





Intro

# Southport: The People, The Passion, The Legacy



# Welcome from the editor

I'm Lizzie Barnett, and I want to start by saying a huge thank you for the incredible response to last month's edition of Southport's Journey. Seeing so many of you connect with the stories we shared has been truly inspiring. This magazine is all about celebrating Southport—its people, its past, and its future—and I'm thrilled to have you on this journey with us.

This month, we're shining a light on the people behind the scenes—the individuals whose passion, dedication, and creativity help shape Southport's culture, arts, and wellness community. It's easy to admire the events, businesses, and movements that make our town special, but behind every success is a person with a story. These are the humble yet powerful voices driving change, and we hope their stories uplift and inspire you.

Southport's creative and wellness scene is vast, rich, and full of talent, and I hope this edition leaves you feeling proud of our town's future—one built on the giant shoulders of the past.



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Want to be featured or have an event to promote. Get in touch studio9southport@gmail.com

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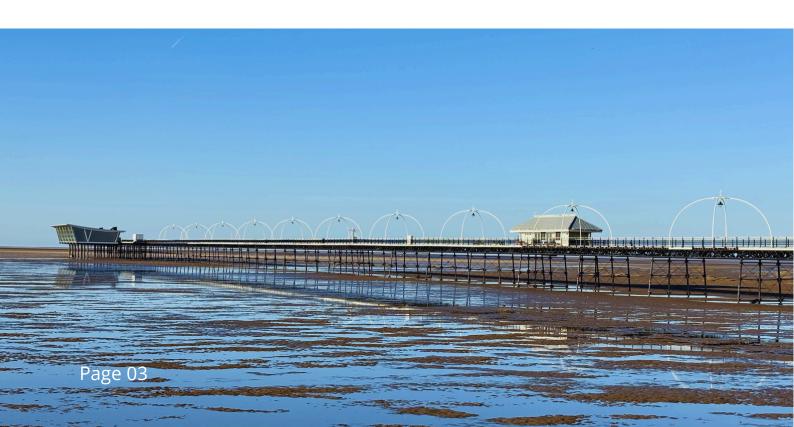
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# Andrew Brown: The Voice of Southport

Many know the words behind the man, but Southport's Andrew Brown is more than just the stories he shares with his 80,000 followers. He is the conductor of Southport's passion—championing small charity businesses, events, and individuals, uncovering the hidden gems that make this town shine.

This hardworking family man hasn't missed a trick since starting a Facebook group at the start of the pandemic. Rather than allow Southport to become a media desert Andrew took matters into his own hands. Rather than letting the town loose its voice he started creating a space where news could be shared, businesses could be supported, and people could come together. No crime stories. No scandal. No clickbait. Just real stories about real people doing extraordinary things.

Continue overleaf





As the platform grew, it became evident that the town was eager for something more. That's when Andrew launched his own website, which now reaches over 71,000 people, with his Facebook group boasting over 45,000 members. But it's not just about the numbers—it's about the impact. The platform has become a collaborative effort with the town itself, where locals generate news, contribute guest blogs, and engage in meaningful discussions. Negativity is filtered out, and the focus is on showcasing the best of Southport.

# More Than News—A Responsibility to Support

Andrew doesn't just report on Southport; he actively shapes it. His work behind the scenes has been instrumental in everything from fundraising efforts to crisis response. During Covid, his platform became a vital source of real news—how to get help, what the guidelines were, and where support could be found.

Through Southport Strong, he has directed and organized countless fundraising initiatives, working alongside organizations like Queenscourt Hospice. Whether it's helping a community grieve, rallying support for local businesses, or bringing people together for a cause, Andrew is always at the forefront, ensuring no one is left behind.

### A Champion for Southport's Future

Andrew's influence extends beyond the digital space. He has been a driving force behind some of the town's most celebrated events, including *Sefton Pride*, the *Southport Arts Festival*, and the *Armed Forces Festival*. These aren't just events—they are moments that bring people together, foster inclusion, and celebrate the town's diverse culture.

