

in Wirral' at the United Reformed Church in Heswall recently. Created in 1994 as part of the Services Act the Intelligence and Security Committee consists of 7 senior parliamentarians which provides oversight of the countries' security services, known better as MI5 and MI6.

I called into Heswall restaurant 'What's Cooking' this week to learn more about Wirral's Junior Chefs' Academy, the latest kids culinary craze sweeping the North West – first seen in Wirral – to promote healthy attitudes to cooking and having fun with food. The Junior Chefs' Academy has been a sizzling success story in Wirral where the creative cooking team has delivered dynamic workshops in more than 80 schools over the past 12 months, using a hands-on approach enabling children to make smarter nutritional choices. The work the Academy do with primary school children is very valuable. It is important that we educate children about the benefits of a healthy, balanced diet and give them the practical skills to achieve it. I can see that through Junior Chefs' Academy this can be achieved while having good fun.

At my request the Home Secretary, Jacqui Smith, visited Bebington to meet new Area Commander Chief Superintendent Jon Ward and representatives of the various agencies that make up Wirral's Joint Community Safety Team. The team explained their successes in tackling crime and anti-social behaviour to the Secretary of State at a meeting on the Councils' Respect bus which was parked outside Bebington Police Station in Civic Way. It was after the Borough's zero tolerance approach to tackling anti-social behaviour was recognised by the Government and it led to Wirral being chosen as one of 40 Respect Action Areas across the country that I thought Jacqui should see how we do things in Wirral for herself

I have been in court since 14th January, but rest assured I have not done anything wrong. I am one of the few MPs in England and Wales to be chosen for jury service and, as I write, my services are still required. MPs, doctors, lawyers and judges were exempt from jury service before the rules were relaxed as part of the Criminal Justice Act 2003. Serving as a juror is an important civic responsibility and 250,000 jurors are required each year.

My Westminster work has included research into Assura Medical, a company which, as you may be aware, is planning to invest in healthcare in Wirral South. I have held talks with the MD of Assura and have asked extensive Questions to the Health Minister about if and how limited liability partnerships benefit taxpayers using the NHS.

I continue to spend a large part of my time on duties with the Intelligence and Security Committee.

Members will by now be aware that Wirral South Conservatives are in receipt of Ashcroft money which is being used for wall to wall leafleting, paid adverts in the local press and peddling misinformation, not least in the context of the Post Office closures. Combating Ashcroft is going to be one of our most pressing challenges. We will all have to work hard to fight the effects.

A handwritten signature in black ink, appearing to read 'Jon Ben'.