For hundreds of years there was a corn mill in Kirkby and it was in use until the early 20th century when it was destroyed by fire. During the summer, the large Mill Dam Lake was used for boating and recreational purposes.

Post-war

The war over, Liverpool City Council eventually bought the site for industrial development and so Kirkby Industrial Estate was born. It expanded through the 1950s and 1960s to become one of the largest in the country. At its peak in 1971, the estate employed over 26,000 people.

Kirkby – in the beginning

This Month Knowsley News delves into the library archives to uncover the history of Kirkby
Books

The Lion, the Witch and the Wardrobe by C. S. Lewis
Imagine if it was always winter but never Christmas. The White Witch has cast a spell over Narnia, a land frozen in eternal winter. Four adventurers step through the wardrobe into the magical land. Are they prepared for the struggle and sacrifice ahead? Generations of children have enjoyed this story which is now the latest Disney blockbuster. Sue Stone, library staff

The Kite Runner by Khaled Hosseini
The Kite Runner is an excellent first novel about the relationship between two young boys growing up together in 1970s Afghanistan. I couldn’t put it down. It jumped from being tense and moving to very exciting. It really made you think about different cultures and what they have to endure. Pat Dunwoody, Stockbridge Library

Clean Break by Jacqueline Wilson
I enjoyed reading

The Harmony Silk Factory by Tash Aw
A remarkable novel set in Malaysia between 1920 and 1997. The central character, Johnny Lim, is a textile merchant, petty crook and ruthless entrepreneur. The story is told through the eyes of his son, his wife and the recollections of his friend. Tash Aw has a gift for storytelling and sets the intense scenes with such detail that the reader can immediately picture them. Gina Speakman, Huyton Reading Group

Various Haunts of Men by Susan Hill
Chief Inspector Simon Serrailler’s workload suddenly becomes heavier when a woman disappears whilst out jogging. More people are reported missing, leading Simon to suspect a serial killer is at work. I enjoyed it because the clues were never too obvious and the climax to the story was a complete and utter surprise. Pauline Taylor, Huyton Library

Magazines to browse

A survey of library users showed that you wanted to see more magazines. Now visitors to the borough’s libraries can now lose themselves in the pages of glossy publications such as Hello and OK!, or read about more specialist interests such as fishing, gardening, computers, music, film and DVDs. Also available now in Huyton library is a new collection of literary magazines featuring poetry, short fiction, criticism, essays, interviews and artwork.

DVDs TO LOOK OUT FOR AT THE LIBRARY

• Barbie of Swan Lake
• Basic yoga workout for dummies
• The educators
• Hitch Hiker’s guide to the galaxy
• Kingdom of heaven
• Magic Roundabout: the movie
• Melinda and Melinda
• Rock profile: featuring Matt Lucas and David Walliams
• Roots: the original TV series
• Sahara
What's On
Each issue we keep you up to date with what's happening in your area

MUSIC

14 December
Nigel Clark (Dodgy)
Carling Academy, Liverpool. Having already achieved platinum-selling success as founder, singer and songwriter with one of Britpop's finest, Dodgy, Nigel Clark returns to the live scene in support of his debut solo album, due for release in early 2006. Tel: 0870 771 2000

16-17 December
Echo & The Bunnymen
Carling Academy, Liverpool. The Scousers wrap up their world tour, coming home to perform tracks from their new long-player, Siberia. Tel: 0870 771 2000

21 December
Overload
Citadel Arts Centre, St Helens. Check out this showcase of some of the best up and coming teenage bands. Tickets £4. Tel: 01744 735436

26 December
The Zutons
Carling Academy, Liverpool. Don't miss your last chance to see The Zutons in 2005. See competition on page 20 for more details. Tel: 0870 771 2000

1 January
The Waterboys
Philharmonic Hall, Liverpool. The Scottish rockers who resurrected their intense lyrics and distinctive sounds are back to entertain us with some folk-rock vibes. Tel: 210 2895.