His dedication to Southport extends to its very streets. He was instrumental in the *Lord Street Bloom project*, ensuring the town's beauty is preserved and projected outward. His efforts don't stop at the town's borders—he actively sends Southport's success stories to regional news outlets. His goal? To remind the wider region that Southport is not just a destination but a community worth investing in.

### "It's Only As Good As You Make It"

For Andrew, Southport is more than just a town—it's a responsibility. His philosophy is simple: it's only as good as the effort we put into it. He doesn't just talk about change; he makes it happen. Through his work, he has given Southport a voice, a platform, and a renewed sense of pride.

In a world where negativity and division often dominate headlines, Andrew Brown has built something different—a space where people lift each other up, where businesses thrive, and where community means everything. His unwavering belief in Southport's potential continues to inspire, proving that one person's passion can truly change a town.





What's On

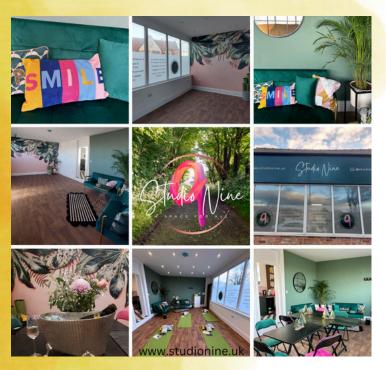
# Life's a journey

# What's on this

# April

# Stress Awareness Month at Studio Nine

April is a reminder that stress affects more of us than we care to admit — but you don't have to carry it alone. At Studio Nine, our wish is simple: to help you breathe deeper, connect, and find a little calm in the chaos. Whether you're seeking gentle beginners yoga, energising kundalini Yoga, restorative Sound Bath, nurturing goddess circles, or deeply restorative breathwork and meditation, our doors (and arms) are open. We also welcome teams, entrepreneurs, and creatives looking for a space where the stress of hosting an event is taken care of — our studio is ready to become your next home-from-home.



Join us for our **Open Day on April 5th, 2-5pm** — we'd love to meet you, show you around, and share a coffee. We have so many more classes in the pipeline so keep checking in and together, let's make stress a little less scary.

**Q** 07812 069843





# The Cornerstone Library

Spring Bingo
Support your local library
Friday 25<sup>th</sup> April
2-4:30pm

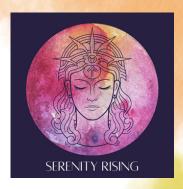
Get tickets from the library or call 01704645369



# The **Golden Rose Galaxy** Sound Bath

25th April - 19:00- 20:00

Invest in your future self by experiencing the healing of sound bath and the power of the 432Hz crystal bowl vibrations.



# Serenity Rising - Warrior Breathing Every Thursday - 13:30 - 14:30

@Studio Nine

Breathwork is the key to future calm, serenity, more energy and peace of mind. Take time to be at one with yourself and learn techniques to calm anxiety and leave with more energy.

WWW.STUDIONINE.UK/EVENTS

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# MeCYCLE Cafe and Bike Workshop

Join us for a sketching bikes & cakes workshop with Bev Bush.

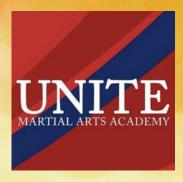
## Tuesday 8<sup>th</sup> April 6-8pm

To book message 01704 579353 or pop in to store.



# Boogie Bounce Southport Mondays and Wednesdays 6:15pm Leyland Road Church

Come and join the revolution of excersise. Fun, freindly and suitable for everyone. Find them on facebook to book.



# Unite Martial Arts Women's self defence class Every Saturday 9am! FREE first class.

Expert tuition, 1:1 support along with paired work. Learn vital skills that every women needs to know. Join a group of friendly supportive women, up level your skills, fitness and understanding of self defence.



# Much ado about learning ...

Kate Miles-Roberts has always been fascinated by people—their stories, their challenges, and the way they think. This curiosity has shaped not just her career but the way she moves through the world. From a role straight out of university working for the government, to managing production in an ice-cream factory, then stepping into cinema and retail management, Kate's journey has been anything but conventional. Yet, through all these varied roles, one thing remained constant: her ability to see potential in people and help them unlock it, leading to her current role as co-founder of The Clear Thinking Partnership, an 18 year long collaboration with Bey Holden.

# Resilience in the Face of Challenge

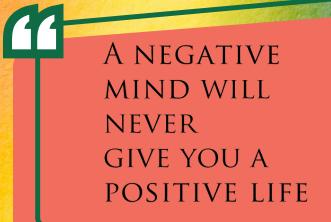
Life has a way of throwing unexpected challenges, and in 2013, Kate faced one of her biggest yet—a cancer diagnosis. It was a moment that forced her to slow down, reassess, and truly engage with the power of mindset. Through grit, optimism, and an unshakable support system, she came out the other side, entering clinical remission in 2017. That experience didn't define her, but it deepened her understanding of resilience, clear thinking, and the power of meaningful human connection.





## **Creating Impact in the Community**

Beyond her professional success, Kate is deeply embedded in her local community. After moving from Cambridge to Liverpool for university, she found herself drawn to the North West's warmth creativity, and eventually settling in Birkdale with her husband, Adrian, and their three boys, 3 dogs and 2 cats! Whether it's singing, directing, or supporting Southport's Little Theatre as a trustee, she believes in the power of storytelling to inspire and bring people together.



Now, Kate is looking to make an even bigger impact closer to home. With the launch of the L&D Laboratory, she's looking to inspire leaders and learning professionals to experiment with the future of learning at work, gathering together bright minds to achieve real change. Passionate about creating space and time to think, She's also working with local leaders, encouraging them to pause and reflect on their thoughts, emotions, and ambitions in an authentic and empowering way.



Kate with Chewie Bear

### All the world's a classroom

Kate's journey is one of transformation —not just for herself, but for the many lives she's touched along the way. She embodies what it means to turn life's challenges into opportunities, reminding us all that the most powerful thing we can do is pause, breathe, and think clearly about what truly matters.

Kate believes that we are all 'work in progress' and the Emerging Leaders Programme launches again in September, offering Southport's Leaders an opportunity to learn and collaborate with others who are looking to continue with their leadership journey.



Kate with her business partner and friend Bev

# The Vagus Nerve: Your Body's Secret Superpower

### What Is the Vagus Nerve?

Imagine a single nerve in your body acting as a hidden control centre, influencing everything from your heart rate to your digestion and even your emotions. That's the vagus nerve.

Running from your brainstem down through your chest and into your abdomen, it connects major organs like the heart, lungs, and gut, acting as a communication highway between your brain and body. It plays a huge role in regulating stress, relaxation, and overall wellbeing—so much so that some call it the "nerve of compassion" or the "mind-body connector."

Strength grows in stillness.

# Why Is the Vagus Nerve So Important?

The vagus nerve is a key player in your parasympathetic nervous system—the part responsible for rest, relaxation, and recovery. It helps slow your heart rate, reduce inflammation, aid digestion, and even regulate mood. A well-functioning vagus nerve can help you feel calm, centred, and resilient to stress, while a sluggish one can leave you feeling anxious, fatigued, or even physically unwell.



# Overactive vs. Underactive Vagus Nerve

When overstimulated, the vagus nerve can cause dizziness, fainting, or a sudden drop in blood pressure (ever felt lightheaded after standing up too fast?). But when it's underactive, it can contribute to chronic stress, anxiety, gut issues, and even conditions like depression or high blood pressure. The key is finding balance.

# The vagus nerve connects mind and body nurture it, and you'll unlock calm, resilience, and

well-being.

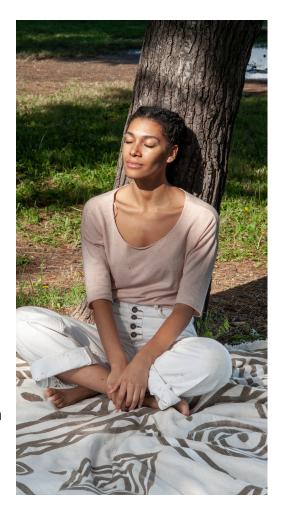
### How to Activate and Soothe Your Vagus Nerve

The good news? You can strengthen and stimulate your vagus nerve with simple daily habits:

- Deep breathing Slow, controlled breaths signal relaxation to your nervous system.
- Cold exposure A splash of cold water on your face or a cold shower can activate the vagus nerve.
- Humming or singing Vibrations from your voice stimulate the nerve and promote calm.
- Gut health A healthy gut microbiome supports vagus nerve function, so eat plenty of fibre and probiotics.
- Physical touch Hugs, massage, or even deep pressure can help engage the nerve and relax the body.