1 February
Fun Lovin' Criminals
Liverpool Academy, Liverpool. The Criminals are sure to entertain with their energy-packed mish-mash of hip-hop, rock and blues. Tel: 256 5555

Competition
Curiosities of Merseyside

DID you know Prescot has the narrowest named street in the country? And have you ever wondered what the stone building opposite the Fantail pub in Kirkby is?

These facts and more are revealed in an excellent new book, Curiosities of Merseyside. Packed with over 200 illustrations, the book details 140 curiosities and includes a section dedicated to Knowsley. We've teamed up with Sutton Publishers to offer you the chance to win the book, penned by Robert Nicholls.

How to enter
We've got four copies to give away and all you have to do to enter is answer this simple question: Which part of Knowsley has the narrowest named street in the country? Send your answers on a postcard to: Curiosities of Merseyside competition, Communications, Knowsley Council, Archway Road, Huyton, L36 9YU. Make sure you include your name, address and daytime telephone number. Entries must reach us by the closing date of 6 January, 2006. The first four correct entries drawn will win a book. Usual Knowsley News competition rules apply.

Some answers
Oh, and in case you were wondering, the stone building in Kirkby opposite the Fantail pub was a pigeon house built in 1703 at the same time as the adjoining Whitefield House. At the time only the lord of the manor would have been allowed to keep pigeons and they formed an easy source of fresh and tasty meat during the winter. The building also features a small pigsty at its lowest level.

* To order a copy of Curiosities of Merseyside at a special price of £10.00 inc p & p please telephone Haynes Customer Services on 01963 442030 and quote the code: CR.

WWW.KNOWSLEY.GOV.UK

★

COMPETITION •

19
IN AND AROUND KNOWSLEY

What's On

The Zutons – Boxing Day

SCOUSE indie stars The Zutons will perform a Boxing Day double header at the Carling Academy Liverpool.

The five-piece, led by singer/guitarist Dave McCabe from Knowsley Village, announced an evening performance at the Hotham Street venue which quickly sold out. The tour has now arranged an matinee performance on Boxing Day afternoon and tickets are sure to be in short supply.

But you could be there thanks to Knowsley News. We’ve teamed up with the Carling Academy Liverpool to offer a pair of tickets for the gig.

Doors open at 1pm with the band on stage at 3pm. It is an all ages show but under 14s must be accompanied by someone over 18 at all times.

About the Zutons

The Zutons shot to fame last year with their superb debut album Who Killed The Zutons which featured a string of hits including Pressure Point, You Will You Won’t and Remember Me.

And if you haven’t heard them yet, who better than McCabe to explain their sound? He said: “We always wanted to be like Sly And The Family Stone or Talking Heads or Devo. We wanted to cross jazz with funk, and soul with country. We just wanted to mix everything together and get every angle on it and finally we’ve got there.”

How to enter

To be in with a chance of winning the tickets, answer this simple question:

What was the title of The Zutons’ debut album?

Send your answer on a postcard, remembering competition rules apply.

20 December

Cinderella

Liverpool Empire Theatre. Family panto starring Julian Clary as Dandini, Sam Hudson from TV’s Born and Bred as the Prince and Laura Evans from The Basil Brush Show as Cinderella.

Tel: 0870 606 3400

Theatre

2 Dec-28 Jan

Cinderella

Everyman Theatre, Liverpool. This production of the traditional tale by Sarah Ann Nixon and Mark Chatterton has all the features families know and love, but with the addition of a top pop score. Tel: 709 4776

5-17 December

The Princess with Purple Hair

Citadel Arts Centre, St Helens. Imagine the attention you would get if your mum and dad were King and Queen. Imagine being born with purple hair. Now imagine both! Princess Violet is just that! Tel: 01744 735436

8 Dec-21 Jan

Season’s Greetings

Playhouse Theatre, Liverpool. Set over the festive period in the eccentric Bunker household this play takes the traditional family Christmas mania and spins it into a farce of huge comic proportions. Starring famous faces including ex-Emmerdale star Samantha Giles. Tel: 708 0338

16-24 December

Cinderella

Liverpool Empire Theatre. Family panto starring Julian Clary as Dandini, Sam Hudson from TV’s Born and Bred as the Prince and Laura Evans from The Basil Brush Show as Cinderella.