Humming, chanting, and singing create vibrations that stimulate the vagus nerve and promote calm



### The Power of Knowing Your Nervous System

Understanding the vagus nerve isn't just science—it's self-care. When you recognise its role in your wellbeing, you can use it to your advantage, creating small but powerful changes to regulate stress, boost resilience, and support both your mental and physical health. Think of it as a superpower hiding within you—one that, once unlocked, can transform the way you feel every single day.

# Classes to Support the Vagus Nerve

Breathwork Sessions
Yoga
Meditation & Mindfulness
Cold Water Therapy
Singing, Chanting & Sound Therapy
Massage & Reflexology



For Liam, design has always been a part of his life. As a child, he watched his father create branding for Sefton Council, even contributing his own handwriting to a logo that would be used in the real world. (see image on page 13) That moment—seeing his work out there—sparked something inside him, a passion that would shape his future.

Growing up in Southport, he was always sketching, always creating. His love for art led him to Southport College before heading to London Met, where he focused on design. A work experience module took him to FABRIC, a nightclub he had admired for years. As a student, their artwork filled his sketchbooks. Now, he was contributing to it—a surreal full-circle moment.



After graduation, Liam took on an internship at the advertising agency, M&C Saatchi while juggling part-time work. He quickly learned that breaking into the industry required grit and determination. His persistence landed him a role at Sainsbury's head office, where he pushed his way into design work. But the corporate world wasn't for him. He needed creativity, flexibility, and the freedom to work on projects he truly cared about.

In 2017, Liam took the leap into freelancing. With savings in place and confidence in his abilities, he embraced the uncertainty of going solo. His father had doubts—what about clients? But Liam knew that sometimes, you just have to go for it. Worst case? He could always return to the industry. Best case? He could build something truly his own.



It didn't take long to realise that branding and identity work were his true passions. Helping businesses bring their vision to life, creating something from nothing, and pushing the boundaries of what was possible within a brand's identity—all of it ignited his creativity.

Over time, his niche became clear: arts and culture. Working with music, arts and culture brands allowed him to infuse his work with creativity in ways the corporate world never could. His designs weren't just about aesthetics; they had strategy, depth, and purpose.

It isn't about ignoring the rules—it's about seeing how far you can push them while still making it work for the client and intended audience.

In 2020, during the pandemic, Liam turned down full-time job offers, choosing instead to trust his own path. The leap of faith paid off.



As more people started their own businesses, the need for skilled designers grew, and Liam's work flourished through word of mouth. He became the go-to for those in the arts, culture, and creative industries—people who understood the importance of design and storytelling.

Returning to Southport felt like another full-circle moment. After years in London, he was unsure if the town could support his business. But reconnecting with the creative community here proved otherwise. There's an energy, resurgence of arts and culture that excites him. He's even working on the Southport Shrimp project, contributing to the town's evolving identity and giving back to the place that shaped him.

Liam's approach to design is as much about understanding people as it is about aesthetics. He doesn't just create logos; he crafts identities. He digs deep, learns the ethos of a business, and builds something that truly represents them. Design, to him, isn't about ignoring the rules—it's about seeing how far you can push them while still making it work for the client and intended audience.