Tel: 0870 606 3400

29-30 December

Ken Dodd

Philharmonic Hall, Liverpool. The comic genius returns to Liverpool with his famous tickling stick to treat you to a special celebration night of laughter and entertainment. Don’t miss this chance to join one of the country’s best-loved comedians. Tel: 210 2895.

14-15 January

Derek Acorah

Liverpool Empire. Liverpudlian medium famous for ‘Most Haunted’ seeks out spirits at this unmissable show. Tickets from £17.50. Tel: 0870 6063536

16 January

Macbeth – Shakespeare 4 Kidz

Liverpool Empire – An easy-to-understand, musical version of Shakespeare’s masterpiece of violence, guilt and the quest for power.

Tel: 0870 6063536

21 January

Sing-A-Long A Sound of Music

Liverpool Empire. Your chance to sing along with Maria, hiss the Nazis in this subtitled version of the classic Julie Andrews musical.

Tel: 0870 6063536

Events

3 December

Creative Christmas

Copthorne Community Centre, Melverley Road, Kirkby. Join the Ranger and make your own Christmas decorations from natural materials.

1-3pm.

Tel: 443 3682

3 December

Christmas Grotto

The Gate, Princess Drive. Get in the festive spirit at this Christmas grotto. 12-3pm.

Tel: 443 2846

4 December

Winter Celebration

Court Hey Park, National Wildflower Centre, Huyton. Take part in winter crafts, visit the craft fair and enjoy seasonal food and entertainment. 12-4pm

Tel: 443 5820

11 December

Christmas Cracker

Halewood Park. Festive fun for all the family. Santa’s Grotto, sleigh rides, tinsel trail and creative Christmas workshops. 12-4pm

Tel: 488 6151
11 December
**Holly and the Ivy**
Stadt Moers Park, Whiston. Join us as we make Christmas table decorations and wreaths using natural materials harvested from the park. 1-3pm Tel: 489 1239

12 December
**Royal Liverpool Philharmonic Orchestra**
Christmas Concert Halewood Leisure Centre. A traditional Christmas Concert with the Royal Liverpool Philharmonic helping to get you in a festive mood. Tel: 448 5619

26 December
**Powerboat Racing**
Carr Mill Dam, St Helens. Enjoy the exhilarating intensity of the Boxing Day Trophy. Membership is required of the Lancashire Powerboat Racing Club to race or ski but spectators are always welcome. For more information email: secretary@lprc.info

30 December
**The Last Fling Chase**
Haydock Park Racecourse, Newton-le-Willows. The perfect opportunity to get in the New Year party spirit as the boldest and fastest horses go head to head. Tel: 01942 402624

21 January
**The Peter Marsh Chase**
Haydock Park Racecourse, Newton-le-Willows. Get lucky in 2006 at one of the North West’s leading racecourses. Tel: 01942 402624

27 January
**Knowsley Hall Gourmet Evening**
Knowsley Hall, Prescot. This superb night includes: reception drink and canapés on arrival, exquisite five-course gourmet dinner served in the spectacular State Dining Room and wines from Valseranno. Tel: 489 4827

18 February
**The Red Square Vodka Gold Cup**
Haydock Park Racecourse. Go for Gold at this exciting race. Tel: 01942 402624

**EXHIBITIONS**

Until 31 December
**Living with the Romans**
Museum of Liverpool Life, Pier Head, Liverpool. The first ever exhibition to explore how people in the North West lived during the Roman period. Tel: 487 4080

17 January–23 April
**Egyptian Exhibition**
Prescot Museum. Discover and explore ancient Egypt’s myths and mysteries at this fascinating exhibition. Tel: 430 7787

Until 22 January
**A Fusion of Land, Sea & Air (glass exhibition)**
The World of Glass, St.Helens. Featuring work from the resident glass blowers, this exhibition explores the elements that are at the core of our planet. Free admission.
Tel: 08700 114466.

28 January
**Where the Heart Is**
Bluecoat Display Centre, School Lane, Liverpool. Get romantic at this valentine themed event. Featuring jewellery by Emma Jay, innovative textiles by Jennifer Collier and much more.
Tel: 709 4014

Until 29 January
**Art Craziest Nation**
The Walker, William Brown Street, Liverpool. The Little Artists, John Cake and Darren Neave, have curated and built their own mini-exhibition of modern art using Lego.
Tel: 478 4199

20–24 February
**The Light Show**
Catalyst Science Discovery centre, Widnes. An exciting, interactive light show using UV light, lasers, fibre optics, neon lights, and much more.
Tel: 420 1121

Until 4 June
**100% Cotton**
Merseyside Maritime Museum, Albert Dock. Find out where cotton comes from and enter the design a t-shirt competition.
Tel: 478 4499

**REGULARS**

**Words and Pictures**
Knowsley Libraries. Stories and crafts for the under fives. Come along and have fun in the library. For information on dates and times call 448 0944.

**Park and Green Space Events**
For details of Ranged-led events in Knowsley parks, look out for our new Parks and Green Spaces Events brochure in one stop shops, libraries and leisure centres, available from late December.
Tel: 443 3682

**Monday–Saturday**
**Junior Shapers**
Huyton Leisure Centre. 3.30-5.30pm weekdays, 9-12pm on Saturdays. Open to all youngsters offering the chance to keep fit.
Tel: 443 3761

**Mondays**
**Ladies Only Swim**
Huyton Leisure Centre. 8-9pm. 7.30-8pm on Sundays. Tel: 443 3761

**Mondays and Wednesdays**
**50+ Club**
Huyton Leisure Centre. 1-3pm.
Tel: 443 3761

**Tuesdays and Wednesdays**
**Tai Chi**
Huyton Leisure Centre. 9-10am Tuesday, 2-3pm Wednesday.
Tel: 443 3761

**Wednesdays**
**Tea Dance**
Huyton Suite. 1-4pm.
A chance for people to put on their glad rags and dancing shoes and have some fun.
Tel: 443 3761

**Line Dancing**
Huyton Suite. 7-11pm.
Come along and join in this fun and exciting activity, which can help you keep fit.
Tel: 443 3761

**Last Friday evening of the month**
**Big Band Night**
(Honour Roy Orchestra) Huyton Suite. This popular monthly event sees live bands performing some of the top ballroom hits of the 1940s.
Tel: 443 3761

**Saturdays**
**Youth Night**
Huyton Leisure Centre. 5-8pm.
Tel: 443 3761
SPORT

Scholarship is Taylor-made for Dallas Cup star

A TEENAGE footballer who beat a bone marrow disease has secured a scholarship in America after showcasing his talent with Knowsley’s Dallas Cup side.

EXCLUSIVE

by Gareth Roberts

Andrew Taylor, 19, was one of the 18-strong squad which travelled to Texas for the youth competition – one of the toughest in the world.

The former St Anne’s School and St Edward’s College pupil was spotted by Oklahoma University scouts and offered a four-year scholarship, worth around £15,000 a year.

As well as playing for the University football team - Oklahoma City Stars (OCS) - Andrew, from Cherry Tree Road, Huyton, is studying for a sports science degree.

No football

But he once thought he’d have to give up the game after he contracted the bone marrow disorder osteomyelitis.

Following trials with Liverpool and Crewe, the disease flared up while he was with Everton.

Andrew explained: “I just woke up with a pain in my right knee. I was injured for 18 months and had to do without football.”

American dream

Andrew has quickly settled in the US, helped by English coach Brian Harvey, brother of former Everton boss Colin. He compares the standard of the University football to the Nationwide Conference in England.

“I’ve marked Brazilians, Danes, Americans, Argentinians and Mexicans. I also marked the captain of the Kenyan national team - a 31-year-old striker!