His journey has been one of dedication, resilience, and passion. From sketching as a child to now having Sefton Council as one of his clients, Liam's story is a true full-circle moment. What started as childhood creativity has grown into a career where he now collaborates with the very community that inspired him. Proof that sometimes, life really does come full circle — and then some.

www.liamjacksongraphics.co.uk

# Journey Back

The Southport Nostalgia pages are dedicated to preserving the town's rich history while shaping its future. By listening to the fascinating stories of the past, we celebrate Southport's legacy—astonishing moments, intriguing people, and unforgettable events. It's a space to keep the best of



# **Journey**



Southport's past

# Red Rum: Southport's Galloping Legend of Grit and Glory

In the heart of Southport, a seaside town known for its golden sands and tight-knit community, an extraordinary partnership unfolded between a determined trainer and a resilient racehorse. Ginger McCain, a local taxi driver with a passion for horse training, discovered Red Rum, a horse battling foot problems, including pedal osteitis, a painful bone disease. McCain devised an innovative training regimen that involved running Red Rum on the sandy beaches of Southport and swimming in the sea. This routine not only strengthened the horse's legs but also alleviated his foot pain.

Red Rum's training sessions on Southport's beaches became a cherished spectacle for locals. Families would gather on Sunday mornings, children perched on their parents' shoulders, to watch the majestic horse gallop through the surf. The sight of Red Rum's powerful strides against the backdrop of the Irish Sea instilled a sense of pride and unity within the community.

Have you own story to share about Southport get in touch. studio9southport@gmail.com

# **Journey**



In 1973, Red Rum achieved his first Grand National victory, overcoming a significant deficit to win in a record-breaking time. He went on to win the Grand National again in 1974 and 1977, becoming the only horse to secure three victories in the race's history.

Beyond his racing accolades, Red Rum's legacy in Southport is profound. His story is a testament to resilience, determination, and the unbreakable bond between a community and its champion. Today, visitors to Southport can find a bronze statue of Red Rum in the Wayfarers Shopping Arcade, a lasting tribute to the horse that brought unparalleled glory to the town.

Reflecting on Red Rum's impact, a local resident shared, "Watching Red Rum train on our beaches was inspiring. He wasn't just a racehorse; he was a symbol of hope and perseverance for all of us."

Red Rum's story is a poignant reminder that with unwavering determination and community support, even the most insurmountable challenges can be overcome.



Southport's

Journey

# Let's hear from a local

These are personal responses and an insight into the top spots in town.

This month we hear from Jen of Oh Well Holistic



Where do you go for a rejuvenating nature walk or outdoor escape? I really love the beach at Ainsdale, it's a therapeutic place and I love having a paddle in the sea (when the tides not a million miles out), Ainsdale pinewoods too and it's lovely when you see the cows in the dunes.

What's your favourite local place to unwind and relax? Quite a few to choose from. I attend a Pilates class with 'Pilates by the Sea', I love a good sauna at Marshside Health Club and also the yoga teacher there Edna is wonderful. I also enjoy a good natter with friends at the Tea Rooms in Birkdale Village. Oh and I have to say acupuncture by a lady called Mel I fall asleep every time.

Which Southport festival or event is a must-attend for visitors? Most definitely the food festival at Victoria Park, I make sure I'm hungry before I go, there's so much choice and the atmosphere is fab.

Can you share a memorable experience from a Southport show? Recently I went to see a psychic at The Grand, my goodness I was shocked he got so many names, I don't think he got one wrong, he definitely challenged my scepticism.

What's your personal philosophy on well-being, and how do you incorporate that into daily life in Southport? My personal philosophy on wellbeing would be a balance of holistic healing and self awareness. I offer different holistic therapies that I use as tools to help me with my physical and emotional wellbeing, I avoid anything extreme. I would say Southport is becoming a good wellness hub with lots of places and therapists to choose from which makes it very easy to incorporate into daily Southport life along with having good friends here, connection is so important for us.



What is the name of the grand boulevard that runs through Southport's town centre?

Which annual flower event is one of the biggest in the UK and held in Southport?

What is the name of the historic pub on the corner of Lord Street and Nevill Street?

Which famous band performed at Southport's Kingsway nightclub in 1963?

- a) The Beatles
- b) The Rolling Stones
- c) The Who
- d) The Kinks

What Southport street is known for its independent shops and cafés?

- a) Chapel Street
- b) Wesley Street
- c) London Street
- d) Tulketh Street

Answers in next month's issue!