“The biggest differences are the weather and the speed of football. Also my Scouse accent can be very difficult for the Americans to understand!

“My dreams are to make it pro over here in Major League Soccer but my realistic ambition is to complete my degree before taking a Masters here or back home in physiotherapy and working at a Premier League club.

“I plan to enjoy every minute of it. It’s a truly amazing opportunity and something good players in Knowsley should be aware of.”

KARATE GOLD FOR LOCAL LADS

THE WORLD Shotokan Karate Championships brought double delight to a Huyton club.

Malvern Karate Club members Chris Cray, 19, and Damien O’Donnell, 18, struck gold at the event in Chicago. They were part of the British Men’s Junior Squad that outfought Austria in the team kumite (fighting) category.

Club founder Tommy Till said: “It’s an amazing achievement - there are 584 clubs in Britain so to have two members of the British squad, and for them to do so well, is brilliant.”

Next up for the teenage pair is the European Championships in Poland.

Malvern Karate Club train at Swanside Community Centre, Willoughby Road, Huyton on Mondays, Wednesdays and Fridays from 7-9pm. Beginners are welcome.

Tommy, who set up the club more than 30 years ago, added: “It’s a family club and people have fun – it’s not all deadly serious.”
渠道冠军

迈克尔·塞雷斯、凯特·赫兰德、17岁，夏洛特·赫兰德、16岁，达尼尔·乌舍尔、16岁，以及凯西·科内特、14岁，完成了从英国到法国的游泳，用时14小时。

在做这件事时，他们希望为他们选择的三个慈善机构筹集资金——英国肺病基金会、癫痫信托基金会和淋巴瘤慈善机构。

教练安吉拉·赫兰德说：
“游泳的渠道真的很艰难，而且绝大多数的尝试都没有成功。基尔比游泳池非常适合训练，因为它足够大，而且距离游泳者可以覆盖在一次会话中。”

基尔比游泳池每周二和星期四下午7:30开放，有兴趣的人可以报名参加，电话：0151 443 4303。

**GYM’LL FIX IT**

年轻的人们可以将自己置于一个渠道，并在他们的青少年时期在基尔比的青少年健身房内。

基尔比青少年健身房在基尔比体育中心专门设计，提供从8岁到12岁使用的学生。该健身房可以用于有各种残疾的人。

投资30,000英镑用于安装完全无障碍的健身房设备，基尔比体育中心在安装后正式成为包容性健身中心，作为独立的认证。

基尔比体育中心在2012年已经正式成为包容性健身中心，有兴趣的人在29号页可以免费报名。

**SPORT**

基尔比体育中心

Monday

拳击：基尔比5pm

柔道：基尔比6pm

空手道：基尔比6pm

踢腿：基尔比6pm

周二

武术：基尔比5:30pm

基尔比6pm

空手道：基尔比7:30pm

踢腿：基尔比6pm

三

田径：基尔比6.30pm

周二

空手道：基尔比7pm

周二

基尔比7pm

空手道：基尔比7pm

本周

空手道：基尔比8pm

**KIRKBY’S CHANNEL CHAMPIONS**

Inspired by the stars

MEETING their Super League idols was the perfect inspiration for a group of Knowsley youngsters taking part in a Rugby Camp in the summer.

The young hopefuls were joined during their week of training at KGV Sports Complex, Huyton, by St Helens RLFC stars Sean Long and Maurie Fasavalu, who signed autographs and offered words of advice and encouragement.

The Rugby Camp was organised by Knowsley Council’s Leisure and Community Services Department, and was designed for young people aged 12 and under who wanted to hone their skills and develop their interest in the sport.

Young people can put themselves through their paces in a unique junior gym at one of Knowsley’s leisure centres.

The Junior Shokk Gym at Kirkby Sports Centre is specifically designed for those aged eight to 15, and features equipment made by Shokk, a company that manufactures special gym apparatus for youngsters.

The £30,000 investment aims to encourage youngsters to lead a healthy lifestyle from a young age.

The Junior Shokk Gym follows a £50,000 investment in gym equipment at Kirkby for the Shapers Plus Gym, aimed at adults who have not exercised for some time. See our competition on the back page to win free membership.

Halewood Leisure Centre has just become officially accredited as an Inclusive Fitness Site after installing fully-accessible gym equipment which can be used by people with a variety of disabilities.

For more information about the Junior Shokk or Shapers Plus Gyms ring Kirkby Sports Centre on 0151 443 4404. For details of the accessible gym equipment at Halewood contact 0151 443 2124.

**Knowsley Action Guide**

Halewood = Halewood Leisure Centre

Huyton = Huyton Leisure Centre

Kirkby = Kirkby Sports Centre

Scotchbarn = Scotchbarn Leisure Centre, Prescot

Monday

Boxing: Kirkby 5pm

Ju Jitsu: Halewood 6pm

Karate: Kirkby 6pm

Kick boxing: Kirkby 8pm

Tuesday

Athletics: Kirkby 6.30pm

Boxing: Kirkby 5pm

Junior Football Coaching: Halewood 6pm

Karate: Halewood 8pm

Kick boxing: Halewood 7pm, Huyton 8pm

Taekwondo: Kirkby 7pm

Wednesday

Boxing: Kirkby 5.30pm, Halewood 6pm

Cycling: Kirkby 5.30pm

Ju Jitsu: Halewood 7.30pm

Kick boxing: Kirkby 8pm

Kuk Sool: Huyton 8pm

Thursday

Athletics: Kirkby 6.30pm

Boxing: Kirkby 5pm

Ju Jitsu: Halewood 7.30pm

Karate: Halewood 7pm, Kirkby 7pm

Kick boxing: Halewood 6.30pm, Huyton 8pm

Taekwondo: Kirkby 7pm

Friday

Boxing: Kirkby 5pm, Halewood 6pm

Ju Jitsu: Halewood 7.30pm

Karate: Huyton 7pm, Kirkby 7pm

Kuk Sool: Huyton 8pm

Saturday

Athletics: Halewood 1.15pm

Junior Badminton: Halewood 7pm

Ju Jitsu: Halewood 6pm

Kuk Sool: Huyton 7pm

**Contact numbers:**

Halewood: 443 2124

Huyton: 443 3786

Kirkby: 443 4404

Scotchbarn: 443 4643
SHED THOSE POUNDS WITH OUR GREAT PRIZE!

CHRISTMAS is coming - but is it just the goose that’s getting fat?

Most of us indulge over the festive period and, by the New Year, thoughts turn to diets and exercise regimes.

Knowsley News is offering you the chance to win a year’s Gold membership to the borough’s leisure services – worth £300 – which allows you to use the swimming pool, sauna and Shapers fitness suites both on and off peak.

Knowsley’s Shapers fitness suites offer a range of activities to beat the bulge, from karate to keep fit. And they cater for all ages and levels of fitness.

You can enjoy their state-of-the-art fitness equipment with computerised joggers, bikes, cross trainers, rowers, step machines and a full range of weight resistance equipment. Members can also use swimming and sauna facilities.

And the Shapers Plus suites in Huyton and Halewood also cater for people who have not exercised for many years or have had injury problems.

How to enter

To try for this fantastic prize answer the simple question:

What name does Knowsley Borough Council give to its fitness facilities?

Put your answer on a postcard along with your name, address and daytime telephone number and send it to: Shapers Competition, Communications, Knowsley Council, Archway Road, Huyton, L36 9YU.

Closing date: 6 January, 2006. The first correct entry drawn will win the prize. Usual Knowsley News competition rules apply.

How to enter

To be in with a chance of winning this fantastic Christmas hamper, simply answer the following question:

How long has Park Christmas Savings Club been established?

Put your answer on a postcard along with your name, address and daytime telephone number, and send it to: Hamper Comp, Knowsley Council, Communications, Archway Road, Huyton, L36 9YU. Usual competition rules apply.

Closing date: 16 December, 2005.